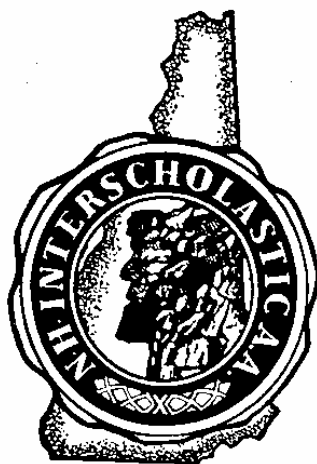


New Hampshire Interscholastic Athletic Association



Coaches' Handbook

Prepared by the NHIAA Coaches Education Committee

2008-09

TABLE OF CONTENTS

	Page
Preface	3
The National Federation of State High School Associations	3
Historical Outline of the Development of the NHIAA	4
Cardinal Athletic Principles	4
Guidelines and Expectations in Administration of the Interscholastic Athletic Program	5
Codes for the Administration of Athletics	5
NHIAA Mission Statement	5
NHIAA Code of Ethics	6-8
Selected By-Laws Taken from NHIAA Handbook	9
❖ By-Law Article I: Policy	9
○ Sect. 3 Standing Rules	9
○ Sect. 4 Philosophy	9
○ Sect. 5 Policy for Violators	9-10
○ Sect. 6 Approved Competition for Member Schools	10
○ Sect. 7 Sub-Varsity Tournament Policy	10
○ Sect. 8 Extra School Contests	10
○ Sect. 9 Post-Season Activities	10
○ Sect. 10 Tournament Rosters	10-11
○ Sect. 11 Complimentary Admission Into NHIAA Tournament Events (Schools)	11
○ Sect. 13 Game Reporting	11
○ Sect. 16 Medical Coverage at Athletic Events	11
○ Sect. 20 National High School Athletic Competition	11
○ Sect. 21 Absence of or Disease of One Paired Organ	11
○ Sect. 23 In-State Competition	12
○ Sect. 24 Out-of-State Competition	12
○ Sect. 25 Pre-Season Contests	12
○ Sect. 26 Use of Artificial Limbs	12
○ Sect. 27 Practice at State Tournament Sites	12
○ Sect. 28 Use of Enrolled Officials	12
○ Sect. 33 Sexual Harassment Policy	12-13
○ Sect. 35 Coaches Eligibility	13
○ Sect. 41 Prohibited Use of Tobacco Products	13
❖ By-Law Article II: Eligibility	14-23
❖ By-Law Article III: Classification	24-26
❖ By-Law Article VIII: Sportsmanship	27-29
❖ By-Law Article IX: Sports Officiating	30-32
❖ By-Law Article XI: Seeding and Tie Breaking Procedures for all Sports	33
❖ By-Law Article XII: Below Grade 9 Athletic Participation	34
❖ Reporting Scores to the NHIAA Web-site	34
Sports By-Laws Taken from the NHIAA Handbook	
❖ By-Law Article XIII: Baseball	35
❖ By-Law Article XIV: Basketball	36
❖ By-Law Article XV: Cross Country	37
❖ By-Law Article XVI: Field Hockey	38
❖ By-Law Article XVII: Football	39-40
❖ By-Law Article XVIII: Golf	41
❖ By-Law Article XIX: Gymnastics	42

❖ By-Law Article XX: Ice Hockey	43-44
❖ By-Law Article XXI: Indoor Track	45
❖ By-Law Article XXII: Boys Lacrosse	46-47
❖ By-Law Article XXIII: Girls Lacrosse	48-49
❖ By-Law Article XXIV: Outdoor Track and Field	50
❖ By-Law Article XXV: Skiing - Alpine	51
❖ By-Law Article XXVI: Skiing – Nordic	52
❖ By-Law Article XXVII: Soccer	53-54
❖ By-Law Article XXVIII: Softball	55
❖ By-Law Article XXIX: Spirit	56
❖ By-Law Article XXX: Swimming and Diving	57-58
❖ By-Law Article XXXI: Tennis	59
❖ By-Law Article XXXII: Volleyball	60
❖ By-Law Article XXXIII: Wrestling	61-62
Brain Injury in Athletics	63-64
Heat Stress and Athletic Participation	65-66
Outdoor Environmental Safety	67
NHIAA Guidelines on Ozone Pollution and Physical Activity	68-69
Approved List of Coaches Education Courses	69
*By-Law Article XXXIV: Corresponding Dates	70

** Dates will change from year to year*

PREFACE

Purpose of High School Athletics

The purpose of high school athletics is the education of our youth in order that they strive to be more productive citizens in our society. The NHIAA believes high school sports promote a great educational experience because they teach important values for dealing with the circumstances of life. The values taught through interscholastic athletics include teamwork, sportsmanship and citizenship, respect for self and others, caring, dedication, commitment, trustworthiness, loyalty, responsibility, integrity, fairness, and doing one's best regardless of the outcome.

Approximately 49 out of 50 high school student athletes do not participate in college! One in 24,000 high school athletes make it to the professional ranks. If we fail to teach the values that are important through life, we have taught a very small number of athletes' skills that are useless beyond high school.

Our athletes appreciate their coaches most when they are fair, consistent, positive, able to communicate, respectful, and are good teachers of skills and techniques.

THE NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

The National Federation was organized in 1920 and now consists of 50 member state high school associations. The Canadian Federation and 9 Canadian provinces are presently affiliated. New Hampshire was admitted in 1945.

These associations have united to secure the benefits of cooperative action which eliminates unnecessary duplication of work and which increases efficiency through the pooling and coordinating of efforts of all who are engaged in high school athletic activities.

The legislative body is the **National Council** made up of one representative from each member state association. Such representative must be an officer or a member of his/her state board of control. The Board of Directors shall be comprised of twelve (12) members elected by the National Council from the membership of the governing boards or chief executive officers of the voting member state associations. (a) One (1) representative shall be elected from each of the eight (8) sections established by the Board of Directors. (b) In addition, four (4) at-large representatives shall be elected from voting member state association governing boards, one (1) from each combination of two sections as follows: Section 1 and 4; Sections 2 and 6; Sections 3 and 7; Sections 5 and 8.

The growth in size and influence of the state high school associations and their National Federation insures some degree of teamwork on the part of 22,000 high schools and this teamwork has enabled them to formulate policies and plans for improving high school athletic conditions and to make these plans function. The National Federation probably represents the largest closely-knit organized body of athletes in the world. The opportunities for contributing to the welfare of the high school athletic program are unlimited.

The National Federation was organized primarily to secure proper adherence to the eligibility rules of the various state associations in interstate contests and meets. As the prestige of the national organization grew, a program for the sanctioning of interstate meets was developed. This later led to definite action relative to national and sectional athletic events. At the present time, no national athletic meet or tournament is sanctioned. Meets or tournaments, which involve the schools of more than one state, are sanctioned in accordance with definite limitations in connection with the distance to be traveled, the type of sponsor, the amount of school time involved, and extent to which such events interfere with smaller meets which insure participation by greater numbers of those who need the training. The scope of the National Federation work has broadened so that all high school athletic and many non-athletic groups profit through an exchange of experiences and a pooling of interests.

The activities of the National Federation are based on the belief that strong state and national high school athletic organizations are necessary to protect the athletic interests of the high schools, to promote an ever increasing growth of a type of interscholastic athletics which is educational in both objective and method and which can be justified as an integral part of the high school curriculum, and to protect high school students from exploitation for purposes having no educational implications. To accomplish these things, it is necessary for educators to exercise teamwork on a nationwide scale.

**HISTORICAL OUTLINE
Of the Development of the
New Hampshire Interscholastic Athletic Association**

Prior to 1947 the state athletic program was administered by the New Hampshire Secondary School Principals' Association. In 1947 the New Hampshire State Athletic Association was formed. In 1948 the name was changed to the New Hampshire Interscholastic Athletic Association. The primary reason for the creation of this organization was to establish the state athletic programs as an integral part of the entire school curriculum. It was believed that athletics, properly directed and administered on a state-wide basis, has a contribution to make to the educational program of schools. The Association was incorporated in 1951. In 1953 a full-time office was established with a full-time executive director.

Since 1947 the NHIAA has made progress in organizing, supervising and coordinating a state wide athletic program. Superintendents, principals, athletic directors, coaches, state school board association members, and State Department of Education personnel have served on the Council, the governing body of the organization. The administration of the sports has been carried out by committees chosen from school and non-school people throughout the state.

In addition to the administration of athletics, the Association has formulated standards to insure that competition is equalized. Regulations have been adopted to meet changing times and conditions. Changes, when necessary, are implemented by constitutional or by-law amendment.

The New Hampshire Interscholastic Athletic Association is a voluntary organization operated by a continually changing committee structure and an athletic council. Committee membership is voluntary. Positions on the Council are rotated over a period of years giving the opportunity for all viewpoints to be considered.

By this process, athletics takes its proper place in the entire educational program of the schools and makes a great contribution to the development of New Hampshire youth.

CARDINAL ATHLETIC PRINCIPLES

To be of maximum effectiveness, the athletic program will:

1. Be a well-coordinated part of the secondary school curriculum.
2. Justify the use of the tax funds and school facilities because of the educational aims achieved.
3. Be based on the spirit of amateurism.
4. Be conducted by secondary school authorities.
5. Provide opportunities for many students to participate in a wide variety of sports.
6. Eliminate professionalism and commercialism.
7. Prevent "all-star" contests or other promotional events.
8. Foster training in conduct, game ethics, and sportsmanship for participants and spectators.
9. Include a well-balanced program of intramural sports.
10. Engender a respect for local, state, and national rules and policies under which the school program is conducted.

-Adopted from the National Federation

**GUIDELINES AND EXPECTATIONS
IN ADMINISTRATION OF THE INTERSCHOLASTIC ATHLETIC PROGRAM**

For the School Boards:

To provide equal and separate athletic programs for boys and girls.

For the Superintendent:

1. To bring to the community a full realization of the value of athletics as an educational tool in training citizens.
2. To have a definite understanding with principals and athletic directors concerning the school athletic policy and expect and give mutual support in carrying out that policy.

For the Principal:

1. To be honest in certification of contestants and to base that certification on complete information concerning the student's athletic and scholastic status. Questionable cases will be referred to the NHIAA before the privilege of competition is given.
2. To give loyal support to the coach in all efforts to carry out NHIAA and local athletic policies.
3. To instruct the student body in its responsibilities in making the athletic program a valuable one.
4. To endeavor to foresee possible differences and misunderstandings between other schools and, as far as possible, settle them or provide means of settlement before they materialize.
5. To insist that any misunderstandings that arise be settled privately between official representatives of the schools involved.

For the Athletic Director:

1. To have responsibilities clearly defined in line with athletic policy of the school.
2. To include in the athletic program only those schedules, which are educationally and physically, sound for the athlete.

For the Coach:

1. To make his/her work an integral part of the school educational system.
2. To master the principles of the sport which he/she is teaching and seek constantly to improve teaching and coaching skills.
3. To be loyal to school superiors in fitting the athletic program into the general program.
4. To insist upon highest possible standards of conduct, scholarship, and conditioning for members of athletic teams.
5. To enforce all local and state eligibility rules.

For the Spectator:

1. Understands and is informed of the playing rules.
2. Has an appreciation of good play, no matter who makes it.
3. Cooperates with and responds enthusiastically to the cheerleaders.
4. Shows compassion for an injured player, applauds positive play, does not heckle, jeer or distract players and always avoids the use of profane language and obnoxious behavior.
5. Respects the judgment and strategy of the coaching staff, and does not criticize players or coaches for game losses.
6. Respects game officials and accepts their decisions in the spirit of fair competition.
7. Respects the authority of those administering the event.

CODES FOR THE ADMINISTRATION OF ATHLETICS

The Superintendents are responsible for the athletic activities of their school systems. It is their responsibility to implement a school athletic policy.

The school Principals are the official representative of the school and are directly responsible for the attitude and conduct of the student body and all personnel associated with athletic programs.

All those involved in administering the athletic program should work together to develop good sportsmanship.

NHIAA MISSION STATEMENT

The mission of the New Hampshire Interscholastic Athletic Association, as the leader of high school athletics, is to ensure fair play in competition and equal opportunity in interscholastic programs.

NHIAA CODE OF ETHICS

Definition of Sportsmanship.

The ideals of good sportsmanship, ethical behavior and integrity permeate our culture. The values of good citizenship and high behavioral standards apply equally to all activity disciplines. In perception and practice, good sportsmanship shall be defined as those qualities of behavior, which are characterized, by generosity and genuine concern for others.

An awareness is expected of the impact of an individual's influence on the behavior of others. Good sportsmanship is viewed as a concrete measure of the understanding and commitment to fair play, ethical behavior and integrity.

In order to promote desirable behavior and enhance the overall quality of secondary school athletic programs for which the NHIAA has assumed responsibility, the following Code of Ethics is in effect:

It is the duty of all concerned with secondary school athletic programs to...

1. Cultivate awareness that participation in high school athletics is part of the total educational experience.
2. Emphasize the proper ideals of sportsmanship, ethical conduct and fair play as they relate to the lifetime impact on the participants and spectators.
3. Develop an awareness and understanding of all rules and guidelines governing competition, both in letter and intent, and to comply with them in all activities.
4. Recognize that the purpose of athletics in school programs is to develop and promote the physical, mental, moral, social and emotional well-being of individual participants.
5. Avoid any practice or technique, which would endanger the present or future welfare or safety of a participant.
6. Avoid practices, which force students to specialize, or which restrict them from participation in a variety of athletics.
7. Refrain from making disparaging remarks to opponents, officials, coaches, or spectators in any aspect of school athletics.
8. Encourage the development of proper health habits and vigorously discourage the use of chemicals, including alcohol and tobacco.
9. Exemplify proper self-control at all times and accept adverse decisions without public display of emotion or dissatisfaction.
10. Encourage everyone to judge the true success of the athletic program on the basis of the attitude of the participants and spectators, rather than on the basis of a win or loss.
11. Treat opposing team members and officials respectfully and encourage behavior, which will create positive relationships between schools.

RESOLUTION:

MODEL TO SET STANDARDS FOR MOOD-ALTERING CHEMICALS

STATEMENT OF PHILOSOPHY It is the philosophy of the NHIAA and its member schools that students should be encouraged and supported in their efforts to develop and maintain a chemical-free lifestyle.

The NHIAA and its member schools recognize the use of mood-altering chemicals as a significant health problem for many students, resulting in negative effects on behavior, learning and the total development of each individual.

The NHIAA and its member schools believe the close contact of coaches, advisors and students in the classroom or activities provides a unique opportunity to observe, confront and assist one another.

STATEMENT OF PURPOSE

1. Emphasize concerns for the health of students in areas of safety while participating in activities and the long-term physical and emotional effects of chemical use on their health.
2. Promote a sense of order and discipline among students.
3. Confirm and support existing state laws, which restrict the use of such mood-altering chemicals.
4. Establish standards of conduct for those students who are leaders and standard-bearers among their peers.
5. Assist students who desire to resist peer pressure, which directs them toward the use of mood-altering chemicals.
6. Assist students who should be referred for assistance or evaluation regarding their use of mood-altering chemicals.

A CODE OF CONDUCT Recognizing the diversity of its member schools, the NHIAA recommends that a Code of Conduct incorporate the following:

1. Philosophy: Specify the philosophy and basis for recommending a code of conduct.
2. Purpose for Establishing Rules: State the reasons for setting standards and the educational rationale for assisting students through such standards.
3. Defining the Rule: Incorporate the mood-altering chemicals to be included; the time during which the students are responsible for the rules.
4. Specifying the Consequences for Violations of the Rule: Define the activities for which the student is ineligible, the length of time and events, which apply to each violation, and the responsibilities of the student during those periods.
5. Develop the Procedures for Due Process: Specify the procedures by which the school officials will investigate reported violations of the rules and apply the consequences for confirmed violations.
6. A Code of Conduct would define the time during which the rule is in effect, include the parameters of use, possession, intent to buy or sell, transmit, etc., and the consequences of a violation.

SAMPLE RULE FOR A MODEL CODE OF CONDUCT A sample of a rule, which incorporates the standards, cited above could read:
“Regardless of the quantity, a student shall not: (1) use a beverage containing alcohol, (2) use tobacco; or (3) use or consume, have in possession, buy, sell or give away any other controlled substance.”

SAMPLE OF CONSEQUENCES FOR VIOLATIONS OF THE RULE consequences for rule violations should incorporate the following standards:

1. A Standard of Certainty: An expectation by those to be affected by the rule that it will be applied with a measure of consistency and uniformity to all involved.
2. A Standard of Severity: An expectation that the consequences for the violation are fair for the act committed and that those affected will be encouraged to follow through with the consequences, including coaches, students, and parents.
3. A Standard of Promptness: An expectation that the due process will promptly be applied following an alleged violation.

CODE OF ETHICS

Pursuing Victory With Honor

Code of Conduct for Interscholastic Teacher-Coaches

TRUSTWORTHINESS

- ***Trustworthiness*** - Be worthy of trust in all you do.
- ***Integrity*** - Live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what is right even when it's unpopular or personally costly.
- ***Honesty*** - Live and compete honorably, do not lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.
- ***Reliability*** - Fulfill commitments; do what you say you will do; be on time to practices and games.
- ***Loyalty*** - Be loyal to your school and team; put the team above personal glory.

RESPECT

- ***Respect*** - Treat all people with respect all the time.
- ***Class*** - Live and play with class; be a good sport; be gracious in victory and accept defeat with dignity; help up fallen opponents, compliment extraordinary performance, show sincere respect in pre-and post - game rituals.
- ***Respectful Conduct*** – Do not engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of the sexual nature, trash talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
- ***Respect Officials*** - Treat contest officials with respect; do not complain about or argue with officials' calls or decisions during or after an athletic event.

RESPONSIBILITY

- ***Importance of Education*** - Be a student first and commit to earning your degree and get the best education you can. Be honest with yourself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student-athletes that do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably.
- ***Role modeling*** - Remember, participation in sports is a privilege not a right and that you are expected to represent your school, coach and teammates with honor, on and off the field. Consistently exhibit good character and conduct yourself as a positive role model.
- ***Self-control*** - - Exercise self-control; do not fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.
- ***Healthy Lifestyle*** - Safeguard your health; do not use any illegal or unhealthy substances including alcohol, tobacco and drugs or engage in any unhealthy techniques to gain, lose or maintain weight.
- ***Integrity of the Game*** - Protect the integrity of the game; do not gamble or associate with or deal with professional gamblers.
- ***Sexual Conduct*** - Sexual or romantic contact of any sort between students and coaches is improper and strictly forbidden. Report misconduct to proper authorities.

FAIRNESS

- ***Be fair*** - Live up to high standards of fair play; be open-minded; always be willing to listen and learn.

CARING

- ***Concern for Others*** - Demonstrate concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to yourself or others.
- ***Teammates*** - Help promote the well being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

CITIZENSHIP

- ***Play by the Rules*** - Maintain a thorough knowledge of and abide by all applicable game and competition rules.
- ***Spirit of Rules*** - Honor the spirit and the letter of rules; avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

COACHING AND ETHICS

The major ethical issue each coach must deal with is how to use the power he or she has over student athletes. The way a coach uses this power says a great deal about his or her character. **Coaches with character will use their power to give athletes sincere praise and positive reinforcement, provide constructive feedback, discipline a player without humiliation or embarrassment to the student athlete, and provide emotional support and guidance when needed.** By using these teaching techniques, coaches can expect student athletes to exhibit improved performance, respect for the coach, increased self-esteem, and increased confidence in their skills.

Coaches who lack character will use their power to coerce an athlete into doing something he/she does not want to do, humiliate the athlete into submission, use fear as a primary motivation for the athlete, and use student athletes for the coaches own personal gain. These coaches can expect athletes to have a lowered self-esteem, disrespect for the coaches, little confidence in their skill level, little employment for their sport, and high drop out rates.

NFICA COACHES CODE OF ETHICS

The function of the coach is to properly educate students through participation in interscholastic competition. The interscholastic program is designed to enhance academic achievement and should never interfere with opportunities for academic success. Each child should be treated as though they were the coaches' own and their welfare shall be uppermost at all times. In recognition of this, the following guidelines for coaches have been adopted by the National Federation Coaches Association Board of Directors.

The coach must constantly uphold and exemplify the highest moral character, behavior, leadership, honor and dignity of the profession, while adhering to strong ethical and integrity standards. In all personal contact with the student athlete, officials, athletic directors, school administrators, the state high school athletic association, the media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.

The coach shall take an active role in the prevention of drug, alcohol, and tobacco abuse and under no circumstances should authorize their use; shall be no party to the use of profanity or obscene language, or improper actions. Describe and define respectful and disrespectful behavior. Stress that disrespectful behavior, especially taunting, trash talking and intimidation, will not be tolerated.

The coach shall promote the entire interscholastic program of the school and direct his or her program in harmony with the total school program. Set a good example for players and spectators to follow – please refrain from arguments in front of players and spectators; no gestures which indicate an official or opposing coach does not know what he or she is doing or talking about; no throwing of any object in disgust.

The coach must respect the integrity and judgment of game officials. The officials are doing their best to help promote athletics and the student/athlete. Treating them with respect, even if you disagree with their judgment, will only make a positive impression of you and your team in the eyes of all people at the event.

The coach shall be thoroughly acquainted with the contest rules and is responsible for their interpretation to team members. The spirit and letter of rules should be regarded as mutual agreements. The coach shall not try to seek an advantage by circumvention of the spirit or letter of the rules.

Coaches shall actively use their influence to enhance sportsmanship by their spectators, working closely with cheerleaders, pep club sponsors, booster clubs, and administrators. Instructs participants and spectators in proper sportsmanship responsibilities and demands that they make sportsmanship the No. 1 priority. Develop a program that rewards participants and spectators for displaying proper sportsmanship and enforced penalties on those who do not abide by sportsmanship standards.

The coach must display modesty in victory and graciousness in defeat in public and in meeting/talking with the media. Please confine your remarks to game statistics and to the performance of your team.

Contest officials shall have the respect and support of the coach. The coach shall not indulge in conduct which will incite players or spectators against the officials. Public criticism of officials or players is unethical.

Before and after contests, rival coaches should meet and exchange friendly greetings to set the correct tone for the event. This should be done in full view of the public

A coach shall not exert pressure on faculty members to give student athletes special consideration.

SELECTED BY-LAWS TAKEN **FROM NHIAA HANDBOOK**

BY-LAW ARTICLE I **Policy**

Sect.3: Standing Rules

- A. Contact with Schools: All official contact between member schools and the Association shall be made through the Principal of the school. The NHIAA shall rely only on decisions made known to it through the Principal and it is specifically understood that the Association shall have no direct contact with any other administrative officer of the school unless the Principal delegates his authority in writing and such is on file with the Executive Director.

Sect. 4: Philosophy

- A. Program: The interscholastic athletic program in high schools shall be organized and administered to contribute to health, worthy use of leisure time, citizenship and character.
- B. Sportsmanship: Tenets of good sportsmanship such as fair play, courtesy, generosity, self-control, and friendship for the opposing team or school shall not be sacrificed in the desire to win.
- C. Eligibility: The Principal is the recognized head of the school and shall be the official representative of the school in all protests, hearings, etc. The Principal is responsible for determining athletic eligibility within the school.
- D. Responsibility: The responsibility for the administration of all athletic contests including the conduct of the players and spectators shall lie with the officials for the schools whose teams are participating in the contest.
- E. Playing Rules: When high school playing rules are available from the National Federation of State High Schools, the NHIAA shall use them as the playing rules for contest between NHIAA member schools.
- F. Gender Equity: Gender equity is an atmosphere and a reality where fair distribution of overall athletic opportunity and resources, proportionate to enrollment, are available to girls and boys, and where no student athlete, coach, or athletic administrator is discriminated against in any way in the athletic program on the basis of gender. An athletic program is gender equitable when either the boys or the girls sports program would be pleased to accept as its own the overall program of the other gender.
 1. No student shall be denied the opportunity in any implied or explicit manner to participate in an extra-curricular activity because of the race, color, gender, religion, or national origin of the student except as provided in Part 2.
 2. A school may establish separate teams for males and females for interscholastic competition in a particular sport, provided that the requirements of Part 3 are satisfied.
 3. Teams comprised primarily or solely of persons of one gender shall be granted equal instruction, training, coaching, access to available facilities, equipment, opportunities to practice and compete as teams engaged in a similar activity comprised primarily or solely of persons of the opposite gender. When a sport is offered in two different seasons each individual must participate on the team of his/her gender.
 4. Interscholastic athletics involving mixed (boys/girls) competition is prohibited except in those instances where the member school does not offer equivalent (same) activities for girls. In these situations, girls shall be eligible to try out in any activity and, upon becoming a member of the team, will be eligible for NHIAA sponsored competition. This policy recognizes past inequities created by the traditional male domination of sports opportunities and the need to encourage and protect the development of girls athletic programs.
- G. Sports Recognition Formula (Guideline):
 1. If at least 10% of the NHIAA member schools are competing interscholastically in a sport, the Council will recognize the activity by requiring that the NHIAA eligibility regulations and game rules govern the competition.
 2. When at least 20% of the NHIAA member schools are competing interscholastically in a sport, the Council, in addition to services obtained under item one (1), will form a committee in compliance with procedures of the NHIAA and will consider a format leading toward state championships.
 3. The Council is to use the (10%-20%) formula only as a guide and is not limited to these facts alone in reaching its decisions.

Sect. 5 Policy for Violators

The following policy is established to promote the rules and regulations of the NHIAA. Any member school in violation of any rule or regulation as adopted by the NHIAA may be subject to the following consequences. A member school which permits a student to participate in any interscholastic event after being notified that the student is ineligible to participate shall be subject to the provisions of this section as well:

1. **Censure** – Written official notification by the NHIAA Executive Director or an appropriate NHIAA committee that your school is in violation of one or more rules and regulations of the NHIAA. A school placed on official censure will be required to attend a hearing with the Executive Director and/or the appropriate committee to present a written plan of remediation relative to the violation. The school will typically be given one calendar year to correct the problem. Failure to respond in a timely and appropriate manner may lead to more serious consequences to include probation and/or suspension.

2. **Probation** – If a school or a sports program is placed on probation it will not be permitted to participate in any NHIAA sponsored event for 365 days. During this period of probation member schools may participate in athletic contests with schools/teams on probation and contests will be recognized as official to the record of both schools. If during the period of probation the school/team violates any rules and regulations of the NHIAA, the school/team shall be subject to additional probation and/or suspension.
3. **Suspension** - If a school is placed on suspension that school shall be removed from the NHIAA membership and will receive no privileges during the period of suspension. Any contests played with member schools will not be recognized.

Note: A school or program sanctioned under provisions 1 or 2 of this section is entitled to full due process as outlined in By-Law Article IV or the due process specific to the committee originally hearing the complaint. A school being placed on suspension will be afforded the same due process rights, however, in addition the imposition of a suspension will require a 2/3 vote of the NHIAA Council. By a similar vote, the NHIAA Council will determine the length of the suspension.

Sect. 6: Approved Competition for Member Schools

All games, meets, tournaments and interscholastic athletic activities participated in by schools holding membership privileges in the NHIAA must be held under direct supervision of the member schools concerned and be approved by the Council.

Sect. 7: Sub-Varsity Tournament Policy

- A. Sub-Varsity Tournaments shall be subject to the approval of the respective chairman of each NHIAA sport.
- B. The sanctioning and scheduling procedures of the NHIAA will be followed (e.g. 30-day advance notice, etc.).
- C. These types of tournaments will be between the dates of the closing of the respective sport's season and prior to the opening date of the respective State Tournament. Exception: Class L and I freshman teams and individuals may participate in freshman tournament prior to the end of the basketball season provided it is their culminating activity.
- D. Only competition under the direct supervision of a member school will be considered. Schools can compete in only one (1) sub-varsity tournament per sport.

Sect. 8: Extra School Contests

- A. No scrimmages, exhibitions, or practices of any type involving any NHIAA member schools shall be permitted after the first scheduled contest has been played by that school in that sport. Additionally, teams cannot participate in any post-season contests at any level once the sports season, as defined by the NHIAA, has been completed.
Exceptions - One (1) Alumni Game per season is considered a deviation from this policy and does not require an appeal to the Executive Director. Schools participating in a Thanksgiving Day football game may scrimmage one time between the end of their regular season and the game day. Teams in the sports of cross country, indoor track, gymnastics, wrestling, winter spirit, swimming and diving, outdoor track, golf and tennis may practice/compete in National Federation sanctioned events, up to the CNESSPA (New England's) championships. Also, teams in the sport of skiing may practice and compete in the Eastern High School Ski Championships.
- B. Exception to (8a) may be granted upon approval (in writing) to the Executive Director. The request must be based on the fact that such competition, in the form of a *scrimmage*, is solely desired to prepare the team for an approved NHIAA or CNESSPA tournament. Scrimmages can only be held between the dates of the closing of the respective sport's season and prior to either scrimmaging team's first appearance in its class tournament. No non-tournament team may play in such a scrimmage beyond one (1) week following the close of its regular season.
- C. *Definition of Scrimmage*
A scrimmage is a meeting between teams for purposes of instruction only. In such a meeting, team uniforms may not be worn, scores may not be kept, it must not be advertised, and admissions may not be charged. Each NHIAA committee affected will adopt this regulation as part of its policy governing its sport and to enforce such a regulation.

Sect. 9: Post-Season Activities

Athletes participating in NHIAA sponsored post-season activities must have a school designated adult supervisor in attendance at the event throughout the athletes' participation in such event. The school designated adult supervisor must be authorized by the high school principal. For liability reasons the school designated adult must be a member of the faculty and staff of the school, preferably an administrator. This person should have the authority and skills to deal with issues that could arise during a tournament event to include dealing with coaches, student athletes, and fans. In individual sports it is permissible (although not recommended) for the principal to name a non-faculty person such as a parent as the school designated adult representative to supervise an individual student athlete. The school designated adult must sign in with the tournament director prior to the start of the competition (the sign in sheet is sometimes kept at the pass gate). In the case of a non staff person for an individual tournament, written authorization from the principal must be provided to the tournament director. It is an expectation that the school representative be present throughout the event. Failure to comply will cause a team/individual to be excluded from the tournament event.

Sect. 10: Tournament Rosters

Tournament rosters for all sports are due to the NHIAA Office no later than the published dates released to member schools. The roster shall include, but not be limited to, players' names, grades, uniform numbers and positions. It shall be the responsibility of each sports committee to determine the number of players allowed on a tournament roster.

Requests to change a roster must be submitted to the Executive Director and only extenuating circumstances shall be considered for allowing such a change to take place, i.e. illness or injury. In order to reactivate an injured or ill player, another request must be made. At no time will the number of participants exceed the maximum number as set by the sports committee.

Sect. 11: Complimentary Admission Into NHIAA Tournament Events

The following will be issued complimentary passes into NHIAA Tournaments:

C. Schools:

1. Superintendent – 2 passes for use at ALL TOURNAMENT EVENTS
2. Principal – 2 passes for use at ALL TOURNAMENT EVENTS; 4 Guest passes for use at ALL TOURNAMENT EVENTS IN THEIR CLASS ONLY
3. Athletic Director – 2 passes for use at ALL TOURNAMENT EVENTS
4. **Coach – 2 passes for use at TOURNAMENT EVENTS FOR THAT SPORT IN THEIR CLASS ONLY. This includes coaches of teams that do not make the tournament.**
5. A hand stamp system to identify competitors, pep bands, cheerleaders, and other as specified by the various sports policies and procedures manuals.

Sect. 13: Game Reporting

Game scores shall be entered on the web site at nhiaa.org within 24 hours of the game to ensure accurate and up-to-date standings. Out-of-state games are to be entered by the New Hampshire school, regardless of the score. The Home school will be responsible for entering the score, however, all schools are encouraged to update the web site.

Sect. 16: Medical Coverage at Athletic Events

The importance of the long-range safety of high school athletes cannot be overstated. Consequently, the NHIAA and its member schools will favor medical safety over any other countervailing concerns including competitive advantage. Every high school in New Hampshire must make provisions for **licensed** medical personnel at all practices and contests. The types of provisions that are acceptable are (the provisions are in alphabetical order, not preferential order):

- A. Athletic Trainer
- B. Emergency Medical Technician
- C. Nurse
- D. Nurse Practitioner
- E. Physical Therapist
- F. Physician
- G. Physician Assistant
- H. Systems developed to call medical personnel to the site of the athletic event.

At the athletic competitions where medical coverage is either provided or mandated by the NHIAA, injuries sustained by athletes will be evaluated by the designated medical personnel. The clearance to re-enter competition after an injury will be made by the designated medical personnel only. Absent unanimous agreement between the designated medical personnel to allow continued participation, an injured player will not be allowed to return to the game. Their decision is final and cannot be overturned by the coach, coaching staff, parents/guardians, or any non-designated personnel.

When the NHIAA provides qualified medical personnel and member schools also provide qualified medical personnel, it is expressly understood that the NHIAA provider shall defer to the school designated qualified medical personnel if requested. If the member school does not provide qualified medical personnel or if no deferral is requested, the NHIAA provider will act as the primary care provider. In choosing who should act as the primary provider, all medical personnel are expected to act in the best interests of the student athletes and participate to the extent that his or her expertise will increase the quality of the care delivered. Prior to the start of the event the NHIAA assigned medical personnel, in conjunction with the designated site manager, should review this requirement and determine the procedures/chain of command to be identified during the event to ensure compliance with the provisions stated in this by-law.

Note: Student trainers, high school or college, cannot be used to meet the provisions of this by-law.

Sect. 20: National High School Athletic Competition

The NHIAA opposes the concept of national sports championships among high school teams and the efforts of any organization, agency, or individual to establish such championships. The NHIAA prohibits member schools from accepting invitations to participate in such national championships or in playoff events destined to lead to such national championships.

Sect. 21: Absence of or Disease of One Paired Organ

No student athlete with the absence of one paired organ shall participate in inter-scholastic athletics unless the student athlete provides his/her principal with completion of an authorized form from a medical specialist. The student athlete is required to wear the protective equipment recommended by the medical specialist for all practices and games. It is required that copies of all materials be filed with the NHIAA.

Sect. 23: In-State Competition

- NHIAA member schools shall not participate in interscholastic athletic competition at the Varsity level with an in-state school that is NOT a member in good standing with the NHIAA in sports that use standings to qualify for the State tournament. *
- NHIAA member schools must play a minimum schedule in order to qualify for post-season tournament play. NHIAA member schools that play another NHIAA member school that does not meet the minimum qualifying standard shall not have those games counted in their record for final tournament pairings.
- NHIAA member schools may compete against non-member schools at the JV and sub-varsity level in all sports and should make every effort to schedule member schools prior to scheduling non-member schools. Prior to participating against non-member schools the member school must request the non-member school's chief administrator sign the Agreement to Compete with NHIAA Member Schools Form certifying the non-member school will abide by NHIAA playing rules and their athletes meet eligibility standards similar to the NHIAA standards.

Sect. 24: Out-of-State Competition

NHIAA member schools shall not participate in interscholastic athletic competition at the Varsity level with an out-of-state school that is NOT a member in good standing with their respective state high school athletic association in sports that use standings to qualify for the State tournament.

NHIAA member schools that play an out-of-state school in good standing with their association that does not meet that state's tournament qualifying standard shall not have those games counted on their schedule for post season tournament play.

Member schools participating against non-member schools must request the non-member school's chief administrator sign the Agreement to Compete with NHIAA Member Schools Form certifying the non-member school will abide by NHIAA playing rules and their athletes meet eligibility standards similar to the NHIAA standards.

PENALTY FOR VIOLATIONS:

See SECTION 5: POLICY FOR VIOLATORS.

Sect. 25: Pre-Season Contests

Scrimmages, exhibitions, practice meets, practice matches and jamborees involving any NHIAA member school are permitted from the first day of practice for that sport until the first regularly scheduled NHIAA season contest in that sport. (Dates are established in accordance with By-Law XXXI, Corresponding Dates for All Sports.)

Such scrimmages, exhibitions, practice meets, practice matches, and jamborees must be used for the express purpose of instruction only. No pre-season team tournaments are permissible under this By-Law. Participation in out-of-state pre-season contests must receive sanctioning in accordance with By-Law Article VII, *Sanctioning Procedures for Athletic Competition*.

Schools should determine an appropriate amount of time for pre-season conditioning prior to entering into any pre-season contest.

No NHIAA member school shall participate in a pre-season scrimmage (in-state or out-of-state) when the opponent counts the game/event as a regular season game/event on their official schedule.

Sect. 26: Use of Artificial Limbs

The NHIAA authorizes the use of artificial limbs which in its opinion are no more dangerous to players than the corresponding human limb and do not place an opponent at a disadvantage. The authority to determine such rule lies with the Executive Director and the National Federation Rules Interpreter for that sport. All requests for rulings must be submitted in writing by the Principal of the member school.

Sect. 27: Practice at State Tournament Sites

No practice is to be allowed at the site of the state tournaments except when that site is the HOME site of a participating school. The home team may practice according to their usual home schedule.

Sect. 28: Use of Enrolled Officials

All member schools must use officials enrolled with the NHIAA for all interscholastic varsity contests. In cases of emergency, schools requesting to use other than the approved officials must obtain permission from the Executive Director prior to the contest.

If the Executive Director is not available, school administrators shall use their best judgment and notify the Executive Director as soon as possible after the game/event.

Sect. 33: Sexual Harassment Policy

The NHIAA will not tolerate the sexual harassment of any employee, participant, student, coach, referee, official, opponent or spectator (hereinafter referred as "NHIAA participants") on the basis of sex in connection with any aspect of secondary school athletics. Sexual harassment is defined as unwelcome sexual advances, requests for sexual favors, and other verbal, non-verbal, or physical conduct of a sexual nature when:

- Submission to such conduct is made explicitly or implicitly a term or condition of employment or status as a coach, referee, official, participant, opponent or spectator;
- Submission to or rejection of such conduct by an individual is used as a basis for an employment or athletic program decision affecting that individual, or for the awarding or withholding of a favorable employment or athletic program opportunity, evaluation or assistance; or

- Such conduct has the purpose or effect of unreasonably interfering with an individual's performance at work or in participation in any aspect of athletics, or creates an intimidating, hostile or offensive environment in which to work or participate in any aspect of secondary school athletics.

Sexual harassment includes a wide range of behaviors, from the actual coercion of sexual relations to unwelcome offensive comments, jokes and innuendo and other sexually oriented statements and unwelcome physical contact. Sexual harassment may be indirect and even unintentional and can involve a single incident or an accumulation of incidents.

This policy prohibits all of the aforementioned activities in connection with any aspect of secondary school athletics whether engaged in by an administrator, principal, supervisor, participant, opponent, referee, official, coach, opponent or spectator.

NHIAA participants and those in positions of authority should be sensitive to the questions about mutuality of consent that may be raised, and to the conflicts of interest that are inherent in personal relationships where professional, athletic and/or educational relationships are involved.

Sexual harassment is a violation of the NHIAA's policy, and both state and federal law prohibit it. An individual who believes he/she has been subjected to sexual harassment should report the incident to the appropriate school authority as described by local school district policy.

In addition, retaliation against a person who complains about sexual harassment is a violation of the NHIAA's policy and is prohibited by both state and federal law. Such retaliation is a form of sexual harassment and will be handled in the same manner as other forms of sexual harassment.

Sect. 35: Coaches Eligibility

In order to be eligible to coach in a NHIAA member school the person must have:

- A. A current certification in CPR
- B. Successfully completed an NHIAA approved course in First Aid.
 - List can be found on the NHIAA Website. Equivalent programs may be approved by the Coaches Education Committee.
- C. Completed a Coaching Principles Course approved by the Coaches Education Committee. Approved list is located on the NHIAA website.
- *D. Each head coach of a varsity team under NHIAA jurisdiction shall attend a rules review meeting for that sport. If the head coach cannot attend the meeting, the Athletic Director or his/her designee shall attend. (Recommended yearly, required once every three years).

*Spirit coaches required to attend yearly safety clinic which includes a rules review.

NOTE:

- New coaches have one year from date of hire to complete the requirements.
- The above is recommended for volunteer coaches.
- Coaches hired after June 2004 who became eligible through the sport specific clinic/workshop will be required to take the Bronze Level ASEP Coaching Principles course or comparable program approved by the Coaches Education Committee.
- It is recommended coaches continue their professional development through additional education clinics and opportunities listed on the NHIAA website.

E. **Enrollment of Coaches** - All coaches who coach NHIAA contests at all levels must be enrolled with the NHIAA. There is a \$25.00 annual enrollment fee.

Sect. 41: Prohibited Use of Tobacco Products

No coach, game official, athletic team member or player of an NHIAA member school shall use or smoke any tobacco product (smokeless or otherwise) at any NHIAA sponsored or sanctioned event in which the coach, game official, team member or player is involved.

BY-LAW ARTICLE II ELIGIBILITY

Preface

Eligibility regulations of the NHIAA apply to each category of interscholastic participation: Varsity, sub-varsity and freshmen levels. Students entering grade 9 in the fall for the first time do not have to meet the Scholastic Standing requirements of By-Law Article II, Section 2. Subsequent to their initial entry during the first fall marking period of their grade nine year they must meet the minimum requirement for Scholastic Standing. All other standards for eligibility must be met. In order to represent a member school in interscholastic athletics, a student must be in attendance as a full time student in the district where his/her parents/guardians legally reside. (Exception: Charter, Home Educated and Non Public Students – Sect. 14). No students will represent their school in an interscholastic athletic event unless the principal of that school has certified the student's eligibility through the official Eligibility Affidavit as filed with the NHIAA.

The sole responsibility for determining athletic eligibility rests with the principal of the high school. The principal is the official representative of the school at all hearings and appeals. This responsibility cannot be delegated unless prior approval from the NHIAA has been granted.

Sect. 1: Age of Contestants

A student who has reached the age of 19 on or after September 1 may represent the school in any interscholastic athletic contest during that school year.

Rationale for Age of Contestants Rule: An age limitation requirement: provides commonality between student-athletes and schools in interscholastic competition; inhibits "redshirting," allows the participation of younger and less experienced players; enhances the opportunity for more students to participate; promotes equality of competition; avoids over-emphasis on athletics, and helps to diminish the risk of injury associated with participation in interscholastic athletics.

To ensure equality of competition and opportunity, a standard must be established at some point to determine the cut-off date for age eligibility. Use of a specific cut-off date gives notice to all parties involved in interscholastic athletics and maintains equality of participant eligibility among schools.

Sect. 2: Scholastic Standing

- A. No pupil who has failed to pass four (4) units of work* during the school's previous grading period** shall represent the school in any interscholastic contest. A minimum of four (4) units of work per grading period is required for participation in interscholastic athletics. Schools utilizing alternative scheduling formats like block scheduling or trimesters should calculate and equate their system to meet the intent of passing 4 units of work in a traditional format (i.e. in a 4 x 4 block program the student would need to pass a minimum of 2 subjects to meet the standard). Recognizing that schools are increasingly moving away from the Carnegie Unit/seat time hours for instruction and grading, it is expected that the school principal will follow the intent of the by-law when certifying academic eligibility for student athletes. For example, a student could meet this requirement through a virtual school, off site real world learning, on-line classes, etc. as long as the school officially recognizes and certifies the activities to be academically legitimate and part of the school's educational program.

Definitions:

1. Grading Period: Not less than six (6) weeks.
2. Previous Grading Period: Indicates the last prior grading period of the school year (not semester grades)
3. Passing Grade: As determined by the NHIAA individual member high schools.

* A unit of work reflects a course that meets the equivalent of 5 times per week in a traditional Carnegie Unit format.

** This is interpreted as the school's previous grading period, not the student's previous grading period.

- B. **Academic Make-Ups:** Scholastic failure cannot be made up for eligibility purposes in any manner until the next grade report. A student athlete may not regain athletic eligibility by making up academic deficiencies or failures of the regular school year during the summer months. Likewise, school year or after school academic/credit recovery programs cannot be utilized to regain academic eligibility.
- C. **Incompletes:** Incompletes are not to be considered passing grades for purposes of eligibility.
- D. **Special Education Students:** Students receiving service under I.D.E.A., 89:313, R.S.A. 186: C and related State Board of Education regulations, to include students receiving service pursuant to Section 504 of the Federal Rehabilitation Act of 1973, may be declared academically eligible by their Principal provided that all other eligibility requirements are met.
- E. It should be noted that the NHIAA Scholastic Standing by-law defines minimum standards only. There is no prohibition on schools adopting higher academic standards in determining academic eligibility.
- F. Below grade nine students who have been granted a BG 9 waiver will be expected to maintain the same academic standards set for high school students.

Rationale for the Scholastic Standing Rule: The primary purpose of high schools is to academically prepare students for productive contributions in their future lives. Interscholastic activity programs are an extension of the classroom, and academic standards help ensure the balance between participation in the activity and appropriate academic performance. In addition, interscholastic activity programs assist in the educational development of all participants. Academic standards also promote the objective of graduation from the institution and that student participants are truly representing their academic institution. Overall, academic standards promote educational standards, underscore the education values of participating in activities, encourage appropriate academic performance and allow the use of interscholastic participation as a motivator for classroom performance.

Sect. 3: Semester Rule

A student is eligible for competition, whether or not he/she competes in interscholastic athletics, for no more than eight (8) consecutive semesters beyond the eighth grade. Approved participation by seventh and eighth graders does not count toward the eight (8) allowed semesters. Also, if a student terminates at one school he/she may not transfer to another school to increase eligibility.

Rationale for the Semester Rule: A maximum participation requirement: promotes timely progress toward graduation by discouraging students from delaying or interrupting their high school education; disallows students to enroll for one semester each school year to increase athletic ability and skill; promotes equality of competition; diminishes risks stemming from unequal competition, and places emphasis on the academic mission of the school.

A maximum participation requirement promotes harmony and fair competition among member schools by maintaining equality of eligibility. Each student is afforded the same number of semesters of athletic eligibility, which increases the number of students who will have an opportunity to participate in interscholastic athletics.

A maximum participation requirement is conducive to the prevention of redshirting; helps avoid exploitation by coaches or boosters who otherwise might seek to obtain transfers or to delay a student's normal progress through school, and prevents displacement of younger student-athletes by older student-athletes wishing to protract unfairly their high school athletic careers.

Sect. 4: Transfer Rule

- A. A student who transfers enrollment with a corresponding move into a new school district by his/her parents or guardians shall be declared eligible immediately if all other eligibility requirements are met. A change of residence under this by-law shall consist of the moving of all household properties to the new address and the parents and student(s) actually living there. A second family residence shall not meet the requirements of this standard. The term parents shall mean the student's 1) natural parents, 2) adoptive parents, 3) foster parents, if the student is placed in a foster home after becoming a ward of the court, 4) custodial parent, if parents are divorced, 5) legal guardian but only in the case where neither parent is living or legally competent, or 6) a family whom a student has been living with for at least 365 days.

Residence is defined as the place where the student's parents have established their permanent home. This means that the family regularly eats and sleeps in a specific place of lodging. It is a place where the student and his/her parents are habitually present and to which when departing, they intend to return directly.

- B. A student who transfers enrollment without a corresponding move into a new school district by his/her parents or guardians shall be required to be in attendance in the new school for one (1) year from the date of enrollment in order to establish athletic eligibility. This includes those students who transfer from a non-member school (i.e. prep school, etc.) back to the local school and those students who change schools as a result of change in guardianship (i.e. move to live with different parent/guardian without parent/guardian changing residence).
- C. A student transferring to an NHIAA member school without a parental/guardian change in legal residence may not be added to the roster of a sports team (at any level) after the opening of a sports season (first date to play) in that sport.
- D. A student who transfers to a new school within one calendar year of the relocation of his/her coach to that school without a corresponding change in residence is considered to have transferred for athletic reasons and is not eligible to participate in sports coached by that coach for one calendar year from the date of enrollment in the new school.
- E. Other:
1. Eighteen year old emancipated individuals and homeless students who change their legal residence and school in compliance with local board of education residency requirements are ineligible for 365 days. Requests for waivers may be submitted to the Executive Director. Upon receipt of a Transfer Rule Affidavit from the school principal, the Executive Director will review each case on an individual basis. Only one (1) transfer in twelve (12) months will be permitted.
 2. Students placed in a school by outside agencies (i.e. courts, State Department of Welfare, other school districts, medical referrals) become eligible upon registration and enrollment in the receiving school provided all other eligibility requirements are met. The Principal is to verify eligibility to the Executive Director.

These requirements may be waived, if all the following conditions are met:

1. The student has not transferred for the purpose of participating in interscholastic athletics and there has been no recruiting of the student for athletic purposes.
2. The Transfer Rule Affidavit is completed and submitted to the NHIAA and approved in writing by the Executive Director.
3. All other eligibility requirements are met.

DEFINITION OF TRANSFER FOR PRIMARILY ATHLETIC PURPOSES:

A transfer for primarily athletic reasons includes, but is not limited to:

1. A transfer to obtain the athletic advantage of a superior, or inferior, athletic team, a superior athletic facility, or a superior coach or coaching staff;
2. A transfer to obtain relief from a conflict with the philosophy or action of an administrator, teacher, or coach, relative to athletics;
3. A transfer seeking a team consistent with the student's athletic abilities;
4. A transfer to obtain a means to nullify action by the previous school.

Rationale for the Transfer Rule: A transfer/residency requirement: assists in the prevention of students switching schools in conjunction with the change of athletic season for athletic purposes; impairs recruitment and reduces the opportunity for undue influence to be exerted by persons seeking to benefit from a student-athlete's prowess.

A transfer/residency requirement: promotes stability and harmony among member schools by maintaining the amateur standing of high school athletics; by not letting individuals other than enrolled students participate and by upholding the principle that a student should attend the high school in the district where the student's parent(s) guardian(s) reside.

Sect. 5: Athletic Recruitment/Proselytizing of Students:

It is a violation of NHIAA policy to offer, either directly or indirectly, of any inducement to a student of any member school to sever connections with that school and transfer to another member school for athletic purposes shall be deemed to be recruitment. Similarly, efforts at persuasion, including but not limited to visits to students' home, invitations to visit the school, invitations to the student to train with the school, for the purpose of inducing a student to transfer for athletic participation shall be deemed to be recruitment.

NOTE: This definition also applies to students below grade 9 who are contemplating enrolling in an NHIAA member school.

POLICY ON RECRUITING:

A. GENERAL PRINCIPLES

1. Recruiting is the use of undue influence and/or special inducement by anyone associated with a school in an attempt to encourage a prospective student to attend or remain at that school for the purpose of participating in interscholastic athletics.
2. Recruitment of students or attempted recruitment of students for athletic purposes, regardless of their residence, is a gross violation of the By-Laws of the NHIAA and is expressly forbidden.
3. Member schools are responsible for any violation committed by any person associated with the school including principals, assistant principals, athletic directors, coaches, teachers, any other staff members or employees, students, parents or any organization, such as booster clubs, having connection to the school. Member schools also are responsible for any violation committed by any person acting at the direction of the school or anyone associated with the school to include volunteers.

B. UNDUE INFLUENCE:

1. The use of undue influence, which is the use of direct or indirect communication by anyone associated with a school with a prospective student-athlete in an attempt to solicit or encourage the enrollment of a prospective student-athlete in that school, is prohibited. Additionally, no one associated with a school may request any third party to solicit or encourage the enrollment of a prospective student-athlete in that school, for in that case the third party becomes associated with that school.
2. Undue influences includes, but is not limited to:
 - a) Initiating or arranging telephone or written contact such as questionnaires, cards or letters, with a prospective student-athlete or member of his/her family for the purpose and intent of soliciting or encouraging the enrollment of the student in a school.
 - b) Visiting or entertaining a prospective student-athlete or member of his/her family for the purpose and intent of soliciting or encouraging the enrollment of the student in a school.
 - c) Providing transportation to a prospective student-athlete or member of his/her family to visit a school or to meet with anyone associated with a school for the purpose and intent of soliciting or encouraging the enrollment of the student in that school.
 - d) Attending grade school, junior high or middle school games for the purpose of evaluating and recruiting specific prospective student-athletes.
 - e) Requesting booster club members, students, parents or alumni from a school to discuss the merits of the school's athletic program with a prospective student-athlete or member of his/her family by phone, in person or through letters or other written communication.
 - f) Any other contact with a prospective student-athlete or member of his/her family for the purpose and intent of soliciting or encouraging the enrollment of the student in a school.
3. No member school and no one acting on behalf of any member school may give a speech or give any slide, film or tape presentation or distribute any written material, including advertisement in newspapers, magazines or other publications, which states that a member school's athletic program is better than the athletic program of any other member school or that it would be more advantageous for any prospective student-athlete to participate in athletics at the member school as opposed to any other school.
4. When a student at a junior high, middle school or other high school, or the parent(s) or guardian(s) of that student contacts a coach about attending the coach's school, the coach must immediately refer the student, parent(s) or guardian(s) to the principal or other appropriate school personnel, who have the responsibility of seeking and processing prospective students.
5. It is not considered a violation for a coach to have normal community contact with a student who attends a junior high or middle school of the same system which is a feeder to the high school at which the coach is employed.

C. SPECIAL INDUCEMENT:

1. A student-athlete may not receive or be offered any remuneration of any kind or receive or be offered any special inducement of any kind which is not made available to all students who enroll in or apply to a school:
2. Special inducements include, but are not limited to:
 - a) Offer or acceptance of money or other valuable consideration such as free or reduced tuition during the regular school year or summer school by any person associated with a school.
 - b) Offer or acceptance of room, board, textbooks or clothing, or financial allotment for textbooks or clothing.
 - c) Offer or acceptance of pay for work that is not performed or that is in excess of the amount regularly paid for such service.
 - d) Offer or acceptance of free transportation by any person associated with a school.
 - e) Offer or acceptance of a residence with any person associated with a school.
 - f) Offer or acceptance of any privilege not afforded to non-athletes.
 - g) Offer or acceptance of free or reduced rent for parents or guardians.
 - h) Offer or acceptance of payment of moving expenses of parents or guardians or assistance with the moving of parents or guardians.
 - i) Offer or acceptance of employment of parents or guardians in order to entice the family to move to a certain community if any person associate with the school makes the offer.
 - j) Offer or acceptance of help in securing a college athletic scholarship.

D. ACADEMIC RECRUITMENT PROGRAMS:

1. This policy is not intended to prevent a member school from conducting academic recruitment programs or recruitment programs designed to attract students based upon the school's overall educational and extracurricular programs. However, such recruitment programs must be designed to present the overall educational and extracurricular programs of the school and not be used as a subterfuge for recruiting students for athletic purposes. Such general recruitment programs permissible under this article must be carried out under the following guidelines.
 - a) With the permission of the principal, member schools may present speeches, slides, film, tape or other similar programs at elementary, junior high or middle school with grades below ninth from which the member school can normally expect enrollment.
 - b) Member schools may present speeches, slides, film, tape or other similar programs to students at elementary, junior high or middle schools with grades below the ninth from which the member school can normally expect enrollment so long as said speeches. Slides, tape, or other presentations are designed to attract students to attend the member school and are based upon the overall educational programs and not presented solely for the purpose of recruiting prospective athletes. Any mention of athletics said in speeches, films, slides, films, tapes or other such presentations or in a any written material handed out at such presentations must be limited to listing the various interscholastic athletic programs in which that school participates and to a description of the athletic facilities available at said school. No information can be distributed through such programs by the use of speech, slides, films, tapes or written material which in any way implies that the member school's athletic program is better than any other member school's athletic program or that it would be more advantageous for a prospective student-athlete if he/she participated at that member school as opposed to any other member school.
 - c) Recruiting programs of any kind cannot be conducted by coaches or any member of the school's athletic staff.
 - d) Member schools may conduct open houses, but information presented at said open houses or in advertisements for said open houses concerning the school's athletic program must be limited to a listing of the sports in which that school participates in interscholastic athletics and to a description of the schools facilities. No information distributed at the school's open house through any speech, slide, film, tape or written material can imply that the school's athletic program is better than any other member school's athletic program or that it would be more advantageous for a prospective student-athlete if he/she participated at that member school.

E. FINANCIAL ASSISTANCE PROGRAMS:

Evaluation of the student needs for financial assistance must be completed by the person(s) identified in the school who has the responsibility for financial assistance policies and procedures.

Funds which have been donated to the schools by organizations and individuals may be given as financial assistance to students through the normal financial assistance program of the school for all students, without regard to athletic potential.

F. PENALTIES:

1. A member school found to be in violation of any provision of this policy: (a) will be required to forfeit all contests won in which a recruited student(s) participates and/or all points earned in any contest by a recruited student(s); (b) may be placed on probation and denied participation in the NHIAA State Championship Series for a period of not less than one year in the sport(s) in which the violation(s) occurred; (c) may be placed on suspension and denied any participation with any member school for a period of not less than one year in the sport(s) in which the violation(s) occurred; and/or (d) may be suspended from membership in the NHIAA for a period of not less than one year.
2. A student who is found to be in violation of this policy: (a) will be declared permanently ineligible for interscholastic competition at the school to which he/she was recruited; and (b) may be declared ineligible for interscholastic competition for a period not to exceed one year at any NHIAA member school.

Rationale for Recruiting Rule: A recruiting/undue influence prohibition discourages exploitation of students; prevents over-emphasis of athletics; gives average student-athletes more opportunity to participate; discourages adults from jeopardizing a student's eligibility, and prevents misuse of athletic programs.

Sect. 6: Amateur Status

An amateur athlete is one who participates in athletics solely for the physical, mental, social and educational benefits derived from such participation. The amateur athlete treats all athletic activities in which he/she participates as an avocational endeavor. One who takes or has taken pay, or has accepted the promise of pay, in any form, for participation in athletics, or has directly or indirectly used his/her athletic skill for pay in any form shall not be considered an amateur and will be in violation of this by-law.

The following are the basic interpretations of the principles involved in the amateur code, which may lead to the loss of an athlete's eligibility:

- A. Participating in any athletic activity under an assumed name.
- B. Accepting awards other than those considered being symbolic in nature. Examples of such include letters, sweaters, jackets, pins, trophies, other similar type awards, and rings or watches, which are properly inscribed.
- C. Participating on an amateur sports team in which the student athlete receives, directly or indirectly, any salary, incentive payment, gratuity or expense allowance other than actual and necessary travel allowances, and room/board expenses for practice and games.
- D. Signing a contract or verbally commit with an agent or a professional sports organization.
- E. Participating on a professional team or against professional athletes.
- F. Working as a counselor in a summer camp without affecting his/her eligibility. Under the terms of this principle, he/she may work in a tennis or golf shop provided he/she does not give instruction for compensation. He/she may obtain employment with a recreation department and his/her duties may include some officiating or coaching responsibilities.
- G. Appearing on radio or television related in any way to his/her athletic ability or prestige, the athlete may not under any circumstance receive remuneration for his/her appearance. Under such circumstance, however, an athlete may appear on a sponsored radio or television program or have his/her name appear in newsprint ads or in player of the week, month, year advertisement promoting products provided he/she does not endorse or implicitly endorse any commercial product.

Rationale for Amateur Status Rule: An amateur/awards limitation promotes amateurism; stimulates participation for the sake of the game itself; prevents exploitation of students, and encourages students to engage in athletic competition for physical, mental and social benefits.

Sect. 7: Non-School Competition

- A. A member of a school team is a student athlete who is regularly present for, and actively participates in, all team practices and competitions. Bona fide members of a school team are prevented from missing a high school practice or competition to compete with an "out-of-school team."
Whenever a conflict arises between the high school team practice/competition and an out-of-school practice/competition on the same day, the high school team practice/competition must be honored by the student athlete. Priority must be given at all times to the high school team, its practices, and its contests unless a waiver has been granted by the principal and athletic director on a case by case basis.
Penalties: Any student athlete who violates this rule, unless a waiver has been granted as stated above, for the first time shall be declared ineligible for the next 4 consecutive interscholastic events or 3 weeks of a season in which the student athlete is a participant, whichever is greater. This penalty is effective from the date of his or her last participation in a high school sport. Any student athlete who violates this rule a second time or subsequent time shall be declared ineligible for participation in any high school sport for the balance of the school year.
- B. International Competition:
Students and/or teams desiring this kind of competition must have the approval of the NHIAA. No requests for approval will be considered unless received in writing and signed by the Principal six (6) weeks prior to the date of participation. Requests are to be submitted to the NHIAA Executive Director for action.
- C. Member Schools' Students Attending Foreign Country Schools:
Member school student athletes attending high schools in a foreign country will be under all the Eligibility By-Laws as stated in the NHIAA Handbook.

Sect. 8: Medical Statement

- A. Students shall be ineligible to participate in interscholastic athletics (practices or games) unless there is on file in the school a *medical statement* provided by a physician (within the meaning of N.H. RSA 329) certifying the student athlete has passed a pre-participation physical examination prior to the beginning of the student athlete's high school athletic career. In every subsequent year, athletes shall have an updated medical history and a physical examination pertinent to their needs, if deemed necessary. Any student athlete significantly ill or injured since the last review shall be re-examined by a physician in order to be eligible to participate in interscholastic athletics.
- B. A medical statement must be completed by a physician or by a qualified non-physician health practitioner under the direct supervision of a physician (within the meaning of NH RSA 329).

NOTE: Non-physician health practitioners who are under the direct supervision of a physician may provide the medical statement above.

- C. A family may apply to the NHIAA Executive Director through the school administration for a waiver of this by-law based on religious reasons. Prior to approving such requests, the parent and/or legal guardian must sign the NHIAA waiver form which holds the NHIAA harmless for any medical problems that arise.
- D. Local school districts may impose requirements that exceed the provisions of this by-law.

Sect. 9: International Exchange Student Eligibility

A. Definition of International Exchange Student:

Any student transferring from a International high school under the sponsorship of an accepted International exchange program as listed by the Council on Standards for International Educational Travel (CSIET)

Conditions of Eligibility

1. Student is eligible for one (1) year from the date of enrollment.
2. Eligibility must be verified and approved by the NHIAA prior to interscholastic participation.
3. There shall be no evidence that a student, school, or other interested party has influenced the assignment of the International exchange student for athletic purposes.
4. Student must meet all other NHIAA eligibility requirements.
5. International students transferring to an NHIAA member school involving recruitment or to seek an athletic advantage shall be declared ineligible for interscholastic athletics and schools deliberately participating in such activities will be subject to sanctions by the NHIAA Representative Council.

B. Definition of International Student Not on Approved International Exchange Program:

Any student transferring from a International high school without the sponsorship of an accepted International exchange program as listed by the Council on Standards for International Educational Travel (CSIET).

Conditions of Eligibility: All of the conditions of eligibility listed below must be met in order to satisfy athletic eligibility.

1. **Eligibility must be verified and approved by the NHIAA Eligibility Committee (completed through an application waiver process) prior to interscholastic athletic competition.** Eligibility must be verified and approved by the NHIAA Executive Director (completed through an application waiver process) prior to interscholastic athletic competition. If the request is denied by the Executive Director, an appeal may be made to the NHIAA Eligibility Committee.
 2. If a waiver is granted, the length of eligibility shall be one calendar year (365 days) from the date of enrollment at the school. **The eligibility cannot be delayed one calendar year** but the school may request a second year of participation utilizing the process outlined in Sect. 9 B-1.
 3. There shall be no evidence that a student, school, or other interested party has influenced the assignment of the International student for athletic purposes.
 4. The student cannot be a graduate from an International secondary school. This criteria can be waived by the Executive Director if it can be determined the student would be otherwise eligible if there would have been eligibility available in a 12 year program as is typical in New Hampshire. Regardless of the structure of the international program, only one year of eligibility can be granted under this provision.
 5. Student must meet all other NHIAA Eligibility requirements.
 6. International students transferring to an NHIAA member school involving recruitment or to seek an athletic advantage shall be declared ineligible for interscholastic athletics and schools deliberately participating in such activities will be subject to the sanctions by the NHIAA Eligibility Committee.
- C. The NHIAA Executive Director shall annually review and adopt for NHIAA eligibility purposes the CSIET list of programs. The NHIAA Executive Director through the NHIAA Council reserves the right to remove from this list, annually, any program that permits or allows students, schools, or school representatives to select, specify or influence the program's sponsor's assignment or selection of International exchange students and/or a program that does not meet the criteria herein.

**Organizations are listed in the 2008-2009 CSIET Advisory List.
This list can be found on the NHIAA Website under Bulletin Board.**

CSIET
212 S. Henry Street
Alexandria, VA 22314
Phone: 703/739-9050
Fax: 703/739-9035
Email: mailbox@csiet.org

Full Listing is the status that organizations and programs described in the CSIET Advisory List are accorded when they have demonstrated full compliance with the CSIET Standards.

Provisional Listing reflects the Evaluation Committee's determination that an organization is in its first or second year of listing with CSIET, and is judged to be in compliance with CSIET Standards.

Conditional Listing is a status that may be granted to an organization that had previously achieved either a Full or Conditional Listing. It is issued to organizations that the Accreditation Committee determines are substantially in compliance with the standards but which need improvement in one or more areas. Conditional Listing is granted for one year, but may be renewed for subsequent one-year periods upon completion of review by the Accreditation Committee. Conditional Listing is not granted to newly applying organizations.

Sect. 10: Out-of-Season Competition

A. School Year: Fall Starting Date Until Spring Closing Date

1. A coach may not have any contact with his/her team or potential (*above grade 6*) team members for the purpose of planning, practicing, or playing at any time other than within the season limits prescribed by NHIAA.
 - a. A coach is defined as anyone presently under contract or anyone under contract the previous year.
 - b. A volunteer coach during the sports season falls under the same guidelines.
2. A coach or other representative of the school shall not require an athlete to participate in a sport or a training program for that sport outside the NHIAA defined sports' season of that sport.
3. A coach shall be limited to one (1) one-hour pre-season meeting with his/her team and may call one (1) "out-of-season" meeting to elect captains and to collect equipment.
4. There are no restrictions on meetings that may take place exclusively for fund raising purposes.
5. A school may not, in any way, subsidize students who might attend a summer camp outside the authorized seasonal limits for a sport.

B. Summer: *

A high school coach who is employed by a school district (paid or volunteer) may coach his/her sport under the following conditions:

1. That no school funds are used (excludes facilities and equipment).
2. The program is open to all youth of the area served on an equal basis and is so advertised.
3. Special emphasis must be made by Principals and Athletic Directors to insure that coaches do not require an athlete to participate in any activity. The option of participation must be made by the athlete/parents.

* Student-athletes may participate in non-school summer programs once the spring sports season is completed (including tournament play).

C. **Captains Practice:** Captains practices are not permitted under any circumstances whether during the school year or summer.

D. **Other:** Coaches may coach in All-Star competitions (eg. A.A.U.) and are exempt from this By-Law only if the following conditions exist:

1. That the NHIAA, through the Executive Director, has been properly notified by the member school principal of the coaches selection.
2. That no school funds or equipment are used.
3. That no more than twenty-five percent (25%) of the group/teams can come from his/her school team or potential (*above grade 6*) candidates of that school. Expanding or rotating groups/teams is not permitted as a means to circumvent this policy. Regardless of how a program is structured, the coach cannot have contact with more than 25% of his/her existing or potential players.
4. Whenever possible, the players from that same school must be divided between different groups/levels.
5. That where a conflict exists between the participation on a school sponsored team and an outside team, the school team will receive priority consideration.
6. Sports activities that are permitted out of season must also meet the following conditions:
 - a. No use of school owned or issued warm-ups and/or uniforms
 - b. A student may accept a symbolic award or merchandise which does not have a value or cost in excess of \$20.00

E. Out of Season Competition Definitions:

1. **OPEN GYM:** School sponsored "open gym" or "after school" activities are permitted in the member school's facilities out-of-season if they adhere to the following principles.
 - a. Diversity of students - Program must be open to all students on an equal basis.
 - b. Diversity of activities - A variety of sports must be activities that are offered throughout the year, not a focus on one sport.
 - c. Student conducted - Students must be able to choose from school offered activities. A coach of a sport under NHIAA jurisdiction shall follow all the regulations under the NHIAA Out of Season Competition By-Laws.
 - d. Recreation emphasis - The program cannot be an organized program of instruction and/or competition.
 - e. A high school coach who is employed by a school district (paid or volunteer) may supervise an open gym under the conditions listed in a-d.
2. **CONDITIONING PROGRAMS:**
School sponsored "conditioning programs" are permitted "out-of-season" if they do not involve equipment which is specific to a sport conducted on an interscholastic basis. Examples of prohibited equipment include, but are not limited to: basketballs, volleyballs or nets, hockey stick (field or ice), or pucks/balls, track starting blocks, shots, discusses, hurdles, or high jump and pole vault standards, football helmets, pads or dummies, baseball/softball bats, balls or bases, wrestling mats, gymnastic apparatus. Generic equipment such as cones, weights, jump ropes and other fitness apparatus are permitted in a conditioning program. The conditioning program must be open to all students on an equal basis.
3. **INTRAMURALS:**
A high school coach who is employed by a school district (paid or volunteer) may organize a school sponsored intramural program in any sport as long as there is no instruction and the activity is recreational in nature.

Sect. 11: All-Star Competition

The NHIAA does neither sanction nor endorse any All-Star team or competition in any sport at any level.

A student athlete who is a member of an NHIAA school team may not participate in an All-Star game/event, in season or out, without losing eligibility in that sport for one full year (365 days) from the date of such participation with the All-Star team.

Following completion of high school eligibility in a sport and prior to graduation from high school, a senior student athlete may participate in an All-Star competition.

NOTE: Underclass student athletes' participation in non-NHIAA sponsored athletic competition shall not cause athletic ineligibility if the activity is not in conflict with NHIAA Eligibility by-laws Sect. 7 Non-School Competition or Sect. 10 Out-of-Season Competition. Such activities include, but are not limited to AAU Baseball and Basketball, Select Soccer, Spirit competitions, Junior Olympic Volleyball, Futures Field Hockey, and similar type competition.

In order to participate in such activities during the school year, a report submitted by the high school principal must be on file at the NHIAA that includes the name(s) of the participants in the form of a roster. Additionally, the high school coach should be reported as well if involved in a program. The NHIAA does neither endorse nor sanction these activities.

Sect. 12: Post Graduates/Early Graduation

A student must be an undergraduate: i.e., he/she shall not be a graduate of a secondary school.

An early graduate of a high school may represent his/her school in athletics until the end of the sport season in which he/she is participating if otherwise eligible. The official transcripts must be withheld until at least the season is completed.

Sect. 13: Individuals with Disabilities:

- A. The NHIAA endorses and encourages the participation of qualified students with mental and/or physical disabilities in interscholastic athletics, unless that student poses a direct threat to the health or safety of others or themselves.
- B. Each participating school is responsible for compliance with the provisions of the Americans with Disabilities Act as it may pertain to the participation of individuals with disabilities in school athletic programs.
- C. The NHIAA recognizes that some students with Individual Educational Programs (IEP's) must reside away from home. Such students who are in the least restrictive placement and who are otherwise qualified to participate in interscholastic athletics shall be permitted to participate in school athletic programs in the district where they sleep.

Sect. 14: Charter, Home Educated and Non-Public Students

The NHIAA shall declare non-public and home-educated students to be immediately eligible to try out for a team(s) to participate in interscholastic athletics if the following conditions are met:

- A. The student must meet all established policies adopted by the local school board.
- B. The parents must submit a written request to the Principal of the member school requesting their son/daughter's eligibility to try out for an athletic team in interscholastic athletics
- C. A home-educated student may represent a charter school, non-public or public school in the district where they reside. The home-educated student must be living with the parents or legal guardians in the family residence.
- D. A non-public and charter school student may represent the non-public or charter school they attend or the public high school in the district where they reside. The non-public or charter school student must be living with the parents or legal guardians in the family residence.
- E. The Principal must be satisfied there was no recruitment of the student for athletic purposes as defined under *Definition of Recruitment* in the NHIAA Handbook.
- F. The student meets the guidelines of the Age of Contestants Rule, Post-Graduate, Scholastic Standing Rule, Semester Rule and all other Eligibility Rules set forth in By-Law Article II of the NHIAA Handbook.
- G. The Principal shall be required to certify the students' eligibility and that, prior to making such a certification, shall be satisfied the requirements of all NHIAA Eligibility rules are met.
- H. The Scholastic Standing Rule must be reviewed by the Principal for each marking period the student athlete wishes to participate and recorded on the official transcript held by the school where the athlete participates.
- I. The NHIAA member school must maintain a transcript of the student's academic record as well as other relevant eligibility rules (i.e. age, semesters, etc.)
- J. If the Principal determines the eligibility requirements detailed above have been met, he/she may declare the student immediately eligible to participate in interscholastic athletic competition. The Principal must inform the Association in writing that by completing the Non Public and Home Educated Student Application, he/she has reviewed all NHIAA eligibility rules and certifies the student has satisfied all of the eligibility requirements and, therefore, is eligible to try out in interscholastic athletics at their school.
- K. The requirements of the New Hampshire education statutes, relative to school attendance and enrollment, must also be satisfied before a non public and/or home educated student is declared eligible to participate.
- L. A student falling under the provisions of this section (14) is eligible to represent only one (1) school in any academic year.

Definition of Non-Public School – means a school established by an individual or group other than the state, subdivision of the state or federal government and whose operation, or any portion thereof, rests with those officials who have not been publicly elected or appointed.

Definition of Co-Curricular – includes those activities which are designed to supplement and enrich regular academic program of study, provide opportunities for social development, and encourage participation in clubs, athletics, performing groups, and service to school and community.

Definition of Charter School - A charter school means an open enrollment public school, operated independent of any school board and managed by a board of directors. A charter school shall operate as a non-profit secular organization under a charter granted by the State Board and in conformance with Chapter 194-B of the New Hampshire Education Laws Annotated.

Sect. 15: Sports Season

For eligibility purposes, the sports season begins on the starting date of that sport as listed in By-Law Article XXXIV relative to “Corresponding Dates for All Sports.” It is not the date of a teams first regular season contest. The sports season ends following the final date that the school will be represented in NHIAA regular season, post-season tournament, or Council of New England Secondary School Principals' Association (CNESSPA) events in that sport.

Sect. 16: Non-Member Schools Agreement to Compete With NHIAA Member Schools

NHIAA member schools will be allowed to compete in contests against non-member schools in the sports of Cross Country, Indoor Track, Outdoor Track, Skiing, and Wrestling if the chief administrator of the non-member school agrees in writing, prior to the start of the season that:

- A. The non-member school team shall not include a player who has reached the age of 19 before September 1 of that year.
- B. Post-Graduate students are not allowed to compete against NHIAA member schools.
- C. The length of the periods played will not exceed the maximum lengths prescribed by NHIAA game rules.
- D. The competition shall be conducted consistent with all NHIAA rules. This rule is not to be construed as requiring any non-NHIAA home team to pay game officials the fee that the NHIAA has established. The host school, in this case, will pay according to its agreement with their officials' organization.
- E. National Federation playing rules shall be played in contests held in New Hampshire. (Exception: Skiing)

Sect. 17: Filing Eligibility Affidavits

The Principal has the sole responsibility for determining athletic eligibility in the school. He/she shall be the official representative of the school in all hearings, appeals, and protests. This responsibility cannot be delegated away without prior approval of the NHIAA Executive Director. Such approval will only be granted for extraordinary and/or emergency reasons. All eligibility regulations apply to boy and girl athletes on all levels of competition (Freshmen, Sub-Varsity, and Varsity).

No student may represent their school in an interscholastic athletic contest unless the Principal has certified said student's eligibility. The process for certifying such eligibility is as follows:

- A. The NHIAA office will receive the affidavit, signed by the Principal, stating that the school has entirely read, understands, will abide by, and will enforce all rules, regulations, and policies contained in the NHIAA Constitution and By-Laws. The affidavit will also state that all boys and girls are eligible to participate in interscholastic athletics and that they meet all eligibility rules and regulations. The signed affidavits are due in the NHIAA office prior to the beginning of each sports season.
- B. A listing of all transfer students shall be sent to the NHIAA office at the beginning of each sports season.
- C. Eligibility lists shall be kept on file at each member school.

Sect. 18: Requests for Eligibility Rulings

The Principal shall have the right to ask the Executive Director for eligibility rulings. A Principal may ask for a ruling on the eligibility of a player from his own school or from another school. All requests for rulings on eligibility must be in writing. Verbal rulings or opinions are not to be considered official and no action will be forthcoming.

Sect. 19: Assumed Name

Participating under an assumed name in any athletic contest shall make the student athlete ineligible for a period of 365 days from the date of the infraction.

Sect. 20: Deviations from Eligibility Rules

Deviations from the NHIAA Eligibility Rules may be granted after consideration of the following criteria:

- A. The merits of the individual case.
- B. Whether or not the granting of the deviation from the rule would be inconsistent with the purpose of the rule.
- C. Whether or not the individual concerned caused or contributed to cause the existence of the factors, which result in ineligibility.
- D. Hardship Eligibility – Hardship Eligibility may be granted to a transfer student who does not meet the NHIAA Transfer Rule when sufficient evidence, as determined by the NHIAA Executive Director and/or Eligibility Committee, is provided to show that it was necessary for the student to transfer because of unforeseen, unavoidable, or unusual circumstances including, but not limited to, broken home conditions, terminal or serious illness of parent or sibling, death of a parent or guardian, abandonment, loss of school

accreditation, bankruptcy, and/or loss of principal income of legal guardian(s), and provided the transfer was not for athletic reasons and there was no undue influence. Hardship is defined as an unforeseeable act, condition or event which may not reasonably and/or practically be avoided or corrected and which causes the imposition of a severe burden upon the student or his/her family. A hardship situation may be a situation which is unique to the student or his/her family which could not have been predicted, which does not apply to others in a similar setting and over which the family has no control.

The request for an eligibility deviation must be given in writing to the Executive Director of the NHIAA by the school principal only. The aforementioned criterion needs to be addressed in detail. The information submitted may be considered confidential at the request of the principal if involving sensitive information or personal information. Although every attempt will be made to offer a timely written response, the Executive Director will have fourteen (14) days to rule a decision. Following the decision of the Executive Director the school principal may appeal said decision per the due process procedures found in By-Law Article IV, Sect. 1:B.

Sect. 21: Schools Using Ineligible Contestants

Schools using *ineligible coaches or contestants shall forfeit all games and contests in which the ineligible coach or student participates. In self reporting the school may request a hearing with the Executive Director and/or Eligibility Committee to explain the circumstances of the situation. The Executive Director through the Eligibility Committee may modify consequences in the case of an unintentional violation of this rule. Likewise, intentional use of ineligible contestants or failing to report a known violation may result in additional consequences to include sanctions and fines. Other questions of forfeiture such as cancellation and other unusual circumstances shall be referred to the appropriate committee, through the Executive Director, for a decision.

*Eligible coach means that the individual has met the criteria outlined in By-Law Article I, Sect. 35, Coaches Eligibility. If no “eligible” coach is present the contest will be stopped. (Exception – refer to By-Law Article I, Sect. 9 Post Season Activities.)

BY-LAW ARTICLE III Classification

Classification for all schools, in and out of state, in all sports, will be made for each two (2) years (years ending in an even number) according to the succeeding plan. Enrollment figures will be used from the October 1, 2005 report as submitted to the NHIAA Executive Director from NHIAA member schools as well as out-of-state athletic associations.

Sect. 1: Schools are classified for each two-year cycle based on the October enrollment of the previous (odd) year. New schools coming in without full enrollment will be subject to placement by the Classification Committee based upon actual and projected enrollments for that cycle period.

Sect. 2: Individual sports committees may not reclassify by any method other than enrollment.

Sect. 3: Petitioning

Schools may petition to be in a *higher* classification only. To ensure equity of competition and safety of student athletes, all petitions must be approved by the classification committee and ratified by the NHIAA Council – petitions are not automatic.

A school wishing to petition up in a classification must present their case through the Executive Director to the NHIAA classification committee who in turn will make a recommendation to the NHIAA Council. As part of their presentation the school needs to demonstrate that they can compete effectively in the higher classification in all sports. The school must also minimally address the following criteria; school enrollment, win/loss records, number of students in the program, feeder programs, and the rationale for not playing in their enrollment based classifications. In the event a school is dissatisfied with the action of the Executive Director and the Classification committee, they are entitled to the due process procedures outlined in By-Law Article IV of the NHIAA Handbook with respect to review by the NHIAA Council Appeals Board.

Petitions will be heard at the start of each two year classification cycle. If a school faces a significant change in enrollment or other extraordinary event, they should follow the appeal process outlined in By-Law Article III, Section 4.

Sect. 4: Classification Appeals

- A. Individual schools may appeal to the Classification Committee of the NHIAA for a different classification if enrollment changes or other issues (i.e. school size, history, ability to compete, win/loss records, etc.) warrant such a request.
- B. The appeal will be held in accordance with NHIAA By-Law Article IV, Sect. 1: Due Process Procedures.
- C. Individual sports committees will follow the same procedure regarding requests for a different classification.

4 CLASSES	3 CLASSES	2 CLASSES
L = 1201+	L = 1201+	L = 1201+
I = 671-1200	I = 671-1200	I-M-S = 1-1200
M = 351-670	M-S = 1-670	
S = 1-350		

Sect. 5: Classification by Classes

4 CLASSES (L, I, M, S)	Baseball, Basketball, Soccer, Softball, Winter Spirit
3 CLASSES (L, I, M-S)	Cross Country, Field Hockey, Boys Golf, Outdoor Track, Fall Spirit, Tennis
2 CLASSES (L, I-M-S)	Indoor Track

Sect. 6: Classification by Divisions

The following sports shall be classified into divisions by their respective Sports Committee based upon enrollments and petitions subject to the approval of the Classification Committee.

5 DIVISIONS (I, II, III, IV, V)	Football
4 DIVISIONS (I, II, III, IV)	Skiing
3 DIVISIONS (I, II, III)	Boys Lacrosse, Girls Lacrosse, Ice Hockey, Girls Volleyball
2 DIVISIONS (I, II)	Swimming and Diving, Wrestling
1 Division (I)	Gymnastics, Spirit (Coed), Girls Golf, Boys Volleyball

Sect. 7: Flexibility Allowances

Each school will be allowed to schedule contests outside of their classification/division each season if they choose. In sports that seed teams for tournaments, each school must play at least the minimum number of games as determined by the NHIAA (see By-Law Article XXXIV: Corresponding Dates for All Sports) against teams in their classification/division, in order to qualify for the tournament. All other games, up to the maximum number of games allowed, may be played outside of a school’s respective classification/division.

Sect. 8: Standings

Standings will be kept by class for tournament seeding purposes, based on win-loss percentage.

The limit on contests outside of class will be waived in the following sports that do not seed teams for tournaments:

- | | | |
|---------------|---------------|-----------|
| Cross Country | Indoor Track | Skiing |
| Gymnastics | Outdoor Track | Wrestling |

In sports where ties are possible (Field Hockey, Ice Hockey, Soccer), wins will count for one point, ties one-half point, and no points for a loss. The point total, divided by the number of contests played, will determine a rating for tournament seeding purposes only.

Sect. 9: Out-of-State Schools

- A. Out-of-state schools will be classified in the same manner as New Hampshire schools.
- B. Limitations on out-of-state contests, held by particular sports committees, will remain at the discretion of those committees, within the class flexibility regulations.

Sect. 10: Cooperative Teams

A Cooperative team shall be defined as an athletic team, which allows two or three (but not more than three) schools to come together to form a team. The purpose of the Cooperative Team is to allow student athletes the opportunity to compete in NHIAA sanctioned athletics that they would otherwise not be able to compete in and to make athletic opportunities available for student athletes. A Cooperative Team would be consistent with the Association’s dedication to fairness and competition and would provide opportunities for many students to participate in a wide variety of sports.

Schools may apply for the establishment of a Cooperative Team under the following conditions:

- A. School Boards and the Administration of the participating schools must approve the establishment of a Cooperative Team.
- B. The NHIAA Classification Committee shall make all rulings with regard to the establishment of a Cooperative Team.
- C. A joint application must be filed, **one year prior to implementation of the respective sport season at the varsity level**, with the NHIAA Classification Committee that includes a rationale for the formation of a Cooperative Team. The approval must provide but not be limited to:
 - Funding for the sport
 - Coaches eligibility
 - Transportation arrangements to practices and contests
 - Use of facilities
 - Procedure for dissolution of the agreement by a school
 - Administration of the program
- D. No more than one of the schools involved may have offered the sport in the previous school year.
- E. The combined 9-12 enrollment of all the schools involved will not exceed the 9-12 enrollment of the largest high school in New Hampshire.
- F. The Classification Committee shall consider the establishment of a Cooperative Team provided;
 - The classification be based upon the combined enrollments of the schools participating on the Cooperative Team.
 - The name of the Cooperative Team must include the name of the schools involved in the Cooperative Team.
 - The Cooperative Team shall be approved for no more than a two-year period.
 - Schools participating on a Cooperative Team must be a member of the NHIAA.
 - Schools shall share equally in the sport participation fee.
 - Only one (1) school administration (Principal and Athletic Director) shall be designated as the contact person for the Cooperative Team.

G. If the Cooperative Team application is approved, upon completion of the two-year period, the schools may reapply for the continuation of the Cooperative Team. There shall be no limit to the number of two-year periods for which schools can apply for approval of a Cooperative Team.

CLASSIFICATION OF SCHOOLS

Schools may compete with any classification according to that sport's specific by-laws, during the regular season but may qualify only in their own classification based on points earned for that competition.

These figures were compiled from information received from reports submitted by Principals of NHIAA member schools as of October 1, 2007.

2008-2009 CLASSIFICATION OF SCHOOLS WITH PETITIONS							
L - 1201+ (20)		I - 676-1200 (23)		M - 351-675 (23)		S - 1-350 (26)	
Pinkerton	3331	Bedford	1172	†Sanborn	743	Newmarket	349
Nashua - South	2287	Con-Val	1087	Stevens	667	Littleton	293
Salem	2263	Portsmouth	1067	Fall Mountain	656	Woodsville	273
Man. Memorial	2165	Pembroke	1045	Somersworth	605	Wilton	266
Man. Central	2159	Souhegan	970	Campbell	575	Hinsdale	259
Nashua - North	2054	Hollis/Brookline	952	Prospect Mountain	573	Derryfield	246
Concord	1877	Kingswood	947	Gilford	572	Moultonborough	239
Londonderry	1827	Kennett	945	Berlin	570	Nute	227
Man. West	1809	John Stark	890	Winnisquam	567	Portsmouth Christian	214
Spaulding	1768	Merrimack Valley	884	Raymond	522	Pittsfield	211
Keene	1762	Milford	872	Conant	506	Profile	188
Dover	1671	Laconia	822	Hillsboro-Deering	493	Gorham	187
Exeter	1654	Plymouth	817	Farmington	487	Colebrook	183
Merrimack	1593	Monadnock	787	White Mountains	482	Groveton	180
Timberlane	1590	Lebanon	761	Franklin	477	Sunapee	169
Alvirne	1518	Hanover	746	Mascoma	471	Lisbon	141
Goffstown	1324	St. Thomas	721	Newfound	465	Lin-Wood	139
Winnacunnet	1289	Oyster River	710	Newport	461	Nashua Christian	96
*Bishop Guertin	885	Coe-Brown	709	Belmont	461	Calvary Christian	85
*Trinity	470	Pelham	700	Mascenic	453	Mount Zion	64
		*Bow	669	Inter-Lakes	441	Sant Bani	54
		*Kearsarge	665	Epping	387	Pittsburg	50
		*Bishop Brady	443	Hopkinton	355	Stratford	49
						Tri-City Christian	42
* By Petition						Laconia Christian	34
†By Appeal						Concord Christian	33

BY-LAW ARTICLE VIII
SPORTSMANSHIP

Sect. 1: Committee Philosophy

- A. The Sportsmanship Committee shall consist of administrators and athletic personnel from the member schools.
- B. The Sportsmanship Committee shall be empowered to act on all matters pertaining to sportsmanship, which involve administrators and athletic personnel, including coaches, players and spectators. Issues involving officials shall be referred to the Sports Officiating Committee.
- C. The Sportsmanship Committee shall be empowered to develop all by-laws pertaining to sportsmanship issues and to develop broad and specific guidelines that shall be adopted by all member schools.
- D. The Sportsmanship Committee is empowered to reprimand, place on probation, suspend, or take similar action against member schools. Any action taken by the Sportsmanship Committee may be appealed to the entire NHIAA Council.

Sect. 2: School Responsibilities

Member schools are expected to conduct their interschool relationships in a spirit of good sportsmanship in keeping with the philosophy of the NHIAA. The principal, as the administrative leader of the high school, has the responsibility of exhibiting the principles of good sportsmanship.

- A. Each school shall establish broad and specific policies and procedures relating to sportsmanship and identifying responsibilities of administrators, coaches and students to ensure their observance.
- B. Each school shall insist that personnel set good examples of deportment and shall correct individuals who violate rules of good sportsmanship at a time convenient and in a manner adequate for the situation.
- C. Each school shall utilize all appropriate occasions and means to emphasize desirable deportment of coaches, students and support personnel.
- D. Any school participating in an NHIAA Tournament contest shall appoint a school designated adult representative to be in attendance at the tournament. The designated representative shall be appointed by the Principal and shall not be the coach for that sport. The designated school representative must identify himself/herself to the game director upon arrival at the tournament event. He/she shall be available throughout the event with the responsibility of identifying and assisting the game director when corrective action is necessary to control incidents of poor sportsmanship involving their school. (This By-Law shall apply to the sports of Baseball, Boys and Girls Basketball, Field Hockey, Football, Ice Hockey, Lacrosse, Boys and Girls Soccer, Softball, Spirit, Volleyball. All remaining sports shall be covered by By-Law Article I, Section 9, and Post Season Activities.)
- E. Supervision of away contests shall be such as to ensure that the conduct of the school representatives reflects credit on them, their school and their sport. The NHIAA advocates the full promotion of cooperative relationships between schools entering into athletic competition.

Sect. 3 MEDIA RELATIONS

Coaches, *players* and other School Officials/Media Relations:

In an effort to ensure a relationship between coaches, players and other school officials and the media, which will reflect and promote the highest standards of sportsmanship, integrity and ethics, it is expected:

Coaches, *players* and other school officials should make an effort in their communications with the media to stress the positive displays of sportsmanship demonstrated by the student athletes, coaches, spectators, and schools involved in the contest. Additionally coaches and school officials:

- 1) Will not permit anyone under their supervision to criticize athletic contest officials.
- 2) Will cooperate with the media in the interpretation and clarification of rules and other aspects of the athletic contest.
- 3) Will not comment about specific decisions of game officials.

Any coach or *player* found in non-compliance with this by-law shall not participate in the next scheduled interscholastic athletic event, including NHIAA Tournament Contests. A second violation of this rule shall cause disqualification from coaching or *playing* in that sport for the balance of that season. Principals and Athletic Directors are to monitor this by-law and it shall be the responsibility of the school to file a report to the NHIAA within 72 hours including the name of the rule violator, a copy of the article (if available), **and action taken**.

Sect. 4 TAUNTING

Taunting in all sports is a flagrant unsportsmanlike foul, which shall result in the ejection of the participant from that day of competition, plus the next day of scheduled competition.

Taunting is defined as:

"Any actions or comments by coaches, players, or other game personnel which are intended to bait, anger, embarrass, ridicule, or demean others, whether or not the deeds or words are vulgar or racist. Included is contact that berates, needles, intimidates, or threatens based on race, gender, ethnic origin or background, and conduct that attacks religious beliefs, size, economic status, speech, family, special needs, or personal matters."

Examples of taunting that would lead to ejection include, but are not limited to "trash talk", physical intimidation outside the spirit of the game, reference to sexual orientation; "in the face" confrontations by one player to another; standing over/straddling a tackled or fallen

player.

NOTE: This policy reinforces the responsibility of game officials, site managers, and game directors during regular season and NHIAA Tournament play.

Sect. 5 HAZING

Hazing refers to any activity expected of someone joining a group (or to maintain full status in a group) that humiliates, degrades or risks emotional and/or physical harm, regardless of the person's willingness to participate.

Hazing activities are generally considered to be: physically abusive, hazardous, and/or sexually violating. Anything that causes mental anguish or physical discomfort is considered to be classified as hazing.

Hazing or harassment practices of students will be disciplined according to School Board policy and will be reported to the police, in accordance with the State of NH Student hazing Law RSA 631.7.

NOTE: The NHIAA encourages all member schools to develop a policy on hazing.

Sect. 6: Disqualification from an Interscholastic Athletic Event

- *A. Any player who is disqualified before, during or after any sanctioned event at the Freshman, Sub-Varsity or Varsity level, for exhibiting unsportsmanlike conduct, shall not participate in the next scheduled interscholastic athletic event, including NHIAA Tournament contests. Any coach who is disqualified before, during or after a game at the Freshman, Sub-Varsity or Varsity level, for exhibiting unsportsmanlike conduct, shall not participate in the next two scheduled interscholastic athletic event, including NHIAA Tournament contests. Any player or coach who is disqualified from a game and participates in the next scheduled interscholastic athletic event(s), including NHIAA Tournament contests, will cause that school's game(s)/event(s) to be forfeited in the event of a win. In the event of loss (es), the matter will be referred to the Sportsmanship Committee for action. **
Note: During the period of disqualification, a coach shall not be in attendance at the game(s)/event(s) for which the disqualification is imposed. If there is a violation the contest shall be forfeited.
- *B. If any player or coach receives a second game disqualification during the season, that individual will be required to forfeit any participation in that interscholastic sport, at any level, for the balance of that season. **
- *C. If the game disqualification is administered in the final contest of the season (including tournament play), the penalty shall be carried over in that sport and invoked at the first regular season game the following academic year. If a disqualification is administered to a graduating senior or coach in his final game of coaching for that school, it is the expectation that the school will take immediate and appropriate disciplinary action. **
- *D. Any player who leaves the bench area during an interscholastic athletic event where an altercation is taking place in the playing area shall receive a one-game disqualification for the next scheduled game. **
- *E. This rule supersedes the NFHS Ice Hockey penalty rule 4-5 Game Misconduct Penalties. A player or coach who has received a game misconduct penalty for unsportsmanlike conduct shall be immediately removed from the game and the NHIAA Sportsmanship By-Law invoked as stated above.

F. Soccer Yellow/Red Card Violations

1. Any team, whose players/coaches receive a collective total of 4 red cards during the regular season, will be ineligible for NHIAA tournament play and required to attend a hearing with the Soccer Committee.
2. Any team, whose players/coaches receive a collective total of 12 yellow cards during the regular season, will be ineligible for NHIAA tournament play and required to attend a hearing with the Soccer Committee.
3. If a player/coach receives his/her third yellow card of the regular or post season a 1 game disqualification will be given.
4. Any team whose players/coaches receive a collective total of 5 yellow and/or red cards in a game will result in immediate termination of the game and result in forfeiture by the offending team. If both teams receive the collective total of 5 at the same time both teams will receive a forfeiture loss. This will include regular season and tournament play.
5. Game officials must report all yellow and red card infractions to the NHIAA Office following their games.

Notes:

- a) An athlete or coach, who receives 2 yellow cards, resulting in a red card, will only be counted for the red card disqualification.
- b) Preseason cards are no longer counted.
- c) Any team scheduled to play against a team that has been disqualified from tournament play will be notified prior to the game.
- d) Teams (players/coaches) that qualify for tournament play and during post season play reach a cumulative total of either 4 red cards or 12 yellow cards will be required to attend a hearing with the Soccer Committee.
- e) Any team (member school) attending a hearing with the Soccer Committee may result in a hearing with the Sportsmanship Committee for additional sanction.

The Soccer Committee will survey member schools next year regarding the reactions to the new sportsmanship procedures before developing sportsmanship procedures for the following season.

NOTES:

- Any player involved in a fight shall receive a two (2) game suspension for the first offense. A second offense will lead to a disqualification in that sport for the balance of the sports season.

- This decision cannot be appealed to the NHIAA Sportsmanship Committee, as it is considered to be a judgment call by a game official.

Sect. 7: Executive Authority

The NHIAA Sportsmanship Committee, through the Executive Director, has the authority to investigate and take appropriate action on any reported flagrant violation of the Sportsmanship Rules occurring during the regular season or at NHIAA Tournament competitions.

Reported violations shall be resolved in a manner sufficient to correct the problem, and may range from a written statement of the findings by the Executive Director to the School Administration, to appropriate disciplinary action as outlined under NHIAA By-Law Article I, Policy, Section 5: Policy for Violators.

Any serious violation of good sportsmanship by players, coaches or spectators, during an NHIAA sponsored/sanctioned event, during regular season and tournament play, must be submitted in writing by the Principal of the school involved to the Executive Director within five (5) days of the incident.

Sect. 8: Due Process Procedure

The principal of the school, upon being informed of the charges and evidence by the NHIAA Executive Director, is entitled to the due process procedures outlined in By-Law Article IV.

Sect. 9: Sportsmanship Award

NHIAA Sportsmanship Awards are presented annually to school (s) who have demonstrated a high degree of sportsmanship throughout the year. The past recipients of this award are:

- 1991-92 Gilford, Gorham, St. Thomas, Winnacunnet
- 1992-93 Concord, Manchester West, Merrimack Valley, Oyster River
- 1993-94 Conant, Lisbon, White Mountains
- 1994-95 Plymouth, Profile, Souhegan
- 1995-96 Berlin, Concord, Epping, Pittsburg
- 1996-97 Concord Christian, Concord, Kearsarge, Newport
- 1997-98 Milford, Orford, Portsmouth, Winnisquam
- 1998-99 Exeter, Milford, Pittsfield, Sunapee
- 1999-00 Portsmouth, Berlin, White Mountains, Derryfield
- 2000-01 Dover, Newmarket, Plymouth, Sunapee
- 2001-02 Moultonborough, Bow, Hanover, Exeter
- 2002-03 Portsmouth Christian, Newmarket, Hanover, Exeter
- 2003-04 Moultonborough, Stratford, Belmont, Souhegan, Exeter
- 2004-05 Profile, Sanborn, Merrimack Valley, Concord
- 2005-06 Portsmouth Christian, Sanborn, Coe-Brown, Exeter
- 2006-07 Profile, Newport, Coe-Brown, Hanover, Exeter
- 2007-08 Nashua Christian, Campbell, Coe-Brown, Exeter, Nashua South

BY-LAW ARTICLE IX
Sports Officiating

Sect. 1: The Sports Officiating Committee shall consist of administrators and athletic personnel from the member schools.

Sect. 2: The Committee shall be empowered to act on all matters that pertain to interschool sports officiating, which occur before, during, and after interscholastic athletic contests. Assignments of tournament officials shall be referred to the respective sports committee for action.

Sect. 3: The Committee shall recommend to the NHIAA Finance Committee maximum fees for all sports officials, during **pre-season**, regular season and state tournaments. Input regarding state tournament fees shall be solicited from the respective sports communities.

Sect. 4: Administration of Sports Officials

A. Supervisor of Officials:

A Supervisor of Officials for all recognized sports of the NHIAA will be established by the NHIAA. Supervisors in other sports not recognized by the NHIAA may be added as necessary.

B. Appointment of Supervisors:

The appointment of a Supervisor of Officials shall be made by the respective New Hampshire Sports Officials Organization. The NHIAA Sports Officiating Committee shall appoint a Supervisor, subject to the approval of the NHIAA Council. This will be done at the last regularly scheduled Council meeting of the school year.

C. Enrollment of NHIAA Official:

1. Each enrolled official must be a certified member of the New Hampshire Officials Organization representing that sport.
2. All officials' enrollment for the current school year shall terminate June 30.
3. Before enrollment is complete, and before his/her name appears on the approved list of officials, each official **MUST**:
 - a. Attend at least one approved rules interpretation meeting in that sport in which he/she is enrolled prior to the opening of the season.
 - b. Pass an examination on the rules annually. Each supervisor will keep the results.
 - c. Pay an annual enrollment fee of \$5.00 per official per sport.

Beginning in the 2008 – 2009 school year the enrollment fee will be \$20.00 per official. Twelve dollars (\$12.00) of this amount will go to the NFHS thus enrolling all officials in the NFHS Official's Program with all benefits of membership to include liability insurance, educational training, and a subscription to the NFHS Officials' Quarterly magazine. There will be no additional fee for officiating more than one sport and the NHIAA will use the \$8.00 difference to cover administrative costs.

D. Due Dates for Enrollment of Officials & Fees to NHIAA:

FALL SPORTS - August 1

* *Soccer – April 1*

WINTER SPORTS- October 1

SPRING SPORTS- March 1

E. Duties and Responsibilities:

The Supervisor of Officials in each sport will become an NHIAA Committee Member of that sport upon appointment by his/her officiating organization subject to the approval of the NHIAA Council annually and will work cooperatively with that committee and the NHIAA Sports Officiating Committee.

The Supervisor shall arrange and supervise schools for the instruction of the officials throughout the State and will compile a list of NHIAA enrolled officials.

The responsibility of the supervisors shall be:

1. To supervise at least one rules-and-interpretation meeting in the State in the respective sport involved.
2. To make available to the NHIAA Office, a list of officials who are enrolled to officiate with the NHIAA.
3. To investigate and provide a written report of any major cases involving officials' controversies, disputes or disturbances to the NHIAA Sports Officiating Committee.
4. To act as technical advisor to the Executive Director of the NHIAA and to the respective NHIAA Sports Committee.
5. To be a voting member of the respective NHIAA Sports Committee.

F. Reciprocity of Officials:

Officials who transfer from out of state and who meet all NHIAA registration qualifications, may be enrolled by the Supervisor providing these officials become members of the respective New Hampshire sports officials organization.

G. School and Officials Relations:

1. Breach of Contract - if a school cancels a game without properly notifying the officials assigned or hired, the school is obligated to pay the regular fee.
2. Suspension of Officials - The Supervisor, in cooperation with the Executive Director, may revoke NHIAA enrollment cards of those officials who:

- a. Fail to cooperate with the policies of the NHIAA.
 - b. Fail to conduct themselves in a manner conducive to the best interest of high school sports programs.
 - c. Refuse to comply with the regulations.
3. Right of Appeal - Decisions by the Supervisor and the Executive Director, involving officials, are subject to the right of appeal through the NHIAA Sports Officiating Committee.

H. General Policies:

All officials shall wear the prescribed uniform as approved by each New Hampshire officials organization, when they officiate contests between the member schools. The NHIAA recommends that all enrolled officials successfully pass an annual physical examination.

I. Officials Fee Schedule for Postponements, Game Suspensions, No-shows During the Regular Season and NHIAA Tournament Play:

1. If a game is postponed and the official is not notified, the official shall be paid a game fee plus mileage where applicable.
2. If a game is postponed, canceled, or changed for any reason and the official is notified, there will be no payment to the official.
3. If one official does not show and the official that shows works alone, the working official shall be paid one and one half usual game fee and a report of the incident shall be sent to the Supervisor of Officials with copies sent to the Executive Director of the NHIAA and the assigner of that sport.
4. If an official doesn't show and someone works with a hired (enrolled or otherwise) official both people should be paid a full fee and a report of the incident shall be sent to the Supervisor of Officials through the NHIAA Office.
5. Once the game starts a full fee will be paid.
6. If there is a continued game at the same site or a continued game at opponent's site in addition to another game the official will be paid one half the game fee plus mileage.
7. If a game is postponed just prior to the scheduled start an offer will be made to the original official for the make-up game and the official will receive a game fee.
8. An official must have an avenue of contact up to two hours before game time. The official should contact the school (or the NHIAA during tournament play) to check if the game will be played. If an official does not check and travels to the site of the postponed event a game fee shall not be paid.
Exception: Football officials must have an avenue of contact up to three hours before game time.
9. If both officials do not show for the game the assignor must pay bus transportation costs for the rescheduled game.
MILEAGE: Mileage is from the center of town where the official resides to the center of town where the event is played according to the New Hampshire Department of Transportation mileage guidelines. Mileage payment shall be for the round trip.
10. If a team fails to arrive at a contest at its scheduled start time the officials shall not wait longer than forty-five (45) minutes. After the forty-five (45) minute wait the game will be called as a "no game."
In the event the traveling school calls ahead to inform the home school they are experiencing difficulties arriving for the start of the contest the officials shall remain in order to start the contest.
11. If the same official has been scheduled to work two games in the same day and the first game is played but the second game is called before it starts due to weather related issues, the official will only be paid for the first game.

J. Enrollment by each officials' organization will not be permitted or renewed for anyone:

- 1) Convicted, or adjudicated with a finding of fault, guilt, or violation, in regard to an offense against a minor or any sexual offense unless/until such offense has been reversed by proper authority with jurisdiction over the matter; or
- 2) Convicted, or adjudicated with a finding of fault, guilt, or violation, in regard to an offense involving any illegal/illicit drug or controlled substance as prescribed by federal or state law or regulation.

Currently Enrolled Officials

- 1) When a currently enrolled official is indicted or charged with any indictable criminal offense or charged with a violation of any statute pertaining to minors, drugs or a controlled substance such enrollment will automatically be suspended pending resolution or indictment of the charges. Conviction or adjudication of fault, guilt or a violation under any such indictment or charge shall result in immediate and automatic forfeiture of officiating enrollment with the NHIAA.
- 2) Currently enrolled officials must inform the Supervisor of Officials of their organization of any such indictment or indictable criminal charge instantly upon receipt of or upon having knowledge of such indictment or charge. Failure to so notify shall be the basis of immediate and automatic forfeiture of officiating at any level of high school athletics.

Re-installment/Re-application for Enrollment

An official whose registration has been forfeited, suspended or revoked or an apprentice who is denied enrollment, under the provisions of this policy, may petition the NHIAA Sports Officiating Committee through the Supervisor of Officials for their sports based on the following:

If suspensions, revocation, forfeitures or denial of enrollment is based upon any conviction, adjudication or finding of guilt involving a minor or sexual offense, or use of any illegal/illicit drug or controlled substance as prescribed by federal or state law or regulation, re-

installment/reappointment will not be permitted, unless/until such offense has been reversed by proper authorities having jurisdiction over the matter.

Sect. 5:

A player or coach who makes or causes non-accidental physical contact with an official before, during, or after any NHIAA sanctioned contest, other than to alert an official to an injury or other relevant circumstance, shall be expelled from the game immediately and banned from further participation in all sports for one calendar year (365 days) from the date of the offense.

BY-LAW ARTICLE XI
Seeding and Tie Breaking Procedures For All Sports

Sect. 1: All tournament teams will be selected for tournament berths as determined by seeding position based upon regular season competition as follows:

- A. Win/Loss Record:
Baseball, Basketball, Golf, Lacrosse, Softball, Tennis, Volleyball
- B. Win/Loss/Tie Rating System:
Field Hockey, Ice Hockey, Soccer
- C. Football Point Rating System:
The point rating system as described in By-Law Article XVII, Section 6, will be used for play-off seeding purposes.
- D. Tournament Seeding (Placement): Once the tournament has been seeded teams shall remain in that position throughout the entire tournament regardless of victories over higher seeded teams.

Sect. 2: In the event of a tie for any position, the Sports Committee shall resolve the tie using the following criteria, in order of priority to select the teams. *The team(s) shall be seeded as determined by using the tie breaking criteria, 1-8.*

A. The criteria for seeding a team is as follows:

- 1. Rating* in head-to-head competition which shall be the established team rating system based upon contests against opponents involved in the tie providing they have played each other the same number of times.
- 2. Rating against NHIAA class opponents selected for the tournament including all teams involved in a tie for the last position. Once the tournament teams have been selected, the teams that were tied for the last position are no longer used in breaking ties as they are not considered tournament teams.
- 3. *Quality of wins against tournament teams in class including all teams involved in a tie for the last position. (Ranking) ***
- 4. Rating against class opponents on the road. ***
- 5. Rating against class opponents at home.
- 6. Wins on the road regardless of class.
- 7. Wins at home regardless of class.
- 8. If teams are tied after the first seven criteria, the team that defeated the highest NHIAA seeded team in their class (includes both tournament and non-tournament teams) will be selected.
- 9. As determined by the sports committee.

Once a criterion has been found to break the tie, it will be used to rank the teams involved in the tie. If, after the original criterion has ranked the teams, existing tie(s) shall be broken by starting at criterion number 1 (head to head) down through the remaining criteria until the tie is broken.

Example:

Five teams (A, B, C, D and E) are involved in a tie.

All five are 2 and 2 in head to head.

Records against teams selected for the tournament are:

A: 8-4; B: 8-4; C: 7-5; D: 7-5 and E: 6-6.

Teams A and B would be ranked 1st and 2nd in the tiebreaker.

Teams C and D would be ranked 3rd and 4th in the tiebreaker.

Team E would be 5th in the tiebreaker.

To break the tie of A and B, use criterion 1 (head to head).

Team A beat team B, thus, team A is 1st and team B is 2nd.

To break the tie of teams C and D, use criterion 1 ((head to head).

Team D beat team C, thus, team D is 3rd and team C is 4th.

B. If two schools are involved in a tie for the final tournament position, a play-off game will *NOT* be held. The tie shall be broken by using the established criteria in A.

C. If a team withdraws at any time after the seeding has been completed the seeded opponent in the same bracket shall receive a forfeit win and move on to the next round.

* Rating is defined as follows:

- 1. Win/loss rating – the percentage obtained by dividing the number of wins by the number of games played by a team.
- 2. Individual sport's point rating system – the value obtained by dividing the sum of own values and opponents' values by the number of games played by a team.

** *Ranking is defined as the total number of wins by beaten opponents in class that qualify for the tournament against other tournament teams divided by the total number of games against tournament opponents. Example: If you played eight tournament teams and you beat three of them, you would add the wins against tournament teams of those three beaten opponents. You would then divide that total by the number of tournament opponents played by all eight of the tournament teams you have played.*

***On the road – means games scheduled as “away” games.

BY-LAW ARTICLE XII
BELOW GRADE 9 ATHLETIC PARTICIPATION

Regulations with regard to below grade 9 participation on high school sports teams are as follows:

Sect. 1: No below grade 7 participation will be allowed in any NHIAA sport at any level (Freshmen, Sub-Varsity, Varsity).

Sect. 2: No below grade 9 participation at any level in any sport will be allowed for schools in Class L and I (Freshmen, Sub-Varsity, Varsity).

Sect. 3: Class M schools under the direction of a local school board for grades 8 through 12 in the same school district may use below grade 9 students on a sub-varsity team provided those students are need to maintain the school's sub-varsity program and a waiver has been granted by the Below Grade 9 Athletic Participation Committee.

Class M schools may use 8th grade students to participate at the varsity level in the following sports: cross country, golf, gymnastics, indoor track, outdoor track, skiing, and tennis.

Sect. 4: Class S schools under the direction of a local school board for grades 7 through 12 in the same school district may use below grade 9 students provided those students are needed to maintain the school's program and a waiver has been granted by the Below Grade 9 Athletic Participation Committee.

Sect. 5: Below grade nine students who have been granted a BG 9 waiver will be expected to maintain the same academic standards set for high school students.

Sect. 6: If a school uses a Below Grade 9 student athlete without the approved waiver, the team will forfeit all contests in which the ineligible contestant participated. In sports which team standings are not kept, the NHIAA will deny any requests for waivers in the ensuing year in that sport. If a second violation occurs, that school will be brought before the Below Grade 9 Committee with the possibility of receiving sanctions.

CRITERIA FOR GRANTING WAIVERS

1. The student athlete must be necessary for the school to field a team in that sport.
2. The student athlete cannot take the place of an athlete in grades 9 through 12.
3. The student athlete must meet all NHIAA eligibility requirements.
4. The student athlete must be in the same school district and the athletic program must be under the direction of the local school board for grades 7 through 12.
5. In individual sports, students in grade 9-12 shall represent their school in competition at the State Tournament. They cannot, under any circumstances, be displaced by a Below Grade 9 student athlete in a competition.

REPORTING SCORES ON THE NHIAA WEBSITE

It is the responsibility of all Athletic Directors and Coaches to maintain the website. Entering scores and games notes immediately after the conclusion of all contests is highly appreciated. By doing so, all standings and records will be accurate and up to date and the media, fans and athletes will be able to view this information instantly.

SPORTS BY LAWS TAKEN FROM **2008-09 NHIAA HANDBOOK**

BY-LAW ARTICLE XIII **BASEBALL**

Boys

Sect. 1: Baseball shall be administered by the NHIAA Baseball Committee and the rules of the National Federation will govern the sport when applicable.

Sect. 2: Results of games played in all classes (L, I, M, S) must be posted on the NHIAA website immediately following the game. Failure to do so may result in teams being eliminated from tournament consideration.

Sect.3: Approval of Schedules

All schedules must be submitted to the Executive Director on or before the deadline date of February 1st of each year. It is strongly recommended that in drawing up interschool schedules, Thursday of each week be left open for the purposes of rescheduling due to postponements, etc. Schools may play three (3) in-class opponents three (3) times.

Sect. 4: NOCSAE approved equipment must be used in all NHIAA contests.

Sect. 5: Tournament Rosters

All tournament teams will be limited to a maximum of twenty-three (23) individuals, with no more than eighteen (18) of them being players in uniform.

Sect. 6: Suspended Games

The Suspended Game Procedures are located in the Baseball Policies and Procedures Manual.

Sect. 7: Tournament Selection

Tournament team selection will be determined in accordance with the present classification system. Sixteen (16) teams will qualify for the Class L, I, M and S Tournaments.

Sect. 8: Awards

Official NHIAA championship and runner-up plaques, in addition to twenty (20) individual medals, will be awarded to the respective champion and runner-up teams in each class.

BY-LAW ARTICLE XIV
BASKETBALL
Boys and Girls

Sect. 1: Basketball shall be administered by the NHIAA Basketball Committee and the rules of the National Federation will govern the sport when applicable.

Sect. 2: The committee shall annually approve schedules of teams for tournament competition.

Sect. 3: All basketball schedules are due into the NHIAA office no later than September 15th each year.

Sect. 4: All tournaments, jamborees, festivals and similar competition in basketball must be sanctioned by the Basketball Committee of the NHIAA. All such contests sanctioned by the committee shall not count on the regular season's record for tournament consideration. No school may enter more than one approved Christmas tournament.

Sect. 5: Student athletes may play only 5 quarters in one day. Participation in a quarter, regardless of time, will be considered one quarter. Overtime is considered as an extension of the fourth quarter. Team scorers are to keep an accurate record of quarters played. **PENALTY:** Forfeiture of game.

Sect. 6: The Basketball Committee, in its approval of all schedules, will be guided primarily by the following:

- A. Each member school may schedule no more than three different NHIAA member schools three games each on their approved annual schedule to the NHIAA Basketball Committee. This applies to out-of-state schools providing they are members of their respective state associations.
- B. Games can neither be added nor deleted from schedules after they have been approved by the NHIAA.

Sect.7: Tournament Selection

Tournament team selection will be determined in accordance with the present classification system. Sixteen (16) teams will qualify for the Class L, I, M and S boys and girls tournaments.

Sect. 8: In order to be eligible for post-season tournament play, each team must play at least fifty percent (50%) of its games with New Hampshire schools.

Sect. 9: Awards

Official NHIAA championship and runner-up plaques, in addition to twenty-one (21) individual medals, will be awarded to the respective champion and runner-up teams in each class for boys and girls.

Sect. 10: Interrupted Games

Whenever a game is interrupted because of events beyond the control of the responsible administrative authorities, it shall be continued from the point of interruption. Both officials should sign the official scorebook and note the time on the clock and the period when the game was interrupted.

Sect. 11: Tournament Rosters

Each school will be allowed twenty-one (21) individuals with no more than fifteen (15) of them being players in uniform.

BY-LAW ARTICLE XV
CROSS COUNTRY
Boys and Girls

Sect. 1: Cross Country shall be administered by the NHIAA Cross Country Committee and the rules of the National Federation will govern the sport when applicable. The NHIAA Cross Country Championship Meets will be organized, financed, and directed by the NHIAA Cross Country Committee.

Sect. 2: State Class Championships

- A. The State Class Championships shall be held on the last Saturday in October at sites determined by the NHIAA Cross Country Committee.
- B. For an athlete to compete in the State Championships, he/she must have participated in at least one Cross Country meet during the regular season.
- C. The distance for races will be approximately 5km.
- D. The boys and girls will each be divided into three (3) classes: (L, I, and M-S).
- E. Entry Procedure – See Policy and Procedures Manual.
- F. Scoring- To be considered in the scoring for team championships each school must have a minimum number of five (5) finishers. Schools, which start with fewer than 5 runners, will not be eligible for team awards. Team scores will be determined by adding the places in which the first 5 runners from each school finish. The finish positions of non-team competitors will be eliminated and team finish positions re-ranked in order to determine team scores. Ties in team scoring shall be resolved by comparing the 6th place finishers from the tying teams. The team with the best 6th place finisher shall prevail.
- G. Awards: Official NHIAA championship and runner-up plaques, as well as thirteen (13) team medals, will be awarded in each of the class meets. In addition, twenty-five (25) individual medals will also be awarded in each class for boys and girls.

Sect. 3: Meet of Champions

- A. These meets will serve as the qualifier for the New England Meet(s), when applicable.
- B. The selection of competitors for these meets will be based on the finish in the class meets as determined by the Cross Country Committee. (See Cross Country Policies and Procedures Manual)
- C. The Meet of Champions shall be held on the first Saturday in November at a site determined by the NHIAA Cross Country Committee.
- D. Awards: Official NHIAA medals will be awarded to the top twenty-five (25) individuals for boys and girls.

BY-LAW ARTICLE XVI
FIELD HOCKEY
Girls

Sect. 1: Field Hockey shall be administered by the NHIAA Field Hockey Committee and the rules of the National Federation will govern the sport when applicable.

Sect. 2: In order to be considered for tournament play each school must meet the following requirements:

- A. All schools must follow the minimum and maximum number of games as stated in By-Law Article XXXIV.
- B. All games against NHIAA schools or with schools who are members of neighboring state associations will count.
- C. Each team must play at least 8 games within their own class or higher and two opponents in the same class may play each other three times.

Sect. 3: Playing Rules: Official Field Hockey Rules for School Girls National Federation Field Hockey Rules will apply. Tie breaking rules of the National Federation will be used in tournament play only; tie games will be permitted in regular season games.

Sect. 4: Tournament Selection

Tournament team selection will be determined in accordance with the present classification system. Twelve (12) teams will qualify in Class L and M-S and sixteen (16) teams will qualify in Class I.

Sect. 5: Tournament Rosters

All tournament teams will be limited to a maximum of twenty-five (25) dressed players, two managers, and two coaches.

Sect. 6: Tournament Officials will be selected in accordance with Policy By-law Article I, Section 14.

Sect. 7: Protests of games must follow By-Law Article VI- Protest Procedure for All Sports.

Sect. 8: Selection of Tournament Sites

The preliminary and quarterfinal round games will be played at the site of the higher seeded team. The semifinal and Championship games will be played at a site selected by the NHIAA Field Hockey Committee.

Sect. 9: Awards

Official NHIAA championship and runner-up plaques, in addition to twenty-seven (27) individual medals, will be awarded to the respective champion and runner-up teams in each class.

Sect. 10: No field hockey player may play more than three halves per day. Entering play in a half constitutes a full half of play.

Sect. 11: In order to be considered for post-season tournament play, each school must play at least fifty percent (50%) of its games with New Hampshire schools.

Sect. 12: Sub-Varsity games will be twenty-five (25) minute halves unless a shorter time is agreed upon by both schools involved.

Sect. 13: Sportsmanship

The National Federation Field Hockey Committee has established the following procedures for dealing with unruly spectators:

- 1. First Offense: official suspends the game on the first dead ball situation and requests appropriate coach or site management to resolve situation.
- 2. Second Offense: official suspends the game on the first dead ball situation and awards penalty stroke to opponents of offending spectators' team.
- 3. Third Offense: The team of the offending spectator(s) shall forfeit the game unless state association rules determine otherwise.

Sect. 14: Overtime Procedures for Regular Season Play

The Overtime Procedures are located in the Field Hockey Policies and Procedures Manual.

BY-LAW ARTICLE XVII
FOOTBALL
Boys

Sect. 1: Football shall be administered by the NHIAA Football Committee and the rules of the National Federation will govern the sport when applicable.

Sect. 2: Medical Coverage:

- A. A **licensed** physician, trainer, or emergency medical technician must be provided by the host school and in attendance and on duty for all interscholastic football jamborees, scrimmages, and games for all levels, varsity and sub-varsity, during the regular season and all tournament round games.
- B. Medical coverage, as stated under By-Law I, Section 16, must be provided for all levels of practice (varsity and sub-varsity) involving player contact.
- C. The medical person shall be responsible for both teams unless the visiting school has its own physician, trainer, or emergency medical technician.
- D. The judgment of the medical person will be final with regard to the medical condition of a player. No player may continue to play against the medical person's advice.
- E. The penalty for violation of this provision is forfeiture of the game and possible disciplinary action by the Football Committee.

Note: Student trainers, high school or college, cannot be used to meet the provisions of this by-law.

Sect. 3: General Regulations:

- A. Football will not be permitted in the NHIAA member schools from the Saturday following Thanksgiving until the opening date of practice in the Fall. A player must participate in five (5) practice days before participating in a football game, scrimmage, or jamboree.
- B. All Fall schedules shall be submitted to the Executive Director by May 1st. Schedule forms will be provided by the NHIAA.
- C. The NHIAA and the Football Committee shall be notified at the first opportunity concerning postponement of a regularly scheduled football game, together with the intention to reschedule or cancel.
- D. The home team in all football games will accept responsibility for the organization and administration of the half-time program. This program shall be conducted within the time limits established by the rules of the game.
- E. **Playing Rules:**
 - 1. All high school football games played in New Hampshire will be played in accordance with the National Federation playing rules.
 - 2. **Uniforms:** The higher seeded team will wear dark colored uniforms and the lower seeded team will wear light colored uniforms.
 - 3. **Scrimmages:** It is recommended that all interschool football scrimmages, (Freshman and Sub-Varsity included) be officiated by at least one certified football official.
- F. **Practice Requirements:**
First 3 calendar days of practice: Shoes, helmets and shoulder pads. No contact.
Calendar days 4 and 5 of practice: Full pads permitted, contact with sleds and dummies allowed, and limited player-to-player contact i.e., contact within drills; no scrimmages.
Calendar day 6 of practice: Full contact.

Sect. 4: Classification of Football Schools

Football shall be classified into five divisions based upon enrollments and petitions subject to the approval of the Classification Committee. If the number of schools in a division is six or less after petitions, then schools will be reclassified.

2008-09 Football Classification					
Division I (1800+)		Division II (1290-1799)		Division III (950-1289)	
9 Schools		9 Schools		9 Schools	
Pinkerton	3331	Spaulding	1768	Goffstown	1289
Nashua South	2287	Keene	1762	Bedford	1172
Salem	2263	Dover	1671	Con-Val	1087
Man. Memorial	2165	Exeter	1654	Portsmouth	1067
Man. Central	2159	Merrimack	1593	Pembroke	1045
Nashua North	2054	Timberlane	1590	Souhegan	970
Concord	1877	Alvirne	1518	Hollis/Brook.	952
Londonderry	1827	Winnacunnet	1324	*John Stark	890
Man. West	1809	*Bishop Guertin	885	*Milford	872
Division IV (740-949)		Division V (660-739)		Division VI (1-659)	
9 Schools		9 Schools		10 Schools	
Kingswood	947	Epping-Newmarket	736	Fall Mountain	656
Kennett	945	St. Thomas	721	Campbell	575
Merr. Valley	884	Pelham	700	Gilford	572
Laconia	822	Bow	669	Winnisquam	567
Plymouth	817	Stevens	667	Farmington	487
Monadnock	787	Kearsarge	665	Franklin	477

Lebanon	761	*Somersworth	605	Mascoma	471
Hanover	746	*Trinity	470	Newfound	465
Sanborn	743	*Bishop Brady	443	Newport	461
				Inter-Lakes	441

Sect. 5: Criteria of Play

No school may play another school more than once during the regular season except when the number of schools in a division is 8 or less after petitions, then a school may play one other school twice during the regular season.

Sect. 6: Football Rating System

The point rating system that will be used to break ties for playoff seeding purposes:

10 points per win

Out-of-state games and out of Division will not be rated

Opponents' Value earned as a result of wins or ties by opponents who were beaten or tied by a school:

	WIN	TIE
Beaten opponent	2	1
Tied opponent	1	.5

The point rating of a school will be determined by adding the total of "own value" plus "opponents' value" and dividing by the number of games played by the school.

Division I – VI will use the win/loss record to determine rating. Non-divisional and out-of-state games DO NOT count in the standings for all divisions.

Sect. 7: Playoff Qualifiers

The four schools with the highest win/loss rating shall qualify for the playoffs.

Sect. 8: Tie Breaking Procedure

In the event of a tie for a position, the Football Committee shall resolve the tie by using the following criteria:

- A. If two schools are tied for the final tournament position:
 1. The winner of head-to-head competition will be selected.
 2. The Football Point Rating System will be applied.
 3. The NHIAA Tie Breaker Procedure will be applied.
- B. If three or more schools are tied for the final tournament position:
 1. The rating in head-to-head competition will be used if all schools involved in the tie have competed against each other.
 2. The Football Point Rating System will be applied.
 3. The NHIAA Tie Breaker Procedure will be applied.
- C.
 1. If two or more schools tie for any other tournament position, the same criteria will be used, in order of priority to determine tournament seeding. Once a school is selected, the procedure will be repeated from the start of criteria A for the remaining tied schools.
 2. The NHIAA Tie Breaker will be applied.

Sect. 9: Playoff Game Sites and Officials

- A. All playoff games in each division will be played at the site of the higher seeded school. In the case of a tie or other conditions, playoff games will be played as determined by the Football Committee.
- B. Officials for all playoff games will be selected by a committee composed of the Chairman of the Football Committee, the Supervisor of Football Officials and the Executive Director of the NHIAA.

Sect. 10: Awards

Official NHIAA championship and runner-up plaques, in addition to forty-five (45) individual medals, will be awarded to the respective champion and runner-up teams in each division.

BY-LAW ARTICLE XVIII

GOLF

Boys and Girls

Sect. 1: Golf shall be administered by the NHIAA Golf Committee and the rules of the National Federation will govern the sport when applicable.

Sect. 2: NHIAA Golf Tournament

A. BOYS GOLF TOURNAMENT:

1. An annual golf tournament in each class shall be conducted by the NHIAA Golf Committee.
2. The tournament will be open to all eligible students of NHIAA member schools.
3. Dates and sites for the golf tournaments will be selected by the Golf Committee.

B. GIRLS GOLF TOURNAMENT:

1. *The NHIAA shall annually sponsor a girls individual tournament.*
2. If a girl participates in the team championship representing her school and qualifies for the *subsequent* individual championship, *she may not participate if she has already participated in the NHIAA State Girls Golf Individual Championship.*

Sect. 3: Code of Conduct:

All competitors at the NHIAA tournaments will conduct themselves in such a manner that respect is shown for the game of golf, for the golf course and facilities which are being used, and for the other participants in the tournaments.

Sect. 4: Classification of Schools:

Golf shall be classified into three classes, Class L, Class I, and Class M-S. Each class shall sponsor its own team and individual tournament.

Sect. 5: Tournament Selection

The top ten (10) teams (and ties for tenth place) in Class L and the top twelve (12) teams (and ties for twelfth place) in Class I and M-S, based on the win-loss record in their class, shall qualify for the state tournament.

Sect. 6: Seasonal Play Rules & Regulations

Eight players will be designated by the coach to compete (medal play) in seasonal matches with the lowest five total scores to count in determining the winner. For example, in a quadrangular match, the lowest team total is the winner, three wins - no losses; second lowest, second place and two wins - one loss; third lowest, third place and one win - two losses; fourth lowest score, fourth place and no wins - three losses.

Sect. 7: Type of NHIAA Tournament

The combined total of the best five (5) individual eighteen hole scores for each school on the first day of the tournament shall determine the team champion and runner-up.

Sect. 8: Awards

- A. Official NHIAA championship and runner-up plaques, in addition to ten (10) team medals will be awarded to the respective champion and runner-up teams in each class.
- B. Medals will be awarded to the top ten medalists in each class based upon their thirty-six hole scores. *In the event of a tie for the individual class champion, the individuals shall play a sudden victory round beginning on the first hole and continuing until a winner is determined.* Ties for places two through nine in each class shall be broken by matching scores beginning with the first hole of the second round of play. All players tied for tenth place will receive a medal.
- C. If a tie exists for the team champion or runner-up, a sudden victory play-off will be held beginning at the first hole and continuing until a champion and runner-up are determined. (See Policy and Procedures Manual)
- D. At the NHIAA Girls Tournament medals will be awarded to the top six (6) medalists in the Championship Flight and the top six (6) medalists in the Medal Flight. (See Policy and Procedures Manual)

Sect. 9: Scheduling Calendar

The NHIAA must be notified in writing on or before May 1 of the calendar year to offer a golf program.

BY-LAW ARTICLE XIX
GYMNASTICS
Girls

Sect. 1:

- A. Gymnastics for girls shall be administered by the NHIAA Gymnastics Committee.
- B. The rules of the National Federation shall govern the sport except for scoring difficulties where the Federation of International Gymnastics shall apply.

Sect. 2: Classification

There shall be only one (1) class of competition.

Sect. 3: Limitations of Meets

- A. Meets per day: A competitor shall not compete in more than one (1) meet per day.
- B. Meets per week: Not more than two (2) meets may be held per week, including scrimmages, and they may not be held on consecutive days. EXCEPTION: One (1) postponed meet may be held provided that the two-day consecutive days limitation is not violated.

Sect. 4: Events

Floor Exercise
Vault
Uneven Parallel Bars
Balance Beam

Sect. 5: State Tournaments

- A. The State Tournament shall be administered by the NHIAA Gymnastics Committee.
- B. Member schools must have competed on an interscholastic basis to be eligible to participate.
- C. Awards: Official NHIAA championship and runner-up plaques, in addition to twenty (20) team medals, will be awarded to the respective champion and runner-up teams. Individual medals will be awarded to:
 - 1. Top six (6) competitors per event.
 - 2. Top six (6) all-around competitors.
- D. A State Tournament will be held only for girls unless there are sufficient number of schools and teams for boys.

BY-LAW ARTICLE XX
ICE HOCKEY
Boys and Girls

Sect. 1: Ice Hockey shall be administered by the NHIAA Ice Hockey Committee and the rules of the National Federation will govern the sport when applicable.

Sect. 2: The NHIAA Ice Hockey Committee shall be responsible for conducting the Annual State Ice Hockey Tournament. The committee will arrange for the tournament to be played at times and sites to be determined.

Sect. 3: All games in New Hampshire, regular season and tournament, will be played according to the National Federation Ice Hockey Rules as they apply to high school games.

Sect. 4: All schedules are due in the NHIAA office on or before September 15th. The Ice Hockey Committee shall meet to approve schedules of the teams for tournament consideration.

Sect. 5: All tournaments, jamborees, and similar competition must be sanctioned by the Ice Hockey Committee through the Executive Director. These sanctioned contests shall not count on the regular season's record for tournament consideration. No school may enter more than one approved Christmas tournament.

Sect. 6: All schedules for tournament consideration shall be guided by the following:

- A. In order to qualify for tournament consideration, each team must play a minimum of 12 games against NH schools within their own Division. For rating purposes, only games with NHIAA schools within their own Divisions will count for tournament consideration. Deviations shall only occur with the approval of the Ice Hockey Committee.
- B. If more than two regular season contests are scheduled between two schools, only the first two scheduled contests appearing on each school's schedule will be counted toward tournament consideration.
- C. Games can neither be added nor deleted from the schedules after they have been approved by the NHIAA.
- D. Scrimmages against other schools shall not be permitted during the first six days of practice and after the first scheduled game. This regulation also applies to the sub-varsity and freshman teams.

Sect. 7: Classification of Ice Hockey Schools

Boys: Ice Hockey schools shall be classified into three divisions based upon enrollments and petitions subject to the approval of the Classification Committee.

Girls: Ice Hockey schools shall be classified as on division.

2008-09 Boys Ice Hockey Classification					
Division I (1800 +)		Division II (1201 – 1799)		Division III (1 – 1200)	
16 Schools		12 Schools		12 Schools	
Pinkerton	3331	Spaulding	1768	Bedford	1172
Nashua South	2287	Keene	1762	Con-Val	1087
Salem	2263	Dover	1671	Portsmouth	1067
Man. Memorial	2165	Merrimack	1593	Pembroke	1045
Man. Central	2159	Timberlane	1590	Belmont-Gilford	1033
Nashua North	2054	Alvirne	1518	Souhegan	970
Concord	1877	Winnacunnet	1324	Hollis/Brookline	952
Londonderry	1827	Goffstown	1289	Kennett	945
Man. West	1809	*Kingswood	947	John Stark	890
*Exeter	1654	*Lebanon	761	Laconia	822
*Bishop Guertin	885	*Oyster River	710	Monadnock	787
*Hanover	746	*Bow	669	Moult. – Inter-Lakes	680
*St. Thomas	721			Somersworth	605
*Berlin	570				
*Trinity	470				
*Bishop Brady	443				
* By Petition					
2008-09 Girls Ice Hockey Classification					
10 Schools					
St. Thomas-Dover	2392	Souhegan	970	Oyster River	710
Concord	1877	Bishop Guertin	885	Berlin	570
Spaulding	1768	Lebanon	761		
Exeter	1654	Hanover	746		

Sect. 8: Team Selection and Format for the State Tournament:

- A. Boys: Twelve (12) teams will qualify for the Division I tournament. Eight (8) teams will qualify for the Division II tournament. Eight (8) teams will qualify for the Division II and III tournament.
Girls: Six (6) teams will qualify for the girls tournament.
- B. Tournament team selection will be determined in accordance with the present classification system.
- C. Tournament games will consist of three (3) fifteen (15) minute periods. Each game will be played straight through. In the event of a tie the following tournament overtime rule shall apply: For all tournament games there shall be fifteen (15) minute "Sudden Victory" overtime period(s). New ice will be made and teams will change ends for every overtime period. This procedure will continue until a winner is determined.
- D. Mercy Rule: In the last period of any NHIAA game, regular season or tournament play, if a team is leading by six (6) or more goals, the clock will continue to run. If the lead is down to only four (4) goals, normal timing procedures will be instituted. The only time the clock will stop is to replace a goalie, when the goalie change rules apply, or to administer to an injured player.

Sect. 9: Awards

Official NHIAA championship and runner-up plaques, in addition to twenty-four (24) individual medals, will be awarded to the respective champion and runner-up teams in each division.

Sect. 10: Tournament Rosters

A TOTAL of twenty five individuals to include twenty (20) players (2 goalies recommended), four (4) non player personnel, and one (1) designated medical personnel shall be permitted to occupy the bench area. For those teams that do not have twenty players in uniform or a designated medical person, additional personnel may NOT be substituted.

BY-LAW ARTICLE XXI
INDOOR TRACK
Boys and Girls

Sect. 1: Indoor Track shall be administered by the Indoor Track Committee of the NHIAA and the rules of the National Federation will govern the sport when applicable.

Sect. 2: State Championships

- A. Only NHIAA member schools may enter the State Championships.
- B. Only athletes who have met, in meet competition, one or more of the Qualifying Standards, are eligible to be entered in the meets. For an athlete to compete in The State Championships, he/she must have participated in at least one Indoor Track meet during the regular season.
- C. Schools may not enter more than six competitors in any event.
- D. A competitor may participate in four events.
- E. Point scoring will be 10, 8, 6, 4, 2, 1.
- F. Awards: Official NHIAA championship and runner-up plaques will be awarded to the respective champion and runner-up teams in each State Championship (Boys and Girls) and the six (6) place winners in all events, including relays, will receive individual medals.
- G. There will be a minimum of twelve (12) performers in each event, based upon performances, as determined by the Indoor Track Committee.

Sect. 3: State Records

Performances in the NHIAA or New England Council Championship Meet(s) will be considered for a record. Requirements for consideration: a) FAT, or b) 3 watches on the place under consideration. When the New England Council Championship Meet conducts the one mile/1600m and two mile/3200m races, the Indoor Track Committee will designate electronic timing or three watches to record the time of the first NH runners to cross the 1500m and 3000m distances in each race. It is the coaches' responsibility to request the assistance of the Indoor Track Committee in this matter. Indoor Track State Records must be certified by the NHIAA Indoor Track Committee.

Sect. 4: Classification

Indoor Track will be classified in two classes L and I-M-S.

BY-LAW ARTICLE XXII
LACROSSE
Boys

Sect. 1: Lacrosse for boys shall be administered by the NHIAA Lacrosse Committee and the rules of the NFHS will govern the boys sport.

Sect. 2: Medical Coverage

Medical coverage as stated under By-Law Article I, Sect. 16 must be provided for all levels of practices and games (varsity and sub-varsity).

Sect. 3: Criteria of Play

- A. The Committee will annually approve schedules of teams participating in Lacrosse.
- B. All teams must complete their entire schedule, which was submitted to the NHIAA. To be eligible for tournament play and seeding, the Lacrosse Committee will consider completed schedules only. Any scheduled game not played will be forfeited by both teams unless the circumstances are made known to the Executive Director of the NHIAA prior to the seeding meeting.
- C. If a regular season game is postponed, the schools involved are to reschedule the game on the next available date. No make-up games may be scheduled during the final week of the season unless they are games that were regularly scheduled for that week. Games postponed prior to the final week must have been made up before that date. Exceptions to this will be made only with prior approval of the NHIAA Lacrosse Committee through the Executive Director.
- D. Boys varsity lacrosse games will have four 12-minute periods; sub-varsity will have four 10-minute periods and there will be a 10-minute halftime.
- E. The games with NHIAA member schools in your division will be the only contests used in determining seeding for the NHIAA Lacrosse Tournament. The remaining contests may be played against NHIAA teams in another division or other high school teams from bordering states.
- F. Lacrosse schools may play an NHIAA member school three times with only the first two (2) games played with the same school counting toward standings.

Sect. 4: Practice Requirements

Scrimmages against other schools shall not be permitted during the first five (5) days of practice or after the first scheduled game. This regulation applies to all varsity and sub-varsity teams.

Sect. 5: Tournament Format

Eight (8) teams will qualify for the Division I, II and III tournament.

Sect. 6: Tournament Officials

Officials for all playoff games will be selected by a committee composed of the Chairman of the Lacrosse Committee, the Supervisor of Boys Lacrosse Officials and the Executive Director of the NHIAA. Input shall be received by the Committee members.

Sect. 7: Awards

Official NHIAA championship and runner-up plaques, in addition to forty (40) individual medals, will be awarded to the respective champion and runner-up teams in each division.

Sect. 8: Tournament Rosters

Each school will be allowed a maximum of forty (40) individuals, with no more than thirty-five (35) of them being players in uniform.

Sect. 9: Classification of Boys Lacrosse Schools

Lacrosse schools shall be classified into three divisions for boys based upon enrollments and petitions subject to the approval of the Classification Committee.

2008-09 Boys Lacrosse Classification					
Div. I (1800+)		Div. II (1050-1799)		Div. III (1-1200)	
13 Schools		14 Schools		18 Schools	
Pinkerton	3331	Spaulding	1768	Pembroke	1045
Nashua – South	2287	Keene	1762	Hollis/Brookline	952
Salem	2263	Dover	1671	Kingswood	947
Man. Memorial	2165	Merrimack	1593	John Stark	890
Man. Central	2159	Timberlane	1590	Merr. Valley	884
Nashua – North	2054	Winnacunnet	1324	Milford	872
Concord	1877	Goffstown	1289	Laconia	822
Londonderry	1827	Bedford	1172	Plymouth	817
Man. West	1809	Con-Val	1087	Monadnock	787
*Exeter	1654	Portsmouth	1067	Lebanon	761
*Souhegan	970	*St. Thomas	721	Pelham	700
*Bishop Guertin	885	*Oyster River	710	Stevens	667
*Hanover	746	*Bow	669	Kearsarge	665
		*Bishop Brady	443	Gilford	572
				Trinity	470
				Hopkinton	355
*By Petition				Derryfield	246

BY-LAW ARTICLE XXIII

LACROSSE

Girls

Sect. 1: Lacrosse for girls shall be administered by the NHIAA Lacrosse Committee and the rules of the US Lacrosse will govern the girls sport when applicable.

Sect. 2: Medical Coverage

Medical coverage as stated under By-Law Article I, Sect. 16 must be provided for all levels of practices and games (varsity and sub-varsity).

Sect. 3: Criteria of Play

- A. The Committee will annually approve schedules of teams participating in Lacrosse.
- B. All teams must complete their entire schedule, which was submitted to the NHIAA. To be eligible for tournament play and seeding, the Lacrosse Committee will consider completed schedules only. Any scheduled game not played will be forfeited by both teams unless the circumstances are made known to the Executive Director of the NHIAA prior to the seeding meeting.
- C. If a regular season game is postponed, the schools involved are to reschedule the game on the next available date. No make-up games may be scheduled during the final week of the season unless they are games that were regularly scheduled for that week. Games postponed prior to the final week must have been made up before that date. Exceptions to this will be made only with prior approval of the NHIAA Lacrosse Committee through the Executive Director.
- D. Girls' varsity lacrosse and sub-varsity will have 25-minute halves; if games are back to back the varsity will have 25-minute halves; and the sub-varsity will have 20-minute halves.
- E. The games with NHIAA member schools in your division will be the only contests used in determining seeding for the NHIAA Lacrosse Tournament. The remaining contests may be played against NHIAA teams in another division or other high school teams from bordering states.
- F. Lacrosse schools may play an NHIAA member school three times with only the first two (2) games played with the same school counting toward standings.

Sect. 4: Practice Requirements

Scrimmages against other schools shall not be permitted during the first five (5) days of practice or after the first scheduled game. This regulation applies to all varsity and sub-varsity teams.

Sect. 5: Tournament Format

Eight (8) teams will qualify for the Division I, II, and III Tournament.

Sect. 6: Tournament Officials

Officials for all playoff games will be selected by a committee composed of the Chairman of the Lacrosse Committee, the Supervisor of Lacrosse Officials and the Executive Director of the NHIAA. Input shall be received by the Committee members.

Sect. 7: Awards

Official NHIAA championship and runner-up plaques, in addition to thirty (30) individual medals, will be awarded to the respective champion and runner-up team in each division.

Sect. 8: Tournament Rosters

Each school will be allowed a maximum of thirty (30) individuals, with no more than twenty-five (25) of them being players in uniform.

Sect. 9: Classification of Girls Lacrosse Schools

Lacrosse schools shall be classified into three divisions for girls based upon enrollments and petitions subject to the approval of the Classification Committee.

2008-09 Girls Lacrosse Classification					
DIVISION I (1800+)		DIVISION II (1050-1799)		DIVISION III (1-1049)	
11 Schools		16 Schools		13 Schools	
Pinkerton	3331	Spaulding	1768	Pembroke	1045
Nashua South	2287	Keene	1762	Hollis/Brookline	952
Salem	2263	Dover	1671	Kingswood	947
Man. Memorial	2165	Merrimack	1593	John Stark	890
Man. Central	2159	Timberlane	1590	Merrimack Valley	884
Nashua North	2054	Winnacunnet	1324	Laconia	822
Concord	1877	Goffstown	1289	Plymouth	817
Londonderry	1827	Bedford	1172	Oyster River	710
Man. West	1809	Con-Val	1087	Pelham	700
*Exeter	1654	Portsmouth	1067	Kearsarge	665
*Souhegan	970	*Bishop Guertin	885	Somersworth	605
		*Lebanon	761	Hopkinton	355
		*Hanover	746	Derryfield	246
		St. Thomas	721		
		*Bow	669		
* By Petition		*Bishop Brady	443		

BY-LAW ARTICLE XXIV
OUTDOOR TRACK AND FIELD
Boys and Girls

Sect. 1: Outdoor Track and Field shall be administered by the Outdoor Track Committee of the NHIAA and the rules of the National Federation will govern the sport when applicable.

Sect. 2: State Class Championships

- A. Only NHIAA member schools are entitled to enter the class championships.
- B. These will be organized, financed, and directed by the NHIAA Outdoor Track Committee.
- C. The results of these meets will be used to qualify for and to organize the Meet of Champions which will follow.
- D. If an athlete meets the Automatic Qualifying Standards, he/she may be entered in the class meet. The meet director will fill the field from all the entries meeting the Provisional Standards by the following formula: on an eight (8) lane track up to a maximum of sixteen (16) entries in the running events, and sixteen (16) entries plus ties in the field events unless it interferes with meet management; on a six (6) lane track up to a maximum of eighteen (18) entries in the running events and eighteen (18) entries plus ties in the field events, unless it interferes with meet management. If an athlete does not meet the Provisional Standards, he/she may not be entered. For an athlete to compete in the State Championships, he/she must have participated in at least one Outdoor Track meet during the regular season. (Refer to the Policies and Procedures Manual for Qualifying Standards.)
- E. Conversion of times for English distances to metric qualifying standards for track events is not allowed. All field event distances and heights will be measured in English units.
- F. All participants must meet the eligibility standards of the NHIAA.
- G. A school may not enter more than six (6) competitors in an event.
- H. A competitor may participate in no more than four (4) events.
- I. Point scoring will be 10, 8, 6, 4, 2, 1.
- J. Awards: Official NHIAA championship and runner-up plaques will be awarded to the respective champion and runner-up teams in each of the class meets, in addition, six (6) ribbons will be awarded to the top six finishers in the finals of *each* event, including relays, in each class for boys and girls.
- K. Class meets will be held the last Saturday of May every year.

Sect. 3: Meet of Champions

- A. A Meet of Champions will be held for both girls and boys.
 - B. The top performers of the three classes will be invited to participate in the Meet of Champions, the number to be determined by the NHIAA Outdoor Track Committee based on the facilities available for the Meet of Champions. (Minimum entrants, plus ties: Class L-5; Class I-4; Class M-S-3.) In addition, the next four (4) best performers regardless of class will also qualify for the Meet of Champions. Athletes who do not qualify by means of their finish at the Class Meet, who have achieved the Qualifying Standard for the Meet of Champions in their event, will be eligible for the State Meet of Champions. The NHIAA Outdoor Track Committee shall be solely responsible for determining the proper seeding position of all entrants. Records from Class Meets over the last 5 years will be consulted in making recommendations for qualifying standards. (Refer to the Policies and Procedures Manual for Qualifying Standards.)
 - C. The rules and events for the Meet of Champions will be the same as those used in the class meets.
 - D. Awards - Official NHIAA place medals will be awarded to the top six (6) finishers in each event, including relays for boys and girls.
 - E. The responsibility for these meets will be the NHIAA's. This responsibility will include the expense of conducting the meets and awards.
 - F. Relay teams will qualify for the Meet of Champions using the same procedures as individuals (Top 5 in Class L, 4 in Class I, and 3 in Class M-S, plus the next four fastest times from the Class Meets).
 - G. The NHIAA Outdoor Track Committee reserves the right to accept petitions from a member school's principal on behalf of an athlete who would like to be considered for competition in the State Meet of Champions, but was unable to qualify under Section 3 B, due to exceptional circumstances.
- Meet of Champions will be held on the first Saturday of June every year.

Sect. 4: State Records

State records will be considered when they occur in NHIAA sanctioned meets under the following conditions:

- Satisfy all provisions of Rule 10, National Federation Track and Field Rule Book;
- Performances at NHIAA Class Championship Meets, Meet of Champions, or New England Championship Meet in which there are three (3) watches on any one place; or any performance occurring at a meet with fully automatic timing (F.A.T.)

Any meet not fulfilling the above criteria may submit a request, in advance, to the Outdoor Track Committee to have performances considered for state record approval. Nominations for new state records must be submitted in writing (on the appropriate form) to the Outdoor Track Committee by the **third** weekend of June of the current season.

NOTE: National level competitions sanctioned by the National Federation and the NHIAA will be considered for State records.

BY-LAW ARTICLE XXV
SKIING – ALPINE
Boys and Girls

Sect. 1: Skiing shall be administered by the NHIAA Alpine Ski Committee and the rules of the National Federation will govern the sport when applicable.

Sect. 2: Eligibility for competition in the State Meet is limited to those schools, which are members of the NHIAA.

Sect. 3: Classification of Alpine Ski Schools

Schools will be classified into four (4) divisions based upon enrollment and petitions subject to the approval of the Classification Committee.

2008-09 Alpine Ski Classification							
Div. I (1200+)		Div. II (701-1199)		Div. III (451-700)		Div. IV (1-450)	
15 Schools		14 Schools		12 Schools		11 Schools	
Nashua – South	2287	Bedford	1172	Bow	669	Inter-Lakes	441
Man. Memorial	2165	Con-Val	1087	Kearsarge	665	Hopkinton	355
Man. Central	2159	Souhegan	970	Prospect Mtn.	573	Littleton	293
Nashua – North	2054	Hollis/Brook.	952	Gilford	572	Woodsville	273
Concord	1877	Kingswood	947	Hillsboro-Deering	493	Derryfield	246
Londonderry	1827	Kennett	945	White Mtn.	482	Moultonborough	239
Man. West	1809	John Stark	890	Trinity	470	Profile	188
Spaulding	1768	Milford	872	Newfound	465	Gorham	187
Keene	1762	Laconia	822	Newport	461	Sunapee	169
Dover	1671	Plymouth	817	Belmont	461	Lin-Wood	139
Exeter	1654	Lebanon	761	Mascenic	453	Sant Bani	54
Merrimack	1593	Hanover	746	*Bishop Brady	443		
Timberlane	1590	St. Thomas	721				
Goffstown	1289	Oyster River	710				
*Pembroke	1045						
*Bishop Guertin	885			* By Petition			

Sect. 4: The Alpine Policies and Procedures Manual will provide specific information on the conduct of ski meets during the regular season and the State Divisional Championships.

Sect. 5: At the State Divisional Championships schools and/or competitors may compete only in designated divisional competition.

Sect. 6: Awards:

Divisional: Official NHIAA Division Championship and runner-up plaques shall be awarded to championship and runner-up teams in each division for boys and girls. The competition shall include slalom and giant slalom events.

Medal Awards: Official NHIAA medals shall be awarded to the top three (3) competitors for boys and girls in each Division I, II, III and IV in slalom and giant slalom.

Divisional Skimeister Awards: Individual skimeister medals shall be awarded to the top three (3) competitors for boys and girls in Division I, II, III and IV who compete in the two Alpine disciplines of slalom and Giant slalom and the two cross-country disciplines of freestyle and classical

Sect. 7: Meet of Champions: The top ten (10) competitors in slalom and giant slalom for boys and girls will advance to the Meet of Champions.

Medal Awards: Individual medals will be awarded to the top six (6) competitors in each event for boys and girls.

BY-LAW ARTICLE XXVI
SKIING NORDIC
(Cross Country and Jumping)
Boys and Girls

Sect. 1: Skiing shall be administered by the NHIAA Nordic Ski Committee and the rules of the National Federation will govern the sport when applicable.

Sect. 2: Eligibility for competition in the State Meet is limited to those schools, which are members of the NHIAA.

Sect. 3: Classification Nordic Ski Schools

Schools will be classified into four (4) divisions based upon enrollment and petitions subject to the approval of the Classification Committee.

2008-09 Alpine Ski Classification							
Div. I (1200+) 15 Schools		Div. II (701-1199) 14 Schools		Div. III (451-700) 12 Schools		Div. IV (1-450) 11 Schools	
Nashua – South	2287	Bedford	1172	Bow	669	Inter-Lakes	441
Man. Memorial	2165	Con-Val	1087	Kearsarge	665	Hopkinton	355
Man. Central	2159	Souhegan	970	Prospect Mtn.	573	Littleton	293
Nashua – North	2054	Hollis/Brook.	952	Gilford	572	Woodsville	273
Concord	1877	Kingswood	947	Hillsboro-Deering	493	Derryfield	246
Londonderry	1827	Kennett	945	White Mtn.	482	Moultonborough	239
Man. West	1809	John Stark	890	Trinity	470	Profile	188
Spaulding	1768	Milford	872	Newfound	465	Gorham	187
Keene	1762	Laconia	822	Newport	461	Sunapee	169
Dover	1671	Plymouth	817	Belmont	461	Lin-Wood	139
Exeter	1654	Lebanon	761	Mascenic	453	Sant Bani	54
Merrimack	1593	Hanover	746	*Bishop Brady	443		
Timberlane	1590	St. Thomas	721				
Goffstown	1289	Oyster River	710				
*Pembroke	1045						
*Bishop Guertin	885			* By Petition			

Sect. 4: The Nordic Policies and Procedures Manual will provide specific information on the conduct of ski meets during the regular season and the State Divisional Championships.

Sect. 5: At the State Divisional Championships schools and/or competitors may compete only in designated divisional competition.

Sect. 6: Awards:

Divisional: Official NHIAA Division Championship and runner-up plaques shall be awarded to championship and runner-up teams in each division for boys and girls. The competition shall include classical and freestyle events.

Medal Awards: Official NHIAA medals shall be awarded to the top three (3) competitors (boys and girls) in Division I, II, III and IV in classical and freestyle.

Divisional Skimeister Awards: Individual skimeister medals shall be awarded to the top three (3) competitors for boys and girls in Division I, II, III and IV who compete in the two Alpine disciplines of slalom and Giant slaloms and the two cross country disciplines of freestyle and classical.

Jumping: Official NHIAA championship and runner up plaques shall be awarded to the championship and runner-up teams.

Medal Awards: Official NHIAA medals will be awarded to the top three (3) competitors for boys and girls.

Sect. 7: Jumping: Official NHIAA championship and runner up plaque shall be awarded to the championship and runner-up team.

Medal Awards: Official NHIAA medals will be awarded to the top three (3) competitors for boys and girls. There is no jumping skimeister award.

Sect. 8: Meet of Champions: The top ten (10) competitors in classical and freestyle for boys and girls will advance to the Meet of Champions.

Medal Awards: Individual medals will be awarded to the top six (6) competitors in each event for boys and girls.

BY-LAW ARTICLE XXVII
SOCCER
Boys and Girls

Sect. 1: Soccer shall be administered by the NHIAA Soccer Committee and the rules of the National Federation will govern the sport when applicable.

Sect. 2: Scheduling Standards

- A. Only games with NHIAA schools or with member schools of state associations may be counted.
- B. Only two games between the same schools may be counted unless unusual circumstances arise and the NHIAA Soccer Committee approves.
- C. All games are to be officiated by no less than two (2) NHIAA registered officials. Exceptions to this may be sought by contacting the NHIAA office prior to the game.
- D. Interscholastic games will not be permitted following the last date to play.
- E. Each team must play 60% of its games in its class or higher; 40% of its games may be played in a lower class.

Sect.3: Tournament Selection

Tournament team selection will be determined in accordance with the present classification system.

The top sixteen (16) teams in Class L, I, and S the top twelve- (12) teams in Class M will qualify for the Girls' State Tournament.

The top sixteen (16) teams in Classes L, I, M and S will qualify for the Boys' State Tournament.

Sect. 4: Site Selection

The tournament sites for the preliminary and quarterfinal round will be determined by the seeding position of each team with the highest seeded teams playing at their *home* field. Selected sites will be determined by the Soccer Committee for all semifinal and final games.

Sect. 5: Tournament Rosters

All tournament teams will be limited to a maximum of twenty-five (25) dressed players, two managers, and two coaches.

Sect. 6: Awards

Official NHIAA championship and runner-up plaques, in addition to thirty (30) individual medals will be awarded to the respective champion and runner-up teams in each class for boys and girls.

Sect. 7: Classification of Teams

Girls Soccer will be placed in four (4) classes: Classes L, I, M and S.

Boys Soccer will be placed in four (4) classes: Classes L, I, M and S.

Sect. 8: Official Time

Time shall be kept on the field by the official nearest to the team benches. Official timer may be used with the mutual consent of the officials and both coaches prior to the game.

Sect. 9: Diagonal Officiating System

Schools may use the diagonal system of control (one referee and two linesman - NHSOA Certified) with mutual consent of both coaches prior to game day.

Sect. 10: Make-Up Games

No make-up games may be scheduled during the last week of the regular season unless they are games that were regularly scheduled for that week. Teams must complete their *entire* schedule that has been submitted to the NHIAA. To be eligible for tournament seedings and play, the Soccer Committee will consider completed schedules only. Any scheduled game(s) not played will be forfeited by both teams unless the circumstances are made known to the NHIAA Executive Director *prior* to the pairings meeting date. Forfeit appeals will be conducted in compliance with NHIAA Policy By-Law Article VI.

Sect. 11: Overtime Procedures for Regular Season Play

When the score is tied at the end of regulation time, the referee will instruct both teams to return to their respective team benches. There will be a five (5) minute intermission during which both teams may confer with their coaches and the head referee will instruct both teams as to how the overtime periods will be conducted. A coin toss shall be held in accordance with Rule 5-2-2 (e) of the National Federation Rules Book. The teams will play a ten (10) minute sudden victory overtime period. If the score is still tied, the teams will change ends without leaving the field of play (Substitutions are allowed). A second ten (10) minute sudden victory period will be played. The match will be considered a draw if the score is still tied after these two (2) periods.

Sect. 12: Tournament Tie-Breaking Procedures

When the score is tied at the end of regulation time, the referee will instruct both teams to return to their respective team boxes. There will be five minutes during which both teams may confer with their coaches and the head referee will instruct both teams as to proper procedure. A coin toss shall be held as in Rule 5-2-2 (e) (3) of the National Federation Rules Book.

A. Sudden Victory Overtime Procedure:

1. For all tournament games there shall be a twenty-minute Sudden Victory overtime period.
2. If a tie still exists at the end of the twenty-minute Sudden Victory overtime period, the teams shall change ends.
3. A second twenty-minute Sudden Victory overtime period shall be played.
4. If the score still remains tied, all coaches, officials and team captains shall assemble at the halfway line to review the procedure for participating in the shoot-out as outlined below.

B. Rules of the Shoot-Out:

1. The officials shall determine which goal will be used for the shoot-out and will place the ball on the 35-yard line.
2. Each coach will select any five players, including the goalkeeper, on or off the field (except those who may have been disqualified) to participate in the shoot-out.
 - a. Players will alternate kicks in all situations.
 - b. Following all five (5) kicks for each team, the team scoring the greatest number of goals shall be declared the winner. One goal is added to the winning teams score to credit the team with a victory.
 - c. If the score remains tied after each team has had five (5) kicks, each coach will select five (5) different players than the first five who already have kicked, to take the kicks in a sudden victory situation. If one team scores and the other team does not score after taking an equal number of kicks, the game is ended without more kicks being taken.
 - d. If the score remains tied, continue the sudden victory kicks with the coach selecting any five (5) players to take the next set of alternating kicks.
 - e. Repeat (d) until a champion is determined.
3. A coin toss shall be held. The team winning the toss shall have the choice of kicking first or second.
4. The lead official shall sound the whistle for start of play. The 7-second clock shall not start until the ball has moved its circumference. (Approximately 27")
5. The shooter has 7 seconds in which to score.
6. The shooter may replay any rebounds within the allotted 7 seconds.
7. The trail official timing shall sound his whistle upon expiration of 7 seconds.
8. A goal is scored when the whole of the ball passes over the end line, between the goal post and under the cross bar within the allotted 7 seconds.
9. At the start of each shoot-out the goalkeeper must have both feet on the goal line until the ball is legally played. Violation shall result in a re-kick.
10. The goalkeeper shall have the same privileges and responsibility as in regulation play.
11. Infractions by the goalkeeper (i.e. tripping, holding, etc.) shall result in penalty kick.
 - a. If goal is scored, the infraction is ignored. The penalty kick shall be taken by the shooter.
 - b. In the event of an injury to the shooter, that player may be replaced by any eligible player on the team other than the previously selected (5) players.
12. Infractions by the shooter will negate the shooter's opportunity to score.
13. Delaying or unsportsmanlike tactic by any player shall result in a warning (yellow card). If unsportsmanlike tactics continue, the player shall be disqualified (red card).

C. Officials Duties for Overtime Shoot-Out:

1. Determine which goal will be used for shoot-out
2. The lead official shall sound whistle to start play. The lead official shall observe for penalties and infractions and goals.
3. The trail official shall start timepiece for 7 seconds allotted time when ball has moved its circumference. The trail official shall observe for penalties and infractions and sound whistle ending 7-second allotment of time.

Sect. 13: Interrupted Games

Whenever a game is interrupted in the first half because of events beyond the control of the responsible administrative authorities, it shall be continued from the point of interruption. Both officials should sign the official scorebook and note the time on the clock and the period when the game was interrupted.

**BY-LAW ARTICLE XXVIII
SOFTBALL**

Girls

Sect. 1: Softball shall be administered by the NHIAA Softball Committee and the rules of the National Federation will govern the sport when applicable. The "Fast Pitch 12" Softball Rules of the National Federation will be used to govern all interscholastic softball games.

Sect. 2: Results of games played in all classes (L, I, M, S) must be posted on the NHIAA website immediately following the game. Failure to do so may result in teams being eliminated from tournament consideration.

Sect. 3: Schedule Requirements

All schedules must be submitted to the Executive Director on or before the deadline date of February 1st of each year. It is strongly recommended that in drawing up interschool schedules, Thursday of each week be left open for the purposes of rescheduling due to postponements, etc. Schools may schedule three (3) in-class opponents three times.

Sect. 4: NOCSAE approved equipment must be used in all NHIAA contests.

Sect. 5: Tournament Rosters

All tournament teams will be limited to a maximum of twenty-three (23) individuals, with no more than eighteen (18) of them being players in uniform.

Sect. 6: Suspended Games

If weather or darkness interferes with play so that the game is called (ended) by the umpire, it is a regulation game: (a) if five innings have been played, or if the home team has scored an equal or greater number of runs in four, or four and a fraction terms at bat than the visiting team has scored in five terms at bat; or (b) if play has gone beyond five full innings.

In (b), if the game is called when the teams have not had an equal number of completed terms at bat, the score shall be the same as it was at the end of the last completed inning; except that if the home team in its half of the uncompleted inning, scores a run (or runs) which equals or exceeds the opponent's score, the final score shall be as recorded when the game is called.

A game called for any reason, where a winner cannot be determined, or any game called at any time for mechanical failure (i.e., artificial lights, water systems, etc.) will be treated as a suspended game. If the game is to be completed, it will be completed from the point of suspension, with the line-up and batting order of each team the same as the line-up and batting order at the moment of suspension, subject to the rules of the game.

Sect. 7: Tournament Selection

Tournament team selection will be determined in accordance with the present classification system. Sixteen (16) teams will qualify for the Class L, I, M and S tournaments.

Sect. 8: Selection of Tournament Sites

Preliminary round games will be played at the site of the highest seeded team. The quarterfinal, semifinal, and final rounds will be played at sites selected by the Committee. Final games and times at neutral sites will be rotated on a yearly basis.

Sect. 9: Awards

Official NHIAA championship and runner-up plaques, in addition to 20 individual medals, will be awarded to the respective champion and runner-up teams in each class.

BY-LAW ARTICLE XXIX
SPIRIT TEAMS
Girls and Coed

Sect. 1:

- A. Spirit shall be administered by the NHIAA Spirit Committee.
- B. The rules of the National Federation shall govern the sport when applicable.
- C. A limit of 4 competitions sanctioned by the NHIAA per season (Fall, Winter) prior to the state competition and prior to the end of the regular season in your class in that sport will be allowed.

Sect. 2: Classification

Schools will be classified in the following manner:

- A. Fall - three classes: L, I, M-S
 - B. Winter - five classes: L, I, M, S, Coed*
- *Coed: A team with one or more of the opposite gender on the team.

Sect. 3: Competition Rosters

- A. Competition teams shall be limited to no more than twenty (20) members who have participated in practices and cheered at games throughout the current spirit season.
- B. Two classes of teams will exist:
 - 1. Single gender
 - 2. Coed, with one or more of the opposite gender on the team
- C. The number of athletes allowed at other sports tournaments shall be governed by those individual sports committees. (See Policy and Procedures Manual)

Sect. 4: State Tournaments

- A. The State Tournament Competition shall be administered by the NHIAA Spirit Committee.
- B. All member schools will be able, but not required, to enter one Varsity team into the State competition provided they have cheered for a school team, such as football, as a squad. There will be no strictly competition teams allowed.
- C. Tournament rules shall be set by the NHIAA Spirit Committee.
- D. Under no circumstances may a state championship be held with less than five (5) -schools in a class participating.

Sect. 5: Awards

Official NHIAA Championship and Runner-up plaques will be awarded to the respective champion and runner-up teams in each class. Twenty-four (24) team medals shall be awarded to the team members, managers, and coaches of the respective champion and runner-up teams in each class, including coed.

Sect. 6: Competition Judges

The NHIAA Spirit Committee shall have the responsibility of selecting judges for each tournament event.

Sect. 7: Sanctioning

- A. All competition events outside of the NHIAA State Championship must be sanctioned in accordance with NHIAA By-Law Article VII, Sanctioning Procedures for Athletic Competition. Only requests from member schools or other State Association member schools shall be considered.
- B. In order for a spirit squad to be eligible to participate in outside competition, that squad must compete in the NHIAA State Tournament competition.
(Refer to the Policies and Procedures Manual for Spirit Teams for specific requirements when applying for sanction of an event.)

BY-LAW ARTICLE XXX
SWIMMING AND DIVING
 Boys and Girls

Sect. 1 Swimming and Diving shall be administered by the NHIAA Swimming and Diving Committee and the rules of the National Federation will govern the sport when applicable.

Sect. 2 Only member schools of the NHIAA and schools affiliated with state associations from other states shall be permitted to enter teams and/or individuals into NHIAA sanctioned swim/dive meets.

Sect. 3 The NHIAA Swimming and Diving Committee shall be responsible for selecting sites, dates and times and format for the State Swimming and Diving Championship. The rules governing the event shall be the National Federation Swimming and Diving Rules.

Sect. 4 Classification of Schools

Schools will be classified into two (2) divisions for boys and girls based upon enrollment and petitions subject to the approval of the Classification Committee (DI 1201+; DII 1-1200).

Division I (1201+) 18 Schools		Division II (1-1200) 26 Schools	
Pinkerton	3331	Bedford	1172
Nashua South	2287	Portsmouth	1067
Salem	2263	Souhegan	970
Manchester Memorial	2165	Hollis/Brookline	952
Manchester Central	2159	Kingswood	947
Nashua North	2054	John Stark	890
Concord	1877	Milford	872
Londonderry	1827	Laconia	822
Manchester West	1809	Monadnock	787
Spaulding	1768	Lebanon	761
Keene	1762	Hanover	746
Dover	1671	St. Thomas	721
Exeter	1654	Oyster River	710
Merrimack	1593	Coe-Brown	709
Alvirne	1518	Pelham	700
Winnacunnet	1324	Bow	669
Goffstown	1289	Stevens	667
*Bishop Guertin	885	Kearsarge	665
		Somersworth	605
		Campbell	575
		Gilford	572
		Conant	506
		Trinity	470
		Mascenic	453
		Bishop Brady	443
*By Petition		Derryfield	246

Sect. 5 Scheduling

A team or individual must have competed in a minimum of four (4) separate meet dates against NHIAA member schools during the regular season in order to participate in the state championship. The maximum number of meets allowed is sixteen (16). An athlete may not compete in more than three (3) team competitions per week.

Sect. 6 Tournament Format

The NHIAA will sponsor a separate girls and boys championship for swimming and diving Including the following events:

Girl's Event #'s	Event	Boy's Event #
1	200 yd/m Medley Relay	2
3	200 yd/m Freestyle	4
5	200 yd/m Individual Medley	6
7	50 yd/m Freestyle	8
9	1 m Diving	10
11	100 yd/m Butterfly	12
13	100 yd/m Freestyle	14
15	500 yd/m Freestyle	16
17	200 yd/m Freestyle Relay	18
19	100 yd/m Backstroke	20
21	100 yd/m Breaststroke	22
23	400 yd/m Freestyle Relay	24

Sect. 7 Awards

Official NHIAA championship and runner up plaques and medals will be awarded to the respective champion and runner up teams for both boys and girls. Medals will be awarded to the top six (6) competitors in each event for boys and girls and ribbons will be awarded to the 7th through 12th place competitors in each event for boys and girls.

BY-LAW ARTICLE XXXI

TENNIS

Boys and Girls

Sect. 1: Tennis shall be administered by the NHIAA Tennis Committee and the rules of the National Federation will govern the sport when applicable.

Sect. 2: Only member schools of the NHIAA will be permitted to enter either teams or individuals.

Sect. 3: The NHIAA Tennis Committee shall select sites, dates, and format for the state tennis tournament. The rules governing play shall be those adopted and written by the USTA.

Sect. 4: Awards

Official NHIAA championship and runner-up plaques, and twelve (12) team medals will be awarded to the respective champion and runner-up teams in each class for boys and girls. A gold medal will be presented to the singles champion; a silver medal to the runner-up for boys and girls. Gold medals will be presented to the doubles winners; silver to the runners-up for boys and girls.

Sect. 5: A regular season interschool match shall be six singles and three doubles. Points will be awarded accordingly.

Sect. 6: Classification of Schools

Tennis teams will be divided into three (3) classes, Class L, Class I and Class M-S.

Sect. 7: Criteria of Play

All regular season tennis matches with NHIAA member schools and with out-of-state schools who are members of their respective state high school association will count in determining team standings for tournament consideration.

Sect. 8: Tournament Selection

Tournament team selection will be determined in accordance with the Class L, I, M and S Classification system. Eight (8) teams in Classes I & L and four (4) teams in Class M/S will qualify for the tournament.

Sect. 9: Scheduling Standards

Schools may schedule three in-class opponents three times to be counted toward the final team standings if approved by the NHIAA Tennis Committee.

BY-LAW ARTICLE XXXII
VOLLEYBALL
Boys and Girls

Sect. 1: Volleyball shall be administered by the NHIAA Volleyball Committee and the rules of the National Federation will govern the sport when applicable.

Sect.2: Tournament Selection

Tournament team selection shall be determined in accordance with the present classification system.

Girls: The top sixteen (16) teams in Division I, II and III shall qualify for the state tournament.

Boys: An eight-(8) team tournament will be held.

In case of a tie for any of the tournament positions, the NHIAA tie-breaking procedure will be used.

Sect. 3: Awards

Official NHIAA championship and runner-up plaques, in addition to twenty (20) individual medals, will be awarded to the respective championship and runner-up teams in each class for boys and girls.

Sect. 4: Classification of Volleyball Schools

Girls volleyball schools will be divided into three (3) divisions based upon enrollments and petitions subject to the approval of the Classification Committee.

Boys volleyball school will compete as one (1) class.

2007-08 Girls Volleyball Classification					
Division I (1201+) (19 Schools)		Division II (551-1200) (19 Schools)		Division III (1-550) (19 Schools)	
Pinkerton	3392	Portsmouth	1070	Raymond	537
Man. Central	2395	Souhegan	1049	Campbell	531
Salem	2306	Kingswood	956	Prospect Mtn.	518
Nashua South	2305	Kennett	953	Franklin	477
Man. West	2279	John Stark	921	Mascoma	466
Man. Memorial	2262	Plymouth	912	Farmington	465
Nashua North	2085	Milford	859	Newfound	464
Concord	1938	Hollis/Brook.	854	Hillsboro	462
Londonderry	1795	Laconia	805	Belmont	451
Keene	1756	Hanover	755	Inter-Lakes	441
Spaulding	1699	St. Thomas	717	Mascenic	412
Alvirne	1683	Coe-Brown	686	Epping	402
Exeter	1649	Oyster River	682	Wilton	275
Merrimack	1648	Fall Mountain	678	Pittsfield	247
Timberlane	1565	Pelham	662	Port. Christian	244
Goffstown	1344	Winnisquam	598	Moultonborough	225
Winnacunnet	1327	Somersworth	577	Sunapee	190
*Bishop Guertin	891	Bedford	556	Nute	180
*Trinity	536	Gilford	554	Laconia Christian	44
* By Petition					

Sect. 5: Tournament Rosters

All tournament teams will be limited to a maximum of fifteen (15) dressed players, three managers, and two coaches.

**BY-LAW ARTICLE XXXIII
WRESTLING
Boys**

Sect. 1: Wrestling shall be administered by the NHIAA Wrestling Committee and the rules of the National Federation will govern the sport when applicable.

Sect. 2: School requirements for the NHIAA wrestling tournament are:

- A. Must have a coach appointed by the school.
- B. A contestant must have participated in two-documented weigh-ins AND three individual matches which cannot have all occurred at the same event.

Sect. 3: All wrestlers will certify their scratch weights no later than the second Saturday in January. Each wrestler must make weight at their certified weight class in a minimum of fifty percent of their weigh-ins in order to be eligible to wrestle at that weight in the Divisional Meet Championships. Two-day events will count as only one weigh-in. The Divisional tournaments seeding will be on the Wednesday prior to the tournaments.

Sect. 4: The following weight control program is mandated. Prior to the beginning of the first meet, each wrestler must consult their coach, parents, and school athletic trainer or physician. It is mandated that all wrestlers have their body fat measured by a medical professional prior to the first meet. Appropriate wrestling weight is that weight, which can be maintained, by eating a healthy, balanced diet. 7 % for males and 12% for females is designated as the medically safe, minimum percent body fat for high school wrestlers. Wrestlers shall not certify for a weight class that is below these minimum guidelines. Most high school wrestlers will perform very well at a body fat above 7%. No wrestler is permitted to wrestle at a weight class lower than his certified weight. Appeals to the minimum weight certification requirement requires a statement filed by a physician to the NHIAA office.

Sect. 5: Each school is allowed a maximum of **fourteen (14) wrestlers (one per weight class entry)**, and two coaches and two managers passes to participate in the state tournament.

Sect. 6: The NHIAA will recognize official competition in the following pound weight classes:

103	135	171
112	140	189
119	145	215
125	152	285
130	160	

Sect. 7: Classification of Wrestling Schools:

Wrestling schools will be divided into two divisions based upon enrollments and petitions subject to the approval of the Classification Committee.

2008-09 Wrestling Classification			
Division I (1300 +)		Division II (1-1299)	
17 Schools		18 Schools	
Pinkerton	3331	Goffstown	1289
Nashua South	2287	Bedford	1172
Salem	2263	Con-Val	1087
Man. Memorial	2165	Souhegan	970
Man. Central	2159	Hollis/Brookline	952
Nashua North	2054	John Stark	890
Concord	1877	Milford	872
Londonderry	1827	Plymouth	817
Man. West	1809	St. Thomas	721
Spaulding	1768	Oyster River	710
Keene	1762	Pelham	700
Exeter	1654	Bow	669
Merrimack	1593	Campbell	575
Timberlane	1590	Winnisquam	567
Alvirne	1518	White Mountain	482
Winnacunnet	1324	Franklin	477
*Bishop Guertin	885	Newfound	465
* By Petition		Newport	461

Sect. 8: Awards

- A. Class Meets: Official NHIAA championship and runner-up plaques will be awarded to the respective champion and runner-up teams in both divisions. Individual medals will be awarded to the top six (6) competitors in Division I and the top four (4) competitors in Division II for each weight class.
- B. Meet of Champions: The top six (6) competitors from the Division I Tournament and the top four (4) competitors from the Division II Tournament will advance to the Meet of Champions. Individual medals will be awarded to the top six- (6) competitors in each weight class.
- C. New England Meets: The top three competitors in each weight class will qualify to represent New Hampshire at the New England Wrestling Championships.



BRAIN INJURY IN ATHLETICS

Brain injury is the most frequent direct cause of death in athletics.

GENERAL INFORMATION

- An estimated 300,000 sports related traumatic head injuries occur each year.
- Some athletes with a traumatic brain injury will never have suffered unconsciousness or have signs of neurological deficit.
- Football, gymnastics, wrestling and ice hockey have the greatest risk per 100,000 participants of catastrophic head injury.
- Those who sustain one concussion are at a sixfold risk of suffering another.

FOOTBALL

- In any given season, 10% of all college players and 20% of high school football players sustain brain injuries.
- 70% of football players who are "knocked out" return to play that same day.
- From 1985 to 1994 there were 26 reported head related fatalities in organized high school football in the United States.
- From 1984 to 1995 there were 43 cases of high school football players with permanent cerebral injuries.
- Yearly, in the US, there are at least 250,000 cases of mild brain injury reported in football alone -many more go unreported.

OTHER SPORTS

- Soccer players can receive a brain injury from head-to-head contact, falls or being struck on the head with a ball.
- Heading the ball repeatedly in soccer can cause a concussion, especially when a small child uses too large a ball.
- Brain injury accounts for 46% of all winter sports injuries including skiing, ice hockey, sledding, and ice-skating.
- The head is involved in more baseball injuries than any other part of the body.
- Collisions, being hit with the ball, and sliding head first in baseball can cause serious brain injury.

SECOND IMPACT SYNDROME (SIS)

- Second Impact Syndrome occurs when a second brain injury is sustained before the initial injury has had time to heal.
- This second blow may be extremely minor, a light head tapping or even a blow to the body that causes the head to jerk.
- One half of those with SIS die as a result of the injury.
- The time from second impact to brainstem failure may be rapid, taking as little as two to five minutes-
- Between 1980 and 1993, there were 17 confirmed and 18 probable cases of SIS among American football players.
- Ice hockey, downhill skiing, and boxing have also reported cases of SIS.

RECOMMENDATIONS FOR PREVENTION

- Encourage athletes to report any and all head injury no matter how minor they think it might be. Emphasize the potential seriousness of head trauma.
- Refer to a physician if concussion is greater than a grade 1 or if symptoms persist (see attached concussion guidelines).
- Strictly follow the recommendations outlined for concussion management.
- Be conservative when evaluating "when to return to play".
- Adhere to proper equipment, conditioning, and fundamental skills training guidelines.
- National Federation of State High School Associations require written physician releases before a football player who has suffered loss of consciousness is allowed to resume practice or competition.

Note: All of the above information was taken from published medical literature. A reference list is available upon request from the Injury Prevention Center at Dartmouth Medical School, 603/653-1135.

Permission to copy is granted. 07/00

RECOGNIZING POSSIBLE BRAIN INJURY

A guide for parents, coaches, and athletes

Head injuries can have permanent consequences or can be fatal especially if they go undetected. Therefore, recognition of the injury is crucial. Any individual that has suffered a head injury and continues to exhibit any of the signs and symptoms listed below may suffer a severe life-threatening brain injury if a subsequent blow to the head (or body) is sustained. This is referred to as Second Impact Syndrome.

Second Impact Syndrome can occur even with mild head injuries, therefore it is essential to identify when an individual has received any type of brain injury so that further, more serious injury can be avoided.

It is crucial that athletes, parents and coaches be aware of signs and symptoms of a head injury. Ignoring a head injury, no matter how mild it might appear, can be dangerous. Please refer to the guidelines listed below for signs of possible brain injury.

SIGNS OF TROUBLE -contact your physician or go to the Emergency Department if you see any of these following a head injury. Sometimes signs might not appear for several days or weeks.

- Slurred or incoherent speech
- Vacant stare or befuddled facial expression
- Delayed verbal or motor response
- Difficulty focusing attention
- Observable lack of coordination (stumbling, inability to walk a straight line)
- Disorientation (walking in the wrong direction, unaware of time, date, or place.)
- Memory deficits
- Any loss of consciousness
- Persistent or severe headache
- Dizziness or vertigo
- Nausea and vomiting
- Easily fatigued or drowsy
- Irritability or anxiety
- Intolerance of bright lights and loud noises, possible vision difficulty and ringing in the ear
- Seizures or convulsions
- Bleeding or clear fluid from the nose or ears

***It is okay to sleep following a brain injury as long as the injured person is awakened every two to four hours. If the person is difficult to wake or is confused, contact a doctor immediately.

Remember that trauma to the brain no matter how mild can have severe consequences. DO NOT IGNORE THE SIGNS OR SYMPTOMS. If there is any question, seek medical assistance immediately.

**For additional information please contact the
New Hampshire Brain Injury Association at (603) 225-8400.**

**The above information has been adapted from the American Academy of Pediatricians, American Academy of Neurology, and the DHMC Emergency Department by the Injury Prevention Center, (603) 653-1135.

Permission to copy is granted.

HEAT STRESS AND ATHLETIC PARTICIPATION

Early fall football, cross country, soccer and field hockey practices are conducted in very hot and humid weather in many parts of the United States. Due to the equipment and uniform needed in football, most of the heat problems have been associated with football. During the 1998 season, there were four heat stroke deaths in football. There are no excises for deaths if the proper precautions are taken. During hot weather, the athlete is subject to the following:

HEAT CRAMPS—Painful cramps involving abdominal muscles and extremities caused by intense, prolonged exercise in the heat and depletion of salt and water due to profuse sweating.

HEAT SYNOCOPE—Weakness, fatigue, and fainting due to loss of salt and water in sweat and exercise in the heat. Predisposes to heat stroke.

HEAT EXHAUSTION (WATER DEPLETION)—Excessive weight loss, reduced sweating, elevated skin and core body temperature, excessive thirst, weakness, headaches and sometimes unconsciousness.

HEAT STROKE—An acute medical emergency related to thermoregulatory failure. Associated with nausea, seizures, disorientation, and possible unconsciousness or coma. It may occur suddenly without being preceded by any other clinical signs. The individual is usually unconscious with a high body temperature and a hot dry skin (heat stroke victims, contrary to popular belief, may sweat profusely).

It is believed that the above-mentioned heat stress problems can be controlled provided certain precautions are taken. According to the American Academy of Pediatrics Committee on Sports Medicine, heat related illnesses are all preventable. (Sports Medicine: Health Care for Young Athletes, American Academy of Pediatrics, 1991). The following practices and precautions are recommended:

1. Each athlete should have a physical exam with a medical history when first entering a program and an annual health history update. History of previous heat illness and type of training activities before organized practice begins should be included. State high school association's recommendations should be followed.
2. It is clear that top physical performance can only be achieved by an athlete who is in top physical condition. Lack of physical fitness impairs the performance of an athlete who participates in high temperatures. Coaches should know the **PHYSICAL CONDITION** of their athletes and set practice schedules accordingly
3. Along with physical conditioning, the factor of acclimatizing to heat is important. Acclimatization is the process of becoming adjusted to the heat and it is essential to provide for **GRADUAL ACCLIMITIZARION TO HOT WEATHER**. It is necessary for an athlete to exercise in the heat if he/she is to become acclimatized to it. It is suggested that a graduated physical conditioning program be used and that 80 percent acclimatization can be expected to occur after the first seven to 10 days. Final states of acclimatization can be expected to occur after the first seven to 10 days. Final stages of acclimatization to heat are marked by increased sweating and reduced salt concentration in the sweat.
4. The old idea that water should be withheld from athletes during workouts has **NO SCIENTIFIC FOUNDATION**. The most important safeguard to the health of an athlete is the replacement of water. Water must be on the field and readily available to athletes at all times. It is recommended that a minimum of 10 minutes be scheduled for a water break every half hour of heavy exercise in the heat. **WATER SHOULD BE AVAILABLE IN UNLIMITED QUANTITIES**. Check and be sure athletes are drinking the water. Cold water is preferable. Drinking ample water before practices and games has also been found to aid performance in the heat.
5. Salt should be replaced daily. Modest salting of foods after practice or games will accomplish this purpose. Salt sables are not recommended. **ATTENTION MUST BE DIRECTED TO REPLACING WATER—FLUID REPLACEMENT IS ESSENTIAL**.
6. Know both the **TEMPERATURE** and the **HUMIDITY**. The greater the humidity, the more difficult it is for the body to cool itself. Test the air prior to practice or game using a wet bulb, globe, relative humidity index (WBGT Index) which is based on the combined effects of air temperature, relative humidity, radiant heat and air movement. The following precautions are recommended when using the WBGT Index (ACSM's Guidelines for the Team Physician, 1991):

Below 64.....unlimited activity

65-72....moderate risk

74-82....high risk

82+.....very high risk

There is also a weather guide for activities that last for 30 minutes or more (Fox Matthews, 1981), which involves knowing the relative humidity and air temperature.

AIR TEMP	DANGER ZONE	CRITICAL ZONE
70 F	80% RH	100% RH
75 F	70% RH	100% RH
80 F	50% RH	80% RH
85 F	40% RH	68% RH
90 F	30% RH	55% RH
95 F	20% RH	40% RH
100 F	10% RH	30% RH

RH = Relative Humidity

One other method of measuring the relative humidity is the use of a sling psychrometer which measures the bulb temperature. The wet bulb temperature should be measured prior to practice and the intensity and duration of practice adjusted accordingly.

Recommendations are as follows:

Under 60 F.....safe but always observe athletes

61-65 F.....observe players carefully

66-70 F.....caution

71-71 F.....shorter practice sessions and more frequent water and rest breaks

75 + F.....danger level and extreme caution

7. Cooling by evaporation is proportional to the area of the skin exposed. In extremely hot and humid weather, reduce the amount of clothing covering the body as much as possible. NEVER USE RUBBERIZED CLOTHING.
8. Athletes should weight in each day before and after practice and WEIGHT CHARTS CHECKED. Generally, a 3% weight loss through sweating is safe and over a 3% weight loss is in the danger zone. Over a 3% weight loss that athlete should not be allowed to practice in hot and humid conditions. Observe the athletes closely under all conditions. Do not allow athletes to practice until they have adequately replaced their weight.
9. Observe athletes carefully for signs of trouble, particularly athletes who lose significant weight and the eager athlete who constantly competes are his/her capacity. Some trouble signs are nausea, incoherence, fatigue, vomiting, cramps, weak rapid pulse, visual disturbance and unsteadiness.
10. Teams that encounter hot weather during the season through travel or following and unseasonably cool period should be physically fit but will not be environmentally fit. Coaches in this situation should follow the above recommendations and substitute more frequently during games.
11. Know what to do in case of an emergency and have your emergency plans written with copies to all of your staff. Be familiar with immediate first aid practice and prearranged procedures for obtaining medical care, including ambulance service.

HEAT STROKE – *This is a medical emergency- DELAY COULD BE FATAL.*

Immediately cool the body while waiting for transfer to the hospital. Remove clothing and place ice bags on the neck in the axilla (armpit) and on the groin area. An increasing number of medical personnel are now using a treatment for heat illness that involves applying either alcohol or cool water to the victim's skin and vigorously fanning the body. The fanning causes evaporation and cooling. (Source, The First Aider – September 1987).

HEAT EXHAUSTION—OBTAIN MEDICAL CARE AT ONCE. Cool the body as you would for heat stroke while waiting for transfer to the hospital. Give fluids if athlete is able to swallow and is conscious.

SUMMARY—The main problem associated with exercising in the hot weather is water loss through sweating. Water loss is best replaced by allowing the athlete unrestricted access to water. Water breaks two or three times per hour is better than one break an hour. Probably the best method is to have water available at all times and allow athletes to drink water whenever he/she needs it. Never restrict the amount of water an athlete drinks, and be sure the athletes are drinking the water. The small amount of salt lost in sweat is adequately replaced by salting foods at meals. Talk to your medical personnel concerning emergency treatment plans.

OUTDOOR ENVIRONMENTAL SAFETY

LIGHTNING:

Lightning is the most consistent and significant weather hazard that may affect outdoor athletics. Within the United States, the National Severe Storm Laboratory (NSSL) estimates that 100 fatalities and 400-500 injuries requiring medical treatment occur from lightning strikes every year. The existence of blue sky and the absence of rain are not protection from lightning. Lightning can, and does, strike as far as 10 miles away from the rain shaft. It does not have to be raining for lightning to strike.

Additionally, thunder always accompanies lightning, even though its audible range can be diminished due to background noise in the immediate environment, and its distance from the observer. The following guidelines are recommended:

1. All athletic staff and game personnel are to monitor threatening weather. Establish a chain of command as to who makes the decision to remove a team or individual from athletic sites or events (athletic/site/event director, game officials/umpires, sports medicine staff?). An emergency plan should include planned instructions for participants as well as spectators.
2. Be aware of potential thunderstorms that may form during scheduled athletic events or practices. Included here should include National Weather Service – issued (NWS) thunderstorm “watches” and “warnings” as well as signs of thunderstorms developing nearby. A “watch” means conditions are favorable for severe weather to develop in an area; a “warning” means that severe weather has been reported in an area and for everyone to take proper precautions.
3. Know where the closest “safe structure or location” is to the field or playing area, and know how long it takes to get to that safe structure or location.
 - Safe structure or location is defined as:
 - a. Any building normally occupied or frequently used by people, i.e., a building with plumbing and /or electrical wiring that acts to electrically ground the structure. Avoid using shower facilities for safe shelter and **do not use** the showers or plumbing facilities during a thunderstorm.
 - b. In the absence of a sturdy, frequently inhabited building, any vehicle with a hard metal roof (not a convertible or golf cart) and rolled up windows can provide a measure of safety. A vehicle is certainly better than remaining outdoors. It is not the rubber tires that make a vehicle safe shelter, but the hard metal roof, which dissipates the lightning strike around the vehicle. **DO NOT TOUCH THE SIDES OF THE VEHICLE!**
4. WHEN YOU FIRST HEAR THUNDER OR SEE LIGHTNING, SUSPEND ACTIVITIES AND GO TO A SAFE SHELTER OR LOCATION. **“IF YOU CAN SEE IT (LIGHTNING), FLEE IT (TAKE SHELTER). IF YOU CAN HEAR IT (THUNDER) CLEAR IT (SUSPEND ACTIVITIES).”** WAIT UNTIL 30 MINUTES AFTER THE LAST OBSERVED LIGHTNING OR THUNDER BEFORE RESUMING ACTIVITIES.
5. If no safe structure or location is within a reasonable distance, find a thick grove of small trees surrounded by taller trees or a dry ditch. Assume a crouched position on the ground with only the balls of the feet touching the ground, wrap your arms around your knees and lower your head. Minimize contact with the ground, because lightning current often enters a victim through the ground rather than by a direct overhead strike. **MINIMIZE YOUR BODY’S SURFACE AREA, AND MINIMIZE CONTACT WITH THE GROUND! DO NOT LIE FLAT!** Stay away from the tallest trees or objects (such as light poles or flag poles), metal objects (such as bleachers or fences), individual trees, standing pools of water, and open fields. Avoid being the highest object in a field. Do not take shelter under a single, tall tree.

NHIAA Guidelines on Ozone Pollution and Physical Activity

School Administrators and coaches as well as other appropriate staff are to use this document in making decisions regarding indoor and outdoor activities during periods of high ozone pollution.

CHARTING AIR QUALITY

Local officials use a simple scale to forecast and report on smog levels and other air pollution. Depending on where you live, it might be called Air Quality Index (AQI) or Pollutant Standards Index (PSI).

Current air quality is reported as a percentage of the federal health standard for a pollutant. If the current index is above 100, air pollution exceeds the level considered safe.

At Ozone smog levels above 100, children, asthmatics and other sensitive groups should limit strenuous exercise. Even otherwise healthy people should consider limiting vigorous exercise when ozone levels are at or above the health standard.

If the index is above 200, corresponding to an ozone pollution level of .20 parts per million (ppm), the pollution level is judged unhealthy for everyone. At this level, air pollution is a serious health concern. Everyone should avoid strenuous outdoor activity, as respiratory tract irritation can occur.

U.S. EPA Air Quality Index

Index Value	Descriptor	Color	1 hr. Ozone ppb
0 – 50	Good	Green	---
51 – 100	Moderate	Yellow	---
101 – 150	Unhealthy for Sensitive Groups	Orange	125 – 164
151 – 200	Unhealthy	Red	165 – 204
201 – 300	Very Unhealthy	Purple	205 – 404
301 – 500	Hazardous	Maroon	405 – 604

OBSERVING AIR QUALITY

1. Watch the Calendar

Ozone smog tends to be worst during the May – to – September “smog season.” Be especially conscious of smog levels during warm weather. In warm areas, smog can be a problem at any time of the year. Carbon monoxide pollution levels also are related to the weather, as well as to altitude. In the western U.S., the highest carbon monoxide levels are found in the winter months.

2. Watch the Clock

Since sunlight and time are necessary for ozone smog formation, the highest levels of ozone typically occur during the afternoon. Since carbon monoxide is produced primarily by motor vehicles, the highest carbon monoxide levels usually occur during rush hour or during other traffic congestion situations.

3. Watch the News

GUIDELINES FOR PARTICIPATION

1. Observe appropriate physical activity restrictions represented above.
2. If an ozone exceedance is expected, but has not yet occurred at the time an interscholastic practice or contest is scheduled to begin, that event may begin as scheduled.
3. If an interscholastic practice or contest is scheduled to begin and an E.P.A. warning is in effect (PSI 201 or higher), the event shall be cancelled, delayed or rescheduled.

When ozone levels reach a national PSI level of 201 (.201 parts per million), exercising indoors or outdoors may cause significant respiratory tract irritation and a decline in lung function. Therefore, strenuous exercise indoors and outdoors is to cease.

RECOMMENDED RESTRICTION OF PHYSICAL ACTIVITY

The following limits on activity for each type of episode are as follows:

- A. Level Orange, PSI 101-150 (Unhealthy for Sensitive Groups)
 1. Active children and adults and people with heart or respiratory disease, such as asthma or allergies, should limit prolonged outdoor exertion.
 2. Healthy individuals with noticeable health effects associated with existing conditions should minimize outdoor activity.
- B. Level Red, PSI 151-200 (Unhealthy)
 1. All athletes should discontinue prolonged, vigorous exercise indoors and outdoors.
 2. Sensitive individuals, primarily children who are active outdoors and people with heart or respiratory disease such as asthma or allergies, should avoid indoor and outdoor activity.

3. Indoor and outdoor activities that should be avoided include, but are not limited to, calisthenics, basketball, baseball, running, field hockey, soccer, football, tennis, and swimming and diving.
- C. Level Purple, PSI 201-300 (Very Unhealthy)
1. All athletes shall discontinue vigorous indoor and outdoor activities, regardless of duration.
 2. All indoor and outdoor physical education classes, sports practices and athletic competitions shall be rescheduled.

Note: Indoor practices may be held if an air-conditioned facility is available.

Approved Coaches Education Courses - Approved list is located on the NHIAA website.

BY-LAW ARTICLE XXXIV 2008-2009 CORRESPONDING DATES FOR ALL SPORTS

<u>Sport</u>	<u>Schedule Due</u>	<u>First Practice</u>	<u>First Contest</u>	<u>Last Date To Schedule</u>	<u>B. Last Date To Play</u>	<u>Minimum# Of Games/Events</u>	<u>Maximum # Of Games/Events</u>
FALL							
Cross Country		8-18	8-29	10-24	10-24		
Field Hockey	5-01	8-18	9-2	10-17	10-19	10	14
*Football							
I, II, VI	5-01	8-13	9-5	11-10	11-10	8	10
III, IV, V	5-01	8-13	9-5	11-3	11-3	8	10
Golf	-	8-18	8-29	9-26	9-28	12	30
Soccer	5-01	8-18	8-29	10-24	10-26	10	16
Spirit		8-18	8-29	11-8	11-8	-	-
Volleyball							
<u>Girls</u>	5-01	8-18	9-5	10-25	10-26	10	18
<u>Boys</u>	5-01	8-18	8-29	10-18	10-19	10	18
WINTER							
Basketball							
Boys L	9-15	12-1	12-19	3-6	3-8	12	18
I	9-15	11-24	12-15	2-27	3-1	12	18
M	9-15	12-1	12-19	3-6	3-8	12	18
S	9-15	11-24	12-15	2-27	3-1	12	18
Basketball							
Girls L	9-15	11-24	12-12	2-27	3-1	12	18
I	9-15	11-10	12-1	2-13	2-15	12	18
M, S	9-15	11-17	12-8	2-20	2-22	12	18
Gymnastics	12-1	11-24	12-15	2-13	2-14	4	18
Ice Hockey							
Boys	9-15	11-24	12-15	2-28	3-1	12	18
Girls	9-15	11-24	12-13	2-28	3-1	12	18
Indoor Track							
L, I-M-S	9-15	12-1	12-20	2-5	2-5	-	14
Skiing	9-15	11-24	12-15	2-14	2-14	4	10
Ski Jumping	12-6	11-24	12-15	2-28	2-28	4	10
Spirit	-			-	3-21	-	-
L	-	11-24	12-12	3-6	3-8		
I	-	11-10	12-1	2-27	3-1		
M	-	11-17	12-8	3-6	3-8	-	-
S	-	11-17	12-8	2-27	3-1	-	-
Swimming & Diving	9-15	11-17	12-12	2-4	2-4	4	16
Wrestling	9-15	11-17	12-8	2-14	2-14	-	20 match dates
SPRING							
Baseball	2-01	3-23	4-13	5-29	5-31	12	20
Lacrosse							
Girls I, III	2-01	3-23	4-13	5-27	5-28	10	18
II	2-01	3-23	4-13	5-27	5-28	12	18
Boys I, II	2-01	3-23	4-13	5-27	5-28	12	18
III	2-01	3-23	4-13	5-27	5-28	10	18
Outdoor Track		3-23	4-6	5-22	5-24		
Softball	2-01	3-23	4-13	5-29	5-31	12	20
Tennis	2-01	3-23	4-6	5-22	5-24	10	14

* Does not include Thanksgiving Day games