



Lutheran School Athletic Association League Handbook

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ARTICLE I. NAME OF THE ORGANIZATION

Section 1-The name of the organization shall be the Lutheran School Athletic Association, hereafter called the LSAA

ARTICLE II. OBJECTIVES OF THE ORGANIZATION

Section 1-The objectives of this organization, the LSAA, shall be:

- 1) To promote and foster a Christian environment of good sportsmanship, proper conduct and wholesome attitudes for students, supervisory personnel, parents and fans.
- 2) To promote interscholastic athletics among Lutheran schools of the Fort Wayne area by offering volleyball, basketball, track, and soccer for Girls, and soccer, basketball, wrestling, and track for Boys.
- 3) To organize, regulate, schedule, and oversee such interscholastic programs.
- 4) To supplement in the financing of such programs.
- 5) To emphasize the importance of individual growth and worth through interscholastic athletics.

ARTICLE III. MEMBERSHIP IN THE ORGANIZATION

Section 1-The current roster of member schools can be found in **Article X, Section 1**. Schools wishing to become new members of the LSAA must petition the LSAA in writing and must be accepted by at least a two-thirds (2/3) majority of all member schools before it may participate as an active member in the next full school year.

Section 2-Each school shall remit an annual fee of \$7 per 4th-8th grade student to LSAA to supplement income. This fee is to be paid to the Treasurer by the October LSAA meeting of that current school year.

ARTICLE IV. REPRESENTATIVES, VOTING RIGHTS AND RESPONSIBILITIES

Section 1-Representatives of the member schools shall be their respective Athletic Directors, School Principal or their proxy, hereafter called representative (designated at the beginning of the current school year). Each school shall have one vote. The Director votes only to break a tie (Unless he/she is an active AD for a member school).

Section 2-All motions for voting purposes, including to make changes to the handbook, must have 80% of enrolled member-schools present and the motion must be passed by two-thirds of the members present to go into effect (This does not include changes to the Supplements).

Section 3-Schools are responsible to the LSAA to have a representative at all regularly scheduled meetings, being at a minimum of 7 of the meetings held in a school year. Failure to attend at least 7 meetings, is automatic probation (on notice) for the following year, such that failure to attend at least 7 meetings the second year will terminate all LSAA participation the following year.

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ARTICLE V. OFFICERS

Section 1-Executive officers of the LSAA shall be a Director, Secretary, and Treasurer.

ARTICLE VI. ELECTIONS AND TERMS OF OFFICE

Section 1-The Executive officers of the LSAA will be evaluated on a yearly basis at the May meeting and will be retained if there are no objections. If an Executive officer is unable to continue in a position, names will be solicited among the current Athletic Directors and a replacement will be voted on and appointed by the Athletic Directors.

ARTICLE VII. MEETINGS

Section 1- There will be 9 scheduled LSAA Athletic Director meetings in a school calendar year. Those meetings (typically the 1st Tuesday of a given month) will be set by the Director and distributed before the scheduled August meeting.
Special meetings may also be called by the Executive Board consisting of the elected officers.

ARTICLE VIII. DUTIES OF OFFICERS

Section 1-The Director shall set up the agenda for all meetings, chair all meetings in accordance with Robert's Rules of Order, and shall notify members ~~in writing~~ of upcoming meetings at least one week ahead of time. The agenda, minutes from the previous meeting and treasurer's report will be made available to LSAA Athletic Directors at least one week before the next scheduled meeting. The Director shall also coordinate all activities of the LSAA - **(\$360 per month for 12 months)**

Section 2-The Secretary shall take minutes of each meeting and send them to the Director within one week of the previous meeting so they are available for each school at least one week prior to the next meeting. He/She shall also compile, produce, and make available the roster of LSAA Athletic Directors (The AD Directory). The Secretary also shall keep attendance and notify the Director of absences – **(\$75 per month for 12 months)**

Section 3-The Treasurer shall keep accurate records of all LSAA income and expenditures, and send them to the Director one week prior to the next scheduled meeting so they are available for each school at least one week prior to the next meeting, and shall give a financial report at each meeting. This financial report shall be entered into the minutes. The Treasurer shall pay all LSAA bills. – **(\$75 per month for 12 months)**

Section 4-In the event of the Director not being able to complete his/her duties for any reason, the Secretary and Treasurer will be responsible for fulfilling the duties of the absent Director until the position is filled.

Section 5-In the event of the loss of the Director for any reason, the Secretary and Treasurer shall initiate a search committee for the hiring of the Director's replacement.

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ARTICLE IX. GUIDELINES

Section 1-The LSAA shall have and make such guidelines as are deemed necessary to attain the objectives of the organization.

ARTICLE X. GENERAL

Section 1-Member schools of the LSAA are: Ascension, Central, Concordia, Emmanuel - St. Michael, Emmaus, Holy Cross, Lutheran South Unity, St. John - Emmanuel, St. John (Kendallville), St. Paul, St. Peter (Fort Wayne), St. Peter - Immanuel, Suburban Bethlehem, Woodburn, Wyneken, Zion (Decatur).

Section 2-Eligibility requirements for students shall be as follows:

- 1) A student must not have reached 15 years of age before August 15 preceding his/her eighth grade year.
- 2) A student must not have reached 14 years of age before August 15 preceding his/her seventh grade year.
- 3) A student must not have reached 13 years of age before August 15 preceding his/her sixth grade year.
- 4) A student must not have reached 12 years of age before August 15 preceding his/her fifth grade year.
- 5) A student must not have reached 11 years of age before August 15 preceding his/her fourth grade year.
 - a) Students who are ineligible for their grade level activities may still be eligible for their age level activities.
 - b) A student must have reached 9 years of age before August 15 and be currently enrolled in the 4th grade or above to be eligible for all sports.

Section 3-A physical examination form shall be on file with the Athletic Director of each school for each student who wishes to participate in interscholastic athletics before that student may practice or play in a game. Physical examinations must be administered between April 1 and a student's first practice.

Section 4-Protests may be made when a school feels an adopted policy has been violated. Such protest shall be directed to the Director of the LSAA within 48 hours of the alleged incident. The Executive Board (Director, Treasurer, and Secretary) will act on the protest. The parties involved in the protest shall be present at the meeting. If a member of the Executive Board is involved, he/she shall be replaced on the Board by a neutral party selected by the Director. The protest shall be made in writing, with all necessary evidence, and signed by the Principal. One copy is to be sent to the Director of the LSAA and a copy is to be sent to the Principal of the school whose team the protest is lodged against. A majority vote of the Executive Board of the LSAA shall be necessary to uphold the protest.

Section 5-To be eligible to participate in LSAA league sponsored athletics, an athlete must be enrolled as a full time student at an LSAA member school.

Section 6- An individual athlete must participate in a sport of his/her biological sex at birth. – **So God created man in his own image, in the image of God he created him; male and female he created them.**

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Section 7-To be eligible to participate in an LSAA Sponsored Tournament, an individual must have participated in at least 50% of the total games for the roster to which they were assigned during the season. Exception can be made in case of injuries or long term illness.

Section 8-The LSAA will pay a Web Administrator to keep the League Website current. (**\$500 – 2021**)

ARTICLE XI. RULES

Section 1-The Principal of each member school is responsible for that school's athletic program. The Athletic Director shall be under the direct jurisdiction of the school Principal.

Section 2-The Principal has the authority to exclude any person and/or contestant who, because of bad habits, poor attitudes, or improper conduct, would not represent his/her school in a satisfactory matter.

Section 3-Visiting school Principals are responsible for the conduct of their players and students permitted to attend games from their school.

Section 4-Principals shall take proper measures to control the conduct of the spectators, coaches, and players at all contests to ensure that fans and spectators conduct themselves in a sportsmanlike manner.

Section 5-The coach, as any teacher, is responsible to the school Principal for any decision or action taken. The Principal is solely responsible for the attitudes displayed by a coach of the school.

Section 6-No games, meets, or tournaments shall be played by a school team without the sanction of the school Principal.

Section 7-Assignor fees are paid for all LSAA sponsored games and LSAA season-ending tournaments. If a school drops a team after the deadline for a specific sport or cancels a scheduled game, they are responsible for any incurred expenses including fees owed for field rentals, the payment due to the officials and referees, the assignor fee, as well as any other costs related to the cancellation.

Example: If a school's team does not have enough players due to eligibility or illness and cannot field a team for a scheduled event, the school that cannot participate is responsible for paying the scheduled officials, the assignor fee, and the field rental costs, whether that contest is home or away.

Section 8-Violations of the rules of the LSAA shall result in disciplinary action by the Executive Board of this association.

Section 9-Interschool "practice" games are regular games and must be governed by the rules and regulations of the LSAA. There is no such term as a "practice" game between schools.

Section 10-When all LSAA schools are closed due to an emergency, no games, matches, or meets shall be played, unless agreed upon by the schools involved.

Section 11-In all contests, the decisions of the hired officials are considered final and binding.

Section 12-Seeding for all team sports will be as follows:

- 1) If there are 10 or more teams or all teams do not play each other, seeding will be determined by place within Divisions
 - a) Tie Breakers for each sport are listed under each sport's regulations.
- 2) If there are less than 10 teams and all teams play each other, seeding will be determined by Overall Record within the LSAA
 - a) Tie Breakers for each sport are listed under each sport's regulations.

Section 13-Motions passed during the year are noted in the monthly minutes and changes to the LSAA

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Handbook, Rules and Regulations will be updated in the following year's edition of the LSAA Handbook.

Section 14-All LSAA member Athletic Directors and all Head Coaches of LSAA member schools must complete the NFHS (or comparable) online concussions training course. Athletic Director's should submit a copy of completion to the LSAA before the August meeting and by coaches before that sport's seasons first practice.

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ARTICLE XII. GIRLS VOLLEYBALL REGULATIONS

Section 1-There shall be a minimum of four (4) practice dates prior to the first game. No player may play in any league game or tournament until that individual has participated in a minimum of four (4) complete practice sessions.

Section 2-Age eligibility is governed by rules set forth in **Article X, Section 2.**

Section 3-All athletes must have a physical card on file at their school before participating in practice and league play.

Section 4-Coaches are charged with the conduct of their players. Players displaying unsportsmanlike acts will be removed from the game by the coach. Good sportsmanship and obedience to the spirit of the rules as well as the letter of the rules shall be stressed.

Section 5-A Varsity season shall consist of a maximum of 16 matches and 3 tournaments, excluding LSAA or postseason tournaments.

Section 6-A Junior Varsity season shall consist of a maximum of 12 matches and 3 tournaments.

Section 7-No individual may suit up for more than 16 total games and 3 tournaments.

Section 8-The LSAA Director will determine when the first practice may begin, will set up a Varsity ('A') and JV league schedule based on the number of teams participating, will set a preseason coaches' meeting, if necessary, will set league game sites to play, will organize league tournament sites and dates, and will set a tournament seed meeting, if necessary. Schools who have enough participants to form a 'B' team, or separate 5th and 6th grade teams, will do so with schools who also have 'B' teams and separate 5th and 6th grade teams.

1) A school must play an 'A' schedule if they have 6 or more eligible 7th and 8th graders participating

Section 9- The deadline to field a team or to drop a team for Girls Volleyball is the last Friday in June.

Section 10-Team awards will be given to the first place teams in the division during the regular season and during the tournament. Individual awards will be given during the league tournament.

Section 11-Varsity Volleyball (7th and 8th Grade levels) have the option to use a libero following IHSAA libero substitution rules. The libero must wear a uniform that is in clear contrast to and distinct from the other members of the team. The libero uniform must have a legal number.

Section 12-Volleyball Regular Season Tie Breaker Rules for Playoff Seeding:

- 1) The volleyball seeding tie breaker order will be as follows:
 - (a) Division Record
 - (b) Head to Head
 - (c) Best record against highest-seeded first common opponent from the other LSAA Division
 - (d) Set percentage won between/among the tied teams (Example: Team A defeated Team B 2-0. Team B defeated Team C 2-0. Team C defeated Team A 2-1. A wins 3 of 5 = 60%. B wins 2 of 4 = 50%. C wins 2 of 5 = 40%.)
 - (e) Point differential between/among the tied teams capped at 10 per set. (Example: Team A defeated Team B 25-15, 25-20. Team B defeated Team C 25-12, 25-10. Team C defeated Team A 20-25, 25-20, 15-10. B = +13; A = +10, C = -23)
 - (f) Coin Flip

Section 13-See Supplement A: Girls Volleyball Rules (p. 12)

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ARTICLE XIII. GIRLS AND BOYS SOCCER REGULATIONS

Section 1-There shall be a minimum of four (4) practice dates prior to the first game. No player may play in any league game or tournament until that individual has participated in a minimum of four (4) complete practice sessions.

Section 2-Age eligibility is governed by rules set forth in **Article X, Section 2.**

Section 3-All athletes must have a physical card on file at their school before participating in practice and league play.

Section 4-Coaches are charged with the conduct of their players. Players displaying unsportsmanlike acts will be removed from the game by the coach. Good sportsmanship and obedience to the spirit of the rules as well as the letter of the rules shall be stressed.

Section 5-A Varsity season shall consist of a maximum of 16 games and 3 tournaments, excluding LSAA or postseason tournaments.

Section 6-A Junior Varsity season shall consist of a maximum of 12 games and 3 tournaments.

Section 7-No individual may suit up for more than 16 total games and 3 tournaments.

Section 8-The LSAA Director will determine when the first practice may begin, will set up a Varsity ‘A’ and JV league schedule based on the number of teams participating, will set a preseason coaches’ meeting, if necessary, will set league game sites to play, will organize league tournament sites and dates, and will set a tournament seed meeting, if necessary.

- 1) If a school has enough participants to form 2 separate JV teams, they should contact the Director so that both teams can be added to the LSAA JV schedule.

Section 9- The deadline to field a team or to drop a team for Boys Soccer is the last Friday in June and for Girls Soccer is the last Friday in February.

Section 10-Team awards will be given to the first place teams in the division during the regular season and during the tournament. Individual awards will be given during the league tournament.

Section 11-Soccer Regular Season Tie Breaker Rules for Playoff Seeding:

- 1) The soccer seeding tie breaker order are as follows:
 - a) Division Record
 - b) Head to Head
 - c) Best record against highest-seeded first common opponent from the other LSAA Division
 - d) Least goals against among the tied teams (only use teams that are tie in games vs. each other)
 - e) Point differential between/among the tied teams capped at 5 (Example: Team A defeated Team B 5-1. Team B defeated Team C 8-2. Team C defeated Team A 1-0. A = +3, B = +1. Team C = -4. Team A would win the tie breaker.)
 - f) Coin Flip

Section 12-See Supplement B: Girls and Boys Soccer Rules (p. 13)

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ARTICLE XIV. GIRLS AND BOYS BASKETBALL REGULATIONS

Section 1-There shall be a minimum of four (4) practice dates prior to the first game. No player may play in any league game or tournament until that individual has participated in a minimum of four (4) complete practice sessions.

Section 2-Age eligibility is governed by rules set forth in **Article X, Section 2.**

Section 3-All athletes must have a physical card on file at their school before participating in practice and league play.

Section 4-Coaches are charged with the conduct of their players. Players displaying unsportsmanlike acts will be removed from the game by the coach. Good sportsmanship and obedience to the spirit of the rules as well as the letter of the rules shall be stressed.

Section 5-A Varsity season shall consist of a maximum of 18 games and 3 tournaments excluding LSAA or postseason tournaments.

Section 6-A Junior Varsity season shall consist of a maximum of 12 games and 3 tournaments.

Section 7-No individual may suit up for more than 18 total games and 3 tournaments.

Section 8-The LSAA Director will determine when the first practice may begin, will set up a Varsity ‘A’ and JV league schedule based on the number of teams participating, will set a preseason coaches’ meeting, if necessary, will set league game sites to play, will organize league tournament sites and dates, and will set a tournament seed meeting, if necessary. Schools who have enough participants to form a ‘B’ team, or separate 5th and 6th grade teams, will do so with schools who also have ‘B’ teams and separate 5th and 6th grade teams. The director will do all of the basketball scheduling for North and South Divisions and inter-division games, if the maximum number of teams does not exceed 12, on the schedule for varsity and JV basketball.

1) A school must play an ‘A’ schedule if they have 5 or more eligible 7th and 8th graders participating

Section 9- The deadline to field a team or to drop a team for Boys and Girls Basketball is the last Friday in August.

Section 10-Team awards will be given to the first place teams in the division during the regular season and during the tournament. Individual awards will be given during the league tournament.

Section 11-Basketball Regular Season Tie Breaker Rules for Playoff Seeding:

- 1) The basketball seeding tie breaker order will be as follows:
 - a) Division Record
 - b) Head to Head
 - c) Best record against highest-seeded first common opponent from the other LSAA Division
 - d) Point differential between/among the tied teams – capped at 15. (In other words, which team won by the most in the winning game from the two games played among the three ties opponents. Example: Team A defeated Team B by 5, Team B defeated team C by 4, and Team C defeated team A by 6. Team C would win the tie breaker, as its win was by more points than the other two teams’ wins.
 - e) Coin Flip

Section 12-See Supplement C: Girls and Boys Basketball Rules (p. 14)

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ARTICLE XV. BOYS WRESTLING REGULATIONS

Section 1- A wrestler must participate in a minimum of seven practices before he can compete in a league match.

Section 2- Age eligibility is governed by rules set forth in **Article X, Section 2.**

Section 3- A wrestler must have a physical card on file at his school before participating in practice and league play.

Section 4- Coaches are charged with the conduct of their players. Players displaying unsportsmanlike acts will be removed from the game by the coach. Good sportsmanship and obedience to the spirit of the rules as well as the letter of the rules shall be stressed.

Section 5- The LSAA Director will determine when the first practice may begin, will set up a league schedule based on the number of teams participating, will set a preseason coaches' meeting, if necessary, will set league meet sites, will organize league tournament sites and dates, and will set a tournament weigh-in sites and dates.

Section 6- Team awards will be given to the first place team in the league tournament, and individual awards will be given during the league tournament.

Section 7- **The deadline to field a team or to drop a team for Wrestling is the last Friday in December.**

Section 8- See Supplement D: Boys Wrestling Rules (p. 15 - 16)

Section 9- See Supplement E: Boys Wrestling Parent Letter (p. 17)

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ARTICLE XVI. GIRLS AND BOYS TRACK REGULATIONS

Section 1-There shall be a minimum of four (4) practice dates prior to the first game. No player may play in any league game or tournament until that individual has participated in a minimum of four (4) complete practice sessions.

Section 2-Age eligibility is governed by rules set forth in **Article X, Section 2**.

Section 3-All athletes must have a physical card on file at their school before participating in practice and league play.

Section 4-Coaches are charged with the conduct of their players. Players displaying unsportsmanlike acts will be removed from the game by the coach. Good sportsmanship and obedience to the spirit of the rules as well as the letter of the rules shall be stressed.

Section 5- Schools shall compete in separate varsity and junior varsity levels

Section 6-In the divisional finals, first place teams shall receive a team plaques at the Varsity level. For individual events, first place shall receive a medal for the Varsity level and second through 9th place shall be awarded ribbons for the Varsity level.

Section 7-The LSAA Director will determine when the first practice may begin, will set up a league schedule based on the number of teams participating, will set a preseason coaches' meeting, if necessary, will set league meet sites, will organize league relay and divisional sites and dates, and will organize the league relay planning meeting and conduct the annual LSAA relay meet.

Section 8- **The deadline to field a team or to drop a team for Boys and Girls Track is the last Friday in February.**

Section 9 – See Supplement F: Girls and Boys Track Rules (p. 18)

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SUPPLEMENT A: GIRLS VOLLEYBALL RULES



Volleyball Rules

Varsity - 4th thru 8th Grade	
Net Height	7' 4 1/8"
Ball	Leather Regulation
Ball Color	White or color
Service Line	Standard
Sub Limitation	18 per game
Libero	YES
Warm-up time	Visitors - 7 1/2 minutes Home - 7 1/2 minutes
Service	Standard serve rotation
Referee	Supplied by LSAA
Payment	\$20.00 per team per match at the site of match
Scorers	Host School provides scoreboard operator If a school uses a libero, that school provides a libero tracker and the other team provides the scorekeeper. If both schools use a libero, either team can be the libero tracker or scorekeeper. If neither team uses a libero, the visiting school provides the scorekeeper.
Line Judges	Both teams provide one line judge of at least freshman high school age
Match Length Rally Scoring	Best of three games (Games 1 & 2 to 25 capped at 25, Game 3 to 15 capped at 15) No win by 2 points rule
Time Outs	2 per game

Junior Varsity - 4th thru 6th Grade	
Net Height	7' 0"
Ball	Volley-Lite
Ball Color	White or color
Service Line	6' in from standard
Sub Limitation	18 per game
Use of Libero	NO
Warm-up time	Visitors - 7 1/2 minutes Home - 7 1/2 minutes
Rotate Service	After 5 consecutive serves, Team rotates server but keeps the serve
Referee	Supplied by home team
Payment	Home team pays official agreed price upon hiring
Scorers	Host School provides scoreboard operator Visiting team provides official scorer
Line Judges	Both teams provide one line judge of at least freshman high school age
Match Length Rally Scoring	Best of three games (Games 1 & 2 to 25 capped at 25, Game 3 to 15 capped at 15) No win by 2 points rule
Time Outs	2 per game

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SUPPLEMENT B: GIRLS AND BOYS SOCCER RULES



Varsity (11 v 11) - 4th thru 8th Grade	
Field	Either team supplies corner flags
Ball Size	5
Red/Yellow Card	Player(s) receiving card must leave the field until the next substitution opportunity and may be replaced. Players who are ejected shall remain on the team bench under the control of the head coach.
	The accumulation of every 3 yellow cards in a season or 1 hard red card results in that player sitting out the next scheduled game
Substitutions	You may sub on the other teams throw in or goal kick if someone from the other team is also coming in.
	You can sub anytime on your own throw in and corner kick, during any goal kick, yellow or red card, injury timeout or goal.
Bad Weather	Coaches determine together at the game site.
	Referee determines once the game is started.
	A game is considered official if one half is played.
Field Location and Referee	Scheduled by the LSAA
Payment	Each team pays one of the referees \$40
Game Length	Games shall be 2 equal halves of 35 minutes (running clock). No overtime will be played except during tournaments, then teams will go directly to penalty kicks.
	There will be no stoppage for goals, cards or other routine incidents (exception: in the event of a serious injury requiring medical attention, the referee may, at his/her discretion, stop the clock or add time to the game)
Equipment	It is the responsibility of the head coach to ensure that all players are properly equipped (Coach will not be ejected from a game for this infraction)
	All players shall be properly equipped in accordance with the NFHS rules (Players must have shin guards, however the shin guards do not have to meet NOCSAE standards)
	No jewelry of any kind shall be worn by any player. Players may NOT tape over pierced earring. Players not meeting this standard shall not be allowed to participate in a game until the jewelry is completely removed

Junior Varsity (8 v 8) - 4th - 6th Grade	
Field	Either team supplies corner flags
Ball Size	5
Red/Yellow Card	Player(s) receiving card must leave the field until the next substitution opportunity and may be replaced. Players who are ejected shall remain on the team bench under the control of the head coach.
	The accumulation of every 3 yellow cards in a season or 1 hard red card results in that player sitting out the next scheduled game
Substitutions	You may sub on the other teams throw in or goal kick if someone from the other team is also coming in.
	You can sub anytime on your own throw in and corner kick, during any goal kick, yellow or red card, injury timeout or goal.
Bad Weather	Coaches determine together at the game site.
	Referee determines once the game is started.
	A game is considered official if one half is played.
Field Location and Referee	Scheduled by the LSAA
Payment	Each team pays the referee \$22.50
Game Length	Games shall be 2 equal halves of 35 minutes (running clock). No overtime will be played except during tournaments, then teams will go directly to penalty kicks.
	There will be no stoppage for goals, cards or other routine incidents (exception: in the event of a serious injury requiring medical attention, the referee may, at his/her discretion, stop the clock or add time to the game)
Equipment	It is the responsibility of the head coach to ensure that all players are properly equipped (Coach will not be ejected from a game for this infraction)
	All players shall be properly equipped in accordance with the NFHS rules (Players must have shin guards, however the shin guards do not have to meet NOCSAE standards)
	No jewelry of any kind shall be worn by any player. Players may NOT tape over pierced earring. Players not meeting this standard shall not be allowed to participate in a game until the jewelry is completely removed

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SUPPLEMENT C: GIRLS AND BOYS BASKETBALL RULES



Basketball Rules

Varsity - 4th thru 8th Grade	
Ball	Boys: Leather - Regulation Girls: Leather - 28.5
Free Throw Line	15 Feet Leave the two spaces closest to the end line vacant
Mercy Rule	Clock will continue to run in the 2nd half when a team reaches a 35 pt advantage (Stops for Time Outs and FTs)
3 - Point Line	Yes
Defense	Any Type
Pressing	Yes - Anytime
Referee	Supplied by Host School (Using John Pfeiffer - league assignor or find you own)
Payment	Home team pays officials \$50 - \$90 - \$135 (John Pfeiffer 2022 rates)
Clock	Home team provides an experienced scoreboard operator
Scorer	Home team provides an experienced scorekeeper
Length of Games	Games shall consist of four - 6 minute quarters (3 Minute OT)
Time Outs	3 - Full and 2 - 30 second
Warm-up Time	A minimum of 10 minutes will be given in between games for teams to warm up on the court. Minimum 8 minute halftime.
Game and Tournament limitations	18 Game maximum. 3 Tournament maximum (Excluding LSAA and other postseason tournaments)

Junior Varsity - 4th thru 6th Grade	
Ball	Boys: Leather - 28.5 Girls: Leather - 28.5
Free Throw Line	12 Feet (If player uses 15 Foot Line, they are only in violation if they cross 12 Foot Line) 3 on each side, defense starts below block
Mercy Rule	Clock will continue to run in the 2nd half when a team reaches a 35 pt advantage (Stops for Time Outs and FTs)
3 - Point Line	YES
Defense	Man - to - Man Only, Helpside defense is permitted; Offense may not run isolation plays Double - Teaming is permitted, but each person must play a person, not an area
Pressing	No pressing in the backcourt shall be permitted in the first, second or third quarters. Man - Man pressing is allowed in the fourth quarter and during any overtime period, as long as the pressing team is behind or less than 10 points ahead of their opponent. The "No Press" rule for the first 3 quarters goes into effect as soon as a defensive player establishes control of the basketball with both hands on the ball and both feet on the floor. This is an official's judgment. A Pass, Dribble or Pivot is not required to establish control.
Referee	Supplied by Host School (Using John Pfeiffer - league assignor or find you own)
Payment	Home team pays officials \$50 - \$90 - \$135 (John Pfeiffer 2022 rates)
Clock	Home team provides an experienced scoreboard operator
Scorer	Home team provides an experienced scorekeeper
Length of Games	Games shall consist of four - 6 minute quarters (3 Minute OT)
Time Outs	3 - Full and 2 - 30 second
Warm-up Time	A minimum of 10 minutes will be given in between games for teams to warm up on the court. Minimum 6 minute halftime.
Game and Tournament limitations	12 Game maximum (no individual shall suit up for more the 18 games). 3 Tournament maximum

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SUPPLEMENT D: BOYS WRESTLING RULES



BOYS WRESTLING RULES

Divisions	Pee-Wee, Junior and Senior. The Pee-Wee division shall consist of wrestlers ages 9 & 10. The Junior division shall consist of wrestlers in the 5th & 6th grades and 4th graders older than age 10. The Senior division shall consist of wrestlers in the 7th & 8th grades.	Division Exception	Wrestlers in the 6th grade may wrestle in the Senior division with written parental consent and coach's approval. All other Junior division wrestlers may not wrestle in the Senior division.
Senior Division Weight Classes	85*, 90, 96, 102, 108, 115, 122, 129, 136, 144, 152, 164, 176, 230 (*A wrestler must weigh at least 75 to wrestle in the 85 class and at least 176.1 to wrestle in the 230 class)	Participation	Wrestlers are not permitted to concurrently wrestle for any other school league during the LSAA wrestling season.
Site Location	Meets are held on Mondays and Thursdays. Monday and Thursday meets will be conducted at 2 schools with teams divided between the 2 sites. Sites will be determined based on the availability of multiple wrestling mats and willingness to host.	Referee	Supplied by LSAA. The host school should pay the officials \$45 per meet. This will be reimbursed by the LSAA treasurer. The LSAA will pay \$125 for the LSAA Championship Tournament. CLHS will pay for officials during the Ed LeBeau Open (ordinarily \$125 per official).
Match Length	The standard length for all matches is 1:30, 1:30, 1:30. Match lengths may be changed by mutual consent of the coaches, due to the number of matches, age of contestants or number of matches wrestled by individuals at that meet.	Parental Consent	Coaches should meet with parents prior to the 1st match and explain the dangers involved in wrestling. Parents should sign the enclosed statement regarding these dangers. Proper insurance should be carried by each school to protect the school from a lawsuit regarding injury to a wrestler.
Weight Reduction	Coaches should monitor wrestlers weight and not encourage drastic weight reduction. Rubber, vinyl or plastic suits cannot be used in weight reduction. The use of any of the above will result in the disqualification from the event. Failure to comply with the above standards may limit a wrestler's participation. Wrestlers will follow NFHS rules regarding weight reduction.		
Equipment	Wrestlers are asked to wear a supporter. Gym shoes or wrestling shoes, gym shorts and tucked in shirt or wrestling singlet are required. Mouth guards are recommended for all wrestlers and required for all wrestlers wearing dental braces. Unacceptable equipment includes shorts with belts or snaps, sweat suits and loose fitting clothing. Standard headgear are required for all wrestlers and kneepads are advised for protection.	Tournaments	A league championship tournament is held the final weekend of the wrestling season. At this tournament, which begins with a weigh-in on the Friday preceding, each school will be allowed to enter one wrestler in each of the established Senior division weight classes. No weigh-ins will be allowed on the Saturday morning of the tournament. The league tournament will include only wrestlers from the Senior division with one exception. 6th grade wrestlers may participate with parental and coaches permission. 6th grade wrestlers may only wrestle in their actual weight class.

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	<p>Coaches are instructed to tell their wrestlers to keep their fingernails trimmed. Wrestlers are not allowed to wear any type of jewelry. Coaches should stress the importance of good hygiene in the areas of body cleanliness, clothing and hair. Hair must be trimmed in the back of the head so it is above the shirt collar and on the side no lower than the bottom of the ear lobe. The face must be clean shaven.</p>		<p>Wrestlers must make weight at this tournament, as no weight allowance will be given. If a wrestler fails to make weight, the coach may replace him with an alternate team member that is able to make the weight. Wrestlers not making weight may not move up to the next weight class, unless the higher weight class is open for that school. (Coaches and wrestlers should be familiar with their weights from the Open tournament, so weight problems should be held to a minimum.) No wrestler shall wrestle more than one weight class above his actual (stripped) weight. Coaches are cautioned to use good judgment when moving wrestlers up a weight class. The safety of the wrestlers should be the prime consideration. Team points will be kept for this tournament to determine team placement. A traveling plaque will be presented to the team finishing 1st in the tournament. The top 3 places in each weight group will be awarded medals, with ribbons given to those wrestlers finishing 4th to 6th place.</p>
			<p>The Concordia Open is held the next to last weekend of the wrestling season. All wrestlers are urged to participate in this tournament. No team scores are kept at the Open tournament. Wrestlers within each division are placed in order from lightest to heaviest and groups of 6 to 8 wrestlers are created whenever possible. The 3 divisions (Pee-Wee, Junior and Senior) are used in this tournament. Weigh-ins for this tournament are held at CLHS. The top 3 places in each weight group will be awarded medals, with ribbons given to those wrestlers finishing 4th to 6th place.</p>
<p>Pre-Season Weigh-In</p>	<p>Each coach should get an accurate weight roster of all his wrestlers at the beginning of the season from the pre-season weigh in at CLHS. This roster should be checked and updated weekly. This roster should be typed with the wrestlers listed by actual weight from lightest to heaviest within each division. The wrestler's grade, coach's rating and birth date (month, day, year) should also be listed. The Pee-Wee division should be listed first, followed by the Junior division and then the Senior division. Rosters should be handed out at the first coaches meeting of the season or e-mailed or faxed to the athletic directors of the participating schools.</p>	<p>Pre-Season Meeting</p>	<p>At the pre-season meeting, the responsibility to assign matches for the various meets will be made. Prior to the 1st meet, the coaches will receive a database of all the wrestlers to aid in match assignments. Care should be used to balance granting matches with keeping weight, age and ability appropriate. Whenever possible, copies of the tentative meet should be distributed to the coaches of the competing schools prior to the day of the meet. Whenever possible, the coach/school of competing teams, should be notified of a wrestler's absence as soon as possible. Top wrestlers within a weight class should be matched with each other to aid in seeding the league tournament. Every effort should be made to assure at least one match for each wrestler. 100% participation and not the number of matches won or lost should be the primary criteria for match set-ups.</p>

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SUPPLEMENT E: BOYS WRESTLING PARENT LETTER



I (We), _____, the parent(s)/ guardian(s) of _____, did attend a meeting for parents of wrestlers at _____ Lutheran School on this date. At this meeting, I/we heard coach/administrator/teacher _____ state that wrestling is a contact sport which potentially involves injuries that can be minor, serious or even catastrophic. I/We received information on infections and proper hygiene. I/We understand the possibility that injuries may occur to my/our child/ward and give my/our consent for him to continue to participate in the wrestling program at _____ Lutheran School. I/We also agree to follow the hygiene procedures listed and divulge possible infectious conditions as soon as possible to the coach/administrator of the school.

Signed this date (_____)

Signatures _____

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SUPPLEMENT F: *GIRLS AND BOYS TRACK RULES*



TRACK RULES

Varsity - 4th thru 8th Grade		Junior Varsity - 4th thru 6th Grade	
Events	100M Hurdles, 100M, 200M, 400M, 800M, 1600M, 4 x 100M Relay, Sprint Medley Relay (1-1-2-4), Long Jump, High Jump, Shot Put	Events	60M Hurdles, 60M, 100M, 200M, 400M, 800M, 4 x 100M Relay, Sprint Medley Relay (1-1-2-4), Long Jump, High Jump, Shot Put
Bad Weather	Host School determines if before Noon on the day of the meet	Bad Weather	Host School determines if before Noon on the day of the meet
	Starter determines once at the track		Starter determines once at the track
Locations and Starters	Secured by LSAA	Locations and Starters	Secured by LSAA
Payment	Starter is paid \$50 for Regular Meet by Host School for Varsity and JV Combined Meet	Payment	Starter is paid \$50 for Regular Meet by Host School for Varsity and JV Combined Meet
Regular Meet Entries	Each participant may be entered in 4 events (must all be at the Varsity Level)	Regular Meet Entries	Each participant may be entered in 4 events (must all be at the JV Level with the 1600M as the exception)
LSAA Relay Meet Entries	Each school must have a representative present at a pre-determined lane assignment meeting. Each participant may be entered in 3 events	LSAA Relay Meet Entries	Each school must have a representative present at a pre-determined lane assignment meeting. Each participant may be entered in 3 events
LSAA City Meet Entries	Each school must submit a City Meet Entry with participants and alternates. A date and time will be determined as a deadline to enter. Each participant may be entered in 4 events.	LSAA City Meet Entries	Each school must submit a City Meet Entry with participants and alternates. A date and time will be determined as a deadline to enter. Each participant may be entered in 4 events.
Volunteers Regular Meet	A school will be assigned as the host school at all meets. They are responsible for: Providing an announcer, Having a laptop and official scorer, Providing a Clerk of the Course, Providing a Head Timer, Providing a Recorder, Having all the necessary forms, Providing all the necessary equipment, Having a Coaches, Judges and Timers meeting before the meet and making sure the facility is clean and equipment is put away.	Volunteers Regular Meet	A school will be assigned as the host school at all meets. They are responsible for: Providing an announcer, Having a laptop and official scorer, Providing a Clerk of the Course, Providing a Head Timer, Providing a Recorder, Having all the necessary forms, Providing all the necessary equipment, Having a Coaches, Judges and Timers meeting before the meet and making sure the facility is clean and equipment is put away.
	Each school is responsible for an assigned field event and 2 timers		Each school is responsible for an assigned field event and 2 timers
Volunteers LSAA Relay and City Meet	The LSAA will assign schools where they are needed.	Volunteers LSAA Relay and City Meet	The LSAA will assign schools where they are needed.

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