



HANDBOOK

revised 2024

MISAL HANDBOOK

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GENERAL RULES & REGULATIONS

Rules and regulations are subject to annual review with input from member school Athletic Director and the League's Executive Committee.

Section 1. National Federation of State High Schools rules will govern all sports unless otherwise stated. Special rules or procedures may be submitted by Sport Committees to the League for approval prior to their respective season.

Section 2. The Executive Committee, made up of the League's sports chairs and the League's commissioner, will oversee and enforce all regulations and judge exceptions.

Section 3. The MISAL League president has the right to make changes if it is necessary to the circumstances and if it is in the best interest of the league or if the situation is not documented.

Section 4. Starting Practice Dates

To provide a fair and more equal level of competition, organized team practices, meaning those practices when a coach and a number of players equaling a starting line-up and/or skills and strategies of the game are taught, are limited to sixty (60) hours during non-traditional seasons. Non- Traditional seasons are defined as any period of the year outside of the predetermined official start of the season and after the championship game.

Section 5. Official start of season

All seasons start 35 days prior to the first game/contest.

First official conference contests can begin on the following days:

Fall: Monday before Labor Day

Winter: 2nd Monday in November

Spring: 2nd Monday in March

Pre-season & post-season coaches meetings are mandatory. Schools will be charged \$150 if the coach, AD, or school representative doesn't show up at the meeting. Any fees must be paid before an eligible team can participate in post-season play.

Section 6. Scheduling

A league sanctioned sport is defined by a sport offered by the league with a minimum of 4 member schools participating.

Scheduling priority will always be given to MISAL schools over non-conference schools. MISAL schools will make every effort to make up games that are postponed without conflicting with previously scheduled games. Failure to do so may result in the unplayed game being forfeited and the team being docked 3 points in the league standings.

Under no circumstances shall a game be canceled for personal reasons. Game cancellations must be made no later than 12:00 noon or four (4) hours prior to game time. Every effort must be made by the two school ADs to reschedule.

The only people to cancel a game are the AD's or a school administrator.

Section 7. Non-Conference Play

Member schools may schedule scrimmages and non-league games with whomever they choose, with the exception of teams or schools under suspension by the League. MISAL schedules may not be rearranged to accommodate non-conference play except by the mutual agreement of the schools involved.

Section 8. Tournaments

- a) Post-season tournaments will be played during the final week of play. Each participant of the regular season is eligible to participate in post-season tournaments. For Junior Varsity and Middle School post-season tournaments only the top four teams will qualify.
- b) Regular season games must be completed by the predetermined date without exception, unless the entire league is affected by a common event, i.e. weather. Tournament dates will not be rescheduled except for the following reasons:
 - i. Unsafe weather conditions
- c) Postponement of tournament dates must be approved by a majority vote of the Executive Committee. All tournaments shall be single elimination.
- d) Seeding for the tournament shall be determined by regular season standings. Standings shall be maintained according to a points system (+3 for a win, +1 for a tie, 0 for a loss, and -3 for a forfeit). In the event of a tie in the standings, head- to-head records will be used, and then a coin toss if a tie still exists.
 - i. In the event of a three way tie the following process shall be used:
 - Numbers will be drawn at random to decide coin flip order
 - Flip 1 - 1 and 2 will flip first - the winner will receive the highest seed
 - Flip 2 - The loser of the first flip will then flip against 3

- The winner will receive the next highest seed
 - The loser of the second flip gets the last seed
- e) Tournament games will be played at the home location of the higher seed, unless predetermined by league. Except for the Championship Game where every effort will be made to play at a neutral site. If a neutral site is unavailable the higher seed will host the game.
- f) The cost of officials for tournament games is the responsibility of the higher seed, except for the Championship game when official's fees are paid for by the league. Tournament awards are presented according to Section 9.
- g) Spectator admission fees are charged to cover the cost of hosting.
- h) Championship. All fees raised in this manner will be property of the MISAL league.

Section 9. League Standings

Standings shall be decided according to best record (See Section 8(d) above). In the event of a tie for first place, all tied teams shall be considered Co-Champions.

Section 10. Awards

- a) Varsity:
- A First-place plaque or trophy shall be awarded to regular season league Champions or Co-Champions.
 - A Second-place trophy will be awarded to the tournament runner up.
 - An MVP plaque shall be awarded for varsity play in each sport according to procedures approved by the League.
- b) Junior Varsity and Middle School:
- Post-season tournament champions shall receive a team plaque or trophy.

Section 11. Rosters

For both Varsity and Middle School, rosters shall be sent to the sport's chairperson and respective teams before the first scheduled MISAL conference game of the season.

The roster shall contain:

- First name
- Last name
- Uniform number (if applicable)
- Grade
- Date of birth of all players
- Completed number of years on the team must be indicated on roster
- Coaches first and last names

- Coaches phone numbers
- Team uniform colors
- Directions to the school or home facility.

Any changes to the above throughout the season must be made known to the chairperson by phone and email immediately. The chair will communicate any changes to all participants.

Season schedules are binding as of the official start of the season, as determined according to Section 5. Teams withdrawing from a sport must give notice in writing to the respective chairperson by the date agreed to at the August ADs meeting.

Deadline for adding players to roster:

- Fall: September 15
- Winter: January 15
- Spring: April 15

Section 12. Officials

Officials are the responsibility of the home team.

Schools must request two qualified officials from a recognized association for all scheduled contests for which officials are required. When applicable schools shall use the league agreed vendor (Basketball and Volleyball).

1. If only one official is available, athletic contests will take place if both coaches agree on it.
2. If no official arrives by game time:
 - a. The game should be delayed, and a telephone call should be made to ascertain the whereabouts of the official.
 - i. If the game is in the ArbiterSports and the official fails to show, then the game will be rescheduled between the two teams with the consent of both AD's.
 - ii. If the game is not in the ArbiterSports and the official fails to show, there must be an agreement by school AD's where the new game will be played.
3. If an official is on the way, the game should be delayed until the official arrives.

Section 13.

Game Confirmation

The home team is responsible for confirming all game conditions within a

reasonable period of time prior to all contests.

General Confirmations

1. Game time
2. Location
3. Home colors - visitors must change color if there is a conflict
4. Confirmation of officials (Home Team)

Weather and Unforeseen Circumstances

1. It shall not be more than 72 hours or less than 24 hours before game time when possible.
2. When possible any day of cancellations must be communicated (opposing schools and sport chair) in writing by noon.

Section 14. Players and Coaches expelled from games

Any player or coach removed from any game by an official shall be ineligible to play or coach in the next scheduled game. The chairperson shall be notified immediately by the penalized school and in turn the chairperson shall notify the next opposing team. Failure to abide by the one-game suspension will result in a forfeit of that game and an up to an additional three-game suspension for the player or coach.

Section 15. Forfeit

A team shall forfeit a game for any of the following violations:

- a) Not showing up for the game
- b) Lateness as determined by each sport – teams may cut warm-up period after scheduled game time.
- c) Not enough players to start the game as determined by each sport.
- d) Failure to arrange for officials and playing area.
- e) Failure to give sufficient notice of cancellation according to Section 13.
- f) Failure to reschedule according to Section 15.
- g) Improper equipment or facilities as determined by each sport.
- h) Rosters and schedules do not meet conditions according to Section 6.
- i) Failure to confirm game conditions.
- j) Failure to report and remove expelled player(s) according to Section 14.
- k) Failure to meet eligibility requirements outlined in Article VI of the Constitution.
- l) Failure to comply with specifically designated sports rules or procedures deemed necessary or forfeit according to each respective sport hereafter established.

A Forfeited game not played

When conditions permit a forfeited game to be played, the facility, referee, and/or transportation expenses incurred may be assessed against the team failing to play the game.

Section 16. Extreme Heat Conditions

Schools should follow the cancellation policies of their individual district or school policies. All outdoor MISAL contests will be canceled on “Code Red” days, as determined by each home school’s local county.

Player Eligibility: The league has player eligibility standards to ensure fair play between member schools.

2. Academic Eligibility: Each school is responsible to ensure that student athletes are in good academic standing in accordance with their school’s academic eligibility policies. **These policies will be shared with other Athletic Directors at the August ADs meeting.**
3. Age Eligibility: A varsity athlete is not eligible if they have turned 19 prior to September 1st of that year. A middle school athlete is not eligible if they have turned 15 prior to September 1st of that year.
4. Athletic scholarships: League schools commit to not providing athletic scholarships to student-athletes in league-sponsored sports.
5. Duration eligibility: A student has 5 years to complete 4 years of athletic eligibility.
6. Homeschooler eligibility: Each school that allows homeschoolers to participate on their sports teams is responsible to ensure that the student-athlete is maintaining their school’s academic eligibility policies. To allow homeschooled student-athletes to compete in MISAL competitions, athletes must fall under member schools' homeschool umbrella.
7. No student from another school is allowed to participate on a MISAL team unless they fall under the homeschool umbrella (even if their school does not have that team).
8. Students on athletic scholarships for non-league sports are not to participate in MISAL League sports.
9. Deadline for adding players to roster:
 - a. Fall: September 15
 - b. Winter: January 15
 - c. Spring: April 15
10. Transfer: A student can transfer from one league school to another and play in a sport that season if:
 - a. He/She has not already competed in the sport, during that season
 - b. That student has been released from the previous school
 - c. Enrolled in the new school before the roster deadline date
 - d. Are in good academic standing
11. Middle School students can be rostered on Varsity teams congruent with the gender listed on their school registration.
12. Varsity students, registered with their schools as female, can be rostered on male Varsity

teams only if their school does not have a female Varsity team equivalent. (Ex: School doesn't have a Girls Varsity Soccer team - eligible girls would be able to be rostered on the boys team)

Sportsmanship

MISAL Sportsmanship Creed and Code

Sportsmanship Creed

We believe that a competitive athletic program administered in a structured and caring environment, helps to build physical and social skills that help develop the character of our students.

We believe that an athlete's actions are a true reflection of the standards, values, and beliefs of their representative schools. We believe in displaying good sportsmanship on and off the field/court.

To be read before all MISAL contests

The MISAL promotes good sporting behavior by student-athletes, coaches and spectators and requests your cooperation by supporting the league, opponents, and officials in a positive manner.

Profanity, racial, sexist, or other abusive comments or other intimidating actions directed at officials, student-athletes, coaches, or team representatives will not be tolerated and are grounds for removal from any league contest.

We value the safety of our student-athletes, coaches, game day staff, and officials. Spectators are prohibited from entering any playing area before, during and after the contest. Violators will be removed and subject to arrest.

Sportsmanship Code

Member schools are required to conduct all their relations with other schools in a spirit of good sportsmanship. The following acts are examples of abiding by this rule:

1. A school administrator is present at every home game.
2. Proper control of spectators at contests.
3. Unless the physical safety of the team or competitor would have been endangered by continuing the contest, all competitions will be played until their normal end.
4. Players, coaches, and spectators will assume that all officials are working to the best of their ability in the spirit of conducting a safe and fair contest. Players, coaches, and spectators support and cheer for their teams in competition.
5. The school will use every effort to impress upon its faculty, student body, team members, coaching staff and officials the values of sportsmanship in the preparation for, and the conduct and management of, interscholastic contests.

Expectations

EXPECTATIONS OF COACHES

1. Always set a good example for participants and fans to follow, exemplifying the highest moral and ethical behavior.
2. Instruct participants in proper sportsmanship responsibilities and demand that they make sportsmanship and ethics the No. 1 priority.
3. Respect the judgment of contest officials, abide by the rules of the event and display no behavior that could incite fans.
4. Treat opposing coaches, directors, participants, and fans with respect. Shake hands with officials and the opposing coach in public.
5. Develop and enforce penalties for participants who do not abide by sportsmanship standards.

EXPECTATIONS OF ATHLETES

1. Treat opponents with respect: shake hands prior to and after contests.
2. Respect the judgment of contest officials, abide by the rules of the event and display no behavior that could incite fans.
3. Cooperate with officials, coaches and fellow participants to conduct a fair contest.
4. Accept seriously the responsibility of representing your school and community; display positive public actions at all times.
5. Live up to the highest standard of sportsmanship at your school and MISAL.

EXPECTATIONS OF PARENTS, STUDENTS, AND OTHER FANS

1. Realize that spectators represent the school just as members of the team, and therefore, have an obligation to demonstrate good sportsmanship and encourage good sportsmanship in others.
2. Recognize that good sportsmanship is more important than victory by approving and applauding good team play, individual skill and outstanding examples of sportsmanship exhibited by either team.
3. Recognize that, since the primary purpose of interscholastic athletics is to promote the physical, mental, moral, social and emotional well being of the players through the medium of contests, victory or defeat is in reality a secondary importance.
4. Treat visiting teams and officials as guests, extending to them every courtesy.
5. Respect decisions made by contest officials.

ACCEPTABLE BEHAVIOR

1. Applause during introduction of players, coaches and officials.
2. Acceptance of all decisions of officials.

3. Handshakes between participants and coaches at the end of a contest, regardless of the outcome.
4. Demonstration of concern for an injured player, regardless of team.
5. Applause at the end of the contest for performances by all participants.
6. Encouragement of surrounding people to display only sportsmanlike conduct.

UNACCEPTABLE BEHAVIOR

1. Disrespectful or derogatory yelling, chants, songs or gestures.
2. Booing or heckling an officials' decision.
3. Negative, aggressive, foul, or other inappropriate name-calling or other noises intended to antagonize or distract opponents.
4. Use of profanity or displays of anger that draw attention away from the game or activity.
5. Refusing to shake hands with opponents or give recognition for good performances.
6. Use of artificial noisemakers during an opponent's free throw attempts, serves, etc.
 - Drums, horn, whistles, megaphones, etc.
7. Any conduct of an illegal nature will be turned over to local law enforcement and may be pursued to the fullest extent of the law.

Varsity Sport Offerings

All league play should be completed by the Wednesday prior to playoff week.

Golf

MISAL Varsity Golf Rules and Policies

Rules and Policies

1. Applicable Rules: National Federated High School. USGA & NHFS rules govern play except when noted by the course.
2. Regular season matches are 9 holes only.
3. League format: Play each team in the league twice.
 - a. Head to head regular season.
 - b. Each match has four schools. (Quad matches)
 - c. At quad matches, team records are scored against each other individually.

For example, if the following school had a quad match against each other with the teams scoring BS - 200, Cal - 210, TA - 215 and Lab - 220 the following would be the records:

BS 4 – 0 Cal 3 – 1 TA 2 – 2 Lab 0 – 4
 - d. Home team will host matches at a local public or private golf course.
 - e. Must have 4 teams to be considered a MISAL sport.
 - f. MISAL will play during the fall season.
 - g. Six players from each school compete in stroke play.
 - h. Four of the six golfers from each school make up the team score.
 - i. Golfers must wear appropriate attire. No jeans or t-shirts.
 - j. All athletes must meet the league eligibility requirements.
4. League Championship/ Tournament:
 - a. The championship will be 18 holes or 9 holes tournament. (Must be decided before season)
 - b. Rules are the same as the regular season.
5. Awards
 - a. Regular Champion
- b. Tournament Champion (League Champion)
 - c. Tournament Runner-Up
 - d. Individual player with lowest score will be awarded League MVP
 - e. The six lowest scoring golfers at the tournament will be All-League.

Girls Volleyball

MISAL Varsity Volleyball Rules and Policies

Rules and Policies

1. Applicable Rules: National Federation High School
 - a. Matches are best 3 out of 5 games
 - b. A minimum of 1 official is required for regular season matches
2. League format: Play each team in the league twice. There will be a regular season champion and a tournament champion.
3. League standings: All teams will be seeded in the league tournament based on regular season record in the league.
 - a. Points:
 - i. Win: 3
 - ii. Loss: 0
 - iii. Forfeit: -3
 - b. Tiebreaker:
 - i. Head to head
 - ii. Coin flip - actual coin flipped once
4. Playoffs and Championship:
 - a. Semi-finals to be played at the higher seed. Finals to be played at a pre-agreed site.
 - b. 2 officials at playoff games.
 - c. 2 officials and certified lines people at the Championship.

Soccer

MISAL Varsity Soccer Rules and Policies

Rules and Policies

1. Applicable Rules: National Federation High School
 - a. 40-minute halves for league play
 - b. A minimum of 1 official is required for regular season matches.
 - c. Mercy rule - When a team is up by 8 or more goals at or after the 60th minute of play, the game shall be ended.
2. League format:
 - a. Girls - Play each team in the league twice. There will be a regular season champion and a tournament champion.
 - b. Boys - Play each team in the league once. Should you choose to play a league team twice, the first game counts towards the league standings. There will be a regular season champion and a tournament champion.
3. League standings: Teams will be seeded in the league tournament based on regular season record in the league.
 - a. Points:
 - i. Win: 3
 - ii. Tie: 1
 - iii. Loss: 0
 - iv. Forfeit: -3
 - b. Tiebreaker:
 - i. Head to head
 - ii. Coin flip - actual coin flipped once
4. Policies
 - a. A team may start with as few as 7 players but that does not require the opponent to match that reduced number. They may start with 11 players.
 - b. Ties at end of regulation during the regular season: Game ends - NO OVERTIME.
 - c. Red and yellow cards:
 - i. Any player or coach who receives a red card, (including a two yellow = red), may not play in the next scheduled game. This rule applies to league and non-league games.
 - d. Thunder and Lightning Policy
 - i. A game in progress shall be suspended immediately by the officials in charge of the contest or any of the Head Coaches when the first sound of thunder is heard and/or the first sighting of lightning is observed.
 - ii. The contest may be resumed 30 minutes after the last sighting of lightning is observed and/or sound of thunder is heard. The contest may then be resumed, if the officials in charge and the Head Coaches agree that the game may safely continue.
 - iii. A game is considered a complete game after a weather related call, if more than one half of the game has been played.
5. Playoff Format: 7th seed plays 10th seed and 8th seed plays 9th seed in 1st Round of playoffs to create an 8- team bracket. The second round is 1v8, 2v7, 3v6, 4v5.

Semi-finals: 1v8 winner against 3v6 winner and 2v7 winner versus 4v5 winner.

6. Playoffs and Championship:
 - a. Semi-finals to be played at the higher seed. Finals to be played at a pre-agreed site.
 - b. 2 officials at playoff and championship games
 - c. Ties at end of regulation for playoffs:
 - i. Two ten-minute sudden victory periods followed by penalty kicks, 5 from each side chosen from players on the field. If tied after the first set of kicks, then it goes 1 and 1 from each side using different shooters until there is a winner.
 - ii. Playoff games starting after daylight savings time should start no later than 3:30pm.
 - iii. Home teams must provide 3 balls and two side line runners for the game.
7. Awards:
 - a. The Team Champion of the Regular Season receives the MISAL Champion plaque or trophy. In case of a tie, multiple awards are awarded. The winner of the tournament will receive a Tournament Champion plaque or trophy.
 - b. Individuals receive certificates for their selection to the First and Second all-league teams. The teams consist of eleven players each.
 - c. A plaque is awarded to the Most Valuable Player of the tournament. This selection is voted for at the post-season coaching meeting.

Basketball

MISAL Varsity Basketball Rules and Policies

Rules and Policies

1. Each host school is required to have an experienced table running the game:
 - a. Clock/Shot clock operator
 - b. Official scorekeeper
2. Applicable Rules: National Federation High School
 - a. Four 8-minute stop-time periods with overtimes of four minutes until there is a winner.
 - b. Officials - 3 officials are to be scheduled for every game
 - i. If one official is late or unavailable the game can be played if agreed by both coaches.
 - ii. League format: Play each team in the league twice. There will be a regular season champion and a tournament champion.
3. League standings: Standings shall be maintained according to a points system:
 - a. Points:
 - i. Win: 3
 - ii. Loss: 0
 - iii. Forfeit: -3
 - b. Tiebreaker:
 - i. Head to head
 - ii. Coin flip - actual coin flipped once
4. Playoffs and Championship:
 - a. Semi-finals to be played at the higher seed. Finals to be played at a pre-agreed site.
 - b. The regular season champion of each division will receive a Regular Season Champion plaque or trophy. In case of a tie for the regular season, multiple plaques or trophies will be awarded. The winners of the tournament are considered the MISAL champions and will receive the MISAL plaque or trophy.
 - c. Individuals receive certificates for their selection to the First and Second All-League team. The teams are selected according to MISAL voting procedures approved by the league.
 - d. A plaque is awarded to the Most Valuable Player of the tournament. The players will be selected at the end of the season during the post season coaches meeting.
5. Shot clock:
 - a. If it's determined by the officials that a court doesn't have an operational shot clock the game will revert to being played without shot clock rules.
 - b. Girls
 - i. 30 seconds
 - ii. If a shot hits the rim, the shot clock will reset to 30 seconds
 - iii. If the ball is deflected out of bounds with under 15 seconds left of the shot clock, the shot clock is to be reset to 15 seconds.
 - iv. If the ball is deflected out of bounds with over 15 seconds left of the shot clock, the shot clock will remain where it stopped.
 - c. Boys

- i. 30 seconds
- ii. If a shot hits the rim, the shot clock will reset to 30 seconds
- iii. If the ball is deflected out of bounds with under 15 seconds left of the shot clock, the shot clock is to be reset to 15 seconds.
- iv. If the ball is deflected out of bounds with over 15 seconds left of the shot clock, the shot clock will remain where it stopped.
- v. 10 seconds to advance the ball
- vi. Closely Guarded Rule
 - 1. Dribbling the ball - there is no count
 - 2. Holding the ball - there is a closely guarded count of 5 seconds

Tennis

MISAL Varsity Tennis Rules and Policies

Rules and Policies

- a. Applicable Rules: National Federation High School
 - a. Each match is a best of five games.
 - b. Every team plays against each other twice during the regular season.
- b. League Standings shall be maintained according to a points system.
 - a. Boys Points
 - i. Win: 3
 - ii. Tie: 1
 - iii. Loss: 0
 - iv. Forfeit: -3
 - b. Girls Points
 - i. Win: 3
 - ii. Tie: 1
 - iii. Loss: 0
 - iv. Forfeit: -3
- c. Tournament:
 - a. A single elimination format is used to determine the tournament champions.
- d. Teams are seeded from first to last with the first-place team playing the last place team etc. In the event of a tie in the number of points, head-to-head records among all tied teams will be used, and then a coin toss or drawing of lots if a tie still exists.
- e. Awards:
 - a. The team champion of the regular season receives the MISAL Champion plaque or trophy.
 - b. In case of a tie, multiple awards are awarded.
 - c. The winner of the tournament will receive a Tournament Champion plaque or trophy.
 - d. Individuals receive certificates for their selection to the First and Second All-League teams. The teams consist of six players each.
 - e. A plaque is awarded to the Most Valuable Player of the tournament who is selected by the head coach of the winning team at the end of the final tournament game.

Track and Field

MISAL Middle School/High School Track and Field

Rules and Policies

1. Each school is responsible for hosting, at Riverdale, 1 regular season track meet
 - a. Pay for the starter/timer
 - b. Run clean up at the meet's conclusion
2. Teams must arrive at least 30 min prior to competition
3. Each team must provide 2 helpers for each meet
 - a. 1 to run an event
 - b. 1 timer at the finish line
4. All athletes must be registered by Tuesday @ 6:00pm of that week. No exceptions.
5. Participants must compete at least 3 league meets to participate in the league championship
6. Athletes may compete in 4 events including relays (3 if athlete runs the 3200)
7. Each school can enter 4 athletes per event
8. Each school can enter 2 relays per event except for the championships
9. Should a school have an issues with track meet, please call or email the chairperson
10. Should a school have an issues with the League, please call or email the President
11. After a weather delay, the decision to resume will be made by chair. Any decision to reschedule if postponed or delayed will be made by the league president.

Material Needs

- Starting Gun(s) and blanks
- Flags
- Shot Puts
- Tape Measures
- Tables
- Rake/broom
- Stop watches
- Hurdles

Coaches meetings will start at 2:45pm sharp

Schedule of Events

Tentative Start

- 3:00pm: 100 hurdles/110 hurdles
- 3:10pm: 100m dash
- 3:30pm: 1600m run
- 4:00pm: 4x100m relay
- 4:10pm: 400m dash
- 4:40pm: 800m run

- 5:00pm: 3200m run (Coed, HS only), 200m dash
- 5:30pm: 4x400m relay

Awards

A trophy will be given to the first place team for high school and middle school.

Medals will be given for first place winners and ribbons for second and third place winners.

Baseball/Softball

MISAL Varsity Baseball/Softball

Rules and Policies

1. Play twice during the regular season.
2. MISAL uses NFHS rules.
3. Seven innings to a game.
4. If weather or darkness interferes so that a game is canceled or ended by the umpire, it is considered a regulated game if five full innings have been played, or if the home team has scored an equal or greater number of runs in 4 or 4 1/2 turns at bat than the visiting team has scored in five turns at bat or if play has gone beyond five full innings.

Middle School Sport Offerings

All league play should be completed by the Wednesday prior to playoff week.

Middle School Volleyball

MISAL Middle School Girls Volleyball Rules and Policies

Rules and Policies

5. Applicable Rules: National Federation High School
 - a. Matches are best 2 out of 3 games
 - b. A minimum of 1 official is required for regular season matches
6. League format: Play each team in the league once. If you choose to play more than once the first game counts towards the league standings. There will be only a tournament champion.
7. League standings: The top 4 teams will be seeded in the league tournament based on regular season record in the league.
 - a. Points:
 - i. Win: 3
 - ii. Tie: 1
 - iii. Loss: 0
 - iv. Forfeit: -3
 - b. Tiebreaker:
 - i. Head to head
 - ii. Coin flip - actual coin flipped once
8. Playoffs and Championship:
 - a. Semi-finals to be played at the higher seed. Finals to be played at a pre-agreed upon site.
 - b. 2 officials at playoff games
 - c. 2 officials and 2 certified lines people at Championship

Middle School CO-ED Soccer

MISAL Middle School COED Soccer Rules and Policies

Rules and Policies

8. Applicable Rules: National Federation High School
 - a. 30-minute halves for league play
 - b. A minimum of 1 official is required for regular season matches
 - c. Mercy rule - When a team is up by 8 or more goals at or after the 50th minute of play, the game shall be ended.
9. League format: Play each team in the league once. If you choose to play more than once the first game counts towards the league standings. There will be only a tournament champion.
10. League standings: The top 4 teams will be seeded in the league tournament based on regular season record in the league.
 - a. Points:
 - i. Win: 3
 - ii. Tie: 1
 - iii. Loss: 0
 - iv. Forfeit: -3
 - b. Tiebreaker:
 - i. Head to head
 - ii. Coin flip - actual coin flipped once
11. Policies
 - a. Ties at the end of regulation during the regular season will result in a tie.
 - b. Red and yellow cards:
 - i. Any player who receives a red card, (including a two yellow = red), may not play in the next scheduled game. This rule applies to league and non-league games.
 - c. Thunder and Lightning Policy
 - i. A game in progress shall be suspended immediately by the officials in charge of the contest or any of the Head Coaches when the first sound of thunder is heard and/or the first sighting of lightning is observed.
 - ii. The contest may be resumed 30 minutes after the last sighting of lightning is observed and/or sound of thunder is heard. The contest may then be resumed, if the officials in charge and the Head Coaches agree that the game may safely continue.
12. Playoffs and Championship:
 - a. Semi-finals to be played at the higher seed. Finals to be played a pre-agreed upon site.
 - b. 2 officials at playoff and championship games
 - c. Ties at end of regulation for playoffs:
 - i. Two five-minute periods
 - ii. 5v5 penalty kicks
 - iii. Second round of 5v5 using different shooters

- iv. Sudden victory rounds of penalty kicks using new players until the game is decided

Middle School Basketball

Rules and Policies

MISAL Middle School Basketball Rules and Policies

- 1 Applicable Rules: National Federation High School
 - a. Four 6-minute stop-time periods with overtimes of three minutes
 - b. A minimum of 2 officials are required for regular season games
- 2 League format: Play each team in the league once. If you choose to play more than once the first game counts towards the league standings. There will be only a tournament champion.
- 3 League standings: The top 4 teams will be seeded in the league tournament based on regular season record in the league.
 - a. Points:
 - i. Win: 3
 - ii. Tie: 1
 - iii. Loss: 0
 - iv. Forfeit: -3
 - b. Tiebreaker:
 - i. Head to head
 - ii. Coin flip - actual coin flipped once
- 4 Playoffs and Championship:
 - a. Semi-finals to be played at the higher seed. Finals to be played a pre-agreed upon site.

Middle School Flag Football

Rules and Policies

MISAL Middle School Co-Ed Flag Football

1. Teams
 - a. COED Middle School – 5th thru 8th grade
 - b. COED Varsity – 9th thru 12th grade
 - c. Players can play up but not be allowed to play down
2. Number of Players
 - a. A flag football team will be 7v7. However, in the event a team only has 6 players the decision to play 6v6 or 7v7 will be made at the discretion of the coaches.
 - b. Minimum Players - A team must field six players within 15 minutes of the designated starting time or the game will be declared a forfeit.
 - c. Rosters – Please have a roster available if needed. Rosters must include first name, last name, and number.
3. Length of Game and Clock
 - a. In the event of a game cancellation the home school must call (and leave a message if she does not answer) Karen Long by noon on the day of a game to avoid being charged the \$120 officials fee for that game.
 - i. Cell: 301-742-1640
 - ii. Email: guestkb@verizon.net
 - iii. Office: 301-423-4163
 - b. Length - Each game shall consist of four 9-minute quarters (running time)
 - c. Halve Time - five-minute intermission between halves. The second half may begin before the five minutes are up upon agreement of officials and managers.
 - d. Timeouts - There will be 3-time outs per half of 45 seconds each.
 - e. Game Clock - Officials keep official time. During game play, the clock will be stopped during the last two minutes of the final quarter of play for an incomplete pass, penalty, or out-of-bounds. Time-out is called immediately following a touchdown, the official clock shall not start until after the kickoff. Flip chart recommended, game clock optional.
 - f. Regular Season and Postseason Tie Game Overtime - After coin toss the ball will be placed on the 10-yard line with 4 downs to score a touchdown and 1- or 2-point conversion. The other team gets the same opportunity. If they tie again, the process will be replayed until there is a winner, except they must go for a 2-point conversion.
 - g. Grace Period- 15 minutes
 - h. Scores of conference games must be submitted by the home and away team to Paul Tarry asap. Scores are required from both for increased accountability.
 - i. paultarry@smcaemail.com
4. Playing Field

- a. Field Dimensions - The playing Field will be 100 yards long (including end zones) by 40 yards wide.
 - b. FIRST DOWNS: Each team's possessions will begin at their own 10 yard line (unless off a turnover). The playing field will be broken down into four 20-yard zones. To achieve a first down the offense must advance the ball into the next 20-yard zone. Regardless of where the ball is spotted, a first down will be awarded once the ball has crossed into the next zone
 - c. Games will be played in the rain but not lightning. With that said a field must be playable. Officials reserve the right to call off a game due to inadequate field conditions.
 - d. Additional Recommended Field Markings – Hash marks at each 10, 6, and 3
 - e. It is the responsibility of the home school to set up the playing field. Field must be set up by the scheduled kickoff time. Failure to do so will result in a forfeit by the home team.
5. Start of Game
- a. Coin Toss - The referee and the coach/captain shall get together before the game to toss a coin. The winner of the toss may choose which goal they want to defend elect to start with the ball on their 10 yard line or elect the opposing team to. When the winner has made their choice, whoever begins with the ball in the first half the opposite team will begin with the ball in the second half.
 - b. Ball Placement – Ball will be placed on 10-yard line
 - c. Playing equipment
 - d. Game ball - Macgregor Composite Series – youth size or Wilson TDY 1300 – youth
 - e. Each player shall wear two flags, one on each hip, uncovered, and hanging free.
 - f. The runner is down where the flag is pulled. If the flag comes out inadvertently the runner must be touched by at least 1 hand by the defender to be down.
 - g. Mouthpiece - Mouthpiece required to be worn by every player
 - h. Cleats - No metal cleats of any kind are allowed during play.
 - i. Padding - No extra padding will be allowed. Except for Nike Combat Gear, or similar products, that prevents injury while not being protrusive. Disputes will be handled by the referees.
 - j. Flags –all teams are required to use Sonic Pop flags. Velcro or belt breakaway flags will not be allowed.
6. Positions
- a. Offensive
 - i. Line positions - There must be at least four players on the line of scrimmage at the start of a play from scrimmage. Remaining players may be arranged in any desired position behind the line of scrimmage or may line up directly behind the center in the "T" position.
 - ii. Snapping the Ball - The center shall snap the ball from the ground on the side or through the legs (The ball has to leave the centers hands and be presented)
 - iii. Girls Snapping Ball - Girl centers will have the option of snapping the ball from an upright position without the ball leaving the ground to start play.

- iv. Backward lateral (throwing the ball underhand to a player not ahead of you, are legal regardless if you are behind or beyond the line of scrimmage. Pitching or throwing the ball to a player ahead of you is illegal if done beyond the line of scrimmage
 - v. The Quarterback can run at any time
 - vi. Quarterback cannot throw the ball once they cross the line of scrimmage
 - vii. There is no Blocking or moving screens
- b. Defense
 - i. Rushing the Quarterback
 - ii. Rush Marker - The defensive player that is rushing the quarterback must start from the rush marker, which is 7 yards from the line of scrimmage. The defense can rush as many players as desired.
 - iii. Once the ball is handed off, the seven-yard rule no longer is in effect, and all defenders may go behind the line of scrimmage. A special marker, or the referee, will designate seven yards from the line of scrimmage.
- 7. Dead Ball
 - a. The ball is considered dead when it has touched the ground and is spotted where it initially hit.
- 8. Downs
 - a. In a series of four downs, the offensive teams must advance the ball to designated first down marker
- 9. Punting
 - a. The offense has the option to punt the ball on fourth down. Offense must have all eligible players on the line of scrimmage until the ball is kicked. The defense must have four players on the line of scrimmage and the remainder back for the return.
 - b. No FAKE PUNTS
 - c. No movement until the ball is kicked
- 10. Scoring
 - a. Touchdown – touchdown shall count for 6 points.
Safety - shall count for 2 points.
 - b. Point after touchdown - shall count for 1 point from three yards out. Or 2 points 6 yards out. (Only the offense can score on extra point)
 - c. Ball Placement after score - once a team scores the opposite team begins with the ball on their 10-yard line.
- 11. Penalties
 - a. Open field tackle touchdown prevention
 - i. If an offensive player has an open field to the end zone and the defender tackles or makes illegal contact, prohibiting the player from scoring, it is an automatic touchdown. In addition, a half the distance to the goal, for unsportsmanlike conduct penalty will be accessed. Ball will be placed on the 5-yard line instead of 10 to start play.
 - b. Swearing
 - i. 15 yards and immediate suspension from the game. A second swearing violation during the season will result in immediate suspension from the game and possibly the season depending on content.

- c. Suspension Rules
 - i. Whenever, in the judgment of any official, the following acts are deliberate or flagrant, the player or players shall be suspended from the game. A second violation will result in suspension from the entire season. All major penalties result in a down over and are penalized from the line of scrimmage with the exception of clipping.
- 12. Offensive
 - a. 15-yard penalties
 - i. Unnecessary roughness
 - ii. Contacting an opponent who is on the ground
 - iii. Unsportsmanlike conduct - abusive language - lowering the head while running, etc.
 - iv. Contact with an opponent who is obviously out of the play
 - b. 10-yard Penalties
 - i. Flag Guarding (from the spot of the foul)
 - ii. QB throwing the ball past the line of scrimmage
 - iii. Illegal blocking
 - iv. Holding
 - v. Offensive pass interference
 - vi. Stiff arm
 - vii. Tripping/Clipping - from point of infraction
 - viii. Extending arms on block or holding block position
 - c. 5-yard penalties – Dead ball penalties do not result in a loss of down.
 - i. Encroachment
 - ii. Delay of game
 - iii. Not enough players on the line of scrimmage
 - iv. False start - movement before the ball is snapped
- 13. Illegal formation (less than 4 people on the line of scrimmage)
 - a. Play continues until flag tackle, choice of play or penalty is given to the defensive captain
- 14. Covering the flag
 - a. Play continues until flag tackle, choice of play or penalty is given to the defensive captain
- 15. Illegal forward pass
 - a. From point of infraction and loss of down
- 16. Leaving your Feet
 - a. No diving or leaving your feet for pulling a flag, first downs, or to cross the goal line. Leaving feet is permitted in all other situations such as catching the ball, running with the ball, spinning, etc.
- 17. Defensive
 - a. 15-yard penalties
 - i. Unnecessary roughness - from line of scrimmage and an automatic first down
 - ii. Unsportsmanlike conduct - from line of scrimmage and an automatic first down.
 - iii. Tripping - from line of scrimmage and an automatic first down

- iv. Contacting an opponent who is on the ground - from line of scrimmage and an automatic first down
- v. Illegal flag tackling - when a defensive player pulls a flag off an offensive player when he does not have the ball and the offensive player comes in contact with the ball - play is blown dead at that spot and penalty is assessed with an automatic first down awarded. (explanation - if a player missing a flag obtains possession of the ball, play is blown dead at that spot)
- vi. A penalty against the defense on a touchdown or point after will assessed on the following possession (half the distance from the goal line)
- vii. Using fists, kicking or kneeling
- viii. Any deliberate or flagrant act
- b. 10-yard penalties
 - i. Holding - from line of scrimmage and an automatic first down 28
 - ii. Pass interference - from line of scrimmage and an automatic first down
 - iii. Tackling or pushing the ball carrier - from line of scrimmage and an automatic first down
- c. 5-yard penalties
 - i. Encroachment - the defense cannot enter the neutral zone in any way until the offense hikes the ball.
 - ii. Using locked hands, elbows or any part of the forearm or hand except according to the rule
 - iii. Tackling or pushing the ball carrier as in regulation football

Awards

Varsity All-League Voting Procedures

1. Each Coach can nominate up to one complete team by writing their names on a blackboard. (Baseball-9, Basketball-5, Lacrosse-11, Soccer-11, Softball-10, Volleyball-6) Players are selected regardless of position. Coaches not in attendance can send a representative or call in their nominations to the Chairperson. Schools will be charged \$100 if a representative from their school does not show up to the meeting.
2. Each coach speaks briefly about his/her players.
3. For the All-League teams, each coach votes by secret ballot. Coaches are allowed to vote for their player(s). Each coach must vote for a complete team.
4. The nominees with the most votes make the first team. In the case of a tie for the final spot on a team, a run-off vote is taken. Only one vote is allowed per school. Each player on the first team receives a certificate.
5. A new ballot of nominated players, excluding those just named to the first team, determines the second and subsequent teams. Run-offs again will probably be necessary for individuals tied for the last spots. Each player on the second and subsequent teams receives a certificate.
6. Honorable Mention is given to athletes who tied for the last spot on the final team, but lose in the run-off. They do not receive a certificate.
7. The Chairperson then types a report with the players' names, school, grade and position and submits it to the President and Secretary of the MISAL.

Varsity MVP Voting Procedures

1. Each school's coach may nominate 1 player (including one from their own team)
2. Each school's coach votes for 1 MVP - coaches may NOT vote for their own players
3. The player with the highest vote total will win the MVP
 - a. In the event of a tie, they will be co-MVPs

Middle School Recognition

No regular season awards

Conference final champion trophy

League Administration

APPLICATION AND ADMISSION PROCESS

Admission to full membership in the League is accomplished over a two-year period, hereinafter referred to as the “application year” and “provisional year.”

1. Applications for membership are addressed to the President and must be submitted by August 1st of the year prior to the application year.
2. Applicants are investigated and interviewed by the League Athletic Directors at their August meeting. The League then decides upon the provisional membership of the prospective school at their November meeting; a two-thirds vote of the League is required for acceptance as a provisional member.
3. Upon acceptance as a provisional member, the applicant school may be required to submit a non-refundable entrance fee, the amount of which is determined by the Board at the time of admission.
4. The provisional year of a member school begins in the fall following the application year. The school is scheduled into league competitions, and is subject to all rights and responsibilities of member schools.
5. The League AD's, at the May meeting of a school's provisional year, decides upon the school's full membership status. At this time, the League will vote on one of three courses of action regarding the status of the provisional member school: to extend full membership status, to continue the provisional status for an additional year to allow the school to address any concerns of the League, or to reject the school's application and discontinue its participation in the League. A two-thirds vote by the League AD's, exclusive of any provisional member, is required for any decision. If a two-thirds vote is not reached on any course of action, the school's provisional status will be continued for an additional year.

New Policy Procedure

Any new league policy proposals should be presented in writing to all league Athletic Directors at least two (2) weeks in advance of a league vote. Proposals can be presented through e-mail or through a hard copy at a league meeting. This will allow for discussion between Athletic Directors and their School Administration prior to league policy changes going into effect.

- a) If a proposal is made at a league meeting then a vote will not take place until the next league meeting.
- b) If a proposal through email is given at least two (2) weeks in advance, then discussion and a vote can take place at the upcoming meeting. A vote will take place after there is opportunity for discussion by a show of hands. A two-thirds vote by the League Athletic Directors, exclusive of any provisional members, is required for any decision to pass.
- a) Each full member school gets one (1) vote per school.
- b) Any policy that is passed is not official until it is entered in the Handbook.

APPOINTMENT OF EXECUTIVE COMMITTEE OFFICERS

When an office is vacated, nominations will be taken for the open position. All League AD's will vote by secret ballot. If no nominations are made, the position will be appointed on an alphabetical basis by official name of school following the initial election of office. Executive Committee members will serve two-year terms. Members will hold office as long as everyone is in agreement. At the end of the two year mark, a reconsideration to determine if everyone is willing to continue in the position will take place. Another election will take place if anyone wishes to not continue in the current position. In case of a transfer or resignation of any officer(s) a special meeting of the League AD's will be held for the purpose of appointing a new officer(s).

Eligibility Requirement – Any individual holding an office must have served as a Director for one full year immediately preceding appointment.

If at any time, a member school has an issue with a member of the Executive Committee's performance he or she may bring the matter to a discussion by the whole group. Any issue should be presented in writing to all league Athletic Directors at least two (2) weeks in advance of a discussion. Issues can be presented through email or through a hard copy at a league meeting. After a period of discussion a two-thirds vote by the League Athletic Directors, exclusive of any provisional members, is required for any removal or addition to the Executive Committee.

Responsibility of a Sports Chairperson

1. Chair the preseason coaches' meeting. At this meeting you should:
 - a. Introduce coaches.
 - b. Get a list of coaches' names and cell phone numbers.
 - c. Go over the MISAL rules and regulations for your sport. These are now in writing and should be distributed to each coach. Please emphasize that changes to these rules and regulations need the approval of the MISAL Board of Directors. Go over the New Policy Procedure.
 - d. Have schools exchange schedules. Set a deadline for schedules to be sent to you and all schools.
 - e. Remind coaches of the deadline for rosters to be sent to you. This deadline is prior to the first MISAL contest for each school. Please notify the school's Athletic Director if rosters have not been sent by the deadline. If this does not generate results, please notify the League President.
 - f. Establish a system for coaches to report scores to you. You are responsible for maintaining won/lost records, standings and concerns. **(PLEASE NOTE:** You are not responsible for calling coaches for results. It is their responsibility, and ultimately their athletic director's responsibility). Please notify the school's Athletic Director if scores are not being reported. If this does not generate

- results, please notify the League President.
- g. Facilitate exchange of ideas on coaching, etc.
 - h. Inform all coaches of the postseason coaches' meeting.
2. Maintain a record of game results and League standings. A report should be sent to the League President at the end of the year with a summary of the regular season, tournament and All-MISAL selections.
 3. Coordinate with the League President to arrange for officials for league tournaments.
 4. Mediate any problems that come up during the course of the season. When problems arise, please notify the League President.
 5. Coordinate with the League President to seed the League tournament and schedule tournament sites.
 6. Make sure all awards are present at the tournament's final. You will be responsible for presenting awards. You need to contact the League President for the awards.
 7. Chair the postseason coaches' meeting. At this meeting you should:
 - a. Review the regular season and discuss any concerns regarding sportsmanship, officiating, scheduling, etc.
 - b. Draw up proposals for changes to the MISAL guidelines or the following year's schedule.
 - c. Select All-League athletes according to the MISAL procedures for All-League Voting Procedures selection. Send this list to the League President immediately following the meeting.
 8. Maintain records of player ejections.

Report to the Board of Directors at the end of the season. Please present final League standings, All-League selections, tournament results, the Tournament MVP selection, a brief review of the season, and any proposals for changes in the guidelines for the sport and for the following year's schedule.

LEAGUE FORMS AND FEES

1. League fees are due by July 15th at the Athletic Director meeting
2. Changes to the league fees are voted on by a school representative (school Athletic Director or Administrator). Changes require a 2/3 vote.
 - a. The following are league fees for the school year:
 - Full Participation - \$2,750 per school
 - Partial Participation - Fees may vary
 - Middle School only - \$1,750

Please make all checks payable to: MISAL (Maryland Independent School Athletic League)

Mail to:

John Somerville
Grace Christian Academy of Maryland
13000 Zekiah Dr, Waldorf, MD 20601