

Georgia Association of Private and Parochial Schools



2023-24 Sport Specific Manual

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Section 1 - ARCHERY

GENERAL INFORMATION

Unless otherwise documented in this manual, all Archery events will be conducted following the rules published by the National Archery in the Schools Program (NASP®). All equipment, target, scoring, and safety guidelines set forth in the NASP® handbook will be observed. <http://naspschools.org/>

1. A GAPPS Coaches Certification is required to coach this sport. Information concerning the certification can be found in section 2.40 of the GAPPS Manual.
2. Archery is a state championship event in each classification and schools are aligned on a regional basis.
3. Beginning and ending dates for practice and competition can be found on the GAPPS calendars (<https://gappsports.com/calendar>).
4. Schools must attend two regular season meets to qualify for State.
5. Roster limit will be set at twelve (12) athletes per school with the top six (6) scores counting as the team score. Teams may be co-ed.
6. One (1) team trophy will be awarded to the 1st and 2nd place teams. Medals will be awarded to the top six (6) male and females.
7. Khaki pants or shorts (no cargo shorts are allowed, and shorts must be close to knee length) and school polo or school issued shirts must be worn. No open toe shoes or jewelry is allowed.

Section 2 – BASEBALL

GENERAL INFORMATION

Unless otherwise documented in this manual, all baseball games will be played following the rules published by the National Federation of State High School Associations as adopted and modified by the Georgia High School Association.

1. A GAPPS Coaches Certification is required to coach this sport. Information concerning the certification can be found in section 2.40 of the GAPPS Manual.
2. Baseball is a state championship event in each classification and schools are aligned on a regional basis.
3. The official game ball shall be the Wilson A1010 HS1 Pro Series SST Baseball. This ball shall be used for all GAPPS hosted post season play.
<https://www.wilson.com/en-us/baseball/balls/college-high-school/a1010-hs1-sst-baseball-12-pack>
4. Beginning and ending dates for practice and competition can be found on the GAPPS calendars (<https://gappsports.com/calendar>).
5. Game results must be updated on MaxPrep Sports (Revised June 1, 2023) within 24 hours of the game ending or the school will be subject to a fine.
6. Game Incident Reports are due within 24 hours of the contest and are to be submitted via the GAPPS electronic reporting program, “Incident Reporting Form”.
7. 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 thirty (30) games includes tournament games. *Note: If playing more than 26 games, at least two (2) doubleheaders must be played on non-school days. (See Sub-Varsity section below)*
8. 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 GAPPS.
9. The following items allowed in the NFHS rule book as “State Adoptions” have been adopted by GAPPS:
 1. A game will end anytime that a team is (ten) 10 or more runs behind and has completed five or more turns at bat. A game will end anytime that a team is fifteen (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.
10. The following interpretations have been approved by 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.

11. Pitching restrictions: (See Sub-Varsity section below)

- 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 threshold.
- 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. 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 non-GAPPS member school it shall be the GAPPS member school’s responsibility to report the pitch count information to the GAPPS electronic tabulation program.
- 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 below)

- 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

1. 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.
2. 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.
3. All rounds of the state playoff involve a best two-of-three series.
4. 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.
5. A doubleheader is required on the first day of each round of the playoff series.
6. The Executive Director may grant a format exception if the two teams are from the same vicinity and travel is not a factor.
7. 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. The higher-seeded team will be the home team for a third game, or a coin flip will determine the home team if both teams are equal seeds.
8. At the end of each day, both schools must report the results to the GAPPS website.
9. The responsibilities of the host team are to:
 - a. Furnish game balls.
 - b. Notify the GAPPS office as to the arrangements for the series.
10. 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.
11. 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.
12. The play windows for the State Tournament can be found on the GAPPS calendars (<https://gappsports.com/calendar>). In all cases, the first date of the play window will be a doubleheader, followed by the "if" game on the second date.

SUB-VARSITY BASEBALL

GENERAL INFORMATION

The National Federation of High School (NFHS) Rules of Baseball is the official guide for GAPPS. Some exceptions are listed below.

1. All Middle School games will be 6 innings. A double header shall consist of two 5 inning games.
2. Athletes who have not reached the 9th grade are exempt from the NFHS rule referencing game bat specifications.
 - a. The use of a drop ten (-10) or less is permitted for 5th and/or 6th graders ONLY. The use of a drop five (-5) or less is permitted for use in Middle School play.
 - b. The United States Specialty Sports Association (USSSA) will determine the legality of baseball bats used in Middle School play. **(Revised June 1, 2023)**
 - c. The NFHS drop three (-3) rule applies to Junior Varsity and includes any student participating on a Junior Varsity team younger than 9th grade.
3. 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 (twenty) 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.*
4. 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
5. 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.
6. A pitcher at any level 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.
7. 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.
8. 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.
9. 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 non-GAPPS member schools it shall be the GAPPS member school's responsibility to report the pitch count information to the GAPPS electronic tabulation program.

DISTRICT PLAYOFFS

1. 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.
2. The following procedure will be used when breaking ties 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.
3. All rounds of the district playoffs will be determined by a single game elimination.
 - a. 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.
 - b. The host team will be the home team.
 - c. At the end of each day, both schools must report the results to the GAPPS website.
 - d. The responsibilities of the host team are to: (a) furnish game balls (b) notify the GAPPS office as to the arrangements for the series.
 - e. In the event that two (2) 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.
 - f. 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.
 - g. The play windows for the State Tournament can be found on the GAPPS calendars (<https://gappsports.com/calendar>).

Section 3 - BASKETBALL

GENERAL INFORMATION

Unless otherwise documented in this manual, all basketball games will be played following the rules published by the National Federation of State High School Associations as adopted and modified by the Georgia High School Association.

1. A GAPPS Coaches Certification is required to coach this sport. Information concerning the certification can be found in section 2.40 of the GAPPS Manual.
2. Basketball is a state championship event in each classification and schools are aligned on a regional basis.
3. The official game ball shall be the Wilson NXT EVO Basketball. This ball shall be used for all GAPPS hosted post season play. (<https://www.wilson.com/en-us/basketball/balls/evolution>). (Revised June 1, 2023)
4. Beginning and ending dates for practice and competition can be found on the GAPPS calendars (<https://gappsports.com/calendar>).
5. Game results must be updated on MaxPrep Sports (Revised June 1, 2023) within 24 hours of the game ending or the school will be subject to a fine.
6. Game Incident Reports are due within 24 hours of the contest and are to be submitted via the GAPPS electronic reporting program, "Incident Reporting Form".

UNSPORTSMANLIKE CONDUCT

1. Coaches and Players: Two technical fouls in the same game results in an ejection. If a coach or player is ejected from a game, he/she must sit out and cannot attend the next scheduled game.
2. Basketball and Staff:
 - a. Can receive two cumulative unsportsmanlike conduct technical fouls in a season without further increase in sanctions.
 - b. Third cumulative unsportsmanlike technical will require a \$50 fine from the school and one game suspension to be served the following previously scheduled game. The coach cannot attend the suspended game.
 - c. Fourth technical mandates a \$100 fine and the coach will not be able to coach anymore for the season.
 - d. Coaches and Staff members who coach girls and boys teams will have each team treated separately. Coaches who coach JV and varsity teams of the same gender will be treated as one team, not separately.
3. Players:
 - a. Can receive two (2) cumulative unsportsmanlike conduct technical fouls in a season without further increase in sanctions.
 - b. Third cumulative unsportsmanlike technical will result in a one game suspension to be served the following previously scheduled game. The player cannot attend the suspended game.
 - c. Fourth cumulative unsportsmanlike technical will result in the player being suspended for the remainder of the season.

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](#))

7. The following limitations exist for basketball games:
 - a. 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.
 - b. Invitational tournament games shall have a starting time of no later than 6:00 p.m., for the next-to-last game each day.
 - c. 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.
8. MERCY RULE: In accordance with National Federation rule options, the second half of the game may be reduced to six (6) minute quarters, while using normal timing/scoring rules when:
 - a. 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.
 - b. 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)
9. All varsity basketball games shall be played with officially dressed basketball officials who are registered under the GAPPS plan for the registration of officials.
 - a. The host school must provide an adult (21 or older) to maintain the official scorebook and electronic clock/scoreboard at all varsity games.
 - b. 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.
 - c. The host school has the responsibility for providing security escorts for officials at all regular season games and tournaments.
10. Playing time limits: A basketball player cannot play more than 6 quarters in one day. If a player enters the game for the 7th quarter in one day, then the player is ineligible and the game he/she entered will be a forfeit. Any time a player enters the game during the quarter, this counts as a quarter of playing time. Exception: A player can exceed the 6-quarter limit in overtime.

MISCELLANEOUS INFORMATION

1. 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.
 - a. This includes when cheerleaders are in an “L” shape with part on the sideline and part on the end line.
 - b. The host school or tournament director is responsible for enforcing this rule.
2. No artificial noisemakers (including megaphones) shall be allowed in the gym during basketball games.

3. Bands/ Audio devices shall play only during the intervals between periods or during timeouts; the home school is responsible for enforcing this rule.
4. The practice of cutting or removing nets or hanging on the rim or backboard is prohibited at all GAPPS games.
5. For the pregame and second half warmup period and during the time of team introductions, teams cannot 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.
6. All spectators must wear shirts during the games.
7. 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.
8. 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.
9. An "X" must be marked on the floor in front of the spot where the scorekeeper sits in order to facilitate the substitution process.
10. In accordance with NFHS rules, the official scorer is required to wear a black-and-white, vertically striped shirt.
11. There shall be a minimum warm-up time of 15 minutes between multiple games.

REGION TOURNAMENTS

1. 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. 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. (Corrected: 1/16/2023)
 2. No region may use a double-elimination tournament.
 3. The region host shall secure the services of competent bookkeeper(s) and clock operator(s).
2. Region tournament dates and game times must be submitted to the GAPPS office no later than January 15th of that season.
3. Two Team Tiebreaker
 1. Head-to-Head Record*
 2. Head-to-Head Point Differential with a 20-point cap. This cap will be the maximum total that will count against the opposing team. The cap is put in place so teams will not run up scores. Example: If a basketball team wins by 35 points, then only 20 points will be credited toward the head-to-head point differential.
 3. Common Opponent outside the region – Each team must have played the common opponent an equal number of times for this tiebreaker to be considered. (win-loss only, no point differential).
 4. Single game playoff. Coin toss determines the host.
 5. Coin Toss

**Regular season tournament games played between region opponents will not count towards the tiebreaker used to determine postseason seeding.*

4. Three Team Tiebreaker

1. In a 3-way tiebreaker for region tournament seeding, seeding will be determined in the following order:**
 - a. Record of the games played against the schools involved in the tie.
 - b. Point differential in those games- using sports specific caps listed above.
 - c. Common opponents- Each team must have played the common opponent an equal number of times for this tiebreaker to be considered. (win-loss only, no point differential)
 - d. Coin Toss
2. In a 3-way tiebreaker to determine if a team is advancing to the State playoffs, where no region tournament is played, the following will determine who will advance:**
 - a. Record of the games played against the schools involved in the tie.
 - b. Play tie-breaker game:
 - i. A coin toss will determine the host and the order of play.
 - ii. A tie-breaker game consists of two 4-minute halves, with two (2) full timeouts and a 4-minute halftime. Games will be played following the format below.
 - iii. The team winning the toss gets a bye - and then plays the winning team of the first Tie-Breaker game. Example: Team "A" gets a bye Team "B" plays Team "C", Team "A" plays the winner of game 1, the Winner of game 2 receives the highest seed. When more than one spot is available the following applies: if the Winner of game 1 also wins game 2, both the losing teams will play for the second spot. If the winner of game 1 loses game two, the winner of game 2 is the highest seed, and the winner of game 1 is the second highest seed.
 - c. Coin Toss

***In a 3-way tiebreaker, if one team concedes their spot, the tiebreaker reverts to two-way tie breaker.*

STATE TOURNAMENT

1. First Round

- a. The higher seed team, or the team designated as the home team on the brackets (if the teams are equal seeds) will host.
- b. Unless otherwise mediated by GAPPS, games will be played on dates designated by the brackets.
- c. Officials will be assigned by the host school. Reasonable efforts shall be made to assign a neutral association.
- d. The host school will provide an adult (21 or older) timer and scorer.
- e. All other GAPPS by-laws pertaining to the State Tournament apply to these games except where specified.

2. Quarterfinals - Finals

- a. Home team will be designated by higher seed or predetermined on the brackets (if the teams are equal seeds).
- b. Officials will be assigned by the GAPPS office.
- c. GAPPS will assign an adult (21 or older) timer and scorer.
- d. All other GAPPS by-laws pertaining to the State Tournament apply to these games except where specified.

- e. Games will be played at neutral sites when available.
3. 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.
 - a. Teams playing in the first game of the day shall have access to the court no earlier than thirty (30) minutes before game time.
 - b. There will be fifteen (15) minutes between tournament games.
4. 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. GAPPS will provide game balls at the Quarterfinals, Semifinals and Final Rounds.
5. 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:
 - a. No bands, artificial noisemakers, banners or signs, radios or other music-producing devices are allowed.
 - b. Throwing objects on the floor will not be tolerated.
 - c. Cutting nets, hanging on rims, climbing on backboards is prohibited.
 - d. 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.
 - e. Displays of unsportsmanlike conduct directed toward the opposing team or the officials will not be tolerated.
 - f. Spectators are not allowed on the court at any time prior to, during or following the game.
6. Each school in the tournament can have one video camera filming only its games under the following conditions:
 - a. The video personnel of the school must film from an area designated by the Tournament Director.
 - b. 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.

SUB-VARSITY BASKETBALL

GENERAL INFORMATION

1. The number of basketball games allowed (not including regional and district tournaments) is twenty (20) regular season games either in head-to-head competition or in invitational tournaments that have been approved by the GAPPS.
2. Junior Varsity games will be comprised of four 7-minute quarters. Middle School games will be comprised of four 6-minute quarters.
3. MERCY RULE: In accordance with National Federation rule options, the second half of the game may be reduced to four (4) minute quarters, while using normal timing/scoring rules when:
 - a. 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.
 - b. The point differential at the beginning of the fourth (4th) quarter is thirty (30) points or greater, the "Mercy Rule" will be invoked automatically.

4. There will be no shot clock for Middle School basketball.

Section 4 - BASS FISHING

To participate in bass fishing, you must be a member of SAF (Student Angler Federation) (<https://highschoolfishing.org/>) to compete in the GAPPS regional and state championships. Unless otherwise documented in this manual, all events will be conducted following the rules published by the National Federation of State High School Associations as adopted and modified by the Georgia High School Association.

1. GAPPS Coaches Certification is required to coach this sport. Information concerning the certification can be found in section 2.40 of the GAPPS Manual.
2. Bass Fishing is a state championship event in each classification and schools may be aligned on a regional basis.
3. Beginning and ending dates for practice and competition can be found on the GAPPS calendars (<https://gappsports.com/calendar>).
4. GAPPS Bass fishing teams can participate in (twelve) 12 regular season meets.
5. Contestants must have in their possession a current, valid fishing license for the waters they fish.
6. Contestants are required to follow all applicable federal, state and local regulations and laws. Any violation of such regulations and laws may result in disqualification from the tournament.
7. Each team will consist of two eligible anglers and one coach, or boat captain.

PARTICIPATION AND ELIGIBILITY

1. Each contestant and coach agrees to report any rule violation to the tournament director immediately upon discovery of the violation. Failure to report violations may be cause for disqualification.
2. The violation of a tournament rule may result in weight loss (late penalty, dead-fish penalty and short-fish penalty), the loss of weight up to a particular time in the tournament day, the loss of weight for the entire day, or disqualification from the entire tournament.
3. Protests are to be made in writing within 30 minutes of the check-in time of the final flight of each tournament day.

PURCHASING OF OR GATHERING INFO

1. The purchasing of, or bartering for, information about locating or catching fish on tournament waters, including, but not limited to, GPS waypoints (other than through commercially available sources) and the hiring of fishing guide services or a coach is not permitted by contestants or coaches within 10 days of the start of any GAPPS event.
2. During the 10 day period, no competitors will be permitted to practice with assistance from anyone for the purposes of locating or catching fish, except from a teammate or coach from your school club or team who is fishing the same event, your designated boat captain for that event, or an immediate family member. Any violation of this rule may result in disqualification.

OFF-LIMITS, PRACTICE AND COMPETITION

There is no official practice period or off-limits period. There are, however, specific rules defined below that govern practice within 10 days of the GAPPS event.

1. Contestants and coaches may be on tournament waters until the start of onsite registration. Contestants and coaches may not enter tournament waters to locate bass or potential fishing waters or sightsee after the start of onsite registration except during tournament hours.
2. Testing equipment on tournament waters after the start of onsite registration is permitted only with prior approval from GAPPS.
3. No team, contestant or coach may practice with, hire, barter for, or engage services with, for the purposes of locating or catching bass on the tournament waters, any person who has been a bass guide for hire on the tournament waters within the last 12 months unless such person is the parent or documented permanent legal guardian of a contestant on a registered team in the event. Written proof of permanent legal guardianship to the satisfaction of tournament officials may be required.
4. Contestants may only practice with their teammate that is confirmed in the tournament, their coach or an immediate family member (mother, father, brother, sister or grandparent) who also meets the above criteria concerning guides. Nobody else, except a GAPPS pre-approved media representative or official is allowed in the boat.
5. Within 10 days of the tournament and extending through competition, contestants may not solicit and/or receive information about locating or catching fish on tournament waters from anyone except contestants confirmed in the tournament and through publicly available sources (quasi-public websites, blogs and/or social media pages set up for the specific purpose of sharing information with individuals or a small group of individuals are not publicly available sources).
6. Within 10 days of the tournament and extending through competition, teams may not follow a non-contestant's boat or participate in the placing of markers by non-contestants or the practice of "hole sitting" by anyone.
7. Flights over tournament waters, including drones, are not permitted on competition days. Violation of this rule may result in disqualification.

BOAT ASSIGNMENTS

1. Takeoff order (boat number) is determined by GAPPS or by random computer draw as officials choose for each event.
2. Each team must be accompanied on the water by their coach, who will supply a boat but is not permitted to fish.

SAFETY

1. Each contestant and coach is required to wear a fastened U.S. Coast Guard-approved and state approved personal flotation device anytime the combustion engine is in operation from boat check until weigh-in each day of the tournament.
2. All boats must be equipped with an emergency ignition-shutoff device that must be securely attached to the driver's body whenever the combustion engine is in operation.

3. All persons in a tournament boat shall remain seated in a manufacturer-recommended on-plane seating location when the combustion engine is in operation. Sitting on pedestal seats while the combustion engine is in operation is not permitted.
4. Contestants are not permitted to drive the boat when the combustion engine is in operation. Safe boat conduct must be observed at all times by contestants and coaches. At the discretion of the tournament director, tournament days may be shortened, postponed or canceled due to unsafe weather or water conditions. Violation of this rule may result in disqualification.

BOAT OPERATION

1. Coaches must supply and drive boats for their teams. To qualify as a coach, the person must be at least 19 years old.
2. Contestants may operate the trolling motor. Coaches may provide assistance, including information about locating and catching fish, but are not permitted to fish.
3. The use of mobile communication devices, including but not limited to, cell phones, marine radios, walkie-talkies, CBs, etc. by contestants and coaches during tournament hours is strictly prohibited except in an emergency (severe weather, breakdowns, etc.) or to communicate with lockmasters about locking or with the tournament director.

BOAT AND HORSEPOWER REGULATION

1. All boats must be propeller-driven and a minimum of 16 feet in length. Each boat must have all required U.S. Coast Guard safety equipment. Boats must contain a properly aerated live well space to maintain a live limit catch of bass.
2. Maximum horsepower for all outboards is not to exceed the horsepower capacity set forth on the "Maximum Capacities" placard described below:
 - a. Each boat must have a clearly legible "Maximum Capacities" (or comparably titled) placard that includes a maximum horsepower rating affixed to the boat by the manufacturer.
 - b. The horsepower of the outboard engine must not exceed the maximum horsepower capacity specified on this placard or any horsepower limit set by GAPPS.
3. Contestants and coaches agree to submit their boat and/or motor to an inspection by tournament officials. Falsifying information on entry forms or altering the horsepower numbers on the motor or rating placard will be cause for disqualification from the tournament and may result in ineligibility to compete in future GAPPS tournaments.
4. Fishing platforms must be factory-installed equipment. No portable platforms may be used in tournament competition.
5. Fuel may be carried only in factory-installed (built-in) fuel tanks or auxiliary fuel tanks that are securely strapped or otherwise fastened to the boat. Any additional fuel used during the tournament day must be purchased from a retail facility open to the public and pumped through a hose with a nozzle.
6. Liability insurance with coverage in reasonable amounts is required on all boats used. Proof of insurance must be with the boat being used and must cover all passengers in the boat. Random

checks will be conducted. Failure to provide proof of insurance when requested by the tournament director may result in disqualification.

PERMITTED FISHING METHODS

1. Fishing is defined as having a lure attached to a line and a rod and reel with the lure in the water. NO LIVE BAIT IS PERMITTED. All bass must be caught alive in a conventional sporting manner.
2. Only artificial lures may be used, with the exception of pork trailers and biodegradable soft baits.
3. Only ONE fishing rod per contestant may be used at a time. Trolling as a method of fishing is strictly prohibited. All bass caught while sight-fishing must be hooked inside the mouth and immediately shown to your coach for verification.

PERMITTED FISHING LOCATIONS AND BOUNDARIES

1. Teams may fish anywhere on tournament waters within the boundaries defined by GAPPS and is available to the public and accessible by boat, except areas designated as “off-limits,” “no boats,” “keep out,” “restricted,” “no trespassing” or “no fishing” (or similar language or markings intended to restrict public access) by tournament officials, local, state or federal officials, or within 50 yards of a contestant’s boat that was first anchored.
2. An anchored boat is a boat held in a stable position by a line attached to a weight or by a Power-Pole or similar shallow water anchor with the trolling motor in the “up” position.
3. All fishing must be conducted from the boat. At no time may a contestant leave the boat to land a fish or to make the boat more accessible to fishing waters.
4. The use of cables, ropes, chains or any type of block and tackle system to maneuver a boat into fishing waters is strictly prohibited and will result in disqualification from the tournament.
5. Teams must leave and return to the check-in by boat.
6. The boat must remain in the tournament waters during the tournament day. No tournament boat may be loaded on a trailer before the weigh-in except with the permission of the tournament director.
7. In the event of equipment failure or emergency, there are three permitted methods of returning to the check-in:
 - a. By both contestants remaining in their boat and being towed by water.
 - b. By one contestant entering the boat of another team.
 - c. Both contestants entering a rescue boat so designated by the tournament director.
8. Under these three conditions the team’s catch may be counted without a penalty (except for late penalties or other penalties pertaining to other tournament rules). Teams that elect to return to the check-in by any other means than cited above will forfeit their day’s catch to that point in time of the tournament day.
9. Any team returning to the check-in point will be eligible to restart and resume competition under the supervision of the tournament director or his designated tournament official. It is the sole responsibility of teams to locate the tournament director to request a restart.

CHECKPOINTS AND PENALTIES

1. There will be only one checkpoint for boat check in the morning and one in the afternoon. Failure to go through boat check and checkout in the morning, or failure to check in at the check-in point, will result in disqualification. All fishing must cease upon check-in.
2. Teams that are not at the designated afternoon checkpoint at the appointed time will be penalized 1 pound per minute, deducted from the total weight. Teams more than 15 minutes late will lose credit for that day's weight.
3. Every effort must be made to keep fish alive using a properly aerated live well. Eight (8) ounces will be deducted from the total weight for each dead bass presented for weigh-in.

SCORING

1. Scoring is determined by the final weight of each team's catch during each tournament.
2. Only largemouth, spotted, redeye or smallmouth bass are accepted species. The tournament limit is five (5) bass per team unless the state or lake limit is less than five (5), in which case the state or lake limit prevails.
3. Teams possessing more than the tournament limit will have their catch to that point in the day disqualified and, time permitting, are eligible for a restart from the takeoff location.
4. The minimum length limit for bass is twelve (12) inches unless the state or lake limit is more than twelve (12) inches, in which case, the state or lake limit prevails.
5. Bass presented for weigh-in that fail to measure the prescribed length limit will be penalized at the rate of one (1) pound for each short bass presented, plus loss of that fish.
6. Each team's catch must be presented in an official weigh-in bag.
7. The winning team is determined by the day's heaviest catch.
8. Total number of fish for the tournament will break ties, then the total number of fish alive.

REGIONAL AND STATE CHAMPIONSHIP

Regional and State Championship trophies will be awarded to the school that has the winning team. Only the individual team totals will be counted towards championships. There are no combinations of weights from different teams from the same school.

ALL STATE RECOGNITION

GAPPS shall recognize All State Honors based on participation and event scoring.

1. For the purpose of All state recognition, a team shall be defined as a single or double angler occupied boat
 - a. Once established, a team shall remain consistent in its makeup throughout the season.
 - b. Each member of a team shall be awarded the GAPPS All State Award.
2. No fewer than the top 20% of total teams representing GAPPS member schools shall be awarded each season.

3. All State recognition shall be determined by the total weight of fish caught by a team, while competing in a GAPPS sanctioned Bass Fishing Tournament.

4. No more than 50% of tournaments, including Region and State tournaments, sanctioned by GAPPS; shall be used to calculate total weight of a team.

Example - Team A participates in four of six GAPPS sanctioned tournaments. GAPPS will only use the top three tournament results from Team A to determine standings for All State. Team B participates in two of six GAPPS sanctioned tournaments. GAPPS will use the combined weight from the two tournaments attended by Team B to determine standings for All State.

LOGO DISPLAY

Contestants and coaches may wear their own shirts or jerseys during State Championships. Tournament officials reserve the right, in their sole discretion, to prohibit any contestant or coach's shirt or jersey found to be offensive.

ALCOHOL AND TOBACCO

Contestants and coaches may not smoke or use tobacco products during tournament hours, including weigh-in, at any event.

Section 5 – COMPETITION CHEERLEADING

GENERAL INFORMATION

The Fellowship of Christian Cheerleaders (FCC) is the official guide of the GAPPS. All rules and guidelines for FCC Competitions are found at <http://cheerfcc.org>. Some exceptions are listed below.

1. A GAPPS Coaches Certification is required to coach this sport. Information concerning the certification can be found in section 2.40 of the GAPPS Manual.
2. Competition cheer is a state championship event in each classification and schools are aligned on a regional basis.
3. The beginning and ending dates for practice and competition are on the GAPPS sports calendar.
4. Competition cheerleading teams can compete in 6 regular season meets.
5. Member schools are encouraged to host regular season meets. Host schools for regular season meets are responsible for all aspects of the meet.
6. No glitter is allowed at regular season meets or the State Meet.
7. A competitive cheerleading team has a maximum of 24 participants. A team mascot (if used) is included as one of the 24 participants.
8. 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.
9. 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.

SIDELINE CHEER INFORMATION

Unless otherwise documented in this manual, all Sideline Cheer will be following the rules published by the National Federation of State High School Associations. Coaches are required to submit rosters and be in compliance with all qualifications to Coach.

Section 6 – CLAY TARGET SPORTS

GENERAL INFORMATION

The Scholastic Clay Target Program (SCTP) Official Handbook shall be the Official Rules for all GAPPS-sanctioned competitions. Visit www.shootsctp.org. Some exceptions are listed below.

1. A GAPPS Coaches Certification is required to coach this sport. Information concerning the certification can be found in section 2.40 of the GAPPS Manual.
2. Clay Target is a state championship event in each classification and schools are aligned on a regional basis.
3. The beginning and ending dates for practice and competition are on the GAPPS sports calendar.
4. GAPPS Clay Target teams can participate in a maximum of twelve (12) regular season meets.
5. Member schools are encouraged to host regular season meets. 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.
6. 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.
7. 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.
8. 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.
9. Participation rules are as stated in SCTP except only 7th graders and above will be allowed to participate on varsity teams.
10. All individuals must participate in at least two (2) meets prior to the State Championship Meet.
11. Shooting sports is a non-classification activity with no differentiation on teams for gender.
12. For competition, teams will be divided into 3-person squads. If a team is not divisible by three (3), individuals may participate. The top three (3) scores from each school will be combined to determine the highest overall winner, regardless of the squad or pairings.
13. 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.
14. 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

1. The number of teams qualifying for the state playoffs will be determined by GAPPS prior to the beginning of the season based on the total number of regions and teams.
2. GAPPS will have three disciplines at the State Championship Meet: Trap, Skeet, and Sporting Clays.
3. The Team State Champion will be determined by the combined total score of the top three (3) shooters on each team.
 - a. There will be two Divisions at the State Meet. GAPPS Division and an Open Division:
 - i. Varsity GAPPS Division
 1. Schools that participate exclusively in GAPPS for athletics.
 - ii. Varsity Open Division
 1. Schools that compete in GAPPS and other athletics conferences (GICA, GHSA, etc) regardless of sport.
 - b. For Middle School, there will be one Division.

4. Awards will be given to the top three (3) male and female shooters in each of the three disciplines. There is no separation between GAPPS and Open Divisions for individual awards.
5. Awards will be given to the top three (3) squads in each of the three disciplines. There is no separation between GAPPS and Open Divisions for individual awards.
6. All schools will be required to pay venue expenses including ammo and target costs for the Region and State Meets for their participants.
7. Only factory loaded ammo is allowed at the State Championship Meet.
8. Only 12-gauge guns or smaller may be used at the GAPPS State Championship Meet.

Section 7 – CROSS COUNTRY

GENERAL INFORMATION

Unless otherwise documented in this manual, all cross-country meets will adhere to the rules published by the National Federation of State High School Associations as adopted and modified by the Georgia High School Association. In addition, GAPPS is partnering with GA Track & Field/Cross Country Coaches Association (GATFXCCA) to provide training and resources for coaches.

1. A GAPPS Coaches Certification is required to coach this sport. Information concerning the certification can be found in section 2.40 of the GAPPS Manual. Head coaches are required to maintain current membership with GA Track & Field/Cross Country Coaches Association (GATFXCCA).
2. Cross country is a state championship event in each classification and schools are aligned on a regional basis.
3. The beginning and ending dates for practice and competition are on the GAPPS sports calendar.
4. GAPPS cross country teams can participate in ten (10) regular season meets.
5. Coaches can coach at designated areas during a cross-country meet at 1-mile, 2-mile, 3-mile, and designated areas marked at the site at region state qualifier and state championship. (Ex: Last 500 yards before finish line).
6. Entry Fees for GAPPS member schools participating in an event hosted by a GAPPS member school shall not exceed:
 - a. \$25 Varsity
 - b. \$25 Middle School
 - c. \$25 Junior Runners
6. GAPPS will be responsible for the following meets:
 - a. GAPPS Invitational Meet (Cannonball 5k)
 - b. Middle School and Junior Championship Meet
 - c. Assigning host for GAPPS Region Meets
 - d. GAPPS State Championship Meet
7. The distance of the races will be:
 - a. 5 kilometers (3.1 miles) for Varsity
 - b. 3 kilometers (1.86 miles) for Middle School
 - c. 1 mile - 2 kilometers (1.24 miles) for Juniors
8. A team will consist of a minimum of five (5) runners. The first five (5) finishers for each team will count for the total team score. Schools with less than five (5) runners can compete as individuals.
9. 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.

10. Musical devices of any kind are not allowed during competition.
11. 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.
12. 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. A lost or damaged timing chip will have a \$15.00 replacement fee.
 - d. Each chip will be assigned to a specific runner for the entire cross-country season.
 - e. 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

1. 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.
2. For the State Meet, the top seven (7) runners as designated by their team will be able to participate.
3. A qualifying team for the State Meet must consist of a minimum of five (5) runners and a maximum of seven (7) runners.
4. At the region and state championship meets, varsity girls and varsity boys will run separately.
5. 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 8 – FOOTBALL

GENERAL INFORMATION

Unless otherwise documented in this manual, all Football games will be played following the rules published by the National Federation of State High School Associations as adopted and modified by the Georgia High School Association.

1. A GAPPS Coaches Certification is required to coach this sport. Information concerning the certification can be found in section 2.40 of the GAPPS Manual.
2. Football is a state championship event in each classification and schools are aligned on a regional basis.
3. The official game ball shall be the Wilson GST 1003). This ball shall be used for all GAPPS hosted post-season play.
4. Beginning and ending dates for practice and competition can be found on the GAPPS calendars (<https://gappsports.com/calendar>).
5. Game results must be updated on MaxPrep Sports (Revised June 1, 2023) within 24 hours of the game ending or the school will be subject to a fine.
6. Game Incident Reports are due within 24 hours of the contest and are to be submitted via the GAPPS electronic reporting program, "Incident Reporting Form".
7. There shall be no requirement to follow the NFHS Jersey Numbering System.
8. Each school must file its football schedule with the GAPPS Executive Director no later than June 1st, each year.
 - a. The schedule must show the day, date, time, opponent, and game site.
 - b. The GAPPS Executive Director must be notified concerning any changes made to the schedule after the submission date.
 - c. There will be a \$250 penalty for schools that change their football status/classification after June 1st.
9. The number of football games allowed (excluding state playoffs) is ten (10). (See Sub-Varsity section below)
10. No varsity football game may be played on a night preceding a school day without specific authorization from the GAPPS Executive Director.
11. 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.
12. Football players playing on both the varsity and one sub-varsity team are limited to six (6) 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.
13. 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.
14. Football practice may begin five (5) consecutive weekdays prior to July 31st.
 - a. 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.

- b. 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.
 - c. During acclimatization practices, teams may hold a walk-through as long as there is at least a two-hour break between the two activities.
15. 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:
- a. A student must have participated in five (5) 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:
 - i. No single session may last longer than three (3) hours.
 - ii. If two (2) practices are held, the TOTAL time shall not exceed five (5) hours.
 - iii. There must be at least a three-hour time of rest between sessions if two (2) sessions are held.
 - iv. 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.
 - v. A walk-through may not be held on days when two (2) 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."
16. 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.)*
17. For purposes of this rule, the following definitions shall apply:
- a. AIR - Players run a drill unopposed without contact.
 - b. BAGS - Players run a drill against a bag or another soft-contact surface.
 - c. 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.
 - d. 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.
 - e. LIVE ACTION - Players run a drill in game-like conditions and is the only time that players are taken to the ground.
 - f. FULL CONTACT - Contact which meets the definition of Live Action or Thud.
18. 8-Man Football Specific
- a. 40 x 80 or 40 x 100 field during the regular season. All post-season games shall be played on a 40 x 100 field.
 - b. No more than 20 athletes shall be designated on a GAPPS roster as eligible participants in GAPPS conference games.

PRE-SEASON, SPRING PRACTICE, AND SUMMER CONTACT CAMPS

1. Full contact shall be allowed in no more than two (2) consecutive practice days per week.
2. Full contact during practice shall be limited to not more than 45 minutes per day.
3. Full contact during practice shall be limited to not more than 135 minutes per week.
4. During any twice-daily practice, only one session per day shall include full contact.
5. In Summer Contact Camps, the only form of Full Contact allowed is Thud.
6. 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.
7. 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 thirteen (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.)*
8. Schools must choose by February 1 each year as to whether they will have spring football practice.
 - a. If a school conducts spring practice, all preseason practice schedules remain the same.
 - b. 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.
 - c. Schools hiring a new coach may appeal to the Executive Director to change an earlier decision.
9. Schools that have scrimmage game/games canceled or suspended by inclement weather will have the following options:
 - a. Play on another night during the same calendar week (defined as Sunday to Saturday.) Sunday play is not allowed.
 - b. 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.)
 - c. 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
10. Students enrolled in 8th grade may participate in Spring Practice at that high school.
11. 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 POSTSEASON PRACTICE

1. 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;
3. Full contact during practice shall be limited to not more than 30 minutes per day;
4. Full contact during practice shall be limited to not more than 90 minutes per week.
5. 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.

6. Violations: The penalty to be imposed upon any member school found to have violated this rule in any substantial manner shall be as follows:
 - a. First Offense: A fine of not less than \$500 nor more than \$2500 per violation at the discretion of the Executive Director.
 - b. Second Offense: The school shall be placed on probation and shall not be eligible to participate in post season play.
7. 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.
8. 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.
9. 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

1. 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.
2. Artificial noisemakers, except air horns and whistles, are legal at football games. Illegal noisemakers are to be confiscated when visible and/or used.
3. 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.
4. 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.
5. 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.
6. 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.*
7. 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:
 - a. 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.

- b. EXCEPTION: When kicking, each team shall have the area between the opponent's 45-yard line and the 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.
 - c. 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.
8. The GAPPS Overtime Procedure will be used whenever two schools are tied at the end of regulation play. This procedure involves giving both teams opportunities to score from the 15-yard line until the tie is broken.
9. Overtime games are exempt from the 11:30 p.m. GAPPS curfew.

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 (1) 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.

MERCY RULE

1. At the end of the first half of play, if a team is trailing by thirty (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 twelve (12) minutes.
2. If the coach does not exercise the option of the running clock, the 3rd quarter will be played with regulation time.
3. If the point differential reaches, or remains, thirty (30) or more points during the 3rd quarter, the clock will still run according to the rule for the remainder of the 3rd quarter, but the 4th quarter shall have a running clock.
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

1. 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.
2. 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.
3. 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.
4. The GAPPS Executive Director, upon presentation of evidence to show that a school cannot 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.)*
5. GAPPS will announce a playoff structure based on participation every year no later than July 1st.

REGION TIE-BREAKER METHOD

1. In case there is a tie between two teams, the following tie-breaking procedures will be used:
 - a. If the teams played during the regular season, the winner of the game will have the higher placement.
 - b. 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.
2. 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.
3. In case there is a tie between three (3) 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.)*
 - a. 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.
 - b. 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.
 - c. If the tie remains, the teams that are tied will meet in a GAPPS Tie-breaker Mini-game.

GAPPS TIE-BREAKER MINI-GAME PROCEDURE

1. 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.
2. The games will consist of two (2) five-minute halves. The play begins for the 1st half with a free kick, and standard game rules and scoring are used.
3. There will be a two-minute intermission between the halves. Play begins for the 2nd half with a free kick.
4. 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.
5. If the score is tied at the end of two (2) overtime periods, the teams will go to the GAPPS 15-yard overtime procedure.
6. A coin toss will determine the order of play.
 - a. When three teams are tied for one open spot, the team winning the coin toss receives a bye. The remaining teams compete in the first round. The winner of the first round shall play the winner of the coin toss. *Example:* Team “C” receives a bye. Team “A” plays Team “B” Team “C” plays the winner of game 1. Winner of game 2 qualifies for the playoffs.
 - b. When three teams are tied for two open spots, the following format will be used. *Example:* Team “C” receives 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.
 - c. 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.
 - d. 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.
7. 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

All rounds of games after the end of the regular season are considered part of the state playoff structure. 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.

SUB-VARSITY FOOTBALL

1. The official game ball for Middle School football shall be the Wilson TDY for JR Pro and for Flag Football will be the TDJ. This ball shall be used for all GAPPS sanctioned post season play.

2. 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.
3. All JV games will be played with 10-minute quarters.
4. Middle School games shall play eight (8) minute quarters.
5. Schools may play ten (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 9 – GOLF

GENERAL INFORMATION

The United States Golf Association (USGA) Rules of Golf is the official guide of GAPPS. Visit www.usga.com. Some exceptions are listed below:

1. A GAPPS Coaches Certification is required to coach this sport. Information concerning the certification can be found in section 2.40 of the GAPPS Manual.
2. Golf is a state championship event in each classification and schools are aligned on a regional basis.
3. The beginning and ending dates for practice and competition are on the GAPPS sports calendar.
4. GAPPS golf teams can play in twelve (12) regular season matches.
 - a. A 9-Hole match played prior to the last play date will count as ½ playing date.
 - b. Schools may use (1) Saturday during the regular season as a playing date that does not count as one of their twelve (12) allowed play dates.
5. During regular region season play, a match can consist of nine (9) or eighteen (18) holes of play.
6. A boys' or co-ed golf team can have six (6) players maximum participate in a match with the four (4) best scores counting. A school can submit seven (7) names for the Region and State Tournaments with one as an alternate.
7. A girls' golf team can have a minimum of three (3) players with a maximum of four (4) players participating in a match with the two best scores counting. A school can submit up to five (5) names for the Region and State Tournaments with one as an alternate. There must be a minimum of six (6) GAPPS schools participating in girls' golf for the sport to be sanctioned.
8. The GAPPS recommends that boys use the men's tee (usually white) and girls use the women's tee (usually red). Distance played by the girls shall be a minimum of 80% of the distance played by the boys.
9. Players must play in at least two (2) regular season matches to qualify for the region and state tournaments unless the player was injured.
10. GAPPS requires 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.
11. Players must write their name and scores, legibly, on their golf card or be disqualified.

12. The use of caddies and carts is prohibited (unless prior approval is received for a valid health condition). Players may use push/pull carts.
13. Rangefinders that compute distance only, as approved by the U.S Golf Association, are legal.
14. A maximum of two (2) 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.
15. 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.
16. Coaches are only allowed to talk to their players between the last green and the next tee box. Once a golfer has teed off they are on their own, no one may speak with them until they have finished the hole. This includes parents. Cheering/Encouragement is not considered a violation.

REGION AND STATE TOURNAMENT

1. The State Qualifier Tournaments will be set up regionally. We will try to rotate hosts for these qualifiers based on availability and location. The qualifier will have a host school that will provide a tournament director who is responsible for the administration of the qualifier golf tournament. The school selected to host the tournament shall be charged with the responsibility of providing a golf course for a one-day tournament.
2. Each qualifier will be 18-hole tournament. If there is weather that affects playing 18, we will switch to a 9-hole qualifier. The State Golf Tournament will be an 18-hole event.
3. Each qualifier will use the Double-Par Pick-up Rule. The GAPPS Tournament Director will make that decision for the State Tournament.
4. All schools will be required to pay green fees for the Qualifier and State Tournaments for their participants.
5. Any golfer that finishes with a score of 95 or lower (at the qualifier tournament) will automatically qualify for state, regardless of team's advancement. The top 4 scores from each team will make up the team score. The top 6 golfers from each team will advance provided that their team score is equal to or less than 420 (18 hole). If your team does not hit these marks then they will not qualify for the state tournament.
6. At the Qualifier 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.
7. If two teams tie, then co-champions and/or co-runner-up trophies will be awarded.
8. Top 6 Male and Top 6 Female will be awarded at State Tournaments. Qualifiers will award Top 6 per Division I and Division II.

Section 10 – SOCCER

GENERAL INFORMATION

Unless otherwise documented in this manual, all soccer games will be played following the rules published by the National Federation of State High School Associations as adopted and modified by the Georgia High School Association.

1. A GAPPS Coaches Certification is required to coach this sport. Information concerning the certification can be found in section 2.40 of the GAPPS Manual.
2. Soccer is a state championship event in each classification for boys and girls, and schools are aligned on a regional basis.
3. The official game ball for GAPPS shall be the Wilson Vivido. This ball shall be used for all GAPPS Hosted post season play.
4. Beginning and ending dates for practice and competition can be found on the GAPPS calendars (<https://gappsports.com/calendar>).
5. Game results must be updated on MaxPrep Sports (Revised June 1, 2023) within 24 hours of the game ending or the school will be subject to a fine.
6. Game Incident Reports are due within 24 hours of the contest, and are to be submitted via the GAPPS electronic reporting program, "Incident Reporting Form".
7. Girls Soccer Only - Girls shall be permitted to wear school colored shorts as a part of the white uniforms. Must still wear a white top and white socks.
8. The number of soccer matches allowed (not including state tournaments) shall be 25.
9. 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 (2) full matches in a calendar day.
10. During regular season competition played between non-region opponents, 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 region, and during state playoff competition, the GAPPS overtime procedure shall be invoked.
11. In accordance with the National Federation allowance for a state adoption, when there is a competitive imbalance between the teams the match will be shortened as follows:
 - a. 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.
 - b. If a team is seven (7) or more goals behind at halftime, the second half will be restricted to twenty (20) minutes.
 - c. When a team trails by ten (10) or more goals at halftime, the game will be terminated.
12. 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

1. 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.
2. 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:
 - a. Record against all teams in the tie.
 - b. Goals allowed in head-to-head competition between schools that are tied.
 - c. Goal differential in head-to-head competition between schools that are tied (maximum of three (3) goals per game).
 - d. Goals allowed in all Region games.
 - e. 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.
 - f. 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.
3. All rounds of the state playoff involve a single game elimination.
4. 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.
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 playoff game.
7. 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.
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. 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.
10. Overtime Procedure for region and state playoff games (non-region games can end in a tie if the teams are in agreement):
 - a. The overtime will consist of two 5-minute periods.
 - b. A coin toss shall take place to determine which team will put the ball in play for the first overtime period.
 - c. If the score remains tied following the overtime periods, a "shootout" of penalty kicks will determine the winner.
11. Penalty Kick Procedure:
 - a. 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.
 - b. The head referee shall choose the goal at which the penalty kicks will be taken.
 - c. Each coach will select any five eligible players (including goalkeeper) to take the kicks.

- d. A coin toss shall be held with the team winning the toss having the choice of kicking first or last.
- e. Teams will alternate kickers, and there is no follow-up on the kicks.
- f. The defending team may change goalkeepers prior to each kick.
- g. Following the five (5) kicks from each team, the teams with the greater number of successful kicks will be given one point and declared the winner.
- h. 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.)*
- i. If there is no "sudden victory" after the five kicks, keep repeating the process until a winner is determined.

SUB-VARSITY SOCCER

1. The number of soccer matches allowed (not including state tournaments) shall be 25.
2. All Middle School games consist of two 25-minute halves.
3. Mercy Rule
 - a. If a team is seven 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.
 - b. If a team is seven (7) or more goals behind at halftime, the second half will be restricted to twenty (20) minutes.
 - c. When a team is ten (10) or more goals behind in the second half, the game will be terminated.

Section 11 – SOFTBALL

GENERAL INFORMATION

Unless otherwise documented in this manual, all softball games will be played following the rules published by the National Federation of State High School Associations as adopted and modified by the Georgia High School Association.

1. A GAPPS Coaches Certification is required to coach this sport. Information concerning the certification can be found in section 2.40 of the GAPPS Manual.
2. Softball is a state championship event in each classification and schools are aligned on a regional basis.
3. The official game ball shall be the Wilson A9011 NFHS Leather Polycore Softball. This ball shall be used for all GAPPS hosted post season play. (<https://www.wilson.com/en-us/fastpitch/balls/collegiate-high-school/nfhs-softball-polycore-12-in-leather-12-pack/>)
4. Beginning and ending dates for practice and competition can be found on the GAPPS calendars (<https://gappsports.com/calendar>).
5. Game results must be updated on MaxPrep Sports (Revised June 1, 2023) within 24 hours of the game ending or the school will be subject to a fine.
6. Game Incident Reports are due within 24 hours of the contest, and are to be submitted via the GAPPS electronic reporting program, "Incident Reporting Form".
7. 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.

- a. Schools may not enter any softball tournament other than the state elimination series unless such tournament has been approved by the GAPPS Executive Director.
8. All varsity softball games shall be played with officially-dressed officials who are registered under the GAPPS plan for the registration of officials.
9. 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.
10. The host school has the responsibility of providing security escorts for umpires at all regular-season and postseason games.
11. The following rule “State Adoptions” has been approved for GAPPS play in softball.
 - a. The game will end when:
 - i. a team has completed three (3) turns at bat and is fifteen (15) runs behind.
 - ii. a team has completed four (4) turns at bat and is twelve (12) runs behind.
 - iii. a team has completed five (5) or more turns at bat and is eight (8) runs behind.
 - b. 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.*)
 - c. The use of a double first base is recommended.
 - d. The suspended game rule will be used when:
 - i. 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.
 - ii. a game is stopped after it becomes a legal game and a winner can be determined, the game is completed.
 - iii. 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.
 - e. Termination of the game due to weather, unplayable conditions, or mechanical malfunctions:
 - i. The umpires may halt play for up to two (2) hours when conditions do not allow play to continue.
 - ii. The two-hour interruption(s) is cumulative.
 - iii. 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.
 - iv. The two-hour period does not include time needed to prepare the field for the resumption of play.
 - v. Umpires must wait for at least thirty (30) minutes before terminating a game for unplayable field conditions.
12. The tie-breaker procedure for extra-inning games will be used. 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.*
13. 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

1. 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.
2. For the First and Second Rounds, teams will play a best-of-three series at the site of the higher seed.
3. There will be a doubleheader on the first day and an “if” game on the second day.
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. The higher-seeded team will be the home team for a third game, or a coin flip will determine the home team if both teams are equal seeds.
5. Umpires will be agreed upon by both teams in the early rounds and must be a GAPPS approved officials association. The State Finals umpires will be assigned by GAPPS.
6. Times posted with the brackets are approximate. Teams should be ready to take the field for play at the time indicated for each game.
7. The top team in each bracket uses the first base dugout unless a team is playing consecutive games on the same field.
8. Lineups should be submitted to the official scorer at least fifteen (15) minutes prior to the scheduled starting time.
9. Teams may not use game fields for batting practice.
10. All teams advancing to the Championship Finals shall be required to have all team bats inspected upon check-in at the championship venue.
 - a. Bats that pass inspection will have an approved sticker placed on the bat.
 - b. Bats that do not pass inspection will be confiscated and returned to the team at the conclusion of that team’s final game.
 - c. 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 12 – SWIMMING

GENERAL INFORMATION

Unless otherwise documented in this manual, all swim meets will adhere to the rules published by the National Federation of State High School Associations as adopted and modified by the Georgia High School Association. Some exceptions are listed below.

1. A GAPPS Coaches Certification is required to coach this sport. Information concerning the certification can be found in section 2.40 of the GAPPS Manual.
2. Swimming is a state championship event in each classification and schools are aligned on a regional basis.
3. The beginning and ending dates for practice and competition are on the GAPPS sports calendar.
4. GAPPS swimming teams can participate in twelve (12) regular season meets.
5. NFHS Rules regarding uniforms (suits) must be observed. If swimmers wear a cap, it must follow NFHS 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.
6. Member schools are encouraged to host regular season meets. 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 GAPPS, and purchasing and issuing awards.

7. The host school will incur all costs including rental fee of facility as well as awards. Host schools may charge an entry fee. Host schools may also charge general admission per the GAPPS guidelines.

STATE MEET

1. 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
2. GAPPS will offer a State Champion at the Varsity level. Boys and girls will compete separately and awards will be given for 1st-8th place finishers in each event. The State Champion (boys and girls) will be based on total team scores.
3. GAPPS will appoint a Meet Director for the State Championship. The Meet Director will appoint any other personal needs.
4. GAPPS will set all qualifying times at the beginning of the season, if necessary.
5. Each school may enter four contestants in each event in which contestants compete as individuals.
6. A school may enter two (2) relay teams per school.
7. A swimmer may enter a maximum of five (5) events. The combinations are as follows: three individual events and two relays.

Section 13 - TENNIS

GENERAL INFORMATION

The United States Tennis Association (USTA) Rules of Tennis is the official guide of GAPPS. Visit www.usta.com. Some exceptions are listed below.

1. A GAPPS Coaches Certification is required to coach this sport. Information concerning the certification can be found in section 2.40 of the GAPPS Manual.
2. Tennis is a state championship event in each classification and schools are aligned on a regional basis.
3. Beginning and ending dates for practice and competition can be found on the GAPPS calendars (<https://gappssports.com/calendar>).
4. GAPPS tennis teams can play in 18 regular season matches.
5. Scoring for the region regular season can vary from best-of-three sets to 8-game pro sets. Coaches should agree on how the scoring will be done before the match.
6. Each team in the region must schedule one regular season match against the other teams within the region. These matches can be used for seeding and qualification for the Team State Tournament.
7. During the regular season, a coach may choose to play an individual in both singles and doubles, but the second match will be considered an exhibition or a forfeit if it is one of the five lines.
8. An individual may participate in both singles and doubles during the regular season matches. In order to be eligible to participate in the region tournament, they will have had to participate in that line (singles or doubles) at least once during the regular season.
9. The State Team Tournament guidelines apply to regular season matches. A complete team for team tennis consists of five (5) lines and seven (7) players – three (3) singles players and two (2) doubles teams. A team can compete with less team members, but a minimum number of four (4) lines and five (5) players is required to be eligible for the State Team Tournament. Read the State Team Tournament section below for more details.

10. Coaches must use integrity in ranking players and cannot stack line-ups. It is not stacking to alternate players of relatively equal ability from match to match. It is not stacking if players alternate from singles to doubles and vice versa from match to match as long as players are ranked in order of ability.
11. All tennis coaches must keep a record of each singles and doubles team record during the season for Region Tournament seeding. Coaches should attempt to position players to play the same line against region opponents as much as possible. A player/team can only count those region matches played at the position in which he/she is entered in the Region Tournament. In order to be seeded, a player/team must have played two region matches at that line position. Read Region Tournament Seeding below for more details.
12. Team Score Reporting: Every team must report their team scores to the GAPPS website within one (1) business day of the event, or be fined \$50.

REGION TOURNAMENT

1. 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 tennis facility 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 tennis tournament. The school selected to host the region tournament shall be charged with the responsibility of providing necessary facilities for a one-day tournament.
2. All region schools will be required to pay a fee for the rental of the facility.
3. Each school must furnish one (1) new unopened can of tennis balls for each singles player and doubles team. The winner of the match will keep the unused can and carry it to the next match. The loser will keep the open can.
4. There will be separate boys' and girls' competitions to determine individual champions at the Region Tournament. Each school may enter up to three (3) singles players and two (2) doubles teams for both boys and girls. An individual may not participate in both singles and doubles in the Region Tournament.
5. The individual champions are determined by the competition in the Region Tournament. The region will send the top singles and doubles teams in both girls and boys to the State Individual Tournament. The number of players qualifying for the state tournament will be determined by GAPPS at the beginning of the season based on the total number of regions and teams. Individual region awards will be given to the champions and runners-up in singles and doubles for both girls and boys.

REGION TOURNAMENT SEEDING

1. All region coaches can have input on seeding, but the final decisions are the responsibility of the Region Tournament Director and GAPPS.
2. All tennis coaches must keep a record of each singles and doubles team record during the season in an organized manner. This information must be submitted to the Tournament Director at least one (1) week before the region tournament. This information will also be submitted on the website during score reporting.

3. An individual/team may count only those matches that were played against region opponents and only those matches played at the position in which he or she is entering the region tournament. (*i.e. a #1 girls' singles can count only those region matches in which she played as the #1 singles.*)
4. To be seeded, an individual/team must have played two (2) region matches as described above unless the region does not have enough full tennis teams to compete in at least two (2) matches.

REGION TEAM TENNIS

Each region will select the method used to determine the Region Team Champions and Runner-ups prior to the beginning of the tennis season. The following methods are suggested:

1. Teams that have the best records in region tennis matches during the regular season. If there is a tie during the regular season, then the tied teams may use the point system at the region tournament to break the tie.
2. Teams that finish in the top two (2) at the region tournament using a point system (see below).

POINT SYSTEM

1. The following is a guideline for any region that chooses to use the point system to determine the region team champions: (*changes can be made to accommodate each region*)
 - a. First-round winners receive one (1) point.
 - b. First-round byes that win in the second round receive three (3) points.
 - c. Second-round winners receive two (2) points.
 - d. Semifinal-round winners receive three (3) points.
 - e. Final- round winners receive four (4) points.
2. No points will be given for consolation matches for seeding 3rd & 4th place.
3. The team with the highest total points will be declared the Region Team Champions and the second highest will be the Region Team Runner-ups. In the event of a two-way tie, the two (2) teams will play head-to-head 8-game pro sets consisting of three (3) singles and two (2) doubles matches to determine the region team champions. In the event of a three-way tie, the three (3) teams will have a coin toss. The odd man out gets a bye and plays the winner of the other two (2) teams.
4. Region Tournament scoring can vary depending on the number of rounds. The following formats are suggestions:
 - a. Best-of-three sets playing 6-game sets with a USTA 7-point tiebreaker procedure at 6-all.
 - b. Best-of-three sets with the USTA 10-point tiebreaker procedure used in lieu of the third set.
 - c. 8-game pro sets with win by 2 games with a USTA 7-point tiebreaker procedure at 8-all.
 - d. Ad Scoring.
 - e. The formats can change as players advance in the tournament. For example, the first round could be option C, the second round could be option B, and the final two rounds could be option A.
 - f. If there are consolation matches for seeding 3rd and 4th place, then these matches will be 8-game pro sets.

STATE TOURNAMENT FORMAT

State Individual Tournament

1. The State Individual Tournament is for players who qualified from their respective Region Tournaments in singles and doubles for boys and girls. Only the players who qualified through the Region Tournament may participate in the State Tournament. No substitutions or alternates can be used in the State Individual Tournament. Seeding will be based on how the players finished in the Region Tournament.
2. The individual champions are determined by the competition in the state tournament. Individual awards will be given to the champions and runners-up in singles and doubles for both girls and boys.

State Team Tournament

1. Each region will select the method used to determine the Region Team Champions and Runner-ups prior to the beginning of the tennis season. Read Region Tournament guidelines for more details. The number of teams competing in the State Tournament will be determined by GAPPS based on the total number of regions and teams.
2. The format for all rounds of the State Team Tennis Tournament will be three (3) singles and two (2) doubles matches. A team winning three matches (points) of the five possible (points) will be declared the winner. When one school has scored three (3) points, then any other matches will be stopped. Both coaches and the tournament director must confirm that three (3) points have been scored before any matches can be stopped.
3. In order to qualify for the State Team Tennis Tournament, a tennis team must have a minimum of four (4) lines and five (5) players – three singles and one doubles team. A team can compete with four (4) lines and six (6) players – two singles and two doubles teams. A team can only forfeit one line beginning with the lower positions. Exception: If a team began the State Team Tennis Tournament with the required amount, but lost a player due to sickness or injury, then the team can continue forfeiting two lines.
4. Coaches must honestly rank players in the proper order of ability. Singles players and doubles teams must be ranked in order and listed in proper position. No stacking of line-ups is allowed. Coaches are not required to play singles and doubles as they played in the State Individual Tournament. Playing order will be finalized 15 minutes before each match. Both coaches must fill out an Official Line-up Sheet.
5. The singles playing order will be #1 singles (best), #2 singles (next best), #3 singles (next best). The doubles playing order will be #1 doubles (best), and #2 doubles (next best). Coaches can make roster adjustments and insert different players into the playing order between rounds of the tournament as long as they are ranked in order. Line movement can occur if the other team has to forfeit a line. Alternates can be used during different rounds of the tournament as long as they are ranked properly and listed on the roster submitted to the tournament director.

6. The team champions are determined by the competition in the state tournament. Team awards will be given to the champions and runners-up for both girls and boys.

REGION AND STATE TOURNAMENT PLAY RULES:

1. GAPPS will provide a Tournament Director who is responsible for the administration of the State Individual and Team Tennis Tournaments. GAPPS will provide the necessary facilities for the tournament.
2. All coaches are requested to be present at the Tennis Center at a designated time for a coaches' meeting prior to the start of play. The Tournament Director will meet with all players after the coaches' meeting. Following the meetings, players will report to their assigned courts. It is important that all schools be on time for the coaches meeting. Any team or individuals arriving late for the tournament will risk penalty or default.
3. All coaches will comprise a "games committee" and will assist the director in the overseeing of the tournament.
4. All rounds up to the Championship Round in the State Tournament will be 8-game pro sets with win by 2 games with a USTA 7-point tiebreaker procedure at 8-all. The Championship Round will be best-of-three sets playing 6-game sets with a USTA 7-point tiebreaker procedure at 6-all.
5. A player may play in only singles or doubles for Region and State Individual Tournaments. Substitution is not permitted once a match has officially begun. If an injury occurs during play that prevents a player from completing the match, that player defaults and the opponent is awarded the victory.
6. Each player(s) will have five minutes to answer the call for his/her match. Players are required to be on time or be penalized or eventually forfeit their matches. Region and State Tournament play is not on a set time schedule after matches begin. Play following the initial match is on the next available court. There will be continuous play throughout the day. It is not recommended that a player leave the tennis center area.
7. If a player(s) is tardy for the match, then the following penalties will be given:

5 Minutes	Loss of toss plus 1 game
10 Minutes	Loss of toss plus 2 games
15 Minutes	Loss of toss plus 3 games
>15 Minutes	Default

8. A 5-minute warm-up period will be given before each match. The Tournament Director will determine if additional time is necessary. Players arriving tardy to the match will forfeit their warm-up period. Players are to take all ice, drinks, towels, etc. on the court, and they are not allowed to leave the court unless they split sets. They will be allowed five (5) minutes off the court between sets.
9. Players should ask for assistance in administering tiebreakers. If a tie-breaking procedure is being used, a coach from a non-participating school may be used to help with the tie-breaking procedure if

needed. If a coach from another school is not available, then both schools' coaches involved in the match should be used to direct the tie-breaking procedure.

10. At the Region Tournament and the State Individual Tournament, both players/teams are required to report the results and the ending time to the Tournament Director at the scoring table within five minutes of the conclusion of the match. At the State Team Tournament, both players/teams are required to report the results and the ending time to their coaches who will record the results on the Official Line-up Sheet and give to the Tournament Director at the scoring table within five (5) minutes of the conclusion of the team matches. The Tournament Director is to note the ending time of the match on the bracket to give the allotted amount of rest time between matches.
11. All players will be allowed a 30-minute rest period between matches. The Tournament Director may allow for additional time up to 45-minutes if needed.
12. School coaches can only coach players after each odd-numbered game (90 seconds allowed). Players cannot leave the court during this time. Coaching is also allowed if players split sets (five minutes allowed). Coaching must not delay the match. Parents, fans, or personal non-school tennis coaches are not allowed to coach players at any time.
13. All players are expected to officiate the match fairly. Players may ask the Tournament Director to assign a neutral coach to officiate a match if they feel the match is being called unfairly by their opponent.
14. Unsportsmanlike Conduct: Profanity, obscene language, or unsportsmanlike conduct (throwing a racket, hitting balls into the net or fence in an unsportsmanlike manner, yelling at oneself or an opponent) will not be tolerated. First offense observed by tournament personnel or coaches will result in loss of game. Second offense will be disqualification. If a coach observes unsportsmanlike conduct, then he/she should stop the match. The coach must send for both schools' coaches & the tournament director who together will determine the penalty.
15. Teams should plan to "camp out" on the grounds and can bring tents to set up. Schools are responsible for providing lunch for their players and can bring coolers full of drinks and food.

SECTION 14 – TRACK AND FIELD

GENERAL INFORMATION

Unless otherwise documented in this manual, all track and field meets will adhere to the rules published by the National Federation of State High School Associations as adopted and modified by the Georgia High School Association. In addition, GAPPS is partnering with GA Track & Field/Cross Country Coaches Association (GATFXCCA) to provide training and resources for coaches.

1. A GAPPS Coaches Certification is required to coach this sport. Information concerning the certification can be found in section 2.40 of the GAPPS Manual.
2. Track & Field is a state championship event in each classification and schools are aligned on a regional basis.
3. The beginning and ending dates for practice and competition can be found on the GAPPS sports calendar.
4. GAPPS track teams can participate in twelve (12) regular season meets.
5. Member schools are encouraged to host regular season meets. 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 meet management, reporting scores to the GAPPS, and purchasing and issuing awards.

6. Teams must participate in at least one (1) regular season track meet before the Region Track Meet. Anyone not having a qualified time or distance from a regular season meet cannot be seeded at the Region Track Meet.
7. Participants must wear a school-issued uniform. Relay teams will not be disqualified due to insignificant differences in uniforms. Otherwise, official track and field rules governing uniforms must be observed.
8. Musical devices of any kind are not allowed during competition.

TRACK AND FIELD REGION AND STATE MEETS

1. The number of 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.
2. The start time schedule and order of events will be distributed to each school participating in the meet prior to the start of the meet.
3. Each school may enter no more than three (3) contestants in each event.
4. An individual may participate in a maximum of four (4) events, including relay entries. Athletes may be entered as an alternate in relays (to exceed the four (4) events) but may still only compete in four (4) events.
5. Relay teams should list four (4) runners and four (4) alternates. No replacements may be made of the runners and alternates that qualified at the Region Meet. Any four of the eight listed may run in the event.
6. Medals will be awarded to the top eight (8) places in each event.
7. Trophies will be awarded to the teams that finish first and second in total points in the State Meet.
8. The High Point Athlete of the State Meet Award is given to an individual of each gender who compiles the highest point total.
9. Eight places will be scored in the State Meet:

1 st Place	10 Points	5 th Place	4 Points
2 nd Place	8 Points	6 th Place	3 Points
3 rd Place	6 Points	7 th Place	2 Points
4 th Place	5 Points	8 th Place	1 Points

10. There will be up to 16 track and field events for boys and girls. The the track events will be as follows:

Boys and Girls Track Events:	Boys and Girls Field Events:
400 Meter Relay (4x100)	Long Jump
100 Meter High Hurdles (Girls 33")	Triple Jump
110 Meter High Hurdles (Boys 39")	High Jump
100 Meter Dash	Pole Vault
1600 Meter Run	Discus-(Boys: 3 lbs 8.438 oz)(Girls: 2 lbs 3.274 oz)
400 Meter Dash	Shot Put- (Boys: 12 lbs) (Girls: 8 lbs 13 oz)
300 Meter Hurdles (Girls 30", Boys 36")	
800 Meter Run	
200 Meter Dash	
3200 Meter Run	
1600 Meter Relay (4x400)	

MIDDLE SCHOOL TRACK AND FIELD

1. The number of individuals qualifying for the GAPPS Championship Meet will be determined by GAPPS prior to the beginning of the season based on the total number of regions and teams.
2. The start time schedule and order of events will be distributed to each school participating in the meet prior to the start of the meet.
3. Each school may enter up to two (2) contestants in each field event and up to three (3) contestants in each running event.
4. An individual may enter in one relay and a maximum of three (3) individual events. There are no limitations as to which three (3) individual events an athlete can enter.
5. Relay teams should list four (4) runners and two (2) alternates. Any four (4) of the six (6) listed may run in the event. Schools with two (2) relay teams in the same relay may list competitors on one (1) team as alternates on the other team. Medals will be awarded to the top eight (8) places in each event.
6. Trophies will be awarded to the teams that finish first and second in total points in the GAPPS Championship Meet.

7. The High Point Athlete of the GAPPS Championship Meet Award is given to an individual of each gender who compiles the highest point total.

1 st Place	10 Points	5 th Place	4 Points
2 nd Place	8 Points	6 th Place	3 Points
3 rd Place	6 Points	7 th Place	2 Points
4 th Place	5 Points	8 th Place	1 Points

8. Eight places will be scored in the GAPPS Championship Meet.
 9. There will be up to 15 track and field events for boys and girls. The events will be as follows:

Boys and Girls Track Events	Boys and Girls Field Events
3200 Meter Run	Shot Put (Girls-6lbs) (Boys-4kg)
400 Meter Relay (4 x 100)	Discus (1kg)
100 Meter Low Hurdles (Girls-30") (Boys-33")	Long Jump
100 Meter Dash	Triple Jump
1600 Meter Run	High Jump
400 Meter Dash	Pole Vault
300 Meter Low Hurdles (30")	
800 Meter Run	
200 Meter Dash	
1600 Meter Relay (4 x 400)	
800 Meter Relay (4x200) *Exhibition Event	
3200 Meter Relay (4x800) *Exhibition Event	

Section 15 - VOLLEYBALL

Unless otherwise noted in this manual, athletic competition shall be governed by (NFHS) National Federation of High Schools as adopted and modified by (GHS) Georgia High School Association.

GENERAL INFORMATION

1. A GAPPS Coaches Certification is required to coach this sport. Information concerning the certification can be found in section 2.40 of the GAPPS Manual.
2. Volleyball is a state championship event in each classification and schools are aligned on a regional basis.
3. The official game ball shall be the Wilson K1 gold Volleyball. <https://www.wilson.com/en-us/volleyball/balls/indoor-volleyball/k1-gold-volleyball>. This ball shall be used for all GAPPS hosted post season play.
4. Beginning and ending dates for practice and competition can be found on the GAPPS calendars (<https://gappsports.com/calendar>).
5. Game results must be updated on MaxPrep Sports (Revised June 1, 2023) within 24 hours of the game ending or the school will be subject to a fine.
6. Game Incident Reports are due within 24 hours of the contest, and are to be submitted via the GAPPS electronic reporting program, "Incident Reporting Form".
7. ALL 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).
 - a. During non-region regular season play, if there is more than one match being played on the same day, the matches will be the best-of-three sets format (i.e. tri-matches, and tournaments). Single Matches in one day will remain best-of-five sets format. The third set in best-of-three and the fifth set in best-of-five will be played to 15 points (no cap – win by two).
 - b. Non-region varsity matches can be best-of-three or best-of-five sets format.
8. Playing dates:
 - a. 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.
 - b. 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.
 - c. The maximum number of days for an invitational tournament is two (2) days.

MISCELLANEOUS INFORMATION

1. In accordance with National Federation rules, the use of artificial noisemakers shall be prohibited.
2. Display of signs in the stands is not allowed during the regular season or postseason competition.

3. Competitors must stay in uniform while in the competitive area.
4. 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
5. In accordance with National Federation rules, teams may use multi-colored balls in the regular season and postseason competitions.
6. The host school will also provide a libero tracker along with an official book.
7. It is recommended that all home teams provide warm up volleyballs for their visiting opponent.

REGION AND STATE PLAYOFFS

1. ALL post season matches will be played as best-of-five sets format, this includes region tournaments and state playoffs/tournaments.
2. All teams will be seeded for the Region Tournament based on their region record. If there are any ties, the 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 the 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
3. 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.
4. Schools may be asked to provide competent, responsible, trained adult scorekeepers and line judges for the Region and State Tournaments.

Section 16 - WRESTLING

GENERAL INFORMATION

Unless otherwise documented in this manual, all Wrestling Matches will be played following the rules published by the National Federation of State High School Associations as adopted and modified by the Georgia High School Association.

1. A GAPPS Coaches Certification is required to coach this sport. Information concerning the certification can be found in section 2.40 of the GAPPS Manual.
2. Wrestling is a state championship event in each classification and schools may be aligned on a regional basis.
3. Beginning and ending dates for practice and competition can be found on the GAPPS calendars (<https://gappsports.com/calendar>).
4. Event Incident Reports are due within 24 hours of the contest, and are to be submitted via the GAPPS electronic reporting program, "Incident Reporting Form".

5. Freestyle and Greco Roman wrestling are considered to be the same sport as Folk Style (high school) wrestling and are subject to GHSA rules concerning illegal practices.
6. A school may enter its wrestling team in competition for twenty (20) playing dates, not including postseason competition.
 - a. The maximum number of days for an invitational tournament is two (2) dates.
 - b. A student may not wrestle more than five (5) matches per day. Forfeits do not count toward the daily match limit.
 - c. Contestants must have 45 minutes rest between matches.
 - d. A wrestler may wrestle in both a varsity and a sub-varsity match on the same day as long as that wrestler does not exceed the maximum number of matches allowed for that day.
 - e. It is permissible for coaches to use “split squads” during the regular season. However, the use of split squads will count as two (2) of that school’s maximum allowed competitions.
7. A school shall not allow its team to engage in any interscholastic exhibition, practice, and/or scrimmage match, except for one (1) interscholastic scrimmage consisting of a Tri-match on a school night or a Quad-match on a non-school night format with officials registered with GAPPS.
 - a. A practice shall involve only eligible students in the member school and their approved coaches. Participation by outside individuals constitutes an illegal practice.
 - b. Wrestling matches in practice must be conducted in adherence with National Federation and GAPPS rules and will involve only eligible team members.
 - c. Schools having contestants in the State Tournament may provide a teammate of comparable size to practice for the State Tournament.
 - d. Weight classifications shall be determined by GAPPS each season.

STATE TOURNAMENT

1. Though GAPPS makes every effort to provide Weight Class opportunities as posted by GHSA, some weight classes may not be available based on participation.
2. Schools may make use of AES or Crossover classified students.
 - a. There shall be no limit on the number of participating AES or Crossover students.
 - i. AES or Crossover students shall be eligible to earn individual placement awards, however points awarded shall not be counted towards team totals.
 - b. Team points shall be awarded only when an enrolled student who attends the participating member school has received points for the individual weight class participation.
3. There shall be no limit to the number of participants entering a weight class per school.
4. A participant's entry at the State contest shall be at the discretion of the school / coach.

