



# **Kyrene Athletics**

**KYRENE SCHOOL DISTRICT**

**Kyrene Athletic Program Guidelines  
2023-2024**

# ***KYRENE ATHLETIC PROGRAM GUIDELINES***

## **TABLE OF CONTENTS**

<b>Table of Contents</b>	<b>i,ii</b>
<b>ARTICLE I: PURPOSE</b>	<b>1</b>
<b>ARTICLE II: COORDINATING COMMITTEE</b>	<b>2</b>
SECTION I-MEMBERSHIP-VOTING	2
SECTION II- RESPONSIBILITIES	2
<b>ARTICLE III: MEMBER SCHOOLS</b>	<b>3</b>
SECTION I- PRESENT MEMBERSHIP	3
SECTION II- ADMISSION OF NEW MEMBERS	3
<b>ARTICLE IV: MEETINGS</b>	<b>4</b>
SECTION I- TIME/PLACE	4
SECTION II- EMERGENCY ACTION AND EXCEPTIONS TO THE PROGRAM GUIDELINES	4
SECTION III-QUORUM	4
SECTION IV-ORDER OF BUSINESS	4
<b>ARTICLE V: RESPONSIBILITIES OF SCHOOL PERSONNEL</b>	<b>5</b>
SECTION I- ATHLETIC DIRECTORS	5
SECTION II- COACHES	5
SECTION III- SUPERVISORS	5
<b>ARTICLE VI: ELIGIBILITY OF ATHLETES</b>	<b>6</b>
SECTION I-ATTENDANCE REQUIREMENTS	6
SECTION II-AGE REQUIREMENT	7
SECTION III- EXCEPTION TO AGE REQUIREMENT	7
SECTION IV-ELIGIBILITY POLICY	7
SECTION V-PHYSICALS	7
SECTION VI-PLAYER EJECTIONS	8
SECTION VII-TRANSGENDER POLICY	8
<b>ARTICLE VII: RELATED POLICIES</b>	<b>9</b>
SECTION I-SCHEDULING	9
SECTION II-EMERGENCY PROCEDURES/FIRST AID	9
SECTION III-INSURANCE	9
SECTION IV-SAFETY OF PARTICIPANTS	9
SECTION V-GAME TIMES/POSTPONEMENT/CANCELLATION	9
SECTION VI-PLAYING TIME	9
SECTION VII-PRACTICES	9
SECTION VIII-PARTICIPATION FEES	10
SECTION IX-FUNDRAISING	10
SECTION X- TRYOUTS	10

<b>ARTICLE VIII: OFFICIATING</b>	<b>11</b>
SECTION I-OFFICIALS	11
SECTION II-PAYMENT OF OFFICIALS	11
SECTION III-CONDUCT/PERFORMANCE OF OFFICIALS	11
<b>ARTICLE IX: GAME RULES</b>	<b>12</b>
<b>ARTICLE X: SEASON OF SPORTS</b>	<b>13</b>
SECTION I- FALL SPORTS	13
SECTION II-WINTER SPORTS	13
SECTION III- SPRING SPORTS	13
SECTION IV-TOURNAMENTS	13
<b>ARTICLE XI: GUIDELINES REVISIONS</b>	<b>14</b>
SECTION I- UNIVERSAL GUIDELINES FOR ALL SPORTS	14
<b>BYLAW 1-GIRLS &amp; BOYS SOCCER</b>	<b>15</b>
<b>BYLAW 2- CO-ED CROSS COUNTRY</b>	<b>16</b>
<b>BYLAW 3- GIRLS VOLLEYBALL</b>	<b>17</b>
<b>BYLAW 4- BOYS BASKETBALL</b>	<b>18</b>
<b>BYLAW 5- GIRLS BASKETBALL</b>	<b>19</b>
<b>BYLAW 6- CO-ED WRESTLING</b>	<b>20</b>
<b>BYLAW 7- BOYS BASEBALL</b>	<b>21&amp;22</b>
<b>BYLAW 8- GIRLS SOFTBALL</b>	<b>23</b>
<b>BYLAW 9- CO-ED TRACK AND FIELD</b>	<b>24&amp;25</b>
<b>BYLAW 10- CO-ED CHEER</b>	<b>26</b>
<b>ARTICLE XV- APPEALS</b>	<b>27</b>

# **KYRENE ATHLETIC PROGRAM GUIDELINES 2022-2023**

## **ARTICLE I: PURPOSE**

The purpose of the Kyrene Athletic Program (KAP) is to provide an educationally sound program that emphasizes participation, cooperation, good sportsmanship and teamwork as well as healthy competition for middle school boys and girls.

The objectives of this program are to develop and maintain on the part of the participant:

1. physical skills necessary in the sport or activity
2. an awareness of progressive skill requirements needed to continue in the growth of a specific sport or activity.
3. a sense of loyalty, team play, cooperation, and sportsmanship, which will have "carry over" value in later life
4. respect for the efforts, abilities, and rights of others
5. the awareness of leadership responsibilities in school, community, and life contacts as well as on the athletic field
6. active participation by all members of a team.
7. understanding and experiencing the benefit of healthy competition

## ARTICLE II: COORDINATING COMMITTEE

### SECTION I: Membership-Voting

The Coordinating Committee shall consist of the member school and district administrators or their appointed representatives. A consensus approval of the total Coordinating Committee membership is needed to amend the program guidelines.

### SECTION II: Responsibilities

The responsibilities of the Coordinating Committee shall be:

- a. Determining general standards and policies for the athletic program
- b. Establishing eligibility requirements for membership in the athletic program
- c. Attend and participate in all KAP monthly meetings.
- d. Volunteer to host at least one tournament per year.
- e. Attend, supervise (and/or provide supervision) for all KAP tournament games in which their school is participating.
- f. Supervise (and/or provide supervisions) for all home games.
- g. Attend all pre-season coaches meetings throughout the year.

Tournament host schedules will be reviewed on a yearly basis.

*The Athletic Coordinating Committee will host a coaches meeting prior to each season. The AD hosting the individual sport breakout sessions will email a brief outline of the content of that meeting to the other ADs. (A note taker will be assigned) This would allow each athletic director to be aware of any changes or concerns in each sport, not just the session they attended.*

### **ARTICLE III: MEMBER SCHOOLS**

#### **SECTION I:    Present Membership**

The Kyrene Athletic Program shall consist of the following schools: Akimel A-al Middle School, Altadena Middle School, Aprende Middle School, Centennial Middle School, Kyrene Middle School, Pueblo Middle School and Kyrene Traditional Academy.

#### **SECTION II:   Admission of New Members**

New middle schools added to Kyrene School District will automatically become members. No schools will be added to the program outside of the Kyrene School District.

## **ARTICLE IV: MEETINGS**

### **SECTION I: Time/Place**

The Coordinating Committee shall meet monthly. The dates, times, and locations of the meetings shall be determined at the June meeting each year.

### **SECTION II: Emergency Action and Exceptions to the Program Guidelines**

Each Athletic Director must submit in writing any exceptions to the rules or by-laws of the Kyrene Athletic Program to the Coordinating Committee for approval by consensus. The District Athletic Director may take emergency action, provided there is verbal/written approval by a majority of the Coordinating Committee. (KAP 6/6/19) Such action shall be discussed at the next regular meeting of the Kyrene Athletic Program.

### **SECTION III: Quorum**

For purposes of transacting business at the regular meeting, a Quorum shall consist of one-half (1/2) of the total membership.

### **SECTION IV: Order of Business**

A. The Coordinating Committee shall work collaboratively and a consensus decision-making model will be used to make decisions.

## ARTICLE V: RESPONSIBILITIES OF SCHOOL PERSONNEL

### SECTION I: Athletic Directors

The Athletic Director of each member school has the definite responsibility for the overall supervision and operation of the athletic program in his/her school. The Athletic Director will ensure that the program philosophy and policies are adhered to. The Athletic Director shall be responsible for the provision of adequate supervision at all athletic events in which his/her school is the host school.

The Athletic Director of each member school is responsible to attend and assist in the supervision of any Kyrene Athletic Conference Tournament their school is involved in.

### SECTION II: Coaches

All Coaches shall be directly responsible for the conduct of their athletic teams at all athletic events, practices, and while traveling to and from such athletic activities.

Coaches Ejections Rule:

1. First Ejection- Game will be forfeited. Another coach, volunteer or parent will not fill in to finish the game. Coach could be suspended for the next game and will have a meeting with the school Athletic Director. Further disciplinary action may be taken on the discretion of the Kyrene Athletic Program Committee
2. Second Ejection- - Game will be forfeited. Another coach, volunteer or parent will not fill in to finish the game. Coach could be suspended for the next two games and will have a meeting with the school Athletic Director and the District Athletic Director. Further disciplinary action may be taken on the discretion of the Kyrene Athletic Program Committee up to termination of position.

All Coaches must attend scheduled coaches meetings to review schedules, rules and policies of the Athletic Program.

#### *Determination*

#### ***Parents as Coaches***

*Parents as coaches should only occur if a qualified Kyrene employee or qualified outside candidate cannot be found. The District will enforce policies that could include parameters such as fingerprinting, reference checks, accessibility to locker rooms, etc.*

#### *Determination*

Parent volunteers may not assist in cut sport try-outs or be on the bench or playing field during games. Parents are able to assist with practice for all sports, at the coach's discretion.

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### SECTION III: Supervisors

All Supervisors should be directly responsible for the conduct of all athletic teams participating. The Supervisor will ensure that the program philosophy and policies are adhered to by all participants, attendees and fans at the athletic event. Sportsmanship and safety will be enforced for all.

## **ARTICLE VI: ELIGIBILITY OF ATHLETES**

### **SECTION I: Attendance Requirements**

All athletes must be registered students of the school, which they represent. Kyrene Traditional Academy students will have the option to participate at Aprende Middle School for girls and boys soccer, baseball, softball, wrestling and track/field teams. KTA will offer one team for girls volleyball, co-ed cross country, co-ed cheer, boys basketball and girls basketball. Determination of being a JV or varsity team will be based on grade level and skill level for each sport. Kyrene Digital Academy students in grade 6-8 who reside in Kyrene School District boundaries will be allowed to participate in the Kyrene Athletic Program at the school within the school boundaries they reside.

Kyrene Digital Academy students who live outside Kyrene boundaries will go to Pueblo Middle School to participate. For the 2022-2023 school year, students in grades 6 and 7 at Kyrene de las Manitas Elementary will not be eligible to participate in Athletics due to significant loss of instructional time. Charter and private school students are not eligible to participate.

According to district policies and guidelines, Kyrene home-schooled students will be eligible to participate in the program. Home school students must participate within the boundaries of their home school.

#### Determination

##### **Home-Schooled Athletes**

All home-schooled athletes must provide the school with:

- A birth certificate
- Immunization records
- Proof of residency (must reside within the school's attendance boundaries)
- Registration forms (or sufficient contact/emergency information)
- Written proof of academic eligibility (addition per ARS 15-802.01)

#### Determination

##### **K.A.S.P. Students**

Students assigned to K.A.S.P may be eligible to participate in athletics if:

- The K.A.S.P Team Recommends and Approves,
- And, the Schools Administration Approves

\*If the student is allowed to participate they will be responsible for providing their own transportation to their home school for practice and games.

Season is defined as the first day of tryouts through the last day of the tournament.

#### Determination

##### **Transferring Students and Tournament Eligibility**

If a student transfers to another Kyrene school during a sports season, that student is only eligible to participate in the conference tournament if they have participated in a majority of the scheduled games at that school.

#### Determination

##### **Students Suspended Off Campus During Season**

Students who are suspended off campus may not participate in any games or practice during the suspension. They may also be ineligible to participate in games based on the number of days they were assigned to off campus suspension (e.g., 1 Day of off campus suspension=1 Game of Ineligibility). Decisions regarding ineligibility to participate in games will be made by the Principal in conjunction with the District Athletic Director.

Students would be able to practice with the team when they return from serving the off campus suspension. If a student is suspended for a second time during the same season they will be ineligible for the remainder of the season and may be declared ineligible for the remainder of the year. This decision would be made by the Principal or Athletic Director.

##### **LTAP (Long Term Alternative Program)**

Students who are assigned to the LTAP program will not be allowed to participate for the remainder of the semester.

Cont'd

## SECTION II: Age Requirement

Any student who becomes sixteen (16) years of age on or before September 1 will be ineligible to compete in the Kyrene Athletic Program for any part of that school year.

### Determination

***All sports are open to 6<sup>th</sup>- 8<sup>th</sup> graders.***

## SECTION III: Exception to Age Requirement

Exceptions to age requirement must be submitted in writing to the Coordinating Committee and approved by a consensus of said committee.

## SECTION IV: Eligibility Policy

Athletes are eligible to participate in only one sport per season. However, KMS Athletes participating in the International Baccalaureate program receive permission to fulfill their yearly PE requirement by participating in a zero hour course in a non-cut sport (Cross Country, Wrestling, Track) while participating simultaneously in a cut sport if their participation is necessary to create a full team roster.

It will be up to the participating school to ensure that their adopted eligibility requirements adhere to the state board's no-pass, no play rules.

All participants will have to enroll and complete the online Athletic Registration prior to each season before they will be allowed to try-out or practice for a team.

Academic Eligibility will be adhered to according to the Kyrene School District Handbook.

Each Athlete will have to submit a signed Brain Injury/Concussion Form (mild traumatic) by their Parent(s)/Guardian(s) to be eligible to participate in athletic events.

Each Athletic Director will ensure that each athlete meets the adopted eligibility policy.

For cut sports, 6<sup>th</sup> grade students will not be allowed to participate on Varsity unless there are low numbers and the Varsity team cannot be filled otherwise.

### Determination

#### ***Late Roster Entries – Non-cut sports only***

*A clarification was made that the day after the first game is the last day anyone can join a team. A new student to the school would be the exception. Any other situation would be presented to the KAP Coordinating Committee and determined on a case- by- case basis.*

## SECTION V: Physicals

All student athletes are required to have a yearly medical release on file at their school.

## SECTION VI: Player Ejections

KAP will follow AIA guidelines for ejected players. (Article 16.3 – AIA Constitution) It is the responsibility of each coach and athletic director to enforce the ejection guidelines at their school.

### **Ejection Guidelines**

AIA rules regarding ejection of athletes during the regular season and tournaments were reviewed. Rules state that:

**1<sup>st</sup> Ejection:** Athlete is benched for the remainder of that game and one additional game

**2<sup>nd</sup> Ejection:** Athlete is benched for the remainder of the game and two additional games

**3<sup>rd</sup> Ejection:** Athletes may not participate/play for the duration of the season and postseason.

## SECTION VII: Transgender Policy

The District acknowledges its requirement to abide by A.R.S. 15-120.02 even though its contents are contrary to the District's belief statements and inclusionary policies. Therefore, each interscholastic athletic team or sport shall be expressly designated as one (1) of the following based on the biological sex of the students who participate on the team or in the sport:

- A. "Males", "men" or "boys"
- B. "Females", "women", or "girls"
- C. "Coed" or "mixed"

Athletic teams or sports designated for "females", "women", or "girls" may not be open to students of the male sex. Any student may participate in any intramural athletic team or sport designated as being for "males", "men" or "boys".

## **ARTICLE VII: RELATED POLICIES**

### **SECTION I: Scheduling**

Scheduling will be completed by the Athletic Coordinating Committee. The program schedule and tournaments will take precedence over other contests or tournaments.

### **SECTION II: Emergency Procedures/First Aid**

Each school shall have emergency procedures in place. All Coaches are required to have a first aid kit with them at all times which will include an emergency card on each athlete.

If an accident occurs during practice or a game, an accident form should be completed and returned to the schools health office as soon as possible (same day or morning of the following day).

### **SECTION III: Insurance**

Insurance coverage for participating students is required.

### **SECTION IV: Safety of Participants**

Concerns may be voiced to the Athletic Director or game official on situations that are detrimental to the safety of participants but NOT on the judgment calls of officials or rule interpretation. If the situation is considered unsafe by the Athletic Director or game official, the game should not be played.

### **SECTION V: Game times/Postponement/Cancellation**

Athletic events are scheduled at a given time. Every effort should be made to notify your opponent if you will be late due to transportation issues or unforeseen events. Where either school finds it impossible to meet a scheduled event, it must notify the other school as soon as possible. Any postponement or cancellation of an event must be by mutual consent of both schools. The host school may cancel an event if inclement weather and/or unsafe playing conditions are occurring at their site. A mutual decision will be made regarding the rescheduling of postponed or canceled events.

### **SECTION VI: Playing Time**

A student's effort, attendance, participation at practice, teamwork, attitude, behavior, ability, as well as the number of students on the team are some factors that are considered by the coach when determining playing time. Every effort shall be made to maximize each participant's playing time. Because middle school years are developmental years, both physically and athletically, our goal is to strive for consistency and fairness within each sport.

### **SECTION VII: Practices**

Mandatory practices shall not be held on Saturday, Sunday, school breaks, or holidays. This includes the day after Thanksgiving and during winter and spring breaks. No team or individual student-athlete may be able to meet more than once a day for any team related activity. Practices should not exceed 2 hours.

#### SECTION VIII: Participation Fees

NO uniforms will be issued and athletes will not be able to participate in games until all athletic fees are paid in full.

Financial Assistance Applications are available at your request. Only partial scholarships will be awarded based on available funding.

All applications must be completed and submitted along with all required documents before the first scheduled try-out date.

#### SECTION IX: Fundraising

School site Booster Clubs are allowed. All individual sport teams can only fundraise through either their school PTSO or Athletic Booster Club.

#### SECTION X: Tryouts

Each coach will have a letter explaining team expectations and procedures that will be given to student and/or parent/guardian(s) prior to a student's trying out.

Coaches will have a minimum of two days of tryouts.

For non-cut sports, the last day a student may join the team is the day following the first game or meet. This decision is at the discretion of the site Athletic Director.

All other "Cutting" decisions are at the discretion of the coach; however, we strive for our procedures to be well communicated, consistent, and fair.

Teams are determined by skill level and grade level. If the majority of the participants are 8<sup>th</sup> grade, then the team will participate at the varsity level of competition. If the majority of the participants are 6<sup>th</sup> and 7<sup>th</sup> grade, the Site Athletic Director will determine by skill level if the team will compete at the JV or Varsity level

Students who are suspended or are ineligible due to disciplinary reasons are not able to make up the tryout days for that sport missed due to discipline. However, students may participate in a non-cut sport that season after the discipline period has ended.

A season is defined as the first day of tryouts through the last day of the tournament.

## **ARTICLE VIII: OFFICIATING**

### **SECTION I: Officials**

The District Office hires an approved outside vendor to provide officials for most of the athletic events. However, for Cross Country and Track/Field, coaches are the officials for all meets. The District Athletic Director communicates the official assignments to the school sites hosting the games prior to game time. If the official(s) do not show up, the game will be canceled due to safety reasons.

### **SECTION II: Payment of Officials**

The official(s) shall be paid for their services by the Kyrene Athletic Program.

### **SECTION III: Conduct/Performance of Officials**

An official shall be expected to perform in accordance with recognized standards and manuals developed for officiating. Included therein is knowledge and interpretation of the rules, mechanics, personal appearance, and physical conditioning. An official must constantly uphold the honor and dignity of the avocation in all personal conduct and relations with the student-athletes, coaches, athletic directors, school administrators, colleagues, and to the public, to be a worthy example to the athlete under one's jurisdiction.

## **ARTICLE IX: GAME RULES**

The rules for middle school sports shall be the same rules as those governing Arizona Interscholastic Athletics unless otherwise designated in the bylaws.

*Coaches must follow ALL rules and regulations brought about by the National Federation of State High School Associations and AACCA. For a complete listing of all National Federation Rules and Regulations and AACCA School Cheer safety rules, please visit [www.nfhs.org](http://www.nfhs.org) or [www.aaaca.org/safety-rules/](http://www.aaaca.org/safety-rules/).*

## Article X: Season of Sports

Section I:	<u>Fall Sports</u>	<u>Grade</u>	<u>Minimum # of Participants</u>
	Boys Soccer (JV/Varsity)	6th, 7th, 8th	16
	Girls Volleyball (JV/varsity)	6th, 7th, 8th	12
	Co-ed Cross Country	6th, 7th, 8th	(non-cut) Unlimited

Section II:	<u>Winter Sports</u>	<u>Grade</u>	<u>Minimum # of Participants</u>
	Boys Basketball (JV/Varsity)	6th, 7th, 8th	12
	Co-ed Wrestling	6th, 7th, 8th	(non-cut) Unlimited
	Girls Softball (JV/Varsity)	6th, 7th, 8th	14
	Girls Soccer(JV/Varsity)	6th, 7th, 8th	16
	Co-ed Cheer	6th, 7th, 8th	25

Section III:	<u>Spring Sports</u>	<u>Grade</u>	<u>Minimum # of Participants</u>
	Boys Baseball (JV/Varsity)	6th, 7th, 8th	14
	Girls Basketball (JV/varsity)	6th, 7th, 8th	12
	Co-ed Track and Field	6th, 7th, 8th	(non-cut) Unlimited

### SECTION IV: Tournaments

All KAP schools are eligible for the KAP sponsored tournaments. Seeding for the end of the year tournaments will be done by the coordinating committee. Every effort will be made to separate the top teams in separate playoff brackets.

In order to participate in tournament play, a player within their team must have participated within that sport in a majority of the scheduled games. Exceptions may be granted with a request to the Coordinating Committee approved by consensus prior to the tournament.

In the first round of the tournament, the home team will be determined during seeding.

Please see by-laws for specific sport rulings regarding tournament play.

Teams may participate in one outside tournament. If a team participates in one outside tournament and wins the KAP Conference Tournament they can participate in the State Tournament for that sport.

**Determination:** *A team or individual that wins an outside tournament that is considered a qualifier for the State Tournament would be allowed to participate in the State Tournament representing their school.*

## **ARTICLE XI: GUIDELINES REVISIONS**

All changes to the Athletic Program should be submitted to the Coordinating Committee for consideration. A consensus of the total Coordinating Committee membership is needed to amend the program guidelines.

### **SECTION I: Universal Guidelines for ALL Sports**

1. The rules shall be the current edition of the National Federation Rules.
2. The strict uniform rule does NOT need to be followed as long as team members can be identified as being a member of their team. If both teams have the same school colors, the home team will wear pinnies.
3. A schedule among teams will be established.
4. Jewelry may not be worn by student athletes. Jewelry may not be taped or covered.
5. In order for an athlete to compete at a Conference Meet or Tournament game, they are required to participate in 50% of the season meets/games. Wrestling has its own requirements related to this rule.

## BYLAWS: DESCRIPTION OF SPORTS

### **BYLAW 1: Boys & Girls Soccer**

- b. A schedule among teams will be established.
- c. Official Rules: The official rules for soccer shall be the current edition of the National Federation Rules for Soccer with the exceptions listed below.
  - 1. Goal size 23' 4" to 24' - modified football goal post installations are acceptable.
  - 2. A water break will occur during each 15 minutes of play when a Heat Advisory Day is issued. A break will also occur at half time.
  - 3. Play should be stopped by the referee when a player is injured or when either team is not in an offensive scoring situation.
  - 4. Only one official is required in regular season and in tournament play.
  - 5. When an athlete receives a RED card in a game; he/she will not be eligible for the next game (whether it is a regular season or tournament game).
  - 6. During tournament play if there is a tie two (2) five (5) minute overtime periods will be played to determine a winner. If the game remains a tie, a shoot-out will take place. The Tie-Breaking Procedure handout will be followed to determine a winner.
  - 7. The strict uniform rule does not need to be followed as long as team members can be identified as being a member of their team.
  - 8. Jewelry may not be worn by student athletes.
  - 9. It is the responsibility of the home team to keep the official scorebook for each home game. This scorebook will be used to determine any discrepancies that may arise.

#### Determination

#### **Soccer Tournament Games**

*Each participating team will bring their own nets and corner flags.*

*Team that sits on the top line of the tournament bracket sits on the Westside of the field.*

**BYLAW 2: Co-ed Cross Country**

1. The rules for Cross Country shall be the current edition of the National Federation Rules for Cross Country.
2. The course will be 1.5 miles + or - .1 mile for both boys and girls.
3. Coaches shall not run alongside their athletes during a meet.
4. The strict uniform rule does not need to be followed as long as team members can be identified as being a member of their team.
5. The first five runners from each team will be scored. In case of a tie, the sixth runner will be the tiebreaker.
6. For the conference meet, each school will enter 7 boys and 7 girls in the varsity race.
7. Jewelry may not be worn by student athletes. Jewelry may not be taped or covered.
8. Running Order- Girls will run first followed by the Boys.

### **BYLAW 3: Girls Volleyball**

1. A schedule among teams will be established.
2. A leather volleyball is to be used along with a seven (7) foot four (4) inches and one fourth (1/4) net height, a ten (10) foot spike line and a serving line.
3. Only one official is required.
4. The rules for volleyball shall be the current edition of the National Federation rules.
5. If time permits, a third game may be played by mutual consent of the Coaches and supervising Athletic Director.
6. The strict uniform rule does not need to be followed as long as team members can be identified as being a member of their team.
7. Jewelry may not be worn by student athletes. Jewelry may not be taped or covered.
8. Rally scoring of 25-25-15 will be used, let serves are allowed.
9. During regular season play, the host school is responsible for supplying line judges for the Varsity and JV games.  
During tournament play, each participating team must supply one (1) line judge for each contest.
10. A coach may utilize the option of a libero position. They must notify the referee and the player must wear an identifying jersey.
11. During regular season play, JV will be allowed to play a 3<sup>rd</sup> game (scrimmage) once the official game has ended. The officials and coaches must agree to allow scrimmage to take place, but may not interfere with setup and warm up time for the Varsity game that follows. For all games the scrimmage must end at 5:15 pm.
12. It is the responsibility of the home team to keep the official scorebook for each home game. This scorebook will be used to determine any discrepancies that may arise.

### **Determination**

#### **Boys Volleyball**

*After collecting data from the schools regarding Boys Volleyball teams, it was determined that there was not enough interest to add the sport to the conference. Collected data from the 2017 Parent Survey still showed not enough interest to add Boys Volleyball to the conference. Reviewed (SE 12/8/22).*

**BYLAW 4: Boys Basketball**

1. A schedule among teams will be established.
2. A regulation men's size ball will be used.
3. There will be four (4) - six (6) minute quarters for the JV team and four (4) - seven (7) minute quarters for the Varsity team.
4. No restrictions on which numerals are legal.
5. The rules shall be the current edition of the National Federation Rules.
6. Basketball games must have two (2) officials unless otherwise agreed upon by both coaches and supervising athletic directors.
7. JV only - full court press can only be used in the 2<sup>nd</sup> half and OT. Once a team is ahead by 20 or more points the full court press would halt. This applies to regular season and tournament play. A third warning for backcourt pressure will result in a technical foul and possession of the ball.
8. Varsity only - full court press can be used the entire game. Once a team is ahead by 20 or more points the full court press would halt. This applies to regular season and tournament play. A third warning for backcourt pressure will result in a technical foul and possession of the ball.
9. Three point shots will be allowed and scored when the line is available.
10. During tournament play, only 3-point gyms will be used.
11. The strict uniform rule does not need to be followed as long as team members can be identified as being a member of their team. If both teams have the same school colors, the home team will wear pinnies.
12. Jewelry may not be worn by student athletes. Jewelry may not be taped or covered.
13. Overtime is 3 minutes. The first 2 minutes is a running clock and the last minute the clock will stop. No Timeouts will carry over into the O.T. Each team will be allowed one full Timeout in O.T.
14. It is the responsibility of the home team to keep the official scorebook for each home game. This scorebook will be used to determine any discrepancies that may arise.

#### **BYLAW 5: Girls Basketball**

1. A schedule among teams will be established.
2. A regulation women's (28 1/2") size ball will be used.
3. There will be two (2) 20 minute halves with a running clock except for the last two minutes of the second half. However, if there is a 20 point differential, there should be a running clock for the last 2 minutes of the game. This will be for JV and Varsity Teams. The clock will be stopped for timeouts.
4. No restrictions on which numerals are legal.
5. The rules shall be the current edition of the National Federation Rules.
6. Basketball games must have two (2) officials unless otherwise agreed upon by both Coaches and supervising Athletic Directors.
7. JV only - full court press can only be used in 2<sup>nd</sup> half and in OT. This applies to regular season and tournament play. Once a team is ahead by 20 or more points the full court press would halt. A third warning for backcourt pressure will result in a technical foul and possession of the ball.
8. Varsity only – Full court press can be used in the entire game and OT. This applies to regular season and tournament play. Once a team is ahead by 20 or more points the full court press would halt. A third warning for backcourt pressure will result in a technical foul and possession of the ball.
9. The strict uniform rule does not need to be followed as long as team members can be identified as being a member of their team. If both teams have the same school colors, the home team will wear pinnies.
10. Jewelry may not be worn by student athletes. Jewelry may not be taped or covered.
11. Overtime is 3 minutes. The first 2 minutes is a running clock and the last minute the clock will stop. No Timeouts will carry over into the O.T. Each team will be allowed one full Timeout in O.T.
12. It is the responsibility of the home team to keep the official scorebook for each home game. This scorebook will be used to determine any discrepancies that may arise.

## **BYLAW 6: Co-ed Wrestling**

1. A schedule among teams will be established.
2. Each school will field one team based on weight classification only. All additional matches will be exhibition matches only and not count toward team score.
3. All three periods are to be one (1) minute in length. If the score is tied, 30 seconds will be put on the clock to constitute an overtime.
4. Athletes may wrestle in a 1-piece/ 2-piece compression gear and any flat rubber- soled shoes.
5. Headgear is required for meets and practice. Whenever an athlete is participating in physical contact with another athlete it is mandatory that each athlete is wearing protective headgear. This would include light drills and conditioning.
6. (18) weight classes
7. Kyrene Athletic Program Weight Classes:

68#	98#	142#
73#	104#	154#
78#	111#	167#
83#	118#	180#
88#	125#	200#
93#	133#	245# Heavyweight Maximum

8. The Athletic Director/designee will verify and sign off on their school's "official weigh in" form. Each Coach will provide a copy of his or her "official weigh in" form at the meet. Weigh-ins will be done at school within 24 hours of the meet. An Athlete may only compete one weight class above their actual weight, including exhibitions.
9. The rules shall be the current edition of the National Federation Rules.
10. One official is required.
11. The following weight allowances will be established: a two (2) pounds after holiday break
12. The strict uniform rule does not need to be followed as long as team members can be identified as being a member of their team.
13. There will be a minimum of five exhibition matches allowed at each meet. The exhibition wrestlers must be from opposing schools.
14. Jewelry may not be worn by student athletes. Jewelry may not be taped or covered.
15. In order for an athlete to wrestle at the Conference Tournament, he/she must have at least two matches in the weight class they are being seeded into for that tournament. The only exception that will be made is a wrestler who is replacing an injured/ill varsity member (medical documentation will be required for Site and District AD for approval) and the replacement has very limited or no varsity experience.
16. It is the responsibility of the home team to keep the official scorebook for each home meet. This scorebook will be used to determine any discrepancies that may arise.

## **BYLAW 7: Boys Baseball**

1. Play by National Federation Rules with exceptions listed below.
2. Metal spikes are allowed
3. Three baseballs will be provided by the home team.
4. Pitchers may pitch nine innings (Sunday to Saturday). This includes tournament play.
5. JV pitching distance shall be 54 feet with base path distance of 80 feet. Varsity Pitching distance shall be 60 feet, 6 inches with a base path distance of 90 feet.
6. JV only, distance from home to second shall be 113 feet, 1 1/2 inches.
7. Players that start a game can be substituted for one time and be permitted to return to the game (this includes the pitcher), and must bat in their original position. If all players have been substituted for and there is an injury the coach will choose a player to re-enter the game in the same position and batting order slot.
8. a. Coaches may use a free substitute runner for the catcher.  
b. Coaches may elect to bat one extra hitter (EH) in the lineup for both the regular season and tournament.
9. A team leading by ten (10) runs after four innings is declared the winner. This includes tournament play.
10. JV only, The maximum runs allowed for a team to have their first lead of the game is by 10 runs. The leading team must automatically take the field after the 10 run gap is achieved. The next increment the leading team can have is a 15 run lead. Once the 15 run gap is achieved they must take the field. The last increment a team can lead by is 20 runs. Once a team achieves that margin the game is over and they are declared the winner. If the winning team is the away team, a courtesy last at bats should be discussed (time permitting) by both coaches to give the losing team extra batting /game practice.
11. The number of coaches on base paths is limited to one Kyrene employed coach and one volunteer.
12. The plate umpire must umpire from behind the plate and is not to call the game from behind the pitcher's mound. If two officials are not available, by mutual consent of the Coaches and Athletic Directors, an exception can be made.
13. Aluminum, wood, and composite bats may be used. T-5 regulation shall be followed. Drop 5 bats will be allowed. Must have proper markings, umpires will have final determination on bats. If an athlete uses a Drop 8 bat, they will be given an automatic out.
14. A team may use a designated hitter.
15. The game shall be six (6) innings. The umpire in charge shall use his own judgment about sufficient light for continuing a game. A complete game will be only if four complete innings are played if the home team is behind.
16. The coaches of each team shall make out two lineup cards for each game, one for the opposing coach and the other for the umpire. These lineup cards shall be exchanged before the beginning of the game.
17. During Tournament play six (6) innings will be played to determine the winner. .
18. Regular Season Extra Innings Rule. No new inning will begin after 1 hour and 45 minutes with the drop dead rule of at 2 hours. The California Rule will be applied for extra innings.
19. During tournament play, a game may not end in a tie. Extra inning(s) shall be played until the tie is broken. The California Rule will be applied for extra innings.
20. Two qualified officials will officiate all tournament games.
21. If a coach is ejected then the game will be forfeited.
22. The strict uniform rule does not need to be followed as long as team members can be identified as being a member of their team.
23. Jewelry may not be worn by student athletes. Jewelry may not be taped or covered.
24. If a visiting coach has a dispute about the score, the visiting coach should ask the home coach. The home coach will check the official scorebook. It is the responsibility of the home team to keep the official scorebook for each home game. This scorebook will be used to determine any discrepancies that may arise.
25. For fields that don't have a Home Run fence, the rules for determination of a Home Run or Double will be as follows: Orange cones will be used to determine the location of a Home Run fence. If the ball hits the ground then bounces over or runs through the cones, with or without a player touching it, then it's a ground rule double. If the ball goes over the cone at any height, it is a home run.

26. It is the responsibility of the home team to keep the official scorebook for each home game. This scorebook will be used to determine any discrepancies that may arise.

Determination

***Flipping for Tournaments***

*The Athletic Directors will flip a coin for the home status for the first round of tourney play.*

*Teams will flip a coin for home status for the second and final round of tourney play.*

## **BYLAW 8: Girls Softball**

1. A schedule among the teams will be established.
2. The game shall be six (6) innings for both JV and Varsity teams. The umpire in charge shall use his own judgment about sufficient light for continuing a game.
3. A leather ball will be used for games, furnished by the home team.
4. A team can choose to bat ALL of their eligible players or they can choose to just bat their line- up (position players & DH) while defensively substitute freely with the exception of the pitcher. (This should be communicated to the opposing coach.) The National Federation rules will apply to the substituting of the pitcher.
5. Use 60 feet bases and 40 feet pitchers rubber for JV and 43 feet for Varsity.
6. A team leading by ten (10) runs after four (4) innings is declared the winner. (Review Rule 16)
7. No new inning will begin after one hour and forty-five minutes (1:45) of the start of the game. If a new inning begins before one (1) hour and forty-five (45) minutes after the start of the game, and is not completed by two (2) hours, the final score will be that of the previously completed inning.
8. The number of coaches on base paths is limited to one Kyrene employed coach and one volunteer.
9. The rules shall be the current edition of the National Federation Rules.
10. Full face protection is required for all games.
11. The strict uniform rule does not have to be followed as long as team members can be identified as being a member of their team. If both teams have the same school colors, the home team will wear pinnies.
12. Jewelry may not be worn by student athletes. Jewelry may not be taped or covered.
13. At the end of regulation play and a tie occurs extra innings may be played using international rule at the discretion of coaches and umpire (last out from previous inning, starts at second base).
14. During tournament games 6 innings will be played, the drop dead rule will only apply in the first round of tournament play. International rules will be applied in case of a tie.
15. During the regular season, there will be a 6 run advantage maximum per inning.
16. During the first and second round of the KAP Tournament a team leading by fifteen (15) runs after two (2) innings, twelve (12) after three (3) innings and ten (10) after four (4) innings is declared a winner.
17. During the Championship game a team leading by ten (10) runs after four (4) innings is declared the winner.
18. Metal Spikes are allowed.
19. It is the responsibility of the home team to keep the official scorebook for each home game. This scorebook will be used to determine any discrepancies that may arise.

### Determination

#### **Flipping for Tournaments**

*The Athletic Directors will flip a coin for the home status for the first round of tourney play.*

*Teams will flip a coin for home status for the second and final round of tourney play.*

## **BYLAW 9: Co-ed Track and Field**

1. A season-ending meet will be established. The boys and girls meet will be held simultaneously.
2. Participants are limited to four (4) total events in each meet. This includes any combination of field and running events. No track participant may run in more than two (2) events of 400 meter or more with the exception of relays.
3. Shoes must be worn. Spikes may not be longer than 1/8".
4. There is no height or weight classification, only age.
5. The rules shall be the current edition of the National Federation Rules.
6. The strict uniform rule does not have to be followed as long as team members can be identified as being a member of their team. If both teams have the same school colors, the home team will wear pinnies.
7. To be eligible to participate in the long jump event, an athlete must be able to jump at least ten (10) feet to reach the pit.
8. Each field event will be limited to 25 boy and 25 girl participants per school.

### Boys Field Events

Long Jump  
High Jump starting at 4'0"  
6/6/19) Shot Put 8 lbs.  
Discus 1.0 kilo

### Girls Field Events

Long Jump  
High Jump starting at 3'8" (KAP  
Shot Put 6 lbs  
Discus 1.0 kilo

### Boys Running Events

75-meter low hurdles\*  
6 hurdles, 33 inches\*  
Start line to 1<sup>st</sup> hurdle  
13 m  
8.5 m  
between hurdles  
100 meter dash  
1600 meter run  
4 X 100  
400 meter dash  
800 meter run  
200 meter dash  
1600-meter relay  
100/100/200/400 sprint medley

### Girls Running Events

75-meter low hurdles\*  
6 hurdles, 33 inches\*  
Start line to 1st hurdle  
13 m  
8.5 m  
between hurdle  
100 meter dash  
1600 meter run  
4 X 100  
400 meter dash  
800 meter run  
200 meter dash  
1600-meter relay  
100/100/200/400 sprint medley

(non-scoring and conference meet only)

*\*Move the start line up 25 meters so that the race ends at the finish line.*

**9. For JV meets, hurdles will be set at 30 inches, the high jump for girls will start at 3'6" (KAP 2/26/2019) and the high jump for boys will start 3'8" (KAP 2/26/2019) Unlimited number of participants allowed in all events. Student athletes are limited to four events total per meet.**

10. The following events will be limited to 12 boys and 12 girls per team per event for Varsity meets: 200-meter dash  
400-meter dash  
75-meter low hurdles
- 10b. The following event will be limited to 24 boys and 24 girls per team for Varsity meets: 100-meter dash
11. A runner will be disqualified after his/her second false start.
12. In the conference meet each school may enter up to four athletes per event.

## KYRENE ATHLETIC PROGRAM DISTRICT MEET

1. All schools are limited to a maximum of four (4) entrants per lane event. Those are the 100, 200, 400-meter dashes and the 75-meter hurdles.
2. The 800 and 1600 meter and all field events are limited to a maximum of four (4) entrants per school.
3. Each team is allowed one team per relay.
4. Heats for the lane races will be seeded by times, according to the formula in the rulebook.
5. The high jump event will start as follows: 4'4" for boys, 3'10" for girls
6. Scoring for the relay race shall be 10-8-6-4-2-0.
7. Each athlete will have the opportunity for four throws/jumps in the field events. There will be a 60 second time limit per throw/jump. No finals will be held. Athletes may or may not throw all of their attempts in one continuous turn.
8. There will be a rules committee that consists of a meet director and one coach from each school.
9. Only at the conference meet, coaches shall NOT be permitted on the track and soccer field at any time. The track area shall be reserved for athletes racing and volunteers who are involved in the immediate events. The volunteers will be required to wear a badge in order to be in the track area.
10. First false jump start, the whole field gets a warning. Next false start, that participant is disqualified.
11. No Prelims will be done for any events.

**BYLAW 10: Co-ed Cheer**

1. Tryouts may be held in Fall, but not the previous Spring
2. Cut vs. No-Cut is a site decision
3. Fundraisers are only allowed through PTSO or the site Athletic Booster Club.
4. Uniforms will be supplied by the school
5. Cheer Squad may cheer at Home Boys Basketball Games, and Co-ed Wrestling Meets
6. A minimum of 25 students per squad will be required to cover coaches costs.
7. Jewelry may not be worn. Jewelry may not be taped or covered.

**End of Season Showcase**

1. Each squad will participate in the District Cheer Showcase at the end of the winter season
2. Showcase will be a non-competitive event-no judging will take place
3. All schools will receive a plaque for participating in the showcase

**Performance/Routine Guidelines**

- Safety should be the primary focus when designing routines
- All tumbling must adhere to the following guidelines:

**Stunting**

1. Stunts will follow level 3 competition ruling Level 4 and 5 stunting will not be permitted.
2. Body Positions – All body positions in the stunts and pyramid section are allowed.
3. Basket Tosses – ALL basket tosses are prohibited for Middle School and Junior High teams.
4. Full twisting dismounts are prohibited unless performed on a mat. Double twisting dismounts are prohibited. Full twisting dismounts are not allowed on any other surface including the basketball court.

**Tumbling**

5. Standing Tumbling – Limited to back handsprings
6. Running Tumbling – Limited to back tucks.

*Coaches must follow ALL rules and regulations brought about by the National Federation of State High School Associations and AACCA. For a complete listing of all National Federation Rules and Regulations and AACCA School Cheer safety rules, please visit [www.nfhs.org](http://www.nfhs.org) or [www.aaaca.org/safety-rules/](http://www.aaaca.org/safety-rules/).*

## **ARTICLE XV: Appeals**

An appeal process has been established for any individual or group who has an appeal of original jurisdiction and who is adversely impacted by a decision of the Kyrene Athletic Program. The appeal process will be followed through Step 4 or until the stakeholder is accommodated. The following steps must be followed to appeal a Kyrene Athletic Program decision.

### **Step 1- Conference with School Athletic Director**

### **Step 2- Conference with District Athletic Director**

### **Step 3- Letter of Appeal submitted to Kyrene Coordinating Committee for review**

- The stakeholder who has been adversely impacted must submit a letter of appeal to the District Athletic Director within 10 (ten) working days
- The District AD will submit a letter to the Kyrene Athletic Program Subcommittee for review.
- Kyrene Athletic Program Subcommittee shall consist of:
  - School Athletic Director
  - District Athletic Directors
- The letter of appeal must specify the following:
  - The decision being disputed and information regarding the issue
  - The adverse impact created by the decision
  - The desired outcome
- Kyrene Athletic Program Subcommittee will assure that the appeal qualifies for a hearing in front of the Kyrene Athletic Program board\*. To qualify for a hearing, the Subcommittee must find that the above criteria have been met and that the issue cannot be resolved to the appellant's satisfaction.

### **Step 4- 10 (ten) minute presentation to the Coordinating Committee Program**

- If granted a hearing, the appellant or group representative will have the opportunity to give a 10 (ten) minute oral presentation at the next regularly scheduled KAP meeting.
- The Committee may make a decision to grant or deny the appeal at the same meeting, or take the matter under advisement for a decision at the next regular meeting, or schedule a special meeting to deal with the issue.
- A majority vote of members present at the oral presentation is required in order to overturn a previous decision of the Committee. The District Athletic Director will inform the appellant of the Committee decision. The decision of the Committee is final.
- \*Note: Committee decisions may only be appealed once, unless new insight or circumstances arise. There are no further appeals beyond Step 4. The Subcommittee has the right to deny any appeal that has been previously addressed. Precedence from previous decisions will be reflected in the Committee's decisions