

BSC Sport-Specific Rules: Listed by Season (11/10/11 Final)

ATHLETIC TRAINERS' GUIDELINES:

- A BSC Athletic Trainer's Directory is provided to each member school in order to better facilitate communications relative to areas concerning sports medicine.
- All athletic trainers should regularly communicate with the opposing athletic director and coaches prior to games between the two schools. Specifics should include the following:
 1. Any taping of opposing players
 2. Any specific medical problems of opposing players (allergies, bee stings, asthma, etc.)
 3. Supplying ice and water
 4. Relaying information of injured players, especially if player needs /requires hospitalization.
 5. Arranging game site coverage.
- Athletic Directors should keep the trainer directory in order to arrange game coverage if a school does not have a trainer on site.
- The trainer will provide information if an injured athlete warrants an insurance claim.
- An athletic trainer **MUST** be in attendance at all BSC Championship events, multi-school events, BSC meets and BSC Cheerleading and/Dance competitions. Note: Trainers who work All Star events will be paid at the same rate as an assigned game official. Gate receipts may be used to pay for the athletic trainer. If there are no gate receipts, the BSC will pay for the trainer. The host school is not responsible for payment of the trainer.
- Return-to-play, as per MIAA Rule 56: The athletic trainer and the team doctor have the final say/decision re players returning to play after an injury. A coach does not make this decision.
- Rule 56 Point-of-emphasis, as per Massachusetts Senate Bill 2469 (Education concussion law): athletic trainers and coaches must complete concussion education; schools must develop pre-participation forms wherein student-athletes and families may provide head-injury history; any student-athlete suspected of concussion or diagnosed with concussion by a licensed medical professional must be removed from a practice or contest; school and/or medical staff must notify parent(s); any student-athlete suspected of or diagnosed with concussion may not return to participation before providing written authorization from a licensed physician, licensed neuropsychologist, certified athletic trainer or other qualified and licensed medical professional.
- School-to-school communication will occur to support Rule 56 notification policies. E.g. host school AD and/or LATC will communicate to visiting school AD and/or LATC regarding diagnosed or suspected head injury to visiting school student-athlete.

FIELD HOCKEY

1. All contests will be played using **NFHS** rules with MIAA and BSC modifications.
2. All M.I.A.A. rules and modifications will be adhered to at all levels for all sports.
3. Starting times will be 3:45 pm unless otherwise noted.
 - No games may start prior to 3:30 pm unless mutually agreed upon (Fall daylight savings time 3:15 pm will be the league standard at the appropriate date)
4. Board certified officials will be used in all contests whenever possible.
 - Guidelines for reassignment of officials, in cases of shortage, are as follows:
 - In all sports at the varsity level (unless specific sport rules dictate otherwise) if at least half the number of certified assigned officials are present, the game will be played. At the sub varsity level, if no officials are present, the game will be played under the supervision of both coaching staffs. Sub varsity officials may be reassigned to work the varsity game. However, every effort should be made to leave the sub varsity official at their assigned game.
 - #officials assigned to each sport and sport level: Varsity: 2 (except football = 5); Sub-Varsity: 2 (recommended)
5. Adult Timekeepers should be used whenever possible. Home scorebook is the official scorebook.
6. Postponement policies: see Article #10 Sections G and H.
7. Pre and Postseason meetings will be held in all sports. A coach or designee must be in attendance at these meetings
8. A media rep should be selected for each sport and he/she is responsible for compiling league standings in that sport and reporting to all media outlets. Coaches of contests are responsible for calling scores into the media. All coaches must update records and standings with BSC media rep.
9. Official ball for this sport is: either the Chingford or leather ball will be accepted.
10. Uniforms and equipment: all home teams will wear white.
Note: Exceptions must be BSC approved.

11. The early dismissal of teams for BSC competition is at the discretion of each school to decide.
12. A player may compete in only one varsity sport during any one MIAA season.
13. No member of an athletic staff will engage in scouting of an opponent's practice session. Pre season scrimmages may be scouted by consent of participating schools.
14. Ticket prices are home rule with BSC recommendations.
15. Coach and Student suspension forms: It is recommended that all coaches carry MIAA games suspensions forms. The home team is responsible for completion of the form by the game official and must present the completed form to the home athletic director within twenty four hours
17. All athletic teams must be accompanied by an adult school representative (employed by the school) and that person must remain with the team throughout the competition.
18. Authorized video-taping is allowed by all BSC schools in all sports unless specific sport rules dictate otherwise.
19. If an official arrives at the contest site, without prior notification, and the contest is subsequently postponed or suspended, the official will receive one-half fee.

Scheduling guidelines: In addition to below see Article #10:

- Varsity /JUNIOR VARSITY Field Hockey: Each school will play divisional schools twice and non-divisional schools once. The 8th and 16th games on the schedule are played against divisional opponents (traditional rivals), when possible, and are locked on the schedule. The schedule changes sites annually and rotates from top to bottom every other year. Attempts are made to avoid 3 game weeks (or to keep them to a minimum). The schedule consists of 10 divisional dates and 6 non divisional dates. Most teams will piggy-back the varsity and JUNIOR VARSITY games with the varsity playing first, followed by the JUNIOR VARSITY game.
- Freshman Field hockey: same scheduling order, dates and times, as varsity, but opposite sites.

Field Hockey: Specific rules: BSC revisions 4/3/06

1. The entire varsity game is to be played first, then the entire junior varsity game.
2. Time of halves - Weather permitting: Varsity 30 minutes; JUNIOR VARSITY 25 minutes.
3. The Conference provides field hockey officials for all games.
4. The home team will be the official scorer and official timer.
5. A tie game shall stand. No overtime.
6. Substitution: any player may leave a game and return any number of times on that team's free hit or corner, except during the first five minutes of a varsity game.
7. No one may play more than two halves of the varsity and junior varsity contests combined.
8. All coaches are reminded to instill characteristics of good sportsmanship in their players and that proper language is to be used at all times.

All-Star Selection: Amended 8/26/09--(see Article 11 Section C)**

GIRLS SWIMMING RULES

1. All contests will be played using **NFHS** rules with MIAA and BSC modifications.
2. All M.I.A.A. rules and modifications will be adhered to at all levels for all sports.
3. Starting times will be 3:45 pm unless otherwise noted.
 - No games may start prior to 3:30 pm unless mutually agreed upon (Fall daylight savings time 3:15 pm will be the league standard at the appropriate date)
4. Board certified officials will be used in all contests whenever possible.
 - Guidelines for reassignment of officials, in cases of shortage, are as follows:
 - In all sports at the varsity level (unless specific sport rules dictate otherwise) if at least half the number of certified assigned officials are present, the game will be played. At the sub varsity level, if no officials are present, the game will be played under the supervision of both coaching staffs. Sub varsity officials can be reassigned to work the varsity game. However, every effort should be made to leave the sub varsity official at their assigned game.
 - #officials assigned to each sport and sport level: Varsity: 2 (except football = 5); Sub-Varsity: 2 (recommended)
5. Adult Timekeepers should be used whenever possible. Home scorebook is the official scorebook.
6. Postponement policies: see Article #10 Sections G and H.
7. Pre and Postseason meetings will be held in all sports. A coach or designee must be in attendance at these meetings

8. A media rep should be selected for each sport and he/she is responsible for compiling league standings in that sport and reporting to all media outlets. Coaches of contests are responsible for calling scores into the media. All coaches must update records and standings with BSC media rep.
9. The early dismissal of teams for BSC competition is at the discretion of each school to decide.
10. A player may compete in only one varsity sport during any one MIAA season.
11. No member of an athletic staff will engage in scouting of an opponent's practice session. Pre season scrimmages may be scouted by consent of participating schools.
12. Ticket prices are home rule with BSC recommendations.
13. Coach and Student suspension forms: It is recommended that all coaches carry MIAA games suspensions forms. The home team is responsible for completion of the form by the game official and must present the completed form to the home athletic director within twenty-four hours
14. All athletic teams must be accompanied by an adult school representative (employed by the school) and that person must remain with the team throughout the competition.
15. Authorized video-taping is allowed by all BSC schools in all sports unless specific sport rules dictate otherwise.
16. If an official arrives at the contest site, without prior notification, and the contest is subsequently postponed or suspended, the official will receive one-half fee.

Scheduling guidelines: In addition to below see Article #10:

Each school that sponsors swimming will compete against other BSC schools once in a season. BSC meets are usually scheduled on Tuesdays and Fridays. Meet times vary widely due to use of private pools. Every attempt is made to avoid conflicts between schools that use the same facility. The schedule is adjusted so that 2 teams, that use the same facility for home meets, do not have home meets scheduled on the same date. This causes some variance in schedules on an annual basis.

Girls Swimming Sport Specific Rules (4/3/06)

1. If a team does not have divers, the team forfeits the points to the team which does have divers. Points are based on the actual number of divers.
2. Bona fide Team Member Rule must be reviewed and understood by all coaches and athletes.
3. All schools shall submit liability binder insurance to each pool in the league.
4. The Conference Meet will be held each season prior to the cut-off date.

All-Star Selection: Amended 8/26/09--(see Article 11 Section C)**

FOOTBALL RULES

1. All contests will be played using NCAA rules with MIAA and BSC modifications.
 2. All M.I.A.A. rules and modifications will be adhered to at all levels for all sports.
 3. Starting times will be 3:45 pm unless otherwise noted.
 - No games may start prior to 3:30 pm unless mutually agreed upon (Fall daylight savings time 3:15 pm will be the league standard at the appropriate date)
 4. Board certified officials will be used in all contests whenever possible.
 - Guidelines for reassignment of officials, in cases of shortage, are as follows:
 - In all sports at the varsity level (unless specific sport rules dictate otherwise) if at least half the number of certified assigned officials are present, the game will be played. At the sub varsity level, if no officials are present, the game will be played under the supervision of both coaching staffs. Sub varsity officials can be reassigned to work the varsity game. However, every effort should be made to leave the sub varsity official at their assigned game.
 - #officials assigned to each sport and sport level: Varsity: 2 (except football = 5+ time keeper); Junior Varsity: 3 (recommended) ; Freshman: 3 (recommended)
 5. Adult Timekeepers should be used whenever possible. Home scorebook is the official scorebook.
 6. Postponement policies: see Article #10 Sections G and H.
 7. Pre and Postseason meetings will be held in all sports. A coach or designee must be in attendance at these meetings
 8. A media rep should be selected for each sport and he/she is responsible for compiling league standings in that sport and reporting to all media outlets. Coaches of contests are responsible for calling scores into the media. All coaches must update records and standings with BSC media rep.
 9. Official ball for this sport is: MIAA standard or equivalent.
 10. Uniforms and equipment: all home teams will wear dark.
- Note: Exceptions must be BSC approved.

11. The early dismissal of teams for BSC competition is at the discretion of each school to decide.
12. A player may compete in only one varsity sport during any one MIAA season.
13. No member of an athletic staff will engage in scouting of an opponent's practice session. Pre season scrimmages may be scouted by consent of participating schools.
14. Ticket prices are home rule with BSC recommendations.
15. Coach and Student suspension forms: It is recommended that all coaches carry MIAA games suspensions forms. The home team is responsible for completion of the form by the game official and must present the completed form to the home athletic director within twenty four hours
17. All athletic teams must be accompanied by an adult school representative (employed by the school) and that person must remain with the team throughout the competition.
18. Authorized video-taping is allowed by all BSC schools in all sports unless specific sport rules dictate otherwise.
19. If an official arrives at the contest site, without prior notification, and the contest is subsequently postponed or suspended, the official will receive one-half fee.

Scheduling guidelines: In addition to below see Article #10:

- Each school will play all 11 other BSC schools. The BSC schedules games for 1:00 PM on Saturday or 10:00 AM on Thanksgiving. By mutual consent of both schools a game may be moved to 7:00pm on a Friday or Saturday, or 10:00AM on a Saturday. Other day or date or time changes may be necessary, and are allowed, due to holidays, field problems, SATs, PSATs, holidays, or DST.
- The schedule consists of five (5) non divisional dates, four (4) divisional dates, and two (2) inter divisional dates. The interdivisional dates (10 and 11) are necessary because of traditional Thanksgiving rivalries. The other dates rotate every other year from top to bottom with the restriction that a non divisional date must be scheduled first. This is in the event the MIAA restricts the season to ten (10) games. If this happens the first date will be dropped from the schedule.
- Junior Varsity football: follows the same schedule as the Varsity. Game time is generally Mondays at 3:45 pm (3:15pm DST). Sometimes Home Rule may impact date/day/time.
- Freshman football: Follows same schedule as varsity but at opposite site. Game day/time is generally Friday at 3:45pm (3:15pm DST). Home Rule may impact date/day/time. The BSC has agreed not to play a freshman game against the first opponent on the schedule. By mutual consent this game may be played as a controlled scrimmage.

Football Specific Rules:

1. **Varsity periods** shall be 12 minutes in length.
2. When **cancellation of a game** is necessary because of conditions beyond our control, the visiting team will be notified at least 2 hours before game time.
3. There shall be **5 officials** appointed by the commissioner for each game.
4. **A League football game that is called off on:**
 - A. **Friday** – must be rescheduled for the following Saturday.
 - B. **Saturday** – must be rescheduled for the following Sunday.
 - C. **Sunday** – must be rescheduled for the following Monday.
 - D. **Monday** – mutual consent of the Athletic Directors.
5. A League **JUNIOR VARSITY game** that is called off on **Monday** because of unplayable conditions or the rescheduling of a varsity game, may be played on Tuesday. If the game must be called off on Tuesday, it shall be cancelled.
6. **Exchange of game tapes:**
 - A. There is an open video exchange in the League. Videos of the last two games will be sent by noon the day after the most recent game.
7. **Only Captains are to be at midfield at the coin toss.** Everyone else will be on the sidelines.
8. **Inclement Weather Rule:**
The **HOME TEAM** may rule that its field is unplayable; and therefore, eliminate the need for the visiting team to travel. If the home team feels that the field is playable and asks the visiting team to travel, the visiting team is obligated to do this unless at least two other Bay State Conference games have already been called off. If two or more games have already been called off, the visiting team may refuse to play and the game must be rescheduled. Once the two teams arrive at the field, the two Athletic Directors shall check the field and decide on a course of action. If one team wants to play and the other does not, the matter of two or more other postponements may be involved (as above). If there is not two other postponements, and one team refuses to play, the other team may ask the Conference to award a forfeit.
9. **Football rosters** should be ready 8 days prior to the first game. Rosters should include names, numbers, positions and class.
10. **Procedure for bands to follow at football contests:**
GAME TIME: 1:00pm
VISITING BAND: 12:45pm (one song only-either march/song)
HOME BAND: 12:45pm (one song only - either march/song)

National Anthem played at 12:57pm with combined bands and played in B Flat Concert. While bands are combining to play National Anthem, officials will have captains out for coin toss. After officials show who receives and who kicks, the public announcer, upon signal of the visiting band director, will announce the playing of the National Anthem.

HALFTIME: (20 minutes) Visiting Band: 8 minutes Home Band: 8 minutes

The HOME Athletic Director will have areas reserved and protected for both bands before and after the first half.

12. **It has been voted that one participant may play in only one JUNIOR VARSITY or freshmen game during any week.**

It was recommended that game participation be limited to not more than the equivalent of one full game each week.

EXCEPTION: Rather than cancel a sub varsity game, a school may use other sub varsity players within reason.

13. **All-Star Selection: Amended 8/26/09--(**see Article 11 Section C)**

14. A **tie breaker** will be played in all BSC varsity football games, consistent with NCAA rules and BSC modifications: alternating possessions from the ten yard line and teams must go for two-point conversion after 1st possession.

15. **No still pictures or video-taping** may be taken for scouting purposes, except as allowed by league-authorized tape exchange.

16. In games suspended at the discretion of the officials because of light failure or any other uncontrolled reason, the team that is behind will have the option to call the game “over” or pick it up at that point on the next available date.

17. **Bay State Conference Tie Breaker Used For Determining Playoff Representatives:**

NOTE: This proposal will work only if the MIAA allows the Conference to play all games to completion, no ties. The recommendation to the MIAA is to allow more than one tie breaker, conducted under the present rules with one exception. If a game remains tied after one session of overtime, all remaining overtime sessions to be played with the amendment: “both teams must attempt a 2 point conversion from scrimmage after scoring a touchdown.” The tie breaking system that follows is to break ties based on what happened on the field, as much as is possible, and not to: (1) eliminate a school because they played most recently in the playoffs (penalizes good programs) or (2) to determine, as infrequently as possible, a playoff bid by a coin toss.

A: First and foremost tie breaker for playoff bid is always head-to-head competition between 2 teams.

(Note) With no tie games possible, under the above proposal to the MIAA, playoff bid ties, within the same Division, would have to be between more than 2 teams.

B: If tie for bid occurs in a Division, then one team could be eliminated by examining the game results against the other Division’s champion. Once that one team is eliminated, we go back to head to head.

Example: In Herget Division 3 teams: A, B and C are tied with a record of 9-2. (Within the Division A beat B, B beat C and C beat A. All three schools lost a game to a Carey Division school.) Team X won the Carey division. In non-divisional play:

A beat X, B beat X, C lost to X. C is eliminated.

Tie now exists between A and B but, A beat B therefore B is eliminated.

Team A gets the playoff bid because head to head competition breaker is applied.

C: Three way tie is not broken after applying Rule 2. Next step is to examine point differential, in first half only, against other divisional champion. (First half score only to prevent “run ups” in any League contest. This tie-breaker is based on the premise that the first half of any game is played by the first units of both teams. It is an unwritten rule that teams really can’t be accused of running the score in the first half. After examining this, the team with the lowest positive point differential or highest negative point differential is eliminated. The remaining two way tie is broken by head to head.

Example 1: Three teams in Herget Division: A, B, and C end the season with records of 10-1 and all three won their contest over team X, the Carey Division Champion.

A beat B, B beat C, and C beat A.

In games against X the scores, at the end of the first half were:

A-18, X-21: -3 differential

B-10, X-7: +3 differential

C-14, X-8: + 6 differential

Team A eliminated, lowest differential...Playoff team determined by head to head between B and C...B gets bid.

Example 2: Same three way tie as in example one:

In games against X the scores at halftime were:

A-18, X-21: -3 differential

B -7, X-10: -3 differential

C -10, X-14: -4 differential

C eliminated. A gets bid because of head to head against B.

Example 3: Same three way tie as in example one:

In games against X the scores at halftime were:

A-18, X-21: -3 differential

B-7, X-10: -3 differential

C-14, X-14: 0 differential

A and B are now tied, with C waiting (because their differential is higher).

B eliminated because A beat them. C gets bid because they beat A head to head.

Example 4: Same three way tie as in example one:

In games against X the scores against X were:

A-18, X-15: +3 differential

B -10, X-8: +2 differential

C-10, X-7: +3 differential

B eliminated, lower differential. C gets bid from head to head against A.

(There may be other possible cases in 3rd level tie breaker)

D. If still tied repeat steps 2 and 3 vs. the second place team in the other division. If a tie still exists, continue using subsequent teams from other division in order of finish in standings until tie is broken.

Division (co or tri) still determined by record only, as we do now.

BOYS AND GIRLS SOCCER RULES

1. All contests will be played using **NFHS** rules with MIAA and BSC modifications.
2. All M.I.A.A. rules and modifications will be adhered to at all levels for all sports.
3. Starting times will be 3:45 pm unless otherwise noted.
 - No games may start prior to 3:30 pm unless mutually agreed upon (Fall daylight savings time 3:15 pm will be the league standard at the appropriate date)
4. Board certified officials will be used in all contests whenever possible.
 - Guidelines for reassignment of officials, in cases of shortage, are as follows:
 - In all sports at the varsity level (unless specific sport rules dictate otherwise) if at least half the number of certified assigned officials are present, the game will be played. At the sub varsity level, if no officials are present, the game will be played under the supervision of both coaching staffs. Sub varsity officials can be reassigned to work the varsity game. However, every effort should be made to leave the sub varsity official at their assigned game.
 - #officials assigned to each sport and sport level: Varsity: 2 (except football = 5); Sub-Varsity: 2 (recommended)
5. Adult Timekeepers should be used whenever possible. Home scorebook is the official scorebook.
6. Postponement policies: see Article #10 Sections G and H.
7. Pre and Postseason meetings will be held in all sports. A coach or designee must be in attendance at these meetings
8. A media rep should be selected for each sport and he/she is responsible for compiling league standings in that sport and reporting to all media outlets. Coaches of contests are responsible for calling scores into the media. All coaches must update records and standings with BSC media rep.
9. Official ball for this sport is: MIAA standard or equivalent.
10. Uniforms and equipment: all home teams will wear white.
 - Note: Exceptions must be BSC approved.
11. The early dismissal of teams for BSC competition is at the discretion of each school to decide.
12. A player may compete in only one varsity sport during any one MIAA season.
13. No member of an athletic staff will engage in scouting of an opponent's practice session. Pre-season scrimmages may be scouted by consent of participating schools.
14. Ticket prices are home rule with BSC recommendations.

15. Coach and Student suspension forms: It is recommended that all coaches carry MIAA games suspensions forms. The home team is responsible for completion of the form by the game official and must present the completed form to the home athletic director within twenty four hours

17. All athletic teams must be accompanied by an adult school representative (employed by the school) and that person must remain with the team throughout the competition.

18. Authorized video-taping is allowed by all BSC schools in all sports unless specific sport rules dictate otherwise.

19. If an official arrives at the contest site, without prior notification, and the contest is subsequently postponed or suspended, the official will receive one-half fee.

*Scheduling guidelines: In addition to below see Article #10:

- Varsity/JUNIOR VARSITY Boys and Girls Soccer: Each school will play divisional schools twice and non-divisional schools once. The 8th and 16th games on the schedule are played against divisional opponents (traditional rivals), when possible, and are locked on the schedule. The schedule changes sites annually and rotates from top to bottom every other year. Attempts are made to avoid 3 game weeks (or to keep them to a minimum). The schedule consists of 10 divisional dates and 6 non divisional dates. The BSC plays boys' varsity and junior varsity soccer at one site and girls' varsity and junior varsity soccer at the opposite site on every scheduled date.

- Freshman B/G Soccer: schedule these games on dates when the varsity and junior varsity are not scheduled to play. Every attempt is made to follow same schedule as varsity and junior varsity boys and girls soccer respectively.

BSC B/G Soccer Specific Rules: REVISIONS 2005-2006

1. There shall be at least two board officials assigned to all Varsity games.

2. Official time will be kept by the officials on the field.

3. The BSC Champions (divisional) will be determined by the best Won-Lost Record, using 2 points for a win, 1 point for a tie, and 0 points for a loss.

4. Junior Varsity games will be played with a minimum of seven players and teams will play at equal strength (7v7).

5. Varsity and JUNIOR VARSITY games will be 40 minute halves with NO overtime.

All-Star Selection: Amended 8/26/09--(see Article 11 Section C)**

BOYS AND GIRLS CROSS COUNTRY RULES

1. All contests will be played using **NFHS** rules with MIAA and BSC modifications.

2. All M.I.A.A. rules and modifications will be adhered to at all levels for all sports.

3. Starting times will be 3:45 pm unless otherwise noted.

- No games may start prior to 3:30 pm unless mutually agreed upon (Fall daylight savings time 3:15 pm will be the league standard at the appropriate date)

4. Board certified officials should be used in all contests whenever possible.

5. Adult Timekeepers should be used whenever possible. Home scorebook is the official scorebook.

6. Postponement policies: see Article #10 Sections G and H.

7. Pre and Postseason meetings will be held in all sports. A coach or designee must be in attendance at these meetings

8. A media rep should be selected for each sport and he/she is responsible for compiling league standings in that sport and reporting to all media outlets. Coaches of contests are responsible for calling scores into the media. All coaches must update records and standings with BSC media rep.

9. Uniforms and equipment: School-issued uniforms must be worn.

Note: Exceptions must be BSC approved.

10. The early dismissal of teams for BSC competition is at the discretion of each school to decide.

11. A player may compete in only one varsity sport during any one MIAA season.

12. No member of an athletic staff will engage in scouting of an opponent's practice session. Pre season scrimmages may be scouted by consent of participating schools.

13. Ticket prices are home rule with BSC recommendations.

14. Coach and Student suspension forms: It is recommended that all coaches carry MIAA games suspensions forms. The home team is responsible for completion of the form by the game official and must present the completed form to the home athletic director within twenty four hours

15. All athletic teams must be accompanied by an adult school representative (employed by the school) and that person must remain with the team throughout the competition.

16. Authorized video-taping is allowed by all BSC schools in all sports unless specific sport rules dictate otherwise.

17. If an official arrives at the contest site, without prior notification, and the contest is subsequently postponed or suspended, the official will receive one-half fee.

*Scheduling guidelines: In addition to below see Article #10:

•Both genders run at the same site on the same day. Each school will run against all other schools once. The schedule consists of 3 dual meets and 4 tri-meets. Sites of meets change every year. Sites of tri meets rotate through a three year cycle. When scheduling the BSC, particular attention is made to the dates of large invitational and state meets. A meet consists of a varsity boys' race, varsity girls' race, and either separate junior varsity races by sex or a single combined co-ed race for junior varsities. The order of the varsity races will alternate on a yearly basis. The junior varsity race will precede the varsity races, unless conditions dictate otherwise.

BOYS AND GIRLS CROSS COUNTRY SPECIFIC RULES:

1. Preseason coaches' meetings will be scheduled. Maps of home course will be distributed to all teams.
2. Order of races for Dual & Tri Meets – JUNIOR VARSITY 1st Combined (visiting coaches call ahead). Boys and girls will alternate each year in order of start.
3. B.S.C. Conference Meet – Typically on last Saturday in October
 - a) Order of Events – For example same order as dual meets on yearly rotational basis by gender, e.g.

Boys JV	10:00 a.m.	[Note: FR Boys and FR Girls contested time permitting fall '09]
Girls JV	10:30 a.m.	[Note: Co-Ed 2500m race time permitting fall '11]
Boys Varsity	11:00 a.m.	
Girls Varsity	11:30 a.m.	
 - b) Officials needed – to be arranged by host school and AD-in-charge of sport.
 - c) Registration – coaches will email rosters to meet director. The roster will include full name and year of graduation.
 - d) The meet director will provide race numbers, pins and quick score sheets.
 - e) Tabulation of team scores for meet champion are “unofficial” and are not recognized by BSC.
 - f) Adopted in 2011: teams may enter a maximum of 10 runners in the Varsity heat of the BSC Championship Meet.
4. League Representative to News Media. Call or email every week before noon on Sunday with all results.
5. All coaches must call Meet results into media outlets.
6. Each team will determine its course length as long as it does not exceed rule length.
7. Although not mandatory it is recommended to have at least one official assigned by each school.
8. The BSC Champions (divisional) will be determined by the best Won-Lost record in overall dual/tri-meet schedule.
9. In cases where travel is a consideration, a multi school meet may be held with scoring done on a dual meet basis.
10. Scoring of races will be by the two man displacement method. A shut out score will be 15-50. In case of a tie, both the sixth and seventh men will determine the score.
11. The home team is responsible for marking the course so there is no question as to direction. The finish line must be well defined, either by a line or easily identifiable stakes or markers. Adequate time should be allowed for visiting teams to tour and become familiar with the course before a meet.
12. Any individual not staying within the prescribed limits of a course shall be disqualified unless the runner has retraced his/her steps from the point of infraction.
13. The home team is responsible for providing adequate spotting along the course where needed, such as at dangerous intersections, blind crossings, heavily traveled roads, etc.
14. Runners shall be handed a stick or card showing her/his placing as s/he crosses the finish line.

All-Star Selection: Amended 8/26/09--(see Article 11 Section C)**

GOLF RULES

1. All contests will be played using **USGA** rules with MIAA and BSC modifications.
2. All M.I.A.A. rules and modifications will be adhered to at all levels for all sports.
3. Starting times will be 3:30 pm unless otherwise noted.
 - No games may start prior to 3:30 pm unless mutually agreed upon (Fall daylight savings time 3:15 pm will be the league standard at the appropriate date)
4. Postponement policies: see Article #10 Sections G and H.

5. Pre and Postseason meetings will be held in all sports. A coach or designee must be in attendance at these meetings
6. A media rep should be selected for each sport and he/she is responsible for compiling league standings in that sport and reporting to all media outlets. Coaches of contests are responsible for calling scores into the media. All coaches must update records and standings with BSC media rep.
7. Official ball for this sport is: there is NO official ball.
8. The early dismissal of teams for BSC competition is at the discretion of each school to decide.
9. A player may compete in only one varsity sport during any one MIAA season.
10. No member of an athletic staff will engage in scouting of an opponent's practice session. Pre season scrimmages may be scouted by consent of participating schools.
11. Coach and Student suspension forms: It is recommended that all coaches carry MIAA games suspensions forms. The home team is responsible for completion of the form by the game official and must present the completed form to the home athletic director within 24 hours.
12. All athletic teams must be accompanied by an adult school representative (employed by the school) and that person must remain with the team throughout the competition.
13. Authorized video-taping is allowed by all BSC schools in all sports unless specific sport rules dictate otherwise.

Scheduling:

Once-around schedule begins fall '10. Use the same order as football. Schedule is much more compressed due to early MIAA cut-off date. Three matches per week is commonplace. Home course restrictions will drive the schedule.

Golf Specific rules:

1. All matches will be played using the United States Golf Association Rules.
2. Matches will start at 3:30 PM, but may vary due to country club regulations.
3. Nine Holes will constitute a completed match. If play must be suspended due to darkness, only points scored to that point in the match will count. Each group must play a minimum of 5 holes.
4. No officials are assigned to matches.
5. There is no official match ball, but the ball must conform to USGA rules.
6. Championship (divisional) will be determined by best overall league Won-Lost record.
7. Match Format:

- a) A team shall consist of 8 players and 2 alternates.
- b) Scoring shall be determined as follows: Match play, using the 108 point system.

Each foursome shall involve 3 points. One point shall be won by match play between each of the competing twosomes and the third point shall be won by match play in the foursome. Low ball shall count only on each hole for both twosomes and foursomes. Match tiebreaker is low-medalist for the round, and second medalist, if still tied. If match is still tied then final result is a tie. Play out all holes.

- c) Unless otherwise arranged, only the 8 visiting players and their coaches will play.
- d) In the event of inclement weather, the home team shall communicate with the visiting team by 1:00 PM.
- e) Teams must follow at all times the USGA rules except as modified by local rules. They must show consideration for club members and property.
- f) Golf matches are to consist of nine (9) holes.
- g) Order of match play shall be as follows: #'s 1-4 must play in their respective positions; all other players may be placed in any remaining position.
- h) Preferred lies are allowed in any area cut to fairway height or less of the hole being played. This includes approaches and collars of the greens.
- i) No electronic devices of any kind are allowed on the course.
- j) Golf shirts are compulsory at all matches. No jeans, T-shirts or shorts may be worn. If a player is not properly dressed, he/she will not be allowed to play.
- k) No caddies are allowed during play.
- l) Two or more players from each team will compete in the Bay State Conference Match, to be determined by hosting course.
 - i. Each school to supply one sleeve per player.
 - ii. The individual champion will be awarded the Carmen Gallo Memorial Trophy.
 - iii. The first place team will be awarded the Dan McKenna Memorial Trophy, which is to be on display at their school for the year. Starting time to be determined by the hosting course.
 - iv. If play must be suspended due to darkness, only points scored to that point in the match will count.
 - v. The all-star format is to be determined by the coaches and the golf subcommittee.

All-Star Selection: Amended 8/26/09--(see Article 11 Section C)**

GIRLS VOLLEYBALL RULES

1. All contests will be played using **NCAA** rules with MIAA and BSC modifications.
2. All M.I.A.A. rules and modifications will be adhered to at all levels for all sports.
3. Starting times will be 3:45 pm unless otherwise noted. **(Amended to 4pm for Girls Volleyball 6/5/09)**
 - No games may start prior to 3:30 pm unless mutually agreed upon (Fall daylight savings time 3:15 pm will be the league standard at the appropriate date)
4. Board certified officials will be used in all contests whenever possible.
 - Guidelines for reassignment of officials, in cases of shortage, are as follows:
 - In all sports at the varsity level (unless specific sport rules dictate otherwise) if at least half the number of certified assigned officials are present, the game will be played. At the sub varsity level, if no officials are present, the game will be played under the supervision of both coaching staffs. Sub varsity officials can be reassigned to work the varsity game. However, every effort should be made to leave the sub varsity official at their assigned game.
 - #officials assigned to each sport and sport level: Varsity: 2 (except football = 5); Sub-Varsity: 2 (recommended)
5. Adult Timekeepers should be used whenever possible. Home scorebook is the official scorebook.
6. Postponement policies: see Article #10 Sections G and H.
7. Pre and Postseason meetings will be held in all sports. A coach or designee must be in attendance at these meetings
8. A media rep should be selected for each sport and he/she is responsible for compiling league standings in that sport and reporting to all media outlets. Coaches of contests are responsible for calling scores into the media. All coaches must update records and standings with BSC media rep.
9. Official ball for this sport is: The official MIAA ball is Spalding #4000 leather or equivalent.
10. Uniforms and equipment: School-issued uniforms must be worn.

Note: Exceptions must be BSC approved.
11. The early dismissal of teams for BSC competition is at the discretion of each school to decide.
12. A player may compete in only one varsity sport during any one MIAA season.
13. No member of an athletic staff will engage in scouting of an opponent's practice session. Pre-season scrimmages may be scouted by consent of participating schools.
14. Ticket prices are home rule with BSC recommendations.
15. Coach and Student suspension forms: It is recommended that all coaches carry MIAA games suspensions forms. The home team is responsible for completion of the form by the game official and must present the completed form to the home athletic director within twenty four hours
17. All athletic teams must be accompanied by an adult school representative (employed by the school) and that person must remain with the team throughout the competition.
18. Authorized video-taping is allowed by all BSC schools in all sports unless specific sport rules dictate otherwise.
19. If an official arrives at the contest site, without prior notification, and the contest is subsequently postponed or suspended, the official will receive one-half fee.

Scheduling guidelines: In addition to below see Article #10:

Volleyball specific BSC rules:

1. NCAA Women's Rules shall be used for both boys and girls with MIAA modifications (page 72 Section #80 Blue Book).
 - All **varsity** matches will be 3 out of 5 games, played to 25 points using rally scoring. The 5th varsity game will be played to 15 points.
 - **Junior Varsity** (and any sub varsity) matches will be 2 out of 3 played to 25 points using rally scoring, with the 3rd game to 15 points.
2. In general, the order of competition is as follows:
 - Afternoon games: varsity first
 - Evening games: Varsity second
 - Note: this order may change by mutual agreement of both schools.
3. Home team must provide two individuals for the score table, one for each of the following duties:
 - score sheet
 - "libero" tracking
4. Both teams must provide score sheets and line up sheets
5. Each team will provide linespersons to assist officials. These linespersons shall be situated, one at each "left back corner" of the court.

6. An official volleyball net shall be provided and a strip of white tape shall be placed at either end of the net over the sideline. Antennas must also be used.

All-Star Selection: Amended 8/26/09--(see Article 11 Section C)**

CHEERLEADING AND DANCE RULES

1. Cheerleading and Dance is governed by the MSSAA (Massachusetts Secondary Schools Administrator's Association).
WWW.MSSAA.ORG
2. Each member school that offers Cheerleading and Dance during the Fall and Winters season(s), must register with the MSSAA and be sanctioned for competition.
3. The Bay State Conference supports Cheerleading competitions twice per year – Fall and Winter.
4. The Bay State Conference supports Dance competitions once per year - Winter.
5. All competitions will be conducted using **NFHS Spirit** rules with MSSAA and BSC modifications.
6. All MSSAA rules and modifications will be adhered to at all levels for Cheerleading and Dance.
7. Bay State Conference Competition Dates will be determined based on the date of Regional competition for Cheerleading.
8. All Bay State Conference Schools that offer Cheerleading and/or Dance, must compete at the competition during that season.
9. Dance teams and Junior Varsity Cheerleading team(s) that would like to perform as an exhibition during the Fall season must inform Athletic Director in Charge of Sport.
10. Coaches have recommended for 8 certified line judges and a penalty judge to be assigned by the MSSAA for competitions. As few as four certified judges are capable of scoring a competition.
11. Trophies (places) will be awarded to the top three place finishers.
12. Relative to a school's enrollment and divisional alignment set forth by the MSSAA, the school with the highest point total in each division at the Bay State Conference Championship will receive a certificate to acknowledge such an honor.
13. Pre and Postseason meetings will be held. A coach or designee must be in attendance at these meetings
14. All-Star Nominations – Each school competing in a Bay State Conference Championship competition will have the opportunity to select (1) one All-Conference Selection and (1) one Honorable Mention for recognition at Bay State Conference competition.

BOYS BASKETBALL RULES

1. All contests will be played using **NFHS** rules with MIAA and BSC modifications.
2. All M.I.A.A. rules and modifications will be adhered to at all levels for all sports.
3. Starting times will be 3:45 pm unless otherwise noted.
 - No games may start prior to 3:30 pm unless mutually agreed upon (Fall daylight savings time 3:15 pm will be the league standard at the appropriate date)
4. Board certified officials will be used in all contests whenever possible.
 - Guidelines for reassignment of officials, in cases of shortage, are as follows:
 - In all sports at the varsity level (unless specific sport rules dictate otherwise) if at least half the number of certified assigned officials are present, the game will be played. At the sub varsity level, if no officials are present, the game will be played under the supervision of both coaching staffs. Sub varsity officials can be reassigned to work the varsity game. However, every effort should be made to leave the sub varsity official at their assigned game.
 - #officials assigned to each sport and sport level: Varsity: 2 (except football = 5); Sub-Varsity: 2 (recommended)
5. Adult Timekeepers should be used whenever possible. Home scorebook is the official scorebook.
6. Postponement policies: see Article #10 Sections G and H.
7. Pre and Postseason meetings will be held in all sports. A coach or designee must be in attendance at these meetings
8. A media rep should be selected for each sport and he/she is responsible for compiling league standings in that sport and reporting to all media outlets. Coaches of contests are responsible for calling scores into the media. All coaches must update records and standings with BSC media rep.
9. Official ball for this sport is: The official ball shall be the MIAA standard or equivalent
10. Uniforms and equipment: all home teams will wear white.
 - Note: Exceptions must be BSC approved.
11. The early dismissal of teams for BSC competition is at the discretion of each school to decide.
12. A player may compete in only one varsity sport during any one MIAA season.
13. No member of an athletic staff will engage in scouting of an opponent's practice session. Pre season scrimmages may be scouted by consent of participating schools.
14. Ticket prices are home rule with BSC recommendations.

15. Coach and Student suspension forms: It is recommended that all coaches carry MIAA games suspensions forms. The home team is responsible for completion of the form by the game official and must present the completed form to the home athletic director within twenty four hours

17. All athletic teams must be accompanied by an adult school representative (employed by the school) and that person must remain with the team throughout the competition.

18. Authorized video-taping is allowed by all BSC schools in all sports unless specific sport rules dictate otherwise.

19. If an official arrives at the contest site, without prior notification, and the contest is subsequently postponed or suspended, the official will receive one-half fee.

Note: Scheduling guidelines: In addition to below see Article #10:

BSC Sport Specific Rules: Boys Basketball (6/06)

1. All games will be played using the National Federation of High School Sports Rules.

2. Start times are: Freshmen 3:45pm, JV 5pm, Varsity 6:30pm; there should be 10 minute warm ups for sub-varsity and 15 minutes warm up for Varsity; 5 minute break between sub-varsity halves, 10 minutes for varsity halves. These times may be changed by mutual consent.

3. There shall be at least two board officials assigned to both Varsity and Junior Varsity games.

4. Home teams will wear light colored jerseys.

5. Adult timer will be used in all Varsity games.

6. The home team will supply basketballs for each team's warm up drills.

All-Star Selection: Amended 8/26/09--(see Article 11 Section C)**

GIRLS BASKETBALL RULES

GENERIC RULES FOR ALL BSC SPORTS :

1. All contests will be played using **NFHS** rules with MIAA and BSC modifications.

2. All M.I.A.A. rules and modifications will be adhered to at all levels for all sports.

3. Starting times will be 3:45 pm unless otherwise noted.

- No games may start prior to 3:30 pm unless mutually agreed upon (Fall daylight savings time 3:15 pm will be the league standard at the appropriate date)

4. Board certified officials will be used in all contests whenever possible.

- Guidelines for reassignment of officials, in cases of shortage, are as follows:

• In all sports at the varsity level (unless specific sport rules dictate otherwise) if at least half the number of certified assigned officials are present, the game will be played. At the sub varsity level, if no officials are present, the game will be played under the supervision of both coaching staffs. Sub varsity officials can be reassigned to work the varsity game. However, every effort should be made to leave the sub varsity official at their assigned game.

- #officials assigned to each sport and sport level: Varsity: 2 (except football = 5); Sub-Varsity: 2 (recommended)

5. Adult Timekeepers should be used whenever possible. Home scorebook is the official scorebook.

6. Postponement policies: see Article #10 Sections G and H.

7. Pre and Postseason meetings will be held in all sports. A coach or designee must be in attendance at these meetings

8. A media rep should be selected for each sport and he/she is responsible for compiling league standings in that sport and reporting to all media outlets. Coaches of contests are responsible for calling scores into the media. All coaches must update records and standings with BSC media rep.

9. Official ball for this sport is: MIAA standard or equivalent.

10. Uniforms and equipment: all home teams will wear white.

Note: Exceptions must be BSC approved.

11. The early dismissal of teams for BSC competition is at the discretion of each school to decide.

12. A player may compete in only one varsity sport during any one MIAA season.

13. No member of an athletic staff will engage in scouting of an opponent's practice session. Pre-season scrimmages may be scouted by consent of participating schools.

14. Ticket prices are home rule with BSC recommendations.

15. Coach and Student suspension forms: It is recommended that all coaches carry MIAA games suspensions forms. The home team is responsible for completion of the form by the game official and must present the completed form to the home athletic director within twenty four hours

16. All athletic teams must be accompanied by an adult school representative (employed by the school) and that person must remain with the team throughout the competition.
17. Authorized video-taping is allowed by all BSC schools in all sports unless specific sport rules dictate otherwise.
18. If an official arrives at the contest site, without prior notification, and the contest is subsequently postponed or suspended, the official will receive one-half fee.

Note: Scheduling guidelines: In addition to below see Article #10:

BSC Girls Basketball Sport Specific Rules: (6/06)

1. Start times are: Freshmen 3:45pm, JV 5pm, Varsity 6:30pm; there should be 10 minute warm ups for sub-varsity and 15 minutes warm up for Varsity; 5 minute break between sub-varsity halves, 10 minutes for varsity halves. These times may be changed by mutual consent.
2. Adult timer will be used in all varsity games.
3. The home team will supply basketballs for each team's warm up drills.

All-Star Selection: Amended 8/26/09--(see Article 11 Section C)**

GIRLS GYMNASTICS RULES

GENERIC RULES FOR ALL BSC SPORTS

1. All contests will be played using **NFHS** rules with MIAA and BSC modifications.
2. All M.I.A.A. rules and modifications will be adhered to at all levels for all sports.
3. Starting times will be 3:45 pm unless otherwise noted.
 - No games may start prior to 3:30 pm unless mutually agreed upon (Fall daylight savings time 3:15 pm will be the league standard at the appropriate date)
4. Board certified officials will be used in all contests whenever possible.
 - Guidelines for reassignment of officials, in cases of shortage, are as follows:
 - In all sports at the varsity level (unless specific sport rules dictate otherwise) if at least half the number of certified assigned officials are present, the game will be played. At the sub varsity level, if no officials are present, the game will be played under the supervision of both coaching staffs. Sub varsity officials can be reassigned to work the varsity game. However, every effort should be made to leave the sub varsity official at their assigned game.
 - #officials assigned to each sport and sport level: Varsity: 2 (except football = 5); Sub-Varsity: 2 (recommended)
5. Adult score keepers should be used whenever possible. Home scorebook is the official scorebook.
6. Postponement policies: see Article #10 Sections G and H.
7. Pre and Postseason meetings will be held in all sports. A coach or designee must be in attendance at these meetings
8. A media rep should be selected for each sport and he/she is responsible for compiling league standings in that sport and reporting to all media outlets. Coaches of contests are responsible for calling scores into the media. All coaches must update records and standings with BSC media rep.
9. The early dismissal of teams for BSC competition is at the discretion of each school to decide.
10. A player may compete in only one varsity sport during any one MIAA season.
11. No member of an athletic staff will engage in scouting of an opponent's practice session. Pre season scrimmages may be scouted by consent of participating schools.
12. Ticket prices are home rule with BSC recommendations.
13. Coach and Student suspension forms: It is recommended that all coaches carry MIAA games suspensions forms. The home team is responsible for completion of the form by the game official and must present the completed form to the home athletic director within twenty four hours
14. All athletic teams must be accompanied by an adult school representative (employed by the school) and that person must remain with the team throughout the competition.
15. Authorized video-taping is allowed by all BSC schools in all sports unless specific sport rules dictate otherwise.
16. If an official arrives at the contest site, without prior notification, and the contest is subsequently postponed or suspended, the official will receive one-half fee.

Note: Scheduling guidelines: In addition to below see Article #10:

Gymnastics Sport Specific Rules:

Dual Meet Competition Format:

1. Order of Events:

- Uneven Bars
- Balance Beam
- Vaulting
- Floor Exercise

NOTE - The preference in the Bay State conference is for split judging. In this case, uneven bars and vault will take place simultaneously, with one gymnast waiting for the other team to dismount. The order of the final events will be balance beam and then floor exercise. For these events, judges will remain together and the teams will alternate competitors.

If split judging is not desired by one or both of the coaches, or if there is only one judge, the order of events will be Uneven Bars, Balance Beam, Vault, and Floor Exercise.

The choice to split judging is made by the coaches.

2. Entries: Six participants may be entered in each event. Two participants may compete in the all around.

3. Scoring: The top four scores in each event count towards the team total.

4. Scoring Set-Up and Procedures: It is the responsibility of the home school to provide a 'score table' for meet scoring. The 'head table' should accommodate the master scorer for the home and visiting team. The officials should write their scores on a 'score slip' and send the score to the head table via a meet runner. The practice of following a team with a score sheet and recording scores from the flashed score is not appropriate. Please ensure accurate scoring by adhering to proper meet procedures.

5. Home team expectations: The home team shall provide the following equipment and personnel:

- 2 chairs for judges
- 1 runner for scores
- 1 score indicator
- Proper safety mats and landing mats – 4 inch mats are recommended

Note - Each team will provide their own score sheet and score keeper

6. Judges:

To be assigned by commissioner; two per meet if available: one is allowable. Make sure judges sign all score sheets. Coaches are encouraged to double check proper starting times.

7. Other Recommendations:

- Teams should arrive **one** hour before competition for proper warm up. The recommended warm-up time is 1 hour. In case of delay, the minimum warm-up time should be 30 minutes prior to the start of the meet. The warm-up time and order can also be altered according to coaches' agreement.
- A two-minute touch will be allowed on the floor exercise immediately preceding competition on that event.
- Each coach is responsible for calling in results for the meet to Boston Globe and Boston Herald as well as league coordinator before Sunday.

Bay State Conference Meet Format:

1. Each team is allowed 6 entries per event including two all-around competitors.

2. There is a team score. The top performing team will be recognized at the meet.

All-Star Selection: Amended 8/26/09--(see Article 11 Section C)**

BOYS SWIMMING RULES

GENERIC RULES FOR ALL SPORTS

1. All contests will be played using **NFHS** rules with MIAA and BSC modifications.
2. All M.I.A.A. rules and modifications will be adhered to at all levels for all sports.
3. Starting times will be 3:45 pm unless otherwise noted.
 - No games may start prior to 3:30 pm unless mutually agreed upon (Fall daylight savings time 3:15 pm will be the league standard at the appropriate date)
4. Board certified officials will be used in all contests whenever possible.
 - Guidelines for reassignment of officials, in cases of shortage, are as follows:
 - In all sports at the varsity level (unless specific sport rules dictate otherwise) if at least half the number of certified assigned officials are present, the game will be played. At the sub varsity level, if no officials are present, the game will be played under the supervision of both coaching staffs. Sub varsity officials can be reassigned to work the varsity game. However, every effort should be made to leave the sub varsity official at their assigned game.
 - #officials assigned to each sport and sport level: Varsity: 2 (except football = 5); Sub-Varsity: 2 (recommended)
5. Adult Timekeepers should be used whenever possible. Home scorebook is the official scorebook.
6. Postponement policies: see Article #10 Sections G and H.
7. Pre and Postseason meetings will be held in all sports. A coach or designee must be in attendance at these meetings
8. A media rep should be selected for each sport and he/she is responsible for compiling league standings in that sport and reporting to all media outlets. Coaches of contests are responsible for calling scores into the media. All coaches must update records and standings with BSC media rep.
9. The early dismissal of teams for BSC competition is at the discretion of each school to decide.
10. A player may compete in only one varsity sport during any one MIAA season.
11. No member of an athletic staff will engage in scouting of an opponent's practice session. Pre season scrimmages may be scouted by consent of participating schools.
12. Ticket prices are home rule with BSC recommendations.
13. Coach and Student suspension forms: It is recommended that all coaches carry MIAA games suspensions forms. The home team is responsible for completion of the form by the game official and must present the completed form to the home athletic director within twenty four hours
14. All athletic teams must be accompanied by an adult school representative (employed by the school) and that person must remain with the team throughout the competition.
15. Authorized video-taping is allowed by all BSC schools in all sports unless specific sport rules dictate otherwise.
16. If an official arrives at the contest site, without prior notification, and the contest is subsequently postponed or suspended, the official will receive one-half fee.

Note: Scheduling guidelines: In addition to below see Article #10:

BSC Sport Specific Boys Swimming Rules:

1. If a team does not have divers, the team forfeits the points to the team which does have divers. Points are based on the actual number of divers.
2. Bona fide Team Member Rule must be reviewed and understood by all coaches and athletes.
3. All schools shall submit liability binder insurance to each pool in the league.
4. The Conference Meet will be held each season prior to the cut -off date. This will take place on two separate days. The first day will be the diving and 500 free style and the second day will be for all other events.

All-Star Selection: Amended 8/26/09--(see Article 11 Section C)**

BOYS AND GIRLS INDOOR TRACK RULES

GENERIC RULES FOR ALL SPORTS

1. All contests will be played using **NFHS** rules with MIAA and BSC modifications.
2. All M.I.A.A. rules and modifications will be adhered to at all levels for all sports.
3. Starting times will be 3:45 pm unless otherwise noted.

- No games may start prior to 3:30 pm unless mutually agreed upon (Fall daylight savings time 3:15 pm will be the league standard at the appropriate date)
4. Board certified officials will be used in all contests whenever possible.
 - Guidelines for reassignment of officials, in cases of shortage, are as follows:
 - In all sports at the varsity level (unless specific sport rules dictate otherwise) if at least half the number of certified assigned officials are present, the game will be played. At the sub varsity level, if no officials are present, the game will be played under the supervision of both coaching staffs. Sub-varsity officials may be reassigned to work varsity games. However, every effort should be made to leave the sub varsity official at their assigned game.
 - #officials assigned to each sport and sport level: Varsity: 2 (except football = 5); Sub-Varsity: 2 (recommended)
 5. Adult Timekeepers should be used whenever possible. Home scorebook is the official scorebook.
 6. Postponement policies: see Article #10 Sections G and H.
 7. Pre and Postseason meetings will be held in all sports. A coach or designee must be in attendance at these meetings
 8. A media rep should be selected for each sport and he/she is responsible for compiling league standings in that sport and reporting to all media outlets. Coaches of contests are responsible for calling scores into the media. All coaches must update records and standings with BSC media rep.
 9. Uniforms and equipment: School-issued uniforms must be worn.
 - Note: Exceptions must be BSC approved.
 10. The early dismissal of teams for BSC competition is at the discretion of each school to decide.
 11. A player may compete in only one varsity sport during any one MIAA season.
 12. No member of an athletic staff will engage in scouting of an opponent's practice session. Pre season scrimmages may be scouted by consent of participating schools.
 13. Ticket prices are home rule with BSC recommendations.
 14. Coach and Student suspension forms: It is recommended that all coaches carry MIAA games suspensions forms. The home team is responsible for completion of the form by the game official and must present the completed form to the home athletic director within twenty four hours
 15. All athletic teams must be accompanied by an adult school representative (employed by the school) and that person must remain with the team throughout the competition.
 16. Authorized video-taping is allowed by all BSC schools in all sports unless specific sport rules dictate otherwise.
 17. If an official arrives at the contest site, without prior notification, and the contest is subsequently postponed or suspended, the official will receive one-half fee.

Note: Scheduling guidelines: In addition to below see Article #10:

Typically, seven meet dates are requested and provided for at the Reggie Lewis Center. The first five dates are scheduled against divisional opponents. The sixth date is scheduled for interdivisional match-ups (1v.1, 2v.2, etc) and the seventh date is reserved for the Conference Meet. In the event of cancellations during the course of the season, the first rescheduling priority is completing the dual meet schedule and the second priority is preserving the Conference Meet.

BSC Indoor Track Specific Rules:

1. Meets will be held at Reggie Lewis Center. Times to be announced at league meeting. JUNIOR VARSITY meets will be established at pre-season meeting.
 - A. Respect the facility. NO food or drink allowed. Please observe this and all RLC Rules. We are guests. Use barrels provided to dispose of all debris.
 - B. No spikes allowed in dual meets. ¼" pyramid spikes allowed in Championship meets only.
 - C. Use side entrance only (New Dudley St.) for bus/team drop-off.
2. Order of Events and Number of Entries:
 - Oval
 - 1 Mile (5) B/G
 - 1000 M (5) B/G
 - 600 M (5) B/G
 - 300 M (3) B/G
 - 2 Mile (3) G/B
 - 4 x 400 M Relay B/G
 - (200 M and 400 M JV races at conclusion of relays)

Straightaway/Field

HJ (3) –Alternate Jumpers (5 Alive Rule) – B/G Simultaneous (5’2”/4’2”)

SP (4) – B/G (Alternate gender order by meet block)

LJ (3) – G/B (3 attempts/Alternate gender order by meet block) -- *scoring event beginning 2010-11*

55 M Hurdles (4) B/G—at conclusion of HJ—(JV heats follow V)

55 M Dash (4) B/G (JV heats follow V)

3. Entry Limitations and False Start Rule

Maximum = 2 Running + 2 Field (voted in 1986)

Relay = Running Event

No 2 Running Events greater than 400 M

One False Start = Disqualification

4. Conference Numbers Assigned (see #10). LYNX/Hy-Tek approved in 2004.

A. All rosters to be submitted electronically, before the season in Excel format with Athletes’ first and last Names, YOGs and bib numbers.

B. All bib numbers are worn on front (Hy-Tek) + hip numbers (LYNX).

C. All entries submitted on 3x5 cards with Event, School, Competitors and Bib Numbers clearly printed. One card per team per event.

D. Mile entry cards must be submitted on arrival at RLC. All other Entry Cards must be submitted by the start of the event prior (e.g. 1000M by start of Mile, etc.)

5. Rules of Note:

A. School Uniforms—the National Federation Rule will be strictly enforced and athletes will be disqualified if not conforming to the rule. The Referee will inform coaches of disqualification.

B. Jewelry—No jewelry is allowed. Exceptions: Medical or Religious (must be taped down)

C. 2 Mile Run—one coach per team, if needed, to assist in tracking laps for this event. Lap sheets will be provided. Please record places and times and turn in to scorer.

D. Mats at end of straightaway—Athletes must refrain from diving onto mats at the end of straightaway races or be subject to disqualification.

6. League Representatives for News Media

A. Commissioner will call in results and standings to the Globe and Herald.

B. Coaches should call in dual meet results to local papers.

C. Hy-Tek operator will post performance lists on coolrunning.com

7. Conference Meet

Minimum 2 Entries per event (Automatic qualification for any athlete meeting the lowest MIAA Division standard (2011) + 2 Wild Cards/Team)

Each individual listed on 3x5card with seed performance

Non-BSC performances allowed for seeding purposes

Participation Limits (individuals): Any 2 running and 1 field event or vice versa (2011).

Long Jump contested as official event—voted in 2005—scoring event beginning in 2010-11—3 jumpers x 3 attempts each beginning in 2011-12

8. All-Star Selection: Amended 8/26/09--(**see Article 11 Section C)

9. BSC Indoor Track Numbers

Braintree	1-99	Framingham	600-699
Dedham	100-199	Natick	700-799
Milton	200-299	Newton North	800-899
Norwood	300-399	Walpole	900-999
Needham	400-499	Brookline	1000-1099
Wellesley	500-599	Weymouth	1100-1199

Bay State Conference Indoor Track – Conference Meet Format

SHOT PUT	TOP 7 to FINAL	GIRLS/BOYS
LONG JUMP	TOP 7 to FINAL (Qual. Std. 18’/ 14’)	BOYS/GIRLS
55M HURDLES	TRIALS	BOYS/GIRLS
55M DASH	TRIALS	BOYS/GIRLS
55M HURDLES	FINALS	GIRLS/BOYS
55M DASH	FINALS	GIRLS/BOYS
HIGH JUMP:	START @ 5’ 6”/ 4’ 6” (even increments plus 5’11”/4’11”)	BOYS/GIRLS
1 MILE	FINAL (ON TIME)	BOYS/GIRLS
1000 METER	FINAL (ON TIME)	BOYS/GIRLS
600 METER	FINAL (ON TIME)	BOYS/GIRLS
300 METER	FINAL (ON TIME)	BOYS/GIRLS
2 MILE	FINAL (ON TIME)	GIRLS/BOYS
4 X 400 M RELAY	FINAL (ON TIME)	BOYS/GIRLS
4 X 200 M RELAY**	FINAL (ON TIME)	BOYS/GIRLS
4 X 800 M RELAY**	FINAL (ON TIME)	BOYS/GIRLS

**These events will be run time permitting

Participation Rules:

Any 2 running and 1 field or vice versa 2 events > than 400M for Individual Athlete allowed for Conference Meet **only**
2 Athletes per event/per school + 2 Wild Cards
Automatic qualification for any athlete meeting the lowest MIAA Division standard (2011)

Separate 3 x 5 Index Card for each individual entry (Event, School, Athlete, Bib #, Seed Performance). Reminder that Non-Conference performances CAN be used for seeding purposes. All-Star Plaques for first place finishers in all individual events and 4 x 400M Relay ONLY

WRESTLING RULES

GENERIC RULES FOR ALL SPORTS

1. All contests will be played using NFHS rules with MIAA and BSC modifications.
2. All M.I.A.A. rules and modifications will be adhered to at all levels for all sports.
3. Starting times will be 3:45 pm unless otherwise noted.
 - No games may start prior to 3:30 pm unless mutually agreed upon (Fall daylight savings time 3:15 pm will be the league standard at the appropriate date)
4. Board certified officials will be used in all contests whenever possible.
 - Guidelines for reassignment of officials, in cases of shortage, are as follows:

• In all sports at the varsity level (unless specific sport rules dictate otherwise) if at least half the number of certified assigned officials are present, the game will be played. At the sub varsity level, if no officials are present, the game will be played under the supervision of both coaching staffs. Sub varsity officials can be reassigned to work the varsity game. However, every effort should be made to leave the sub varsity official at their assigned game.

• #officials assigned to each sport and sport level: Varsity: 2 (except football = 5); Sub-Varsity: 2 (recommended)

5. Adult Timekeepers should be used whenever possible. Home scorebook is the official scorebook.

6. Postponement policies: see Article #10 Sections G and H.

7. Pre and Postseason meetings will be held in all sports. A coach or designee must be in attendance at these meetings

8. A media rep should be selected for each sport and he/she is responsible for compiling league standings in that sport and reporting to all media outlets. Coaches of contests are responsible for calling scores into the media. All coaches must update records and standings with BSC media rep.

9. Uniforms and equipment: School-issued uniforms must be worn.

Note: Exceptions must be BSC approved.

10. The early dismissal of teams for BSC competition is at the discretion of each school to decide.

11. A player may compete in only one varsity sport during any one MIAA season.

12. No member of an athletic staff will engage in scouting of an opponent's practice session. Pre season scrimmages may be scouted by consent of participating schools.

13. Ticket prices are home rule with BSC recommendations.

14. Coach and Student suspension forms: It is recommended that all coaches carry MIAA games suspensions forms. The home team is responsible for completion of the form by the game official and must present the completed form to the home athletic director within twenty four hours

15. All athletic teams must be accompanied by an adult school representative (employed by the school) and that person must remain with the team throughout the competition.

16. Authorized video-taping is allowed by all BSC schools in all sports unless specific sport rules dictate otherwise.

17. If an official arrives at the contest site, without prior notification, and the contest is subsequently postponed or suspended, the official will receive one-half fee.

Note: Scheduling guidelines: In addition to below see Article #10:

BSC Wrestling Specific Rules;

1. Weighing-in of Wrestlers:

- Schools may weigh in their wrestlers at their home school on the day of the meet and only during the 60-minute period immediately prior to the beginning of the academic school day.
- For matches beginning after 3:00 p.m. on a non-school day, a single 60-minute weigh-in period between 6:00 a.m. and 12:00 noon will be allowed. Any wrestler who makes weight during the earlier weigh-in is allowed an additional three pounds at the match site weigh-in. Any wrestler failing to make weight at the earlier weigh-in must make scratch weight at the site weigh-ins. A wrestler who fails to make weight shall not be eligible to compete that day. Actual weights will be recorded.
- Signatures of the coach and a school administrator (the principal or his designee) must appear in ink on the dual meet weigh-in sheets in order for the weigh-in to be validated.
- Home management shall, each year prior to the first home meet, have the weigh-in scale that will be used certified and official seal affixed.

2. Where the referee is required to be there one hour before a varsity match, all JV matches should be completed before the start of the varsity match. A J.V. match held on the same date as the Varsity match officiated by the same official shall be conducted as follows: JV bouts will be 3 two-minute periods.

3. Meet Management

- Quad Meet (All B.S.C. Teams) – Flip for order of matches.
- Tri-meet (All B.S.C. Teams) – Flip for order of matches
- Tri-meet (2 B.S.C. and 1 non-league) – B.S.C. must compete first unless mutually agreed upon by coaches.

All-Star Selection: Amended 8/26/09--(see Article 11 Section C)**

BOYS AND GIRLS ICE HOCKEY RULES

GENERIC RULES FOR ALL SPORTS

1. All contests will be played using **NFHS** rules with MIAA and BSC modifications.
2. All M.I.A.A. rules and modifications will be adhered to at all levels for all sports.
3. Starting times will be 3:45 pm unless otherwise noted.
 - No games may start prior to 3:30 pm unless mutually agreed upon (Fall daylight savings time 3:15 pm will be the league standard at the appropriate date)
4. Board certified officials will be used in all contests whenever possible.
 - Guidelines for reassignment of officials, in cases of shortage, are as follows:
 - In all sports at the varsity level (unless specific sport rules dictate otherwise) if at least half the number of certified assigned officials are present, the game will be played. At the sub varsity level, if no officials are present, the game will be played under the supervision of both coaching staffs. Sub varsity officials can be reassigned to work the varsity game. However, every effort should be made to leave the sub varsity official at their assigned game.
 - #officials assigned to each sport and sport level: Varsity: 2 (except football = 5); Sub-Varsity: 2 (recommended)
5. Adult Timekeepers should be used whenever possible. Home scorebook is the official scorebook.
6. Postponement policies: see Article #10 Sections G and H.
7. Pre and Postseason meetings will be held in all sports. A coach or designee must be in attendance at these meetings
8. A media rep should be selected for each sport and he/she is responsible for compiling league standings in that sport and reporting to all media outlets. Coaches of contests are responsible for calling scores into the media. All coaches must update records and standings with BSC media rep.
9. Uniforms and equipment: all home teams will wear white.
Note: Exceptions must be BSC approved.
10. The early dismissal of teams for BSC competition is at the discretion of each school to decide.
11. A player may compete in only one varsity sport during any one MIAA season.
12. No member of an athletic staff will engage in scouting of an opponent's practice session. Pre season scrimmages may be scouted by consent of participating schools.
13. Ticket prices are home rule with BSC recommendations.
14. Coach and Student suspension forms: It is recommended that all coaches carry MIAA games suspensions forms. The home team is responsible for completion of the form by the game official and must present the completed form to the home athletic director within twenty four hours
15. All athletic teams must be accompanied by an adult school representative (employed by the school) and that person must remain with the team throughout the competition.
16. Authorized video-taping is allowed by all BSC schools in all sports unless specific sport rules dictate otherwise.
17. If an official arrives at the contest site, without prior notification, and the contest is subsequently postponed or suspended, the official will receive one-half fee.

Note: Scheduling guidelines: In addition to below see Article #10:

HOCKEY RULES:

1. Games will start at times determined by the home team and the ice facility they use.
2. All games will be 3 - 15 minute periods. Pregame warm-up time is 5-7 minutes.
3. There shall be two board officials assigned to both Varsity and Junior Varsity games.
4. All pucks used must be black in color.
5. The Championship will be determined by using two points for a win, one point for a tie and 0 points for lost.
6. The home team will be responsible for the following:
 - A. Ice rental
 - B. Adult timer
 - C. Doctor, LATC or EMT required to be in attendance for all varsity contests; strongly recommended for sub-varsity contests.

All-Star Selection: Amended 8/26/09--(**see Article 11 Section C)

BASEBALL RULES

GENERIC RULES FOR ALL SPORTS

1. All contests will be played using **SPORTING NEWS** rules with MIAA and BSC modifications.
2. All M.I.A.A. rules and modifications will be adhered to at all levels for all sports.
3. Starting times will be 3:45 pm unless otherwise noted.
 - No games may start prior to 3:30 pm unless mutually agreed upon (Fall daylight savings time 3:15 pm will be the league standard at the appropriate date)
4. Board certified officials will be used in all contests whenever possible.
 - Guidelines for reassignment of officials, in cases of shortage, are as follows:
 - In all sports at the varsity level (unless specific sport rules dictate otherwise) if at least half the number of certified assigned officials are present, the game will be played. At the sub varsity level, if no officials are present, the game will be played under the supervision of both coaching staffs. Sub varsity officials can be reassigned to work the varsity game. However, every effort should be made to leave the sub varsity official at their assigned game.
 - #officials assigned to each sport and sport level: Varsity: 2 (except football = 5); Sub-Varsity: 2 (recommended)
5. Home scorebook is the official scorebook.
6. Postponement policies: see Article #10 Sections G and H.
7. Pre and Postseason meetings will be held in all sports. A coach or designee must be in attendance at these meetings
8. A media rep should be selected for each sport and he/she is responsible for compiling league standings in that sport and reporting to all media outlets. Coaches of contests are responsible for calling scores into the media. All coaches must update records and standings with BSC media rep.
9. Official ball for this sport is: The official ball shall be the MIAA standard or equivalent
10. Uniforms and equipment: all home teams will wear white. Exception football (wears dark at home).
Note: Exceptions must be BSC approved.
11. The early dismissal of teams for BSC competition is at the discretion of each school to decide.
12. A player may compete in only one varsity sport during any one MIAA season.
13. No member of an athletic staff will engage in scouting of an opponent's practice session. Pre season scrimmages may be scouted by consent of participating schools.
14. Ticket prices are home rule with BSC recommendations.
15. Coach and Student suspension forms: It is recommended that all coaches carry MIAA games suspensions forms. The home team is responsible for completion of the form by the game official and must present the completed form to the home athletic director within twenty four hours
16. All athletic teams must be accompanied by an adult school representative (employed by the school) and that person must remain with the team throughout the competition.
17. Authorized video-taping is allowed by all BSC schools in all sports unless specific sport rules dictate otherwise.
18. If an official arrives at the contest site, without prior notification, and the contest is subsequently postponed or suspended, the official will receive one-half fee.

Note: Scheduling guidelines: In addition to below see Article #10:

BSC Baseball Rules:

1. Major League Baseball Rules will be used with the MIAA DH Rule.
2. In the event of questionable weather, the visiting team must be notified a minimum of two hours before game time.
3. Bay State Conference games are to begin at 3:45. If a team arrives late to the field the game will begin twenty minutes after the bus arrives.
4. Two umpires for the Varsity game and two umpires for Sub-Varsity games are desired. Varsity games must be played with a minimum of one umpire. Sub-varsity games must be played even if no umpires are present (coaches will umpire). It is recommended that the Varsity bring up one umpire from the JV game if possible provided there are two JV umpires present. When only one umpire is present, that umpire shall work behind the plate.
5. Night games may be played if mutually agreed upon by both teams.
6. Coaches are to provide duplicate cards showing the batting order (starting lineups); one to the umpire, the other to the opposing team.
7. Suspended games will be played to completion on the next available date.

8. The coaches are to select an All Star Team as set by the BSC Constitution criteria.
 9. All JV games shall be played to completion and not stopped because the Varsity game ends.
 10. Varsity games are to be nine innings in length. A postponed game shall be played on the next available date. Sub-Varsity games shall be seven innings. Next available date is defined as the first date when both teams are open.
 11. It is reaffirmed that if the home team has a facility available for a weekend make-up date, then the game must be played. Sunday is not considered a playing date unless mutual agreement exists between both schools.
 12. It has been voted to accept the "hidden ball play" for Varsity games only.
 13. No coach may coach the bases in league play.
 14. Schools may move scheduled games off Prom days. On postponements of prom dates, consent of both schools must be present for the game to be rescheduled the day after the prom.
 15. In nine inning games, a game will be terminated after the completion of seven at-bats for the team that is behind, if the team in the lead is ahead by ten or more runs. After the middle of the seventh inning and beyond, once the home team establishes a ten-run margin, the game will be terminated immediately. If the visiting team goes ahead by ten runs or more in the top of the eighth or ninth inning the home team will be allowed to bat in their half of the inning. If the home team reduces the losing margin to fewer than ten runs in the bottom half of a late inning, then the game continues until its normal completion or until a re-establishment of the ten-run rule terminates the game.
 16. Lights may be turned on to complete a game if the coaches agree prior to the game.
 17. BSC trips to the mound rule: two trips per inning, no limit per game. Pitcher must be removed from the mound after the second trip in an inning but may remain in the game.
 18. Re-entry rule used for all Sub-Varsity games.
 19. Wood bats must be used for all Bay State Conference games, all non-league games played between two Bay State Conference Teams and all MIAA Tournament games played between two Bay State Conference Teams.
 20. Composite bats may be used in Sub-Varsity games.
 21. If the Varsity Coach is ejected a school-approved coach must be present within 15 minutes for the game to continue or it will be called a forfeit.
 22. The winning coach will call the newspapers, for night games the Home Coach calls the papers.
 23. Coaches are required to call the league coordinator by 3pm Sunday with record and statistics updated for the week.
 24. Schools are not to move league scheduled games unless there is a conflict due to a prom or postponed due to weather.
 25. Varsity Coaches must be in full game uniform for all games.
 26. The official ball shall be the Diamond D-1 Pro or equal.
- All-Star Selection: Amended 8/26/09--(**see Article 11 Section C)**

BOYS LACROSSE RULES

GENERIC RULES FOR ALL SPORTS :

1. All contests will be played using **NFHS** rules with MIAA and BSC modifications.
2. All M.I.A.A. rules and modifications will be adhered to at all levels for all sports.
3. Starting times will be 3:45 pm unless otherwise noted. **(Amended to 4pm for Boys Lacrosse 6/5/09)**
 - No games may start prior to 3:30 pm unless mutually agreed upon (Fall daylight savings time 3:15 pm will be the league standard at the appropriate date)
4. Board certified officials will be used in all contests whenever possible.
 - Guidelines for reassignment of officials, in cases of shortage, are as follows:
 - In all sports at the varsity level (unless specific sport rules dictate otherwise) if at least half the number of certified assigned officials are present, the game will be played. At the sub varsity level, if no officials are present, the game will be played under the supervision of both coaching staffs. Sub varsity officials can be reassigned to work the varsity game. However, every effort should be made to leave the sub varsity official at their assigned game.
 - #officials assigned to each sport and sport level: Varsity: 2 (except football = 5); Sub-Varsity: 2 (recommended)
5. Adult Timekeepers should be used whenever possible. Home scorebook is the official scorebook.
6. Postponement policies: see Article #10 Sections G and H.
7. Pre and Postseason meetings will be held in all sports. A coach or designee must be in attendance at these meetings

8. A media rep should be selected for each sport and he/she is responsible for compiling league standings in that sport and reporting to all media outlets. Coaches of contests are responsible for calling scores into the media. All coaches must update records and standings with BSC media rep.
9. Official ball for this sport is: MIAA standard or equivalent. White balls recommended.
10. Uniforms and equipment: all home teams will wear white.
Note: Exceptions must be BSC approved.
11. The early dismissal of teams for BSC competition is at the discretion of each school to decide.
12. A player may compete in only one varsity sport during any one MIAA season.
13. No member of an athletic staff will engage in scouting of an opponent's practice session. Pre season scrimmages may be scouted by consent of participating schools.
14. Ticket prices are home rule with BSC recommendations.
15. Coach and Student suspension forms: It is recommended that all coaches carry MIAA games suspensions forms. The home team is responsible for completion of the form by the game official and must present the completed form to the home athletic director within twenty four hours
16. All athletic teams must be accompanied by an adult school representative (employed by the school) and that person must remain with the team throughout the competition.
17. Authorized video-taping is allowed by all BSC schools in all sports unless specific sport rules dictate otherwise.
18. If an official arrives at the contest site, without prior notification, and the contest is subsequently postponed or suspended, the official will receive one-half fee.

Note: Scheduling guidelines: In addition to below see Article #10:

All-Star Selection: Amended 8/26/09--(see Article 11 Section C)**

GIRLS LACROSSE RULES

GENERIC RULES FOR ALL SPORTS

1. All contests will be played using **NFHS** rules with MIAA and BSC modifications.
2. All M.I.A.A. rules and modifications will be adhered to at all levels for all sports.
3. Starting times will be 3:45 pm unless otherwise noted. **(Amended to 4pm for Girls Lacrosse 6/5/09)**
 - No games may start prior to 3:30 pm unless mutually agreed upon (Fall daylight savings time 3:15 pm will be the league standard at the appropriate date)
4. Board certified officials will be used in all contests whenever possible.
 - Guidelines for reassignment of officials, in cases of shortage, are as follows:
 - In all sports at the varsity level (unless specific sport rules dictate otherwise) if at least half the number of certified assigned officials are present, the game will be played. At the sub varsity level, if no officials are present, the game will be played under the supervision of both coaching staffs. Sub varsity officials can be reassigned to work the varsity game. However, every effort should be made to leave the sub varsity official at their assigned game.
 - #officials assigned to each sport and sport level: Varsity: 2 (except football = 5); Sub-Varsity: 2 (recommended)
5. Adult Timekeepers should be used whenever possible. Home scorebook is the official scorebook.
6. Postponement policies: see Article #10 Sections G and H.
7. Pre and Postseason meetings will be held in all sports. A coach or designee must be in attendance at these meetings
8. A media rep should be selected for each sport and he/she is responsible for compiling league standings in that sport and reporting to all media outlets. Coaches of contests are responsible for calling scores into the media. All coaches must update records and standings with BSC media rep.
9. Official ball for this sport is: MIAA standard or equivalent. Yellow balls recommended.
10. Uniforms and equipment: all home teams will wear white. Exception football (wears dark at home).
Note: Exceptions must be BSC approved.
11. The early dismissal of teams for BSC competition is at the discretion of each school to decide.
12. A player may compete in only one varsity sport during any one MIAA season.
13. No member of an athletic staff will engage in scouting of an opponent's practice session. Pre season scrimmages may be scouted by consent of participating schools.
14. Ticket prices are home rule with BSC recommendations.

15. Coach and Student suspension forms: It is recommended that all coaches carry MIAA games suspensions forms. The home team is responsible for completion of the form by the game official and must present the completed form to the home athletic director within twenty four hours
 16. All athletic teams must be accompanied by an adult school representative (employed by the school) and that person must remain with the team throughout the competition.
 17. Authorized video-taping is allowed by all BSC schools in all sports unless specific sport rules dictate otherwise.
 18. If an official arrives at the contest site, without prior notification, and the contest is subsequently postponed or suspended, the official will receive one-half fee.
- Note: Scheduling guidelines: In addition to below see Article #10:
All-Star Selection: Amended 8/26/09--(see Article 11 Section C)**

BOYS VOLLEYBALL RULES

GENERIC RULES FOR ALL SPORTS

1. All contests will be played using **NCAA/WOMEN’S** rules with MIAA and BSC modifications.
2. All M.I.A.A. rules and modifications will be adhered to at all levels for all sports.
3. Starting times will be 3:45 pm unless otherwise noted. **(Amended to 4pm for Boys Volleyball 6/5/09)**
 - No games may start prior to 3:30 pm unless mutually agreed upon (Fall daylight savings time 3:15 pm will be the league standard at the appropriate date)
4. Board certified officials will be used in all contests whenever possible.
 - Guidelines for reassignment of officials, in cases of shortage, are as follows:
 - In all sports at the varsity level (unless specific sport rules dictate otherwise) if at least half the number of certified assigned officials are present, the game will be played. At the sub varsity level, if no officials are present, the game will be played under the supervision of both coaching staffs. Sub varsity officials can be reassigned to work the varsity game. However, every effort should be made to leave the sub varsity official at their assigned game.
 - #officials assigned to each sport and sport level: Varsity: 2 (except football = 5); Sub-Varsity: 2 (recommended)
5. Adult Timekeepers should be used whenever possible. Home scorebook is the official scorebook.
6. Postponement policies: see Article #10 Sections G and H.
7. Pre and Postseason meetings will be held in all sports. A coach or designee must be in attendance at these meetings
8. A media rep should be selected for each sport and he/she is responsible for compiling league standings in that sport and reporting to all media outlets. Coaches of contests are responsible for calling scores into the media. All coaches must update records and standings with BSC media rep.
9. Official ball for this sport is: MIAA standard or equivalent.
10. Uniforms and equipment: all home teams will wear white. Exception football (wears dark at home).

Note: Exceptions must be BSC approved.
11. The early dismissal of teams for BSC competition is at the discretion of each school to decide.
12. A player may compete in only one varsity sport during any one MIAA season.
13. No member of an athletic staff will engage in scouting of an opponent’s practice session. Pre season scrimmages may be scouted by consent of participating schools.
14. Ticket prices are home rule with BSC recommendations.
15. Coach and Student suspension forms: It is recommended that all coaches carry MIAA games suspensions forms. The home team is responsible for completion of the form by the game official and must present the completed form to the home athletic director within twenty four hours
16. All athletic teams must be accompanied by an adult school representative (employed by the school) and that person must remain with the team throughout the competition.
17. Authorized video-taping is allowed by all BSC schools in all sports unless specific sport rules dictate otherwise.
18. If an official arrives at the contest site, without prior notification, and the contest is subsequently postponed or suspended, the official will receive one-half fee.

Note: Scheduling guidelines: In addition to below see Article #10:

BSC Boys Volleyball Specific Rules: Revisions 2005-2006:

1. NCAA Women's Rules shall be used for both boys and girls with MIAA modifications (page 72 Section #80 Blue Book).
 - All **varsity** matches will be 3 out of 5 games, played to 25 points using rally scoring. The 5th varsity game will be played to 15 points.
 - **Junior Varsity** (and any sub varsity) matches will be 2 out of 3 played to 25 points using rally scoring, with the 3rd game to 15 points.
2. In general, the order of competition is as follows:
 - Afternoon games: varsity first
 - Evening games: Varsity second
 - Note: this order may change by mutual agreement of both schools.
3. Home team must provide two individuals for the score table, one for each of the following duties:
 - score sheet
 - "libero" tracking
4. Both teams must provide score sheets and line up sheets
5. It is recommended that a separate gym be used for warm ups.
6. Each team will provide linespersons to assist officials. These linespersons shall be situated, one at each "left back corner" of the court.
7. An official volleyball net shall be provided and a strip of white tape shall be placed at either end of the net over the sideline. Antennas must also be used.

All-Star Selection: Amended 8/26/09--(see Article 11 Section C)**

SOFTBALL RULES

GENERIC RULES FOR ALL SPORTS:

1. All contests will be played using **NFHS** rules with MIAA and BSC modifications.
2. All M.I.A.A. rules and modifications will be adhered to at all levels for all sports.
3. Starting times will be 3:45 pm unless otherwise noted.
 - No games may start prior to 3:30 pm unless mutually agreed upon (Fall daylight savings time 3:15 pm will be the league standard at the appropriate date)
4. Board certified officials will be used in all contests whenever possible.
 - Guidelines for reassignment of officials, in cases of shortage, are as follows:
 - In all sports at the varsity level (unless specific sport rules dictate otherwise) if at least half the number of certified assigned officials are present, the game will be played. At the sub varsity level, if no officials are present, the game will be played under the supervision of both coaching staffs. Sub varsity officials can be reassigned to work the varsity game. However, every effort should be made to leave the sub varsity official at their assigned game.
 - #officials assigned to each sport and sport level: Varsity: 2 (except football = 5); Sub-Varsity: 2 (recommended)
5. Home scorebook is the official scorebook.
6. Postponement policies: see Article #10 Sections G and H. (esp. Article 10.H.3)
7. Pre and Postseason meetings will be held in all sports. A coach or designee must be in attendance at these meetings
8. A media rep should be selected for each sport and he/she is responsible for compiling league standings in that sport and reporting to all media outlets. Coaches of contests are responsible for calling scores into the media. All coaches must update records and standings with BSC media rep.
9. Official ball for this sport is: MIAA standard or equivalent.
10. Uniforms and equipment: all home teams will wear white. Exception football (wears dark at home).
 - Note: Exceptions must be BSC approved.
11. The early dismissal of teams for BSC competition is at the discretion of each school to decide.
12. A player may compete in only one varsity sport during any one MIAA season.
13. No member of an athletic staff will engage in scouting of an opponent's practice session. Pre season scrimmages may be scouted by consent of participating schools.
14. Ticket prices are home rule with BSC recommendations.

15. Coach and Student suspension forms: It is recommended that all coaches carry MIAA games suspensions forms. The home team is responsible for completion of the form by the game official and must present the completed form to the home athletic director within twenty four hours
16. All athletic teams must be accompanied by an adult school representative (employed by the school) and that person must remain with the team throughout the competition.
17. Authorized video-taping is allowed by all BSC schools in all sports unless specific sport rules dictate otherwise.
18. If an official arrives at the contest site, without prior notification, and the contest is subsequently postponed or suspended, the official will receive one-half fee.

Note: Scheduling guidelines: In addition to below see Article #10:

BSC SOFTBALL RULES:

1. The home team should begin infield warm-ups 30 minutes prior to the start of a game. Each team is allotted 10 minutes for warm-ups. Games will start at 3:45 PM.
2. The visiting team will always be allowed 10 minutes to warm-up, regardless of its arrival time.
3. Two umpires must be assigned per Varsity game: one per JV game. In the event that only 1 umpire shows for the varsity game, AND, upon agreement of both coaches, the JV umpire will be brought up as the second umpire at the varsity level. This necessitates that the JV coaches officiate their own game. Lineup cards must be presented to umpire-in-chief when reviewing ground rules.
4. Anyone warming-up the pitcher prior to the start of a half inning must wear a mask, helmet and throat guard. This includes coaches and parents.
5. A freshman team short of players may use sophomores. These sophomores will be allowed to play in both the freshman and junior varsity games. Prior notification of opponent is required.
6. All fields must have a backstop for all varsity games and, if possible, fences in front of the benches.
7. The home team shall have the fields marked with foul lines, batter's boxes and an 8' pitcher's circle. Coaches' boxes should also be provided.
8. No new inning will begin after 5:45 in the JV and freshman games.
9. Stealing will be allowed at all 3 levels of competition. Coaches of freshman teams should refrain from stealing after they go up by 10 or more runs.
10. **A 10 run "slaughter" rule will be in effect after 4 1/2 innings at all levels (amended 6/5/09).** In seven inning games, a game will be terminated after the completion of five at-bats for the team that is behind, if the team in the lead is ahead by ten or more runs. After the middle of the fifth inning and beyond, once the home team establishes a ten-run margin, the game will be terminated immediately. If the visiting team goes ahead by ten runs or more in the top of the sixth or seventh inning the home team will be allowed to bat in their half of the inning. If the home team reduces the losing margin to fewer than ten runs in the bottom half of a late inning, then the game continues until its normal completion or until a re-establishment of the ten-run rule terminates the game.
11. By unanimous vote of the Athletic Directors, upon recommendation from the coaches, ALL Varsity games ending in a tie WILL BE PLAYED UNTIL THERE IS A WINNER. *Home rule re "lights out" WILL PREVAIL.
12. The MIAA "recommends" installation of "safety bases" and a "double" first base.

All-Star Selection: Amended 8/26/09--(see Article 11 Section C)**

BOYS AND GIRLS OUTDOOR TRACK RULES

GENERIC RULES FOR ALL BSC SPORTS

1. All contests will be played using **NFHS** rules with MIAA and BSC modifications.
2. All M.I.A.A. rules and modifications will be adhered to at all levels for all sports.
3. Starting times will be 3:45 pm unless otherwise noted.
 - No games may start prior to 3:30 pm unless mutually agreed upon (Fall daylight savings time 3:15 pm will be the league standard at the appropriate date)
4. Board certified officials will be used in all contests whenever possible.
 - Guidelines for reassignment of officials, in cases of shortage, are as follows:

• In all sports at the varsity level (unless specific sport rules dictate otherwise) if at least half the number of certified assigned officials are present, the game will be played. At the sub varsity level, if no officials are present, the game will be played under the supervision of both coaching staffs. Sub varsity officials can be reassigned to work the varsity game. However, every effort should be made to leave the sub varsity official at their assigned game.

• #officials assigned to each sport and sport level: Varsity: 2 (except football = 5); Sub-Varsity: 2 (recommended)

5. Adult Timekeepers should be used whenever possible. Home scorebook is the official scorebook.

6. Postponement policies: see Article #10 Sections G and H.

7. Pre and Postseason meetings will be held in all sports. A coach or designee must be in attendance at these meetings

8. A media rep should be selected for each sport and he/she is responsible for compiling league standings in that sport and reporting to all media outlets. Coaches of contests are responsible for calling scores into the media. All coaches must update records and standings with BSC media rep.

9. Uniforms and equipment: School-issued uniforms must be worn.

Note: Exceptions must be BSC approved.

10. The early dismissal of teams for BSC competition is at the discretion of each school to decide.

11. A player may compete in only one varsity sport during any one MIAA season.

12. No member of an athletic staff will engage in scouting of an opponent's practice session. Pre season scrimmages may be scouted by consent of participating schools.

13. Ticket prices are home rule with BSC recommendations.

14. Coach and Student suspension forms: It is recommended that all coaches carry MIAA games suspensions forms. The home team is responsible for completion of the form by the game official and must present the completed form to the home athletic director within twenty four hours

15. All athletic teams must be accompanied by an adult school representative (employed by the school) and that person must remain with the team throughout the competition.

16. If an official arrives at the contest site, without prior notification, and the contest is subsequently postponed or suspended, the official will receive one-half fee.

Note: Scheduling guidelines: In addition to below see Article #10:

BOYS AND GIRLS OUTDOOR TRACK RULES

1. Track and Field events will be contested according to NFHS rules, with MIAA and Bay State Conference modifications. Rules of note:
 - a. Equipment, certifications, uniforms-
 - i. Non-rubber discus use only.
 - ii. 4k (girls) and 12# (boys) shot puts must be stamped.
 - iii. Javelins must have stamp/label identifying compliance with 1999 rule specifications.
 - iv. Maximum ¼" spikes on all tracks and runways.
 - v. Teams should bring 2 tape measures and 3 starting blocks to away meets. Also check with opposing coach regarding extra hurdles, bars, etc.
 - vi. Pole vault – teams competing in the PV must declare at the pre-season meeting and must have certified coaches, athletes (weight) officials, mats and equipment.
 - vii. Uniforms must be school issued, with school name/insignia/colors.
 - b. Participation and time limits for individual athletes-
 - i. Dual meets (events): Maximum of 2 Running (including relays) and 2 Field events.
 - ii. Conference League Meet (events): State Meet Rules–(adopted 2011) – Any 2 Running and 1 FE or 1 Running and 2 FE. Relays are running events.
 - iii. Dual and League Meet (distance): No 2 events greater than 400m.
 - iv. 10 minute rule in effect for athletes returning to field event from running event.
2. There is no BSC Commissioner/Assignor of Officials for Outdoor Track. **Each School contracts and pays its own officials for home and away meets, as well as the Conference League Meet.** The Conference will contract a Meet Director, Clerk and Starter for the Conference League Meet.
 - a. Dual meets will be run using 8 Officials (4 per school). If a school is short of officials for any meet, sufficient advance notice must be given to the opposing school so that additional officials may be contracted to insure the presence of the required eight.
 - b. The starter should be the best official of the eight available.

- c. The Conference League Meet will be run using 14 certified officials plus 1 assistant per field event to be covered by schools (each school supplies one assistant in one gender of one field event). As in 2a, above, sufficient advance notice must be given by any school, in the event of a shortage of officials.
3. Start time for all dual meets and the Conference League Meet is 3:45pm. Order of Events, Starting Heights and Varsity Participation Limits (Team) for Dual meets and Conference League Meet are attached separately. Adopted 2011: The Conference Meet event order will be consistent with the MIAA Divisional Meet event orders and participation limitations. Also adopted 2011: (Automatic Conference Meet qualification for any athlete meeting the lowest MIAA Division standard (2011) + 3 Wild Cards/Team)
 4. Coaches must report scores to Boston and local papers, immediately. Also, coaches must report scores, standings and outstanding performances to Conference media reps (one boys coach, one girls coach, chosen at pre-season meeting) weekly, during the season.
 5. Awards – **All-Star Selection: Amended 8/26/09--(**see Article 11 Section C)** At the post-season meeting, coaches will select a maximum of 28 girls and 28 boys for 1st team all-conference honors

ORDER OF EVENTS FOR CONFERENCE DUAL MEET: OUTDOOR TRACK

RUNNING EVENTS – BEGINNING @ 3:45PM:

A) 400 M HURDLES - B/G	FINALS ON TIME
B) 200 M DASH - B/G	TRIALS
C) 2 MILE RUN* - GIRLS	FINALS ON TIME
D) 4 X 100 M RELAY - B/G	FINALS ON TIME
E) MILE RUN* - B/G	FINALS ON TIME
F) 110 M HIGH HURDLES	TRIALS
G) 100 M HURDLES	TRIALS
H) 400 M DASH - B/G	FINALS ON TIME
I) 100 M DASH - B/G	TRIALS
J) 800 M RUN* - B/G	FINALS ON TIME
K) 100 M DASH - B/G	FINALS
L) 100 M HURDLES	FINALS
M) 110 M HIGH HURDLES	FINALS
N) 200 M DASH	FINALS
O) 2 MILE RUN* - BOYS	FINALS ON TIME
P) 4 X 400 M RELAY - B/G	FINALS ON TIME

*European start for 800 M and up

FIELD EVENTS – BEGINNING @ 3:45PM:

LONG JUMP – BOYS FOLLOWED BY GIRLS
 TRIPLE JUMP – GIRLS FOLLOWED BY BOYS
 HIGH JUMP – GIRLS (4'6") FOLLOWED BY BOYS (5'6")
 POLE VAULT – GIRLS (7'6") FOLLOWED BY BOYS (8'6")
 SHOT PUT – BOYS FOLLOWED BY GIRLS
 DISCUS – GIRLS FOLLOWED BY BOYS
 JAVELIN – GIRLS FOLLOWED BY BOYS

- 3 attempts in field event trials, top 7 to finals (3 additional attempts in final)
- Seeding - Each individual entry and each relay entry will be submitted on a 3 x 5 index card upon arrival at the meet venue. Print clearly: Event, School, Athlete, Seed Performance.
- Individual participation limits (State Meet rules): (2011 State Meet rules): Any 2 running and 1 field event or vice versa.
- Team participation limits: 2 per event + Automatic Conference Meet qualification for any athlete meeting the lowest MIAA Division standard (2011) plus 3 Wild Cards per team.

BOYS AND GIRLS TENNIS RULES

GENERIC RULES FOR ALL BSC SPORTS :

1. All contests will be played using USTA rules with MIAA and BSC modifications.
 2. All M.I.A.A. rules and modifications will be adhered to at all levels for all sports.
 3. Starting times will be 3:45 pm unless otherwise noted.
 - No games may start prior to 3:30 pm unless mutually agreed upon (Fall daylight savings time 3:15 pm will be the league standard at the appropriate date)
 4. Home scorebook is the official scorebook.
 5. Postponement policies: see Article #10 Sections G and H.
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 6. Pre and Postseason meetings will be held in all sports. A coach or designee must be in attendance at these meetings
 7. A media rep should be selected for each sport and he/she is responsible for compiling league standings in that sport and reporting to all media outlets. Coaches of contests are responsible for calling scores into the media. All coaches must update records and standings with BSC media rep.
 8. Official ball for this sport is: MIAA standard or equivalent
 9. Uniforms and equipment: School-issued uniforms must be worn.
Note: Exceptions must be BSC approved.
 10. The early dismissal of teams for BSC competition is at the discretion of each school to decide.
 11. A player may compete in only one varsity sport during any one MIAA season.
 12. No member of an athletic staff will engage in scouting of an opponent's practice session. Pre season scrimmages may be scouted by consent of participating schools.
 13. Ticket prices are home rule with BSC recommendations.
 14. Coach and Student suspension forms: It is recommended that all coaches carry MIAA games suspensions forms. The home team is responsible for completion of the form by the game official and must present the completed form to the home athletic director within twenty four hours
 15. All athletic teams must be accompanied by an adult school representative (employed by the school) and that person must remain with the team throughout the competition.
 16. Authorized video-taping is allowed by all BSC schools in all sports unless specific sport rules dictate otherwise.
- Note: Scheduling guidelines: In addition to below see Article #10:

Boys and Girls BSC Tennis Sport Specific Rules: BSC RULES

1. Matches will start at 3:45 PM.
2. All matches will be best 2 of 3 sets played. No officials are assigned to BSC matches.
3. Each team will consist of a first singles, second singles, third singles, first doubles and second doubles.
4. Each match will be worth one point.
5. The first team to win three points will be determined the winner.
6. A set consists of six games.
 - a) Winner of a set shall be determined by the first player to reach six games with a two game advantage. (Ex 6-4)
 - b) In the event of a tie, (ex 6-6), a twelve point tie breaker shall be played.
 - c) The winner of the tie breaker shall be determined by the first player to reach seven points, with a two point advantage between the two contestants. (Ex 10-8)
7. In the event of doubleheaders, due to cancellations, by mutual consent, a pro-set format may be used.

All-Star Selection: Amended 8/26/09--(see Article 11 Section C)**