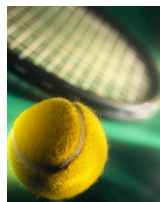




THE
CONSTITUTION
AND BY-LAWS OF THE
PENNSYLVANIA
HEARTLAND
ATHLETIC
CONFERENCE

PHAC

www.phacathletics.org



Pennsylvania Heartland Athletic Conference

Member Schools

Bloomsburg Area School District
Central Columbia School District
Central Mountain (Keystone Central)
Danville Area School District
East Lycoming School District
Jersey Shore Area School District
Lewisburg Area School District
Loyalsock Township School District
Midd-West School District
Mifflinburg Area School District
Milton Area School District
Montoursville Area School District
Mount Carmel Area School District
Selinsgrove Area School District
Shamokin Area School District
Shikellamy School District
South Williamsport Area School District
Southern Columbia Area School District
Warrior Run School District
Williamsport Area School District

Constitution and By-Laws

Article 1 – Name

This organization shall be known as the Pennsylvania Heartland Athletic Conference

Article 2 – Objectives

The objectives of this organization shall be:

- A. Promote the ideals of academic excellence into athletic competition.
- B. To promote interscholastic athletic relations and communications among members of the conference.
- C. To protect the mutual interests of the members of this organization through cultivation of ideals of sportsmanship, with special emphasis upon the relationship of these ideals to the development of character.
- D. To promote uniformity in the arrangement and control of contests.
- E. PIAA rules and regulations shall be followed by PHAC.
- F. PIAA rules and regulations shall be followed in conducting all conference business.

Article 3 – Membership and Dues

Membership:

- A. The membership of the conference shall consist of those schools admitted to the conference for all of their athletic programs Single A through AAAAAA, grades 7-12 PIAA approved, by written application and then receiving a favorable vote from 2/3 (67%) of those in good standing within the conference present at said application. Any AAAAAA school will have the option of participating in the league for all sports due to the limited number of AAAAAA schools. If the number of AAAAAA schools reaches six (6), a new division will be derived and AAAAAA schools will no longer be afforded the participation option.
- B. If a minimum of six member schools offer a sport it will become a recognized sport of the PHAC. Once a PIAA sport has been adopted by at least six member schools, the sport will become recognized by the PHAC. By-laws governing the sport will be drafted and approved according to Article 7 Section C of the Constitution.
- C. Applications for membership shall be made in writing two-weeks in advance of an official meeting of the conference by the superintendent of the school applying.
- D. Any member school wishing to enter a team in a new sport must inform the league president of their intention when submitting enrollment numbers in October of the

odd year (2009, 2011, 2013 etc). This step will ensure the ability of the league to schedule them within the appropriate division.

If a school adds a new sport after the distribution of schedules in November but prior to the start of the sport season, all effort will be made to adjust the league schedule to accommodate the member school. Divisional alignment will not be changed until the next scheduled time to establish the alignment as outlined in the Constitution.

Any school that is dropping a sport or is unable to field a team due to lack of enrollment, must contact the Chairperson of that sport and the President prior to the first scrimmage date. Contests that are not played will not be counted as part of a school's record. The league will make all efforts to assist schools in finding replacement contests.

- E. Attendance is expected at the regular meetings. If any school misses two consecutive meetings, they will be notified of a fee of \$100.00 and the Superintendent's Oversight Committee will be notified for review. If you are unable to attend the meeting, notify the conference president.
- F. Any member of the Conference may be sanctioned by $\frac{3}{4}$ (75%) vote of the schools because of a violation of this constitution and by-laws.

Dues and Fees:

- A. Annual dues shall be recommended at the summer or fall meeting, by the league secretary and be determined by vote of the league membership and the Superintendent's Oversight Committee. (Refer to Appendix A for dues & fees.)
- B. A committee will come up with a recommendation for yearly dues to be approved at the spring meeting.

Article 4 – Organization, Officers and Duties

SECTION 1: EXECUTIVE COMMITTEE

- A. Composition and Duties
 1. The executive committee shall preside over the operation of the league.
 2. The president of the conference shall be chairman of the executive committee.
 3. The executive committee will prepare a budget for league operations including a recommendation for all dues and fees to be presented to the coalition for approval at the fall meeting.
 4. Each member of the executive committee will chair/co-chair a sport offered in each season. All inquiries regarding a specific sport will be directed to the appropriate chairperson.
 5. Hire all league organizational officers (Article 4, Section 3) including League assigner.
 6. Make decisions relative to disputes through interpretation of the constitution and by-laws.

7. Administration of all playoff games.

B. Functions of the Executive committee

1. Administer all playoff games.
2. Make decisions relative to disputes that are not covered by the constitution, by-laws, and the league by-laws.

C. Executive Committee Representatives

The Executive Committee shall consist of three representatives (Principals) from Division I, three members from Division II and three members from Division III. The offices of president, 1st vice-president and 2nd vice-president will rotate among the three Divisions every two years. Each group will vote to determine their representatives. The Executive Committee will vote every two years to determine president, 1st vice-president and second vice president. In addition to the Principals, the Athletic Directors will choose a representative to serve as a non-voting member of the Executive Committee.

Division I

Williamsport
Central Mountain
Jersey Shore
Selinsgrove
Shikellamy
Shamokin
Midd-West

Division II

Mifflinburg
Lewisburg
Milton
Danville
Montoursville
Loyalsock

Division III

Central Columbia
Warrior Run
Hughesville
Mount Carmel
Bloomsburg
Southern Columbia
South Williamsport

*No school may hold the same office for more than two consecutive terms.

SECTION 2: OFFICERS

A. President

The president shall preside at all meetings. He shall issue call for all regular and special meetings. He shall appoint all necessary committees and shall be an ex-officio member of all committees.

B. First Vice President

The first vice-president shall have the same authority and duties as the president in case of his absence.

C. Second Vice President

The second vice-president shall have the same authority and duties as the first vice-president in case of his absence.

SECTION 3: ORGANIZATIONAL OFFICERS

A. **Secretary/Treasurer**

The secretary/treasurer will have the following powers and duties:

- Assess and collect dues of the member schools.
- Pay bills of the association in a timely manner.
- Submit an annual financial report to the member schools
- Prepare agendas for all meetings of the association
- Be present at all league meetings
- Manage the funds of the Association
- Annually update and distribute school information sheet to member schools.
- Order championship trophies for all sports
- Distribute to each school thirty Athletic Association passes at the spring or summer meeting prior to the start of the following school year. Gold passes for administration including superintendent, athletic director, high school principal, high school vice-principal, middle school principal, and middle school vice principal.
- Disburse the profits from playoffs. Profits shall be divided equally among the competing schools.
- Assemble league records after they are assembled by each sports statistician.
- Copies of agendas and minutes will be sent to all athletic directors, principals, and superintendents two weeks prior to league meetings.
- Other duties assigned by the conference.

B. Statistician

The Statistician will have the following powers and duties:

- Distribute statistics reporting forms to each competing school prior to the beginning of league competition.
- Gather and tally statistics for all league varsity sports
- At the conclusion of each season advertise and conduct coaches' all-star meetings. The dates, sites, and times for these meetings will be announced at the beginning of the season.
- Distribute results of the league play, statistics, and all-star selections to each competing school and all applicable news media. This information is not to be distributed until all schools have completed post- season play.
- Each Sports Statistician maintains a history of the association, including league championships, coach of the year, most valuable player, state tournament results of league schools, and district and state championships.
- Other duties assigned by the Conference.

C. Webmaster

The Webmaster will have the following powers and duties:

- Secure a web hosting service
- Maintain and update the website
- Other duties assigned by the Conference

Article 5 – Superintendent Oversight Committee

- A. Composition and Duties
 - Superintendents from all member school districts shall comprise the Superintendent Oversight Committee
 - The Committee will be chaired on a yearly basis by the League President, who is not a voting member.
 - The SOC will meet at least once per year with the League President to review all league matters and approve the annual budget.
 - All disputes that are not able to be settled by the Executive Committee will be settled by the SOC. The SOC's decision is final.
 - No school shall be voted into the league or out of the league without 2/3 (67%) approval of the member school superintendents.

Article 6 – Meetings

- A. There will be four regular yearly meetings: One in the summer, fall, winter and spring. The site and time to be determined by the league president. Dates for the meeting for the next year will be provided at the April meeting.
- B. Special meetings may be called by the league president or by request to the league committee by three member schools of the league.
- C. Each member school shall be notified in writing or email by the league secretary at least 14 days in advance.
- D. Representatives from a majority of the member schools shall constitute a quorum at any meeting.
- E. Each member school is entitled to one (1) vote on any issue where they sponsor that sport.
- F. The representative of each member school shall be the School District principal or their designee.
- G. The proceedings of the meetings of the conference shall be conducted according to Robert's Rules of Order.
- H. There will be four yearly executive committee meetings which will be held approximately one week prior to all general membership meetings. Athletic Director (AD) meetings will be held prior to the executive meetings. The current league president's AD will coordinate the AD meetings.

Article 7- Amendments

- A. The conference constitution may be amended at any regular meeting of the conference, provided a written notice of the proposed amendment has been presented and discussed at the previous meeting.
- B. Amendments, to be in effect, must have the affirmative vote of 80% of the league membership. Proposed amendments must be subsequently approved by 80% of the Superintendent Oversight Committee. Proposed amendments that fail to be adopted may not be reconsidered for a period of one year from the date of the failing vote.

- C. By-laws may be adopted or deleted, in the by-law section at any regular meeting or special meeting by 80% vote of all votes taken which sponsor that sport, provided the proposed change has been presented and discussed at the previous meeting.
- D. A quorum must exist to vote on any proposed changes. A quorum exists when you have a majority of those member schools present that are affected by the proposed change.

Article 8 - Pennsylvania Heartland Athletic Conference Alignment for Varsity Sports

- A. All League members must participate in the league for all sports programs that are Class A-AAAAA in accordance to the PIAA classification system.
- B. Alignment will be developed according to current PIAA enrollment figures. School principals will submit a copy of the enrollment form they submit to PIAA to the Conference President on October 1 of every odd year. These numbers will be used to establish Divisional Alignment based on enrollment. The Conference President will email the Divisional Alignments for every sport except football, based on enrollment, to every Principal and Athletic Director by October 7. Upon reviewing the alignments, the Principal or Athletic Director will email the Conference President with any requests to move up/down a division in a sport. A special meeting of Principals or their representatives will be held to complete Divisional Alignments for all sports as outlined in Section E.

Due to the complexity of developing a Football Schedule for every school in the PHAC, the following procedure will be followed to establish Divisional alignment and create the Football schedule.

- Football will use the numbers submitted to the PIAA on October 1 of every **odd** year
 - Before the league meeting in November of each **even** year, the Conference President will send the Principals and Athletic Directors the Football Divisions based upon enrollment.
 - Requests to move up or down in Divisions for Football must be submitted to the Conference President one week prior to the League Meeting in November of the **even** years.
 - Final Divisional Alignment for Football will be completed as outlined in Section E at the meeting of the General Conference held in November of the **even** years.
 - Schools must submit any requests for non-divisional games to the Football Chairperson at the General Conference meeting in November of the **even** years.
 - A scheduling committee for Football consisting of the League Chairperson, and an Athletic Director from each Division will work together in developing the Football schedule for all schools in the PHAC.
- C. League Divisional Criteria
 1. If any sport has 11 or less teams align into one or two division
 2. If a sport has 12 to 17 teams align in two or three divisions
 3. If a sport has 18 or more teams align into three or four divisions

D. Divisional Alignment Procedures

1. Start with Division One and work down with no more than one school difference between divisions.

For example, a 19 team league would have 3 divisions, 7 in big schools, 6 in middle schools and 6 in small schools, 17 team league would have 9 teams in one division and 8 teams in the other.

E. Divisional Transfer Criteria

This would be done on a sport by sport request. A small school requesting to move up would file a reasonable request to the committee. The next step would be to work the way up the next division starting at the bottom to see if any school would be willing to move down. If a school would request to move down a division, they would file a request, then starting with the highest school in the next lower division, schools would have the opportunity to move up. Requests may be done every two years.

Article 9 - Junior High Sponsored Sports

Philosophy

The PHAC believes that it has the responsibility to formulate athletic guidelines that encourage the member schools to view their middle school/junior high/freshman programs as developmental in nature. This would include progressively increasing the expectations and demands as the athletes move through the interscholastic athletic experience.

Therefore, the PHAC has adopted guidelines regarding the numbers of events and length of athletic seasons that reflect the developmental nature of middle school/junior high/freshman athletics.

Additionally, in an effort to ensure that middle/junior high/freshman athletics within the PHAC remain focused on skills development, there will be:

- No PHAC junior high won/loss records kept.
- No PHAC junior high standings announced.
- No PHAC junior high champions declared for any sport.
- Overtime procedures should match PIAA rules for junior high sports.

PENNSYLVANIA HEARTLAND

ATHLETIC CONFERENCE

LEAGUE BY-LAWS

GENERAL CONFERENCE BY-LAWS

SCHEDULES

- A Schedule for each sport sponsored by the Pennsylvania Heartland Conference will be generated by the chairperson for each sport and presented to the Conference membership for approval at the fall meeting each year. This schedule will include all league sponsored contest for the upcoming school year.
- The schedules will be developed in accordance with Article 8 of the PHAC Constitution.
- All conference scheduled games must be played.

OFFICIALS

- The commissioner of officials will assign all officials for each Conference scheduled JV/Varsity level competition.
- All officials will be paid by the host school at the rate set by the Conference.

CHAMPIONSHIPS

- The conference will recognize a division champion for each sponsored sport.
- Only division contests will apply to determining the division champion.
- Division championship will be addressed within the sport specific by-laws.
- If at the conclusion of the Conference schedule a tie exists for the division champion, Head to Head criteria will be used to determine the champion. If a multiple team tie should exist and head to head criteria can not determine a champion, then multiple champions will be declared.
- At the discretion of the Executive Committee, a Conference Tournament or Invitational Competition may be used to determine an overall Conference Champion.

ALL-STAR TEAMS

- The PHAC will recognize a first and second team All-Star Team for each Division within a Conference sponsored sport.
- The Chairperson for each sport will be responsible for administering the selection process as outlined below.

Selection Process (Adopted 11/17/2010)

- To be held no more than ten days after the conclusion of the season.
- Any meeting dates and times should be announced no later than the first game week.
- Nominations will be submitted electronically by the A.D. to the Chairperson of each respective sport no later than five (5) days following the end of Conference play.
- Failure to submit nominations will result in a \$100 fine to the school. (A school may choose to submit "no nominations")
- Ballots will be sent and voting completed no more than ten (10) days following Conference play.

- The Chairperson for each sport will create the ballot and the voting procedure for selecting the All-Star Team.
- All-Star selection is based only on Conference Play
- If a meeting is held, the Head Coach should bring enough copies of their nominations with supporting data for each coach in the division.
- The Chair should provide enough space for each division to work and develop All-Star teams.
- The numbers must be adhered to according to the league – any tie will result in both athletes being named to the All-Star Team – even if it exceeds the league number.

Baseball	5 infielders / 4 outfielders / 2 pitchers / 2 catchers / 1 DH or Utility (14 first team and 14 second team)
Basketball	6 first team / 6 second team
Bowling	7 first team / 7 second team
Cross Country	7 first team / 7 second team
Field Hockey	12 position players + GK on first and second teams
Football	5 OL / 2 WR / 1 TE / 1 QB / 2 RB / 1K 4 DL / 4 LB / 4 DB / 1P (First and Second Teams will be selected)
Golf	6 first team / 6 second team (boys); 6 first team / 6 second team (girls)
Soccer	12 position players + GK on first and second teams
Softball	5 infielders / 4 outfielders / 2 pitchers / 2 catchers / 1 DH or Utility (14 first team and 14 second team)
Swimming	The two top individuals in each event. Determined by average of divisional times. A swimmer must compete in that event for at least 50% of the meets.
Track	The two top individuals in each event. Determined by average of divisional times. A runner must compete in that event for at least 50% of the meets.
Tennis	7 first team / 7 second team
Wrestling	14 first team / 14 second team
Coach of the Year	

POSTPONEMENTS / CANCELLATIONS

- In all sports, any cancellation or postponement will be played on the next available play date mutually agreed upon by both schools. If the two schools cannot agree on a date, they will submit their athletic schedules to the Chairperson of the Sport in question and he/she will determine when and where the contest will be played. In the event the Chairperson is a member of either school the President of the PHAC will make the determination.
- All effort should be made to play all scheduled Junior Varsity contests. J.V. contests may only be cancelled if agreed upon by the principals and/or athletic directors of both schools. Any school that cancels a J.V. game without official consent of the other school will be subject to a \$100 fine payable to the PHAC.

SPORT SPECIFIC BY-LAWS

BASEBALL

Schedules

- The varsity schedule will consist of each team playing every team in their division twice (home and away). The JV schedule will consist of each team playing once. If a school does not have a JV team, that school must notify the league assigner and all schools they play so umpires are not assigned.
- All weekday games will start at 4:30 PM. All Saturday games will start at 11:00 AM. With mutual agreement game times may be changed.

Officials

- The league assigner will assign two umpires for each varsity and JV game.

Postponement / Suspended Games

- Varsity games will take precedence over JV games. (Athletic Directors and/or Principals may agree to cancel a JV game without penalty to the league.)
- Suspended games
 - If the teams are scheduled to play again, they may finish the suspended game at the next date they are scheduled to play. The innings needed to complete the suspended game are to be played first. (Official(s) should be paid \$10 an inning for the additional innings.)
 - If the teams are not scheduled to play again, they may reschedule to a mutually agreed upon date. (Official(s) for 4 or less innings shall be paid \$30 plus \$10 per inning; 5 or more innings pay the full fee.)
 - If the teams are not scheduled to play again and cannot establish a mutually agreed upon date for the makeup, then the game must be finished on the next available date. (Official(s) for 4 or less innings shall be paid \$30 plus \$10 per inning; 5 or more innings pay the full fee.)

Contest Rules and Regulations

- All scheduled games will be played.
- The home team will provide at least three new baseballs at the start of each home game.
- Prior to the starting time of any game the visiting team will be given the game field for infield practice for twenty (20) minutes prior to the umpires meeting at home plate.

- Visiting teams will be provided access to batting cages for pre-game batting practice forty (40) minutes prior to the umpires meeting, while the home team takes infield practice.

BASKETBALL

Schedules

- Each member school will play all other member schools in their division twice, alternating home and away.
- The junior varsity games will be scheduled at 6:00 p.m. followed by the varsity contest at 7:30 p.m. except where facilities prohibit.

Officials

- The league assigner of officials will assign three referees for each varsity and two referees for each JV game.

Contest Rules and Regulations

- The home team will provide the basketballs for both teams to use during warm-up periods.

Championships

- The league will be played in straight season.

BOWLING

Schedules

- Regular weekly matches' will both girls and boys varsity and junior varsity competition.
- Matches will be played on Saturdays when possible. Home team is responsible to designate the starting time. Matches may be rescheduled by mutual consent of both school.

Contest Rules and Regulations

- The league shall be governed by rules and regulations of the PIAA, the United States Bowling Congress (USBC) and the PHAC Rules of Bowling. All bowling courtesies shall be followed in conducting all league matches.

CROSS COUNTRY

Schedules

- Junior High meet starts at 4:15 PM with the High School meet to follow. If there is no Junior High team, High School will start at 4:30 PM unless otherwise agreed upon between the opposing schools.
- The Varsity Boy's race will run be run to completion prior to the start of the Varsity Girl's race.

Officials

- According to NFHSA rules, a PIAA official is NOT mandatory, but it is recommended by the league. All schools are expected to have either a PIAA official or a school sponsored starter for each home meet.

Contest Rules and Regulations

- Course Markings
The following course markings and guidelines are suggested:
 - Directional arrow flags
 - A directional line painted on the ground
 - Some other consistent ground markings
 - Color-coded flags/markers
 - *NFHSA Rulebook
 - Yellow – right-turn
 - Red – left-turn
 - Blue – straight ahead
- The start and finish lines must be clearly marked.
- All scoring should be done in a timely manner. Score sheets should be made to the visiting team prior to their departure.
- Coaches are responsible to send the results of each meet to the league secretary via postcard/email provided by the league at the start of the season.
- Course Maps must be mailed to the league chairperson prior to the first official day of practice. A complete book will then be mailed to each school in the conference as a resource.
- All visiting teams (upon request) should be given a walk-through tour of the course approximately 45 minutes prior to the race start time. A coach or team captain should serve as the guide.
- If a school that does not have a cross country team wishes to compete in a league meet, they must have an eligibility sheet for both teams. Prior notification to both schools is necessary and must be approved by the host school.

FIELD HOCKEY

Schedules

- Member school will play all other Division schools twice, alternating home and away.

Officials

- The Commissioner of Officials will assign two officials for each game

Contest Rules and Regulations

- All games shall start at 4:30 PM in the months of August and September and **4:00 PM** in the month of October, Saturday games should begin at 11:00 AM.
- If the contest is a morning or afternoon contest, the JV game will be played immediately following the varsity contest.
- Game times may be changed to a time mutually agreed upon by both schools
- If the game is an evening contest, beginning after 5:30 p.m., the JV game will be played first followed by the varsity contest. *There shall be 15 (fifteen) minutes between night contests.*
- JV Contests shall consist of two twenty-five (25) minute halves unless mutually agreed by the schools prior to the contest date. All ties shall remain ties.

FOOTBALL

Officials

- Officials must be assigned by the league assigner and paid according to league specifications.
- Each scheduled league game will have either 5 or 6 officials assigned.
- Sub-varsity level contests will be assigned by individual schools and be paid according to league specifications

Postponements

- Games will be played on the scheduled date unless mutually agreed upon by both schools. If a dispute remains, either team may appeal to the executive committee for a ruling.
- In the event of a cancellation –
 - A varsity game scheduled for Friday:
 - Play Saturday at a time to be determined by the home school if a cancellation would occur then,
 - Play Sunday at 6 pm by mutual consent of schools or
 - Play Monday at 6 pm
 - A varsity game scheduled for Saturday:
 - Play Sunday at 6 pm
 - Play Monday at 6 pm

JV Game

- Play after the last play date
- Cancel

8th / 9th Grade

- Play Saturday 11 am
- Last play date
- Cancel

Contest Rules and Regulations

- Varsity contests shall be played on Friday or Saturday nights, Friday night games will be scheduled for 7:00 pm – Saturday games shall start at a time specified by the host school.
- JV games will be played Monday evenings and it is recommended to kickoff at 6 pm – 8th and 9th grade games will be played on Thursdays, kickoff time is recommended at 5 pm.
- Schools must notify opponents prior to the second varsity scrimmage as to whether they will be fielding teams at all levels.
- Junior High teams will play eight (8) minute quarters while JV teams will play ten (10) minute quarters.
- The host institution will provide the following for the visiting varsity teams:
 - Adequate dressing and shower facilities
 - Press box access or raised platform for film and coaches. Each school will be notified of availability prior to the start of the season.
 - Access to water
 - Ambulance coverage
- Film Exchange - The coaches should agree to meet on Saturday or Sunday through phone contact the previous week in order to exchange the tapes. It is expected that each exchanged tape will be of good quality and if a problem occurs every attempt will be made by the school to rectify the problem prior to Tuesday AM of game week.

GOLF

Schedules

- The league will be divided into three divisions.
- Each school will host a match comprised of the teams in their respective division

Contest Rules and Regulations

- Matches 1 and 2 would be played during the second week of preseason before school starts. They can be played at any start time.

- Matches 3, 4, 5 would start at 2:30, third, fourth, and fifth week on a Thursday to allow schools to get started.
- Matches 6, 7, 8 would start at 2:00 during the sixth, seventh, and eighth week of the season.
- Matches would be one a week preferably on the same day.
- Competition would be based on playing six players and counting the low four scores for a team score.
- If a school that does not have a golf team wishes to compete in a league meet, they must have an eligibility sheet for both teams. Prior notification to both schools is necessary and must be approved by the host school.

Championships

- The division champion will be determined by the win-loss record of teams competing in each division.

SOCCER

Schedules

- Boys will play Tuesday, Thursday, Saturday first half of season, and will be Monday, Wednesday, and Friday in the second half. Girls will be the opposite.

Officials

- The assigner will assign two officials for each Conference scheduled contest.

Contest Rules and Regulations

- All games shall start at 4:30 p.m. in the months of August and September and 4:00 p.m. in the month of October.
- Saturday games should begin at 11:00 a.m.
- Game times may be changed to a time mutually agreed upon by both schools.

SOFTBALL

Schedules

- The Varsity and JV schedule will consist of each team playing every team in their division twice (home and away). If a school does not have a JV team, that school must notify the league assigner and all schools they play so umpires are not assigned.
- All weekday games will start at 4:30 PM. All Saturday games will start at 11:00 AM. With mutual agreement game times may be changed.

Officials

- The league assigner will assign two umpires for each Varsity and JV game.

Postponements

- Varsity games will take precedence over JV games. (Athletic Directors and/or Principals may agree to cancel a JV game without penalty to the league.)
- Suspended games
 - If the teams are scheduled to play again, they may finish the suspended game at the next date they are scheduled to play. The innings needed to complete the suspended game are to be played first. (Official(s) should be paid \$10 an inning for the additional innings.)
 - If the teams are not scheduled to play again, they may reschedule to a mutually agreed upon date. (Official(s) for 4 or less innings shall be paid \$30 plus \$10 per inning; 5 or more innings pay the full fee.)

- If the teams are not scheduled to play again and cannot establish a mutually agreed upon date for the makeup, then the game must be finished on the next available date. (Official(s) for 4 or less innings shall be paid \$30 plus \$10 per inning; 5 or more innings pay the full fee.)

Contest Rules and Regulations

- All scheduled games will be played.
- The home team will provide three game balls for JV and three balls for the Varsity games prior to the starting time of any game the visiting team will be given the game field for infield practice for twenty (20) minutes prior to the umpires meeting at home plate.
- Visiting teams will be provided access to batting cages for pre-game batting practice forty (40) minutes prior to the umpires meeting, while the home team takes infield practice.
- All JV Games should begin the same time as the Varsity game, provided there are two fields available for play. If the JV game must be played before or after the Varsity game the second game should be begin immediately after the conclusion of the first game, or scheduled between the two schools at a mutual site and time.

SWIMMING

Officials

The Commissioner of Officials will assign four officials for each meet.

Contest Rules and Regulations

- All meets will consist of a boys meet and girls meet (with the girls' event taking place first followed by the boys' event.)
- All weekday meets will start at 4:30 p.m. All Saturday meets will be begin at 11:00 a.m. With mutual agreement from both schools times may be changed.
- Away team will have lane choice.
- Event order for dual meets:
 - Warm-up
 - 200 Medley Relay
 - 200 Freestyle
 - 50 Freestyle
 - Diving
 - 15 minute swimming warm-up
 - 100 Butterfly
 - 100 Freestyle
 - 500 Freestyle
 - 200 Freestyle Relay
 - 100 Backstroke
 - 100 Breaststroke

- 400 Freestyle Relay
- Any time that a school does not have diving boards or does not wish to hold diving must inform the league at the start of the season. If no diving board are present at the pool in which the meet is being held no diving points will be awarded.
- If a school that does not have a swimming team wishes to compete in a league meet, they must have an eligibility sheet for both teams. The exhibition swimmer must be put in an available lane. Prior notification to both schools is necessary and must be approved by the host school.

TENNIS

Uniforms

- All tennis players must be dressed in appropriate tennis attire. This means that you must be in school issued uniform that includes at least shorts, skirts (girls-optional), and shirt.
- Tennis uniforms must be at least belt-length; the wearing of a uniform that exposes the midriff is prohibited.
- All team players should remain in uniform during the entire match. It is the coach's responsibility to be sure his/her team is dressed appropriately.
- If a player does not have the proper team uniform, he/she will not be allowed to participate in the match.

Suspended Play

- Once the match is in progress, the home team coach has the authority to call it due to inclement weather or darkness.

Contest Rules and Regulations

- USTA handbook, PIAA Rules, and a copy of the Conference Rules of Tennis will govern all league matches. See Appendix I.

TRACK AND FIELD

Schedules

- All League Scheduled Meets will take place on Tuesdays.
- All scheduled League Meets will be double dual meets(*boys and girls*).

Officials

- The Track assigner will assign one starter for each meet

- Schools are required to use a PIAA official for all meets; varsity, junior high, league and exhibition.

Postponements

- The rescheduling of league meets postponed due to inclement weather recommended to be rescheduled on Wednesday. –
- Other scheduled competition shall take precedence over the rescheduling of a postponed meet. If this occurs the league meet will be scheduled for the next available weekday.

Contest Rules and Regulations

- All meets are scheduled for 4:00pm,
- All Conference meets will be conducted and governed by the PIAA and PHAC Rules for Track and Field. See Appendix J ****PIAA POINTS OF EMPHASIS FOR 2015—“As per PIAA Interpretation, once the NFHS Rule Book and PIAA Modifications are approved, Conferences or Leagues may NOT alter or change the established rules.”**

WRESTLING

Schedules

- Conference matches should be held on Tuesdays, Thursdays and Saturdays. Conference meets may be rescheduled on other days as a mutual agreement between schools.

Officials

- PIAA officials will be assigned for each varsity and junior high contest.

Contest Rules and Regulations

- During the normal school week, all junior varsity and varsity matches shall start at 7:00 PM, unless this is changed by mutual agreement between both schools.
- All Junior High matches shall begin no later than 6:00 PM, tri-meets no later than 6:00 PM, and quad meets no later than 5:00 PM or at a time mutually agreed upon by both schools.
- Saturday match times may be determined by the competing schools.

Junior High Structure and Competitive Seasons

Football

- The first practice date is the same as the PIAA fall sport starting date.
- Three weeks of pre-season practice is required.
- Composed of students from grades 7-9. Schools may elect to move some 9th grade students to JV/Varsity according to PIAA guidelines.
- One or Two Jr. High games will be played on Thursday afternoon/evening.
- A game for better players and a B game for developing players.
- The schedule will follow the Varsity Schedule.

Cross Country

- The first practice date is the same as the PIAA fall sport starting date.
- Three weeks of pre-season practice is required.
- The 7/8 team schedule will be the same date and opponent as the varsity opponent.
- The Jr. High Cross Country Course will be 3000m (1.86 miles) in length.
- Season will end the Saturday prior to the second Monday in October.

Softball

- The first practice date is the same as the PIAA fall sport starting date.
- Three weeks of pre-season practice is required.
- Each school will play all divisional opponents once.
- Season will end the 1st Saturday in October

Girls Basketball

- The first practice will be the 2nd Monday in October.
- Three weeks of pre-season practice is required.
- The participating teams will be divided geographically into four divisions. All teams will play each team in their division twice.
- Order of play 7 – 8 – 9th for those who have 9th
- Season will end the 1st Friday in January.

Wrestling

- The first practice is the same as the PIAA winter sport starting date.
- Three weeks of pre-season practice is required.
- Junior high wrestling meets will be held before the varsity meets against the same opponent as the varsity.
- Season will end the 1st Saturday in February

Boys Basketball

- The first practice date is the 1st Monday in December except for freshman who may start the 1st day of the winter season.
- Three weeks of pre-season practice
- The participating schools will be divided geographically into four divisions. All teams will play each team in their division twice.
- Order of play 7th, 8th, and 9th. 9th may not start games until 7th & 8th start
- Season will end the 1st Friday in March.

Track & Field:

- The first practice date is the Monday after the PIAA spring sport starting date.
- Three weeks of pre-season practice is required.
- Each team in the division will compete against each member in the division. (1 division)
- Order of Events:

Track

100m Hurdles
Girls – 100m 10 hurdles @ 33'
Boys – 100m 10 hurdles @ 36'
100 Dash
1600 Run
400m Dash
400m Relay
800 m Run
200m Dash
1600 m Relay

Field

High Jump
Long Jump
Triple Jump will follow Long Jump
Shot Put will follow Javelin
Discus will follow Shot Put

Shot Put:	Girls: 6 lbs. (2.744kg) Boys: 8 lbs. 13 oz. (4kg)
Discus:	Girls/Boys: 2 lbs. 3.27.0z (1kg)
Javelin:	Girls/Boys: 1 lb 4.16oz (girl's IAAF Javelin)

Field Hockey:

- The first practice date is the 3rd Monday from the PIAA spring sport starting date.
- Three weeks of pre-season practice is required.
- Each team in the division will compete against each member in the division. (1 division) Seventh and Eighth Grade Field Hockey
- The field hockey chair will generate a Conference schedule.
- The contests will consist of an 8th grade contest played first followed by a 7th grade contest.
- Each 8th grade contest will consist of two twenty-five (25) minutes halves
- Each 7th grade contest will consist of two twenty (20) minute halves.
- Game times will be 4:30 on weekdays and 10:00 on Saturdays.

Boys & Girls Soccer

- **The first practice date is the 3rd Monday from the PIAA spring sport starting date.**
- Three weeks of pre-season practice is required.
- The participating teams will be divided geographically into two divisions north and south. All teams in the division will play once.
- Each game will be 2 – 30 minute halves

Appendix A

DUES AND FEES:

Initiation Fee (One-time only)	\$200
Basic League Fee (Yearly)	\$700
Schedule Star Fee / Yearly	\$225 (part of basic fee)
Arbiter / Yearly	\$100 (part of basic fee)
Assigned Sports / Yearly	\$80 / per sport
*exception: track & field and swimming – boys \$80, girls \$25	
Unassigned Sports / Yearly	\$25 / per sport

The basic fee is subject to change and will be discussed at the last meeting each year.

League will purchase the following items:

Championship Awards	Championship plaques
League Passes	30 per school
All-Star Certificates	Given as needed

Secretary / Treasurer	\$2,000 / year
Web Master / Stats	\$2,000 / year
League Events	Additional cost per school

Position	(2014-15)	+\$100 (2015-16)	+3% (2016-17)	+3% (2017-18)	+3% (2018-19)
Football	1425.00	1525.00	1570.75	1617.88	1666.42
Soccer – Boys/Girls	1875.00	1975.00	2034.25	2095.28	2158.14
Basketball – Boys/Girls	1800.00	1900.00	1957.00	2015.71	2076.18
Wrestling	1725.00	1825.00	1879.75	1936.14	1994.22
Swimming	675.00	775.00	798.25	822.20	846.87
Track and Field	1350.00	1450.00	1493.50	1538.31	1584.46
Baseball/Softball	1800.00	1900.00	1957.00	2015.71	2076.18

Appendix B

Alignment for All Sports 2016-2017 and 2017-2018

Voted on and approved at Nov. 2015 General Membership meeting
2016-2017 and 2017-2018 Rotation: Larger division = D III then D1

BASEBALL

19 Teams

Division I

Central Mountain
Selinsgrove
Jersey Shore
Shikellamy
Shamokin
Midd-West

Division II

Mifflinburg
Lewisburg
Milton *w/Meadowbrook*
Montoursville
Danville
Loyalsock Township

Division III

Warrior Run
Central Columbia
Mount Carmel *w/Our Lady of Lourdes*
Hughesville
Southern Columbia
Bloomsburg
South Williamsport

BOYS BASKETBALL

19 teams

Division I

Central Mountain
Selinsgrove
Jersey Shore
Shikellamy
Shamokin
Midd-West

Division II

Mifflinburg
Lewisburg
Milton
Montoursville
Danville
Loyalsock Township

Division III

Warrior Run
Central Columbia
Hughesville
Mount Carmel
Southern Columbia
Bloomsburg
South Williamsport

GIRLS BASKETBALL

19 teams

Division I

Central Mountain
Jersey Shore
Shikellamy
Selinsgrove
Shamokin
Midd-West

Division II

Mifflinburg
Danville
Lewisburg
Milton
Montoursville
Central Columbia

Division III

Loyalsock Township
Mount Carmel
Hughesville
Warrior Run
Bloomsburg
South Williamsport
Southern Columbia

BOWLING**8 Teams****Single Division**

Selinsgrove
Shikellamy
Midd-West

Mifflinburg
Lewisburg
Milton

Danville
Central Columbia

CROSS COUNTRY – BOYS & GIRLS**18 Teams****Division I**

Williamsport
Central Mountain
Jersey Shore
Selinsgrove
Shikellamy
Shamokin

Division II

Midd-West
Mifflinburg
Lewisburg
Milton
Danville
Montoursville

Division III

Mount Carmel *w/Our Lady of
Lourdes*
Loyalsock
Central Columbia
Warrior Run
Bloomsburg
Southern Columbia

FIELD HOCKEY**11 teams****Division I**

Shikellamy
Selinsgrove
Midd-West
Mifflinburg
Danville
Lewisburg

Division II

Milton
Central Columbia
Warrior Run
Bloomsburg
Southern Columbia

FOOTBALL Divisional alignments for 2016-17 & 2017-18 (approved November, 2014)**Division I**

Central Mountain
Shikellamy
Jersey Shore
Selinsgrove
Shamokin
Mifflinburg

Division II

Milton (w/ Meadowbrook)
Lewisburg
Montoursville
Mount Carmel *w/Our Lady of
Lourdes*
Danville
Southern Columbia

Division III

Loyalsock *w/Saint John Neumann*
Central Columbia
Warrior Run
Hughesville
Bloomsburg
South Williamsport

GOLF**14 Teams****Division I**

Williamsport
Central Mountain
Loyalsock Township *w/
Montoursville*
Selinsgrove
Shikellamy

Division II

Midd-West
Mifflinburg
Lewisburg
Milton Area *w/Meadowbrook*

Division III

Danville
Central Columbia
Warrior Run
Bloomsburg
South Williamsport

BOYS SOCCER**20 Teams****Division I**

Williamsport
Central Mountain
Selinsgrove
Jersey Shore
Shikellamy
Shamokin
Lewisburg

Division II

Midd-West
Mifflinburg
Milton
Danville
Loyalsock Township
Bloomsburg

Division III

Montoursville
Warrior Run
Central Columbia
Hughesville
Mount Carmel
Southern Columbia
South Williamsport

GIRLS SOCCER**20 Teams****Division I**

Williamsport
Central Mountain
Jersey Shore
Shikellamy
Selinsgrove
Shamokin
Midd-West

Division II

Mifflinburg
Danville
Lewisburg
Milton
Montoursville
Central Columbia

Division III

Loyalsock Township
Mount Carmel
Hughesville
Warrior Run
Bloomsburg
South Williamsport
Southern Columbia

SOFTBALL**18 Teams****Division I**

Central Mountain
Jersey Shore
Shikellamy
Selinsgrove
Shamokin

Division II

Mifflinburg
Milton *w/Meadowbrook*
Danville
Lewisburg
Montoursville

Division III

Loyalsock Township
Hughesville
Warrior Run
Bloomsburg
South Williamsport

Midd-West

Central Columbia

Southern Columbia

SWIMMING & DIVING – BOYS & GIRLS 10 Teams

Single Division

Williamsport *w/Loyalsock Twp.*
Central Mountain
Jersey Shore
Shamokin
Lewisburg

Danville
Bloomsburg *w/Southern Columbia*
Montoursville *w/Saint John*
Neumann
Mount Carmel *w/Our Lady of*
Lourdes
Central Columbia

BOYS TENNIS

15 Teams

Division I

Williamsport
Central Mountain
Selinsgrove
Jersey Shore
Shikellamy
Mifflinburg
Lewisburg
Milton

Division II

Montoursville
Danville
Loyalsock Township
Central Columbia
Hughesville
Bloomsburg
South Williamsport

GIRLS TENNIS

15 Teams

Division I

Williamsport
Central Mountain
Jersey Shore
Shikellamy
Selinsgrove
Mifflinburg
Danville
Lewisburg

Division II

Milton
Montoursville
Loyalsock Township
Central Columbia
Hughesville
Bloomsburg
South Williamsport

TRACK & FIELD – BOYS & GIRLS**20 Teams****Division I**

Williamsport
Central Mountain
Jersey Shore
Selinsgrove
Shikellamy
Shamokin
Midd-West

Division II

Mifflinburg
Lewisburg
Milton
Danville
Central Columbia
Montoursville

Division III

Mount Carmel *w/Our Lady of
Lourdes*
Loyalsock Township
Warrior Run
Hughesville
South Williamsport *w/Saint John
Neumann*
Bloomsburg
Southern Columbia

WRESTLING**20 Teams****Division I**

Williamsport
Central Mountain *w/Bucktail*
Selinsgrove
Jersey Shore
Shikellamy
Shamokin
Midd-West

Division II

Mifflinburg
Lewisburg
Milton *w/Meadowbrook*
Montoursville
Danville
Loyalsock Township *w/Saint
John Neumann*

Division III

Warrior Run
Central Columbia
Mount Carmel *w/Our Lady of
Lourdes*
Hughesville
Southern Columbia
Bloomsburg
South Williamsport

Appendix C

Junior High Sports, Schools, and Divisions

JH BASKETBALL – BOYS & GIRLS

Northwest	Northeast
Central Mountain	
Jersey Shore	
Hughesville	NONE
Loyalsock	
Montoursville	
South Williamsport – no 9 th grade team	
Williamsport – Cherry	
Williamsport – White	
Southwest	Southeast
Lewisburg	Bloomsburg
Midd-West	Central Columbia
Mifflinburg	Danville
Milton	Mount Carmel
Selinsgrove	Shamokin
Shikellamy	Southern Columbia
Warrior Run	

Rationale for this alignment:

1. Geographical arrangement to reduce travel costs.
2. Schools without a 9th grade program or one gymnasium are in the same division.

Schools would play everyone in their Division two times. The remainder of the schedule would involve crossover games with the other Divisions.

9th Grade Teams can begin practice on the first practice date for Winter Sports.

The 7th and 8th grade boy's teams can begin practice the first Monday in December. This will allow teams to complete three weeks of practice prior to any games or tournaments scheduled during Winter Break. The season will conclude on the second Saturday in March.

Due to gym availability, schools in the Northeast Division may have to postpone their first practice dates. All effort should be made to schedule any crossover games with the Northeast Division later in the season.

Cross Country

One Division

Bloomsburg	Lewisburg	Selinsgrove
Central Columbia	Mifflinburg	Shamokin
Central Mountain	Milton	Shikellamy
Danville	Montoursville	Southern Columbia
Jersey Shore	Mount Carmel	Williamsport

Field Hockey

One Division

Bloomsburg	Mifflinburg	Shikellamy
Central Columbia	Millville	Southern Columbia
Danville	Milton	Warrior Run
Lewisburg	Selinsgrove	
Midd-West		

Football

Junior High football schedules and divisions will be determined prior to the start of the fall season. Division alignment will be dependent on whether a school has a 9th grade team or not. Division 1 will include schools with Junior High and 9th grade. Division 2 will list schools with Junior High squads only. Once the divisions are determined a schedule will be made within each division.

Bloomsburg	Lewisburg	Selinsgrove
Central Columbia	Loyalsock	Shamokin
Central Mountain	Mifflinburg	Shikellamy
Danville	Milton	South Williamsport
Hughesville	Montoursville	Southern Columbia
Jersey Shore	Mount Carmel	Warrior Run

Boys & Girls Soccer

North

Central Mountain
Hughesville
Jersey Shore
Loyalsock
Montoursville
Milton
South Williamsport
Williamsport

South

Bloomsburg (girls only)
Central Columbia
Danville
Lewisburg
Midd-West
Mifflinburg
Selinsgrove
Shikellamy

Warrior Run

Shamokin
Southern Columbia (girls only)

Softball

North

Central Mountain
Hughesville
Jersey Shore
Loyalsock
Mountoursville
South Williamsport
Williamsport – Cherry
Williamsport - White

South

Lewisburg
Midd-West
Mifflinburg
Selinsgrove
Shamokin
Shikellamy
Warrior Run

Track & Field

One Division

Danville
Central Mountain
Jersey Shore

Mount Carmel
Shamokin
Williamsport

Wrestling

Division I

Williamsport
Central Mountain *w/Bucktail*
Selinsgrove
Jersey Shore
Shikellamy
Shamokin
Midd-West

Division II

Mifflinburg
Lewisburg
Milton *w/Meadowbrook*
Montoursville
Danville
Loyalsock Township *w/Saint John Neumann*

Division III

Warrior Run
Central Columbia
Mount Carmel *w/Our Lady of Lourdes*
Hughesville
Southern Columbia
Bloomsburg
South Williamsport

Appendix D

Pennsylvania Heartland Athletic Conference Sports Chairpersons and Committee Representatives 2014 – 2016

Sport	Chairperson	Executive Committee Representative (current shown – will change after meeting)
Baseball	Warrior Run Nate Butler	South Williamsport Jesse Smith
Basketball	Loyalsock Ron Insinger	Mifflinburg Eldon Hoy
Bowling	Shikellamy Jerome Alex	Shamokin Chris Venna
Cross Country	Lewisburg Mark Temple	Warrior Run Nate Minium (VP)
Field Hockey	Central Columbia/Selinsgrove Kevin Morgan/Brian Catherman	Central Columbia Jeff Groshek
Football	Shamokin Rick Kashner	Shamokin Chris Venna
Golf	Danville Ron Kanaskie	Danville Ron Kanaskie
Soccer	Milton Rod Harris	Warrior Run Nate Minium
Softball	Muncy Brian Catherman & Nate Butler	Central Mountain Steve Turchetta
Swimming and Diving	Central Columbia Kevin Morgan	Southern Columbia Jim Becker
Tennis	Williamsport Sean McCann	South Williamsport Jesse Smith
Track and Field	Selinsgrove Brian Catherman	
Wrestling	Mifflinburg Eldon Hoy	Southern Columbia Jim Becker

Current Executive Committee Members (pending May meeting):

D.1:

D. 2:

D. 3

AD Representative: Ron Kanaskie, Danville

Appendix E

OFFICIALS FEES 2014 - 2017

			2014-2015	2015-2016	2016-2017
Sport	Level	Game(s)	Fee	Fee	Fee
Baseball	Varsity	1	75	80	80
Baseball	JV	1	60	60	60
Baseball	JH	1	45	45	45
Baseball	JH	2	90	90	90
Baseball	Suspended game	Per Inning	\$10/Inning	\$10/Inning	\$10/Inning
Basketball	Varsity (2-man crew)	1	70	70	70
Basketball	Varsity (3-man crew)	1	67	67	67
Basketball	JV	1	57	57	57
Basketball	JH	1	45	45	45
Basketball	JH	2	65	65	65
Basketball	JH	3	85	85	85
Cross Country	Varsity/JH	2	60	60	65
Cross Country	Varsity	1	50	50	50
Cross Country	JH	1	45	45	45
Field Hockey	Varsity	1	70	70	70
Field Hockey	Varsity/JV	2	100	100	100
Field Hockey	JV	1	50	50	50
Field Hockey	JH	1	50	50	50
Field Hockey	JH	2	70	70	70
Football	Varsity	1	75	75	75
Football	JV	1	52	54	55
Football	JH	1	50	50	50
Football	JH	2	70	70	70
Soccer	Varsity (2-man crew)	1	70	70	70
Soccer	JV (2-man crew)	1	50	50	50
Soccer	JV/Varsity (2-man crew)	2	100	100	100
Soccer	Varsity (3-man crew)	1	58	58	58
Soccer	JV/Varsity (3-man crew)	2	70	70	70
Soccer	JH	1	50	50	50
Soccer	JH	2	70	70	70
Softball	Varsity	1	70	70	70
Softball	JV	1	55	55	55
Softball	JV/Varsity	2	110	110	110
Softball	JH	1	50	50	50

Softball	Suspended game	Per Inning	\$10/Inning	\$10/Inning	\$10/Inning
Swimming	Varsity	1	70	70	70
Swimming	Varsity - Tri Meet (no diving)	1	75	75	75
Swimming	Varsity - Tri Meet	1	80	80	80
Track & Field	Varsity - Double Dual	1	70	75	75
Track & Field	Varsity - Tri Meet	1	95	100	100
Track & Field	Varsity - Quad Meet	1	105	110	110
Track & Field	JH - Double Dual	1	60	65	65
Track & Field	JH - Tri Meet	1	70	75	75
Track & Field	JH - Quad Meet	1	90	95	95
Wrestling	Varsity	1	75	75	80
Wrestling	Varsity - Double Dual	2	100	105	110
Wrestling	JH	1	55	55	55

* Officials working Varsity Field Hockey or Soccer games that are suspended prior to half time will receive \$35. Any game suspended in the second half will result in each official being paid the full varsity fee of \$70. (The game is now official since it has reached half time.) In any game stopped before the official start time due to weather or an emergency, each official will receive \$25 to cover expenses. (Adopted 8/17/2011)

Appendix F

TRACK AND FIELD LEAGUE MEET

Committee Formation

PURPOSE: The purpose of the committee is to implement and oversee the All-League meet each year.

MAKE-UP: To be determined (*Below is SIAL example*)

The committee shall be an 16 member committee, consisting of the chairman, 4 Athletic Directors, Meet Manager, Meet Director, one PIAA Track and Field Official; 6 coaches – 2 from each division (1 Girl and 1 Boy Coach) and no more than 1 coach from each school; and a representative from the host school; all to be named by the committee chairperson or his/her designee

RESPONSIBILITIES:

- Enforce league rules & procedures governing the running of the All-League Meet.
- Hire and appoint officials for the All-League meet.
- Purchase standardized meet medals ~~& ribbons~~.
- Compile a meet program each year.
- Obtain equipment necessary for the proper running of the All-League meet (scales, measuring tapes, etc.) – in conjunction with PIAA Officials chapter.
- Present a financial report to the League members at the conclusion of the season.
- Make the proper arrangements for an award/medal presentation to the athletes during the running of the meet.
- Distribute a Seeding Information Booklet similar to that of Districts to all coaches three (3) weeks prior to the All-League meet.
- Copy & send post all results from all places from all events ~~to each coach for Districts~~.
- In summary, this new All-League meet committee will set up the All-League meet- seeding rules, advancement of runners, order of events, times, schedule all happenings.
- ~~If possible~~, FAT should be used at the All-League Meet, especially if 8 or 6 lanes are used.
- Compile a standardized list of workers and salaries for all workers and officials to be used for the All-League meet.
- Establish a “Games Committee” consisting of: The leagues 16 member committee (see above).
- Establish date and time of the Meet, as well as a rain date.
- Find a facility suitable to host the meet. Eight lane tracks and a minimum of two long and triple jump areas are more favorable to run the Meet. A 2 year rotation of the host school with the rotation of host schools.

INITIAL MEETING:

To be called and “chaired” by the Committee Chairman or his/her designee.

SEEDING FOR ALL-LEAGUE MEET

As a way to “seed” athletes, the following will be used:

- 4 events per athlete maximum, including relays.
- 2 athletes per school. Additional qualifiers may be added, so long as ALL athletes entered in that event meet exceed the qualifying standard. Coaches will be required to provide validation of times/distances if challenged.
- 1 relay team, per school.
- The meet will be contested on a track with six or eight lanes. All distances are in meters.
- In preliminaries of the 100m, 100h and 110h entries will be cross seeded. In the 100m and 100/110m hurdles, the fastest qualifier will be placed in the 3 or 4 of the next to the last heat, etc. The pattern of lanes will be 3-4-2-5-1-6 or 4-5-3-6-2-7-1-8 in the 100, 100h, and 110h. All advancement will be on place then time. There will be a two heat final, with the six fastest qualifiers from the trials in the second heat. All competitors in both final heats are eligible for placing.
- The 300h, 200m and 400m will be final races on time. The six or eight fastest qualifiers will compete in the last heat. No heat will have fewer than two athletes.
- The 400m relay will be run entirely in lanes, using the 3-4-2-5-1-6 or 4-5-3-6-2-7-1-8 pattern with the fastest qualifier in lane 3 or 4 of the last heat. No heat will have fewer than 2 athletes.
- The 800m, 1600m, and 3200m will start from two alleys, and will run a one turn stagger to the breakline by the 300m start. The fastest 6 or 8 qualifiers will be in the inside box. If more than 1 heat is required, the 12 fastest competitors that clerk in for the race will run in the fast heat.
- The first leg of the 1600m relay will be run entirely in lanes. We will run a 3-turn stagger (if the track is marked for such). The fastest qualifier will be in lane 1. No heat will run with fewer than two teams.
- The 3200m relay will use two alleys. The fastest qualifier will be in position 1.
- In the throwing and horizontal jumping events, the best qualifier will compete last in the trials. In the finals, the order of competition will be in the reverse order of the trials performances.
- In the pole vault and the high jump, the “five alive” procedure will be used, with the best qualifier listed last on the sheet.
- All measurement in the field will be in feet and inches.

Starting formats, such as “waterfall” or “box alley” should be designated prior to the meet.

ADVANCEMENT OF RUNNERS & THE RUNNING OF HEATS

The National Federation Rules Book will be used by the All-League Meet Committee to determine the advancement of athletes to “finals,” lane assignments, and the running of heats.

ORDER OF EVENTS

RUNNING

EVENT

100 H	(G)T
110 H.H.	(B)T
100 M	(G)T
100 M	(B)T

4 X 800	(G)F
4 X 800	(B)F
100 H	(G)F
110 H.H.	(B)F
100 M	(G)F
100 M	(B)F
1600 M	(G)F
1600 M	(B)F
4 X 100	(G)F
4 X 100	(B)F
400 M	(G)F
400 M	(B)F
300 I.H.	(G)F
300 I.H.	(B)F
800 M	(G)F
800 M	(B)F
200 M	(G)F
200 M	(B)F
3200 M	(G)F
3200 M	(B)F
4 X 400	(G)F
4 X 400	(B)F

THROWING

The following is a format that allows two events to be run at one time. Each individual school's facilities may not allow this format to occur.

BOYS

Javelin
Discus
Shot

GIRLS

Shot
Javelin
Discus

JUMPING

BOYS

Long Jump & Pole Vault
Triple Jump
High Jump

GIRLS

High Jump
Long Jump
Triple Jump

AWARDS

A trophy shall be presented to the Champions.

Medals will be presented to the top three finishers in each event.

1st place-gold; 2nd place-silver; 3rd, 4th, 5th, & 6th *place finishers* place-bronze

A plaque will be presented to the top Female and Male athlete.

PHAC ENTRY GUIDELINES FROM MACH2K website:

SPECIAL NOTES:

You may enter 2 athletes per individual event, regardless of marks. You may enter more than 2 provided that ALL have met the qualifying standard.

1 relay team per school per event.

Starting heights will be as follows:

- Girls HJ: 4'06"
- Girls PV: 7'06"
- Boys HJ: 5'04"
- Boys PV: 9'06"
- Minimum marks will be enforced. Each competitor's first **LEGAL** mark will be measured, then nothing shorter than the following minimums will be measured:

Event	Boys	Girls
Long Jump	18' 0"	13' 6"
Triple Jump	37' 0"	29' 0"
Shot Put	38' 0"	28' 0"
Discus	105' 0"	80' 0"
Javelin	140' 0"	80' 0"

EVENT	Boys	Girls
100m	11.84	13.74
200m	24.24	28.44
400m	54.24	65.34
800m	2:08.24	2:36.24
1600m	4:54.24	5:52.24
3200m	10:50.24	12:50.74
110m hurdles	16.84	
100m hurdles		18.04
300m hurdles	45.24	52.24
Shot put	40'09"	29'00"
Discus	120'00"	90'00"
Javelin	148'00"	92'00"

Long jump	19'00"	14'10"
Triple jump	38'07"	31'00"
High jump	5'06"	4'06"
Pole Vault	11'00"	8'00"

Appendix G

Sportsmanship

- All coaches, players and fans shall exercise good sportsmanship while participating in the league.
- Respect shall be shown to umpires.
- Demonstrate and demand integrity.
- Observe and enforce the spirit and the letter of the rules.
- Don't compromise education and character-development goals.
- Don't engage in or tolerate dishonesty, cheating, or dishonorable conduct.
- Treat the traditions of the sport and other participants with respect.
- Don't engage in or tolerate disrespectful conduct including verbal abuse of opponents, officials, coaches, school personal, fans with profane or belligerent "Trash Talking," taunting or unseemly celebration.
- **Win with grace and lose with dignity.**
- Be a positive role model on and off the field and require the same of your fellow athletes, coaches, and parents.
- Maintain a basic knowledge and strive to know the most you can about your sport.
- Adhere to high standards of fair play.
- Never take unfair advantage.
- Be open-minded.
- Avoid Gamesmanship and promote sportsmanship by honoring the rules and goals of the sport.
- Follow all CODES of conduct from you school and your coaches, and parents.
- Comply with all the laws and regulations, from team, to your school, to the PIAA to the NHFS.
- Applause during introductions of players, coaches, and officials.
- Accept all decisions of officials as final.
- Handshakes between contestants and coaches before and after a game, regardless of outcomes. Coaches and athletes search out and congratulate opposing team and coaches.
- Treat competition as a game not a war.
- Applause at the end of contest for all performances by all participants.

Appendix H

PENNSYLVANIA HEARTLAND ATHLETIC CONFERENCE RULES OF BOWLING

- Three games will constitute a match of four (4) points:
 - 1 point – for each game won by a team (3 total)
 - 1 point – for most total pins accumulated in a match
- All matches shall be scored on a scratch system. (See item 6)
- Four separate team standings shall be kept and these will run concurrently with the schedule.
- The results of all matches must be mailed/e-mailed/faxed by both teams to the league statistician within two days of the match.
- Each team shall have one player or captain at the scoring table at all times to call fouls and assist in scoring. This player should check all summary sheets at the conclusion of the match. The bowler keeping score shall keep score for both teams: the other bowler is an observer.
- PIAA prohibits any bowler who paces or bowls in an adult league to be on a school's roster. The coach shall enforce this rule when informed.
- Varsity teams must bowl with five (5) bowlers. If a JV team has a missing bowler (4 against 5), the lowest score will be dropped in computing the game score of the teams with five bowlers. JV teams must have a minimum of three (3) bowlers.
- No bowler can be used on a both varsity and JV on the same day.
- The penalty for violation of the by-laws will be forfeiture of both varsity and JV matches.
- Automatic Computer Scoring is acceptable provided printouts are provided to the visiting coach

Role of the Coach

The coach:

- shall settle any questions or problems along with the opposing coach that arises during the match
- shall keep and be in complete charge of statistics and figure his/her own averages
- shall forward the results of all matches to the league statistician within 24 hours of each matches completion.
- of the home team shall provide a copy of the scores to the visiting coach.
- Automatic Computer Scoring is acceptable provided printouts are provided to the visiting coach
- each school shall exercise control over the bowlers on his/her team
- If any incident arises that involves detrimental behavior or unsportsmanlike conduct, that bowler will be warned; and if the situation arises again, that bowler will be removed from the lineup and no substitute can be used in his/her place for the remainder of that match.

Appendix I

PENNSYLVANIA HEARTLAND ATHLETIC CONFERENCE RULES OF TENNIS

- Line-ups
 - Line-ups (singles & doubles) must be *exchanged simultaneously* before the start of the match.
 - Best player based upon ranking/challenge matches and results play in ladder sequence. A singles participant may not move more than one (1) adjacent player position between league matches unless other players are missing from the line-up on a given match.
 - According to PIAA policy, a ladder from 1-10 is to be established by each team, listing students in descending order of ability. The first three (3) students must play singles competition. The doubles team may be formed at the discretion of the coach from the remaining seven students with the team having the highest level of ability playing number one and the other team as number two (See scoring format #7 for specific details). In the event it becomes necessary to substitute for number one or number two singles, the others will move up into that position. If it is necessary to substitute for the number three singles player, the highest ranked player not listed for doubles may move into the number three position, so that a coach does not have to disrupt his/her doubles teams.

In order to maintain consistency, the interpretation of this by-law will require each team to submit their team ladder to the tennis league chairman after 50% of the league contests are complete. The 50% allows for poor weather conditions, injuries and gives teams the opportunity to have the required challenge matches during the early part of the season before setting their final line-up.

- If a school does not have enough players, the forfeit must occur at the third singles position.
- Scoring
 - In accordance with the PIAA state and district tournaments, the league will adhere to the 3 singles matches and 2 doubles matches' format with **no player repeats!**
 - a) 2-Doubles Matches (Requires 4 players) *1 team point for each doubles match.*
 - b) 3-Singles Matches (Requires 3 players) *1 team point for each singles match.*
 - *All league tennis matches will have a 5 point total (2 doubles & 3 singles)
- Format
 - Rank players 1-10 (Top 3 play singles, combination of 4-10 play doubles)
 - Doubles are ranked by adding the two rankings of respective players, ex. #4 & #6 (10 total) play first doubles, while #5 & #7 (12 total) play second doubles. If the totals are the same 4/7 and 5/6 you may declare one team the first team doubles.
 - All matches are best of 3 sets (No-add scoring)
- Time of Match
 - Boys: Matches will begin at 4:00 p.m. Saturday matches will start at 10:00 a.m.
 - Girls: Matches scheduled before October 1st will be scheduled at 4:00 p.m.

- Any matches scheduled after October 1st will begin at 3:30 p.m. to account for darkness.
- Saturday matches will start at 10:00 a.m.
- Different start times will be by mutual agreement of participating schools.

- Coaching
 - The head coach and only one other school board approved coach (not to exceed two coaches during a varsity match) are the only ones to approach the fence and talk to the athletes during a cross over.
 - This correspondence can only occur during the 90 second cross over at the fence.
 - There is a five (5) minute break during a split-set (players are allowed to leave the court)
 - Home coaches must enforce the 10-minute warm-up period before play begin for each match.

- Conduct

It is the coach's responsibility to be sure his/her team conduct themselves in an appropriate manner. Swearing, taunting, abuse of ball, abuse of racket, and obvious cheating shall result in:

 - First offense – Warning Given
 - Second offense – Game Given
 - Third offense – Match Given

*** When this behavior occurs, coaches must observe the match to its conclusion.*

- Darkness Call
 - When darkness occurs, a decision to suspend play must be reached by the home school coach and agreed upon by the visiting school. If an agreement cannot be reached, the home school coach's decision is final.
 - Guidelines: If within 1 or 2 games of the match ending, then play it out. If very close such as 3-3 or 4-3 on serve, postpone then set up a finish date with athletic directors.

- Scoring

If a problem occurs with scoring, allow the players to decide within two (2) minutes of the last agreed upon point. If problem persists, both coaches will join the players and attempt to solve the problem.

- Line Calls
 - The individual players will "call their own" shots. If problems occur, the coaches can appoint (mutually agreed upon) line judges for the remainder of the match.
 - Player will report concerns/problems to his/her coach.
 - The coach/assistant coach will observe the match, if problem persists, the coach will then arrange for the line judges during the remainder of match.
 - Coaches should encourage players to be fair and give the point to their opponent if they are not sure of the call. The line judges will only make the call if a player questions the call of the opposing player.

- Basic Rules

- Cheering: Fans should be encouraged to cheer for winning shots made by their players as opposed to cheering errors made by the opposition. Every coach should make efforts to educate the players and fans as to the proper etiquette at a tennis match. PIAA regulations are clear on athletic courtesy, section 1, Ethics Pertaining to School District Athletics, Section 1-4. Each principal and athletic director has a copy of the above-mentioned PIAA by-laws.
- Coaches behavior should always be ethical and with the student-athletes' best interest in mind.

Appendix J

PENNSYLVANIA HEARTLAND ATHLETIC CONFERENCE RULES OF TRACK AND FIELD

- Order of Events

- RUNNING

In all running events, the girls shall precede the boys.

3200 Relay
100/110 Hurdles
100 Dash
1600 Run
400 M Relay
400 M Dash
300 Hurdles
800 M
200 M
3200 Run
1600 M Relay

- THROWING

The following is a format that allows two events to be run at one time. Each individual school's facilities may not allow this format to occur. If this cannot be done the host school needs to contact the opposing school a week before the meet for the schedule of events.

BOYS

Javelin
Discus
Shot

GIRLS

Shot
Javelin
Discus

- JUMPING(Open Pit, if applicable)

BOYS

Long Jump
Triple Jump
High Jump

GIRLS

High Jump
Long Jump
Triple Jump

Girls & Boys

Polevault

- COMBINING OF BOYS AND GIRLS

In the 4 x 800 relay, the 1600 meter run and the 3200 meter run, the boys and girls will be combined, if all coaches agree.

- CONTESTANTS

- Each team shall be permitted ten (10) competitors in all field events and (12) competitors 100, 200, 400 and the hurdle races each team is allowed.
- There is no limit to the number of competitors in races 800 meters or longer.

****PIAA POINTS OF EMPHASIS FOR 2015—"Rule 4(Competitors and Competition), Section 2, (Participation and Entry Limitations), Article 4a. '**

In dual meets each school is entitled to enter three contestants in individual events, but it is RECOMMENDED each school be permitted to enter as many contestants as CONDITIONS WARRANT.’ If an athlete is a contestant in a dual meet, he/she shall be able to score in the event they are entered if their time/distance is in the top three. Athletes participating in dual meets should NOT be labeled EXHIBITION athletes and be excluded from scoring places during the meet.”

- Coaches should try to designate the fastest athletes in the last heat in lane races.
- **MINIMUM STARTING HEIGHTS**
 - If a school does not participate in the pole vault event, that school will forfeit the points.
 - All athletes listed as competitors for the pole vault event must make a successful attempt in order to receive the points for the event, if there is a legal pole vault pit.
 - If neither competing school sponsors the pole vault event, no points shall be awarded for this event.
 - Boys and Girls should compete together at similar heights.
 - The minimum starting heights for dual meet competition shall be as follows:

BOYS POLE VAULT – 7’6” Starting Height Bar shall be moved 6”

GIRLS POLE VAULT – 6’ Starting Height Bar shall be moved 6”

BOYS HIGH JUMP – 4’10” Starting Height Bar shall be moved 2”

GIRLS HIGH JUMP – 3’6” Starting Height Bar shall be moved 2”

NOTE: Coaches should be aware of rule book stipulations for awarding points for unsafe/unavailable events and tie breaking procedures.

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