

Section 3. Individual Sports

A. REGULATIONS FOR CROSS COUNTRY

NATIONAL FEDERATION

All National Federation rules are official rules for all events.

P.I.A.A.

All P.I.A.A. regulations apply to all events.

DISTRICT 10

Scheduled Meets:

- Postponed region/crossover meets are to be rescheduled on the first available play date. Independent meets should not be scheduled during region/crossover play unless they can be rescheduled in the case of a region/crossover make-up meet. Postponed or cancelled region/crossover meets should be made up in the order they were postponed or cancelled with the order of priority being regional, then crossover, followed by independent meets.
- The starting times for meets will follow those listed in the D-10 Handbook.
- All tri-meets will be scored as double dual meets.
- If schedule changes are necessary for school events, they should be in place prior to the start of the season whenever possible.
- In case of postponement or cancellation, it is the responsibility of the home team to notify the visiting team and officials/assignor in a timely manner.

Home Team Responsibilities:

- The home team will report accurate meet results to the media (newspaper, television, etc.). However, all coaches are encouraged to contact their local media, if applicable.

Section 3. Individual Sports

B. REGULATIONS FOR FOOTBALL

NATIONAL FEDERATION

All National Federation rules are official rules for all events.

P.I.A.A.

All P.I.A.A. regulations apply to all events.

DISTRICT 10

Scheduled Games:

- Postponed or cancelled region/crossover games are to be rescheduled on the first available play date and in the order in they were postponed or cancelled. Postponed or cancelled region/crossover games should be made up in the order they were postponed or cancelled with the order of priority being regional, then crossover, followed by independent games.
- The starting times for games will follow those listed in the D-10 Handbook.
- If schedule changes are necessary for school events, they should be in place prior to the start of the season whenever possible.
- In case of postponement or cancellation, it is the responsibility of the home team to notify the visiting team and officials/assignor a timely manner.

Halftime Procedures:

- Fifteen minutes should be allotted for a normal halftime. However, it may be increased to a maximum of twenty minutes, provided opponents have been notified no later than five minutes prior to the game.

Cheerleader/Marching/Pep Bands:

- Cheerleaders are to remain in the designated area(s) during the game.
- Cheerleaders shall not stand on another person unless that other person has at least one (1) foot on the ground.
- No flips are permitted from another person, unless that other person has both feet on the ground.
- Trampolines and/or mini tramps shall not be used.
- Marching/Pep Bands are prohibited from performing whenever the opposing schools' football team is in possession of the ball.

Home Team Responsibilities:

- The home team will report accurate game results to the media (newspaper, television, etc.). However, all coaches are encouraged to contact their local media, if applicable.

Section 3. Individual Sports

C. REGULATIONS FOR GOLF

U.S.G.A.

All United States Golf Association rules are official rules for all events.

P.I.A.A.

All P.I.A.A. regulations apply to all events.

DISTRICT 10

Scheduled Matches:

- Postponed region/crossover matches are to be rescheduled on the first available play date. Independent matches should not be scheduled during region/crossover play, unless they can be rescheduled in the case of a region/crossover make-up match. Postponed or cancelled region/crossover matches should be made up in the order they were postponed or cancelled with the order of priority being regional, then crossover, followed by independent matches.
- The starting times for matches will follow those listed in the D-10 Handbook.
- If schedule changes are necessary for school events, they should be in place prior to the start of the season whenever possible.
- In case of postponement or cancellation, it is the responsibility of the home team to notify the visiting team and the golf course a timely manner.

Competition Rules:

- Matches will consist of nine or eighteen holes.
- Regions, in deciding whether to play matches of nine or eighteen holes, shall be bound by a majority vote of the high school principals in that region. (February 2006)
- All regular season regional matches will consist of a 6-person team. Four of the six scores will count to determine the winner of the match. (April 2006)
- Regions conducting an individual qualifying tournament may not play more than eighteen holes. (April 2006)
- Each coach shall present to the opposing coach a written line-up prior to the start of the match.
- The visiting golfer will hit first on the first hole. After the first hole, honors will then prevail.
- Each player shall keep a scorecard with their own score and their opponent's score. These cards should be checked after each hole. At the end of each match, these cards shall be signed by each player and turned in to the coaches.
- Players should be reminded to follow all course and USGA rules and to respect the course and its members. Players should also make every effort to speed up play whenever possible.

Home Team Responsibilities:

- The home team will report accurate match results to the media (newspaper, television, etc.). However, all coaches are encouraged to contact their local media, if applicable.

Section 3. Individual Sports

D. REGULATIONS FOR SOCCER

NATIONAL FEDERATION

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DISTRICT 10

Scheduled Matches:

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- The starting times for matches will follow those listed in the D-10 Handbook.
- If schedule changes are necessary for school events, they should be in place prior to the start of the season whenever possible.
- In case of postponement or cancellation, it is the responsibility of the home team to notify the visiting team and officials/assignor a timely manner.

Home Team Responsibilities:

- The home team will furnish the NFHS approved soccer balls.
- The home team will report accurate match results to the media (newspaper, television, etc.). However, all coaches are encouraged to contact their local media, if applicable.

Section 3. Individual Sports

E. REGULATIONS FOR VOLLEYBALL

NATIONAL FEDERATION

All National Federation rules are official rules for all events.

P.I.A.A.

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DISTRICT 10

Scheduled Matches:

- Postponed region/crossover matches are to be rescheduled on the first available play date. Independent matches should not be scheduled during region/crossover play unless they can be rescheduled in the case of a region/crossover make-up match. Postponed or cancelled region/crossover matches should be made up in the order they were postponed or cancelled with the order of priority being regional, then crossover, followed by independent matches.
- The starting times for matches will follow those listed in the D-10 Handbook.
- If schedule changes are necessary for school events, they should be in place prior to the start of the season whenever possible.
- In case of postponement or cancellation, it is the responsibility of the home team to notify the visiting team and officials/assignor a timely manner.

Warm-Up Procedures:

- There shall be a 20-minute warm-up period prior to the start of a match, which shall include: 10 minutes of pepper, 8 minutes of warm-up (4 minutes of court time per team) and 2 minutes of serving.

Game Procedures:

- Varsity volleyball matches shall consist of 3 of 5 competitions.
- Junior varsity volleyball matches shall consist of 2 of 3 competitions.

Home Team Responsibilities:

- The home team shall provide practice balls for the visiting teams, as well as the NFHS approved contest volleyballs.
- The home team will report accurate match results to the media (newspaper, television, etc.). However, all coaches are encouraged to contact their local media, if applicable.

Section 3. Individual Sports

F. REGULATIONS FOR BASKETBALL

NATIONAL FEDERATION

All National Federation rules are official rules for all events.

P.I.A.A.

All P.I.A.A. regulations apply to all events.

DISTRICT 10

Scheduled Games:

- Postponed or cancelled region/crossover games are to be rescheduled on the first available play date and in the order in they were postponed or cancelled. Postponed or cancelled region/crossover games should be made up in the order they were postponed or cancelled with the order of priority being regional, then crossover, followed by independent games.
- The starting times for games will follow those listed in the D-10 Handbook.
- If schedule changes are necessary for school events, they should be in place prior to the start of the season whenever possible.
- In case of postponement or cancellation, it is the responsibility of the home team to notify the visiting team and officials/assignor a timely manner.

Warm-Up Procedures:

- There shall be a 15-minute warm-up period following the conclusion of the junior varsity game and the start of the varsity game.

Game Procedures:

Cheerleader/Pep Band:

- Cheerleaders are to be seated during 'live ball' play, including foul shots.
- Active cheering may take place during 'dead ball' time (full time outs and between quarters).
- Cheerleaders shall not stand on another person unless that other person has at least one (1) foot on the ground.
- No flips are permitted from another person, unless that other person has both feet on the ground.
- Trampolines and/or mini tramps shall not be used.
- Pep bands may only play during 'dead ball' time (full time outs and between quarters).

Home Team Responsibilities:

- The host school should be responsible for making sure that spectators of any age not be permitted on the gym floor for any reason (shooting baskets, chasing, etc.). Only school approved activities and participating athletes who are wearing some part of the official uniform or warm-up with appropriate shoes, are allowed on the gym floor prior to the competition, at halftime or at the conclusion of the contest.
- The home team will report accurate game results to the media (newspaper, television, etc.). However, all coaches are encouraged to contact their local media, if applicable.

Section 3. Individual Sports

G. REGULATIONS FOR SWIMMING & DIVING

NATIONAL FEDERATION

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P.I.A.A.

All P.I.A.A. regulations apply to all events.

DISTRICT 10

Scheduled Meets:

- Postponed region/crossover meets are to be rescheduled on the first available play date. Independent meets should not be scheduled during region/crossover play unless they can be rescheduled in the case of a region/crossover make-up meet. Postponed or cancelled region/crossover meets should be made up in the order they were postponed or cancelled with the order of priority being regional, then crossover, followed by independent meets.
- The starting times for meets will follow those listed in the D-10 Handbook.
- All tri-meets will be scored as double dual meets.
- If schedule changes are necessary for school events, they should be in place prior to the start of the season whenever possible.
- In case of postponement or cancellation, it is the responsibility of the home team to notify the visiting team and officials/assignor a timely manner.

Home Team Responsibilities:

- The home team will report accurate meet results to the media (newspaper, television, etc.). However, all coaches are encouraged to contact their local media, if applicable.

Section 3. Individual Sports

H. REGULATIONS FOR WRESTLING

NATIONAL FEDERATION

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P.I.A.A.

All P.I.A.A. regulations apply to all events.

DISTRICT 10

Scheduled Matches:

- Postponed region/crossover matches are to be rescheduled on the first available play date. Independent matches should not be scheduled during region/crossover play unless they can be rescheduled in the case of a region/crossover make-up match. Postponed or cancelled region/crossover matches should be made up in the order they were postponed or cancelled with the order of priority being regional, then crossover, followed by independent matches.
- The starting times for matches will follow those listed in the D-10 Handbook.
- If schedule changes are necessary for school events, they should be in place prior to the start of the season whenever possible.
- In case of postponement or cancellation, it is the responsibility of the home team to notify the visiting team and officials/assignor a timely manner.

Cheerleader/Pep Band:

- Cheerleaders are to remain in the designated area(s) during the match, which is suggested to be 10' from the mat area and scorers table.
- Cheerleaders shall not stand on another person unless that other person has at least one (1) foot on the ground.
- No flips are permitted from another person, unless that other person has both feet on the ground.
- Trampolines and/or mini tramps shall not be used.
- Pep bands may only play during 'dead' time (full time outs and between matches).

Home Team Responsibilities:

- The home team provide equal five (5) minutes of warm-up time for each team.
- The home team will report accurate match results to the media (newspaper, television, etc.). However, all coaches are encouraged to contact their local media, if applicable.

Section 3. Individual Sports

I. REGULATIONS FOR BASEBALL

NATIONAL FEDERATION

All National Federation rules are official rules for all events.

P.I.A.A.

All P.I.A.A. regulations apply to all events.

DISTRICT 10

Scheduled Games:

- Postponed region/crossover games are to be rescheduled on the first available play date. Independent games should not be scheduled during region/crossover play unless they can be rescheduled in the case of a region/crossover make-up game. Postponed or cancelled region/crossover games should be made up in the order they were postponed or cancelled with the order of priority being regional, then crossover, followed by independent games. Saturday games will start at a time that is mutually acceptable.
- The starting times for games will follow those listed in the D-10 Handbook.
- If schedule changes are necessary for school events, they should be in place prior to the start of the season whenever possible.
- In case of postponement or cancellation, it is the responsibility of the home team to notify the visiting team and umpires/assignor a timely manner.

Home Team Responsibilities:

- The home team will furnish three (3) unused NFHS approved baseballs. Additional baseballs should be furnished at umpire's request, if conditions warrant.
- The home team will provide the official scorer and official scorebook.
- The home team attempt to provide equal warm-up time for both teams.
- The home team will report accurate game results to the media (newspaper, television, etc.). However, all coaches are encouraged to contact their local media, if applicable.

Section 3. Individual Sports

J. REGULATIONS FOR SOFTBALL

NATIONAL FEDERATION

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P.I.A.A.

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DISTRICT 10

Scheduled Games:

- Postponed region/crossover games are to be rescheduled on the first available play date. Independent games should not be scheduled during region/crossover play unless they can be rescheduled in the case of a region/crossover make-up game. Postponed or cancelled region/crossover games should be made up in the order they were postponed or cancelled with the order of priority being regional, then crossover, followed by independent games. Saturday games will start at a time that is mutually acceptable.
- The starting times for games will follow those listed in the D-10 Handbook.
- If schedule changes are necessary for school events, they should be in place prior to the start of the season whenever possible.
- In case of postponement or cancellation, it is the responsibility of the home team to notify the visiting team and umpires/assignor a timely manner.

Home Team Responsibilities:

- The home team will furnish three (3) unused NFHS approved softballs. Additional softballs should be furnished at umpire's request, if conditions warrant.
- The home team will provide the official scorer and official scorebook.
- The home team attempt to provide equal warm-up time for both teams.
- The home team will report accurate game results to the media (newspaper, television, etc.). However, all coaches are encouraged to contact their local media, if applicable.

Section 3. Individual Sports

K. REGULATIONS FOR TENNIS

U.S.T.A.

All United States Tennis Association rules are official rules for all events.

P.I.A.A.

All P.I.A.A. regulations apply to all events.

DISTRICT 10

Scheduled Matches:

- Postponed region/crossover matches are to be rescheduled on the first available play date. Independent matches should not be scheduled during region/crossover play, unless they can be rescheduled in the case of a region/crossover make-up match. Postponed or cancelled region/crossover matches should be made up in the order they were postponed or cancelled with the order of priority being regional, then crossover, followed by independent matches. Saturday matches will start at a time that is mutually acceptable.
- The starting times for matches will follow those listed in the D-10 Handbook.
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- In case of postponement or cancellation, it is the responsibility of the home team to notify the visiting team a timely manner.

Specific Match Factors:

- All region/crossover matches will be conducted in a 3-2 format (three singles matches and two doubles matches) and exhibition matches are permitted.
- Line-ups for singles and doubles will be presented in writing at the beginning of each match. Only when the match has been decided in singles can a coach change the doubles line-ups, which may also be changed due to injury, sickness, etc.
- It shall be the coach's responsibility to position their players according to their ability: Best player in the first position; second best player in the second position, etc. If a team's number one player is unavailable for a match, the number two player moves to number one, number three moves to number two, etc.
- When the postponed match is rescheduled the original line-ups will be maintained, however if a player is unable to continue, the match will be forfeited.
- If a match has not been started and a player is unable to compete, the next highest-ranking player beneath that position shall be substituted into the match.

Home Team Responsibilities:

- The home team will furnish three (3) unused NFHS approved tennis balls for each of the singles and each of the doubles matches. Additional tennis balls should be furnished, if conditions warrant.
- The home team attempt to provide equal warm-up time for both teams.
- The home team will report accurate match results to the media (newspaper, television, etc.). However, all coaches are encouraged to contact their local media, if applicable.

Section 3. Individual Sports

L. REGULATIONS TRACK AND FIELD

NATIONAL FEDERATION

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P.I.A.A

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DISTRICT 10

Scheduled Meets:

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- The starting times for meets will follow those listed in the D-10 Handbook.
- All tri-meets will be scored as double dual meets.
- If schedule changes are necessary for school events, they should be in place prior to the start of the season whenever possible.
- In case of postponement or cancellation, it is the responsibility of the home team to notify the visiting team and officials/assignor a timely manner.

Home Team Responsibilities:

The home team will report accurate meet results to the media (newspaper, television, etc.).

However, all