

# Skyland Conference



## SKYLAND CONFERENCE BY-LAWS

### **ORIGINAL COMMITTEE MEMBERS**

Mr. Radano – Hillsborough High School  
Mr. Shillito - Franklin High School  
Mr. Baly – Watchung Hills Regional High School  
Mr. Weigner – Bridgewater-Raritan High School  
Mr. Patti – Voorhees High School  
Mr. Hopek – North Hunterdon High School  
Mr. Hughes – Hackettstown High School  
Mr. Swetnam – Warren Hills Regional High School  
Mr. Schneebeli – Belvidere High School  
Mr. LaPorte – South Hunterdon High School

REVIEWED: - FEBRUARY 1, 1990

ADOPTED: March 5, 1990  
REVIEWED: December 13, 1991  
APPROVED: January 27, 1992  
REVIEWED: July 7, 1992  
APPROVED: March 12, 1993  
REVIEWED: October 12, 1994  
APPROVED: September 20, 1995  
REVIEWED: June 3, 1998  
APPROVED: August 24, 1999  
REVIEWED: July 5, 2001  
REVIEWED: January 23, 2002  
REVIEWED: January 16, 2003  
APPROVED: February 25, 2003  
REVIEWED: November 19, 2003  
APPROVED: April 21, 2004  
REVIEWED: July 21, 2006  
REVIEWED: July 17, 2007  
REVIEWED: August 19, 2008  
APPROVED: September 24, 2008  
REVIEWED: August 17, 2010  
APPROVED: September 17, 2010  
REVIEWED: July 21, 2011  
REVIEWED: July 10, 2012  
APPROVED: September 19, 2012  
REVIEWED: July 8, 2013  
APPROVED: September 11, 2013  
REVIEWED: July 14, 2014  
APPROVED: September 14, 2014  
REVIEWED: July 8, 2015  
APPROVED: Sept 13, 2015  
REVIEWED: August 25, 2016  
APPROVED: October 19, 2016  
REVIEWED: August 18, 2017

## **BY-LAW PROCEDURES**

1. All business brought before the Conference must be presented by a member school at a regularly scheduled meeting of the Conference.
2. Appointments of chairpersons to the various sports within the Conference shall be for the entire school year and appointed annually.
3. All newly accepted schools must have their schedules adjusted to the Conference schedule within two (2) years after their acceptance date to the Conference.
4. Noisemakers and pep signs are not permitted at any Conference indoor sponsored athletic events. Pep signs are not permitted at outdoor sponsored events.
5. It shall be the responsibility of each Director of Athletics to ensure that there are no disruptions of pre-game or during-game activities at Conference athletic events.
6. All Conference activities may (in their scoring procedures) have the opportunity to make correctable/clerical errors within a 48-hour period.
7. All pre- and post-season coaches meeting dates will be established at the June Conference meeting. Schools should be represented at all pre-season/post-season coaches meetings. Chairpersons shall send agendas to member schools prior to said meeting. Coaches should meet in pre- and post-season meetings for the purpose of communication and the selection of an all-conference team. Pre-season meetings may be conducted electronically at the discretion of the sport Chairperson.
8. Approval of Master Schedules by the Scheduling Committee will be recorded with the Secretary and will serve as the Master Schedule of the Conference.
9. NJSIAA and County schedules take precedence over any Conference schedule.
10. Conference contests take precedence over independent contests in scheduling at all levels for rescheduling postponed contests if no date can be agreed upon with the exception of baseball and softball.
11. Conference schools will be issued Conference Athletic Admission Passes good for all Conference athletic events.
12. Coaches are responsible for their team members and spectators at visiting facilities. Directors of Athletics are to be contacted immediately if their school, as visitors, misuses or abuses the home school facilities and/or does not cooperate in controlling spectators and team members.

13. One signature, the Conference Treasurer and/or President, is required for signing Conference checks.
14. The agenda for Conference meetings should be sent to all schools in advance of each meeting. It is also recommended that a yearly activities calendar be established for all Conference activities.
15. All recommendations or suggestions regarding by-law revisions from Conference Sports Committee meetings will be reviewed on a two (2) year cycle beginning with the 2006-2007 school year. (unless NFHS/NJSIAA dictates)
16. Indoor Conference regulations should be posted in all gymnasiums and enforced.
17. In all Conference freshman events, only freshmen shall participate unless mutually agreed upon by all schools involved in advance.
18. All Conference contests, meets, matches, etc. in all sports at all levels sponsored by the Conference, must be played. Contests may only be cancelled by mutual agreement. (Should one school opt to play the scheduled contest, it must be played.) Forfeits will be awarded should a team refuse to play.
19. All minutes of Conference meetings are to be sent to member schools prior to next meeting date.
20. Whenever a member school finds it necessary to notify a spectator in writing that they are banned (as a spectator) from a school athletic event, that person shall be banned from attending events at other member schools.
21. It will be the policy of the Skyland Conference to allow all level teams (Varsity, J.V., Freshman) in all sports to have a minimum of fifteen (15) minutes of warm-up time prior to any/all athletic contests. The minimum of fifteen (15) minutes will begin upon the team's arrival on the playing field. Wrestling has ten (10) minutes warm-up for each team.
22. The admission price for all Skyland Conference games will be home rule.
23. Starting times for all conference contests are at the discretion of each member school (Board of Education/Home rule).
24. Bands/sound system are permissible at Skyland Conference contests/games as long as they are under competent adult supervision and are only played at appropriate times and do not interfere with the conduct of the events.
25. Any school in violation of Sport By-Laws will be reported to the President of the Skyland Conference.

26. All Star selections will be in accordance with the Skyland Conference Constitution.
27. Officials working contests alone are to receive a check and ½.
28. Anytime a Conference school, whether it be a Conference or independent contest, meet, match, etc. in all sports at all levels the Skyland Conference By-Laws will be in effect. (approved 10/27/10).
29. Games between Conference teams in tournament play may **not** be counted as regular season scheduled games.

## **GYMNASTICS BY-LAWS**

1. NJSIAA Rules and Regulations will be followed.
2. National Federation of High School Sports rules and regulations will be followed and a rulebook must be available at all competitions.
3. JV competitions will be held simultaneously to varsity competitions and will rotate two events ahead of varsity; beam, floor, vault, bars. Only one official will be assigned to JV competitions.
4. The Conference title will be awarded based on regular season record.
5. Individual and meet champion team titles will be awarded at the Skyland Conference Championship Meet.
6. The Skyland Conference Championship Meet will be rotated alphabetically through host schools. The Skyland Conference will provide awards for the meet.
7. The selection of All-Conference teams will be based on the average of two conference scores for the All Around and individual events. The top three All Around gymnasts will be chosen, as well as the top two scorers for each event. Girls chosen for the All Around are eliminated from individual event selection.
8. NJSIAA officials that are alumni of Skyland Conference schools may not serve as judges until six (6) years after graduation.
9. Coaches may nominate and vote for their own players and nominate players from other schools.

## **CROSS COUNTRY BY-LAWS**

1. There shall be unlimited entries on the varsity squad competing in the regular season meets. In the Conference meet, the number for the varsity will be limited to seven (7).
2. There shall be no limit to the number in JV or freshman races.
3. All dual meets shall START at 4:00 p.m. unless prior knowledge indicates that the visiting team will be late.
4. Teams have the option of walking the course prior to meet time. The host school shall provide a guide.
5. In the Conference meet, ribbons will be given to the top 20 JV and freshmen.
6. Coaches may nominate and vote for their own players and nominate players from other schools.
7. Cross country postponed dates must be made up on the following date the course is available.

## **SOC CER BY-LAWS**

1. It is strongly recommended that the teams be located on the opposite side of the field from the spectators.
2. It is recommended that a scoring table for each game be provided by the home school along with a sounding device for substitutions.
3. The length of halves for conference games shall be:

Varsity	40 minutes
Junior Varsity	40 minutes
Freshman	40 minutes
4. In the event of a tie at the end of regulation time, two (2) ten-minute sudden victory periods will be played for **varsity only**. Freshman and junior varsity squads will play two (2) five-minute sudden victory periods. Coaches of all levels should remind the officials of this by-law prior to the start of the game.
5. After daylight saving time all games must begin at 3:30 pm.
6. Coaches may nominate and vote for their own players and nominate players from other schools.
7. When a school uses a field where the scoreboard clock is used, the official time will be kept on the field by the game referees and the clock will run to 0:00 each half and any over-time periods. (Modification of NF rule 6.2.1 proposed Nov 2010 at post season meeting)
8. The NF rule 6.2.1 reads the home school timer shall be the official timer. However by mutual agreement of the opposing coach(s) or by state high school association adoption, the official time may be kept by the head referee.

## **FIELD HOCKEY BY-LAWS**

1. When a non-tournament varsity field hockey game ends with the score tied, the following guidelines will be followed:  
All Skyland Conference Varsity games will play until a winner is determined following the NJSIAA Tournament tiebreaking procedures. A tie game will be followed by one 10-minute overtime. No penalty strokes.
2. Scoreboard clocks will be stopped at one minute for all conference games at all levels.
3. Junior varsity hockey games shall be scheduled after the varsity games, unless otherwise mutually agreed upon.
4. At the conclusion of J.V and Freshman contests, if the score remains tied, there will be one 5-minute overtime sudden victory period played. **The overtime period will include a seven-on-seven reduced player procedure.** If a tie exists at the conclusion of this period the contest will remain tied.
5. As to field conditions for hockey, it is the coach's responsibility to make the Directors of Athletics aware if fields are not properly lined or cages illegally constructed.
6. The following criteria will be used for all conference selections:  
15 + Goalie, First team; 15 + Goalie, Second team
7. Certificates will be given to each first and second team selections.
8. Honorable mention will be limited to a maximum of one player per school.
9. Coaches may nominate and vote for their own players and nominate players from other schools.

REV 08/27/13



### **TENNIS BY-LAWS**

1. Refer to NJSIAA Rules and Regulations.
2. Coaches must have a copy of these rules and regulations at each match.
3. Coaches may nominate and vote for their own players and nominate players from other schools.

## **BOYS/GIRLS VOLLEYBALL BY-LAWS**

1. NJSIAA and NFHS rules will be followed for Volleyball matches.
2. JV matches will be played first, followed by the Varsity. The 7 (seven) minute general warm-up will not begin on the clock until the coin flip with the officials.
3. The warm-up will be a 7-7-7 method with a 7 (seven) minute general warm-up, followed by the home team 7 (seven) minute warm-up, and ending with the visiting team 7 (seven) minute warm-up. JV will also follow this method.
4. Home team supplies all the volleyballs for warm-up and matches.
5. Coaches may nominate and vote for their own players and nominate players from other schools.

Revised 8-5-13

## **BASKETBALL BY-LAWS**

1. Schools having and playing freshmen basketball games shall play these games at home on the same day that the varsity and JV are at home with the same school. Exceptions will be granted. (Example: Boy/Girl doubleheaders)
2. Two (2) sets of officials shall be used for all varsity and junior varsity games within the Skyland Conference. Exception would only be in the case of an emergency.
3. Game officials should not be selected to officiate at a school or in a game in which the school they are affiliated with is participating, except in an emergency.
4. No contest will start prior to contest time.
5. In all gymnasiums used for Skyland basketball games, spectators and cheerleaders are not allowed to stand under the baskets.
6. There is to be no shooting at baskets by any non-uniformed players prior to any Skyland basketball games or at half-time.
7. The home team is responsible for providing basketballs/water for both teams during warm-ups.
8. All scrimmages may be scouted or video taped.
9. Coaches may nominate and vote for their own players and nominate players from other schools.

## **WRESTLING BY-LAWS**

1. Junior varsity matches shall precede varsity matches unless otherwise mutually agreed upon by the competing schools.
2. Within the Skyland Conference, weigh-ins will begin one (1) hour to the start of the first scheduled meet (Varsity or J.V.)
3. Weigh-ins must be conducted in accordance with the National Federation Rule Book. (The weigh-in shall proceed through the weight classes beginning with the lowest weight class). A contestant who, for whatever reason cannot step on the scale(s) at the time of his weight class shall weigh in immediately upon the completion of the 285 lbs. Class. At this time, weigh-ins are concluded for the team(s). A contestant may step on and off the scale(s) three (3) times to allow for mechanical inconsistencies in the scales. During this brief time off the scales, activities that promote dehydration are prohibited.
4. The scale that will be used for the weigh-ins shall be available for weight check by the visiting team a maximum of one-half (½) hour prior to the scheduled start of weigh-in.
5. It will be the responsibility of the host school to advise opponents of their introduction procedures prior to the scheduled contest. Once the junior varsity contest is concluded, warm-ups for the varsity match will begin using the following procedure: All warm-ups must be completed five (5) minutes prior to the starting time of the varsity match. Each school will be allowed ten (10) minutes maximum for warm-ups. Each school shall use the score clock for this purpose.
6. Coaches may nominate and vote for their own players and nominate players from other schools.

### **SWIMMING BY-LAWS**

1. All cheers will be appropriate in nature.
2. All Federation rules will be in effect.
3. Coaches may nominate and vote for their own players and nominate players from other schools.

## **SOFTBALL/BASEBALL BY-LAWS**

1. If a game is called after five (5) or more completed innings with the score tied, the game will be recorded as a tie game.
2. Two (2) carded officials are to be assigned to each varsity contest and an attempt should be made to have similarly qualified officials for JV and freshmen games. If only one (1) official shows for varsity game, the game will be played.
3. Visiting teams will have the field for 15 minutes for infield practice from the time the team steps on the field (after stretching, throwing, bathrooms, etc.).
4. Coaches may nominate and vote for their own players and nominate players from other schools.
5. Warm-up Infield only:

3 – 3:20 Home Team  
3:20 – 3:40 Visiting Team

No batting practice after 3:00 pm.
6. In the event of rain outs, games must be made up on the next mutually agreed upon open date Monday through Friday. This applies to all Conference scheduled games (Independent games are not considered open dates i.e.). Common sense prevails regarding transportation, umpire availability, fields, etc. (adopted April 13, 2016.)

## **BOYS GOLF BY-LAWS**

1. Schools must meet all members in their division twice to be eligible for a Division championship. Crossovers WILL count toward the Divisional Championship.
2. Should a tie exist in the divisional standing at the completion of the dual meet season, the tiebreaker is based on head to head competition among the ties teams. If they are still tied, there will be co-champs.
3. The Skyland Conference shall sanction a golf tournament as an invitational medalist tournament with medals to the top 10 places in each division and 2 extra medals in case of ties. There will be a team championship for this tournament also. If there is a tie for the individual champion, a sudden death play-off will take place to determine the winner. If there is a tie for the team championship, a par 3 hole will be chosen as the play-off hole. All 4 players from each team will play the hole and the score of each will be added for the total score of each team. During the medalist tournament, an individual or individuals may enter from a school that doesn't sponsor a team.
4. To qualify for the Skyland Conference golf tournament golfers must have an average score of 50 or below to compete at the time of the cutoff date. Golfers will be paired accordingly. This only pertains to the male golfers. Individuals are eligible to compete if the standards are satisfied (approved 9/21/16).
5. Skyland Conference golf play shall consist of six (6) players per team with the total stroke score of the top four (4) players to count in determining the winning team (the lowest total score wins).
6. If a tie exists at the completion of the match (after the top 4 player scores are totaled), the tie is broken at the 5<sup>th</sup> players score. If the match is still tied, the tie will be broken after the 6<sup>th</sup> player's score. If still tied, the match ends in a tie.
7. Four-somes are to be used for dual and quad matches and three-somes for triangular matches.
8. All local club rules must be observed.
9. Appropriate dress (no jeans, T-shirts, football jersey type shirts, sweatshirts) including shirts with a collar must be worn (turtleneck is acceptable). Shorts are acceptable per golf course regulations.
10. At the beginning of each match each player must show his/her ball for identification purposes.
11. Lost balls are to be limited to a five (5) minute search.
12. Double par rule will be in effect during team matches. It will not be in effect during medalist tournament.
13. Winter rules will be used at all courses and the USGA guidelines referring to winter rules will be in effect.

14. All violations or infraction of rules are to be called immediately at the point of infraction.
  - a. Without a provisional ball, two (2) strokes penalty-no distance on lost or out of bound balls.
  - b. Playing the wrong ball two (2) stroke penalty and replacement of proper ball at approximate line.
  - c. Grounding the club in a sand trap two (2) stroke penalty.
  - d. Carrying rakes into a trap will be permitted to speed up play.
  - e. Local rules on club throwing.
15. Local rules on spectators will be followed.
16. No coaching will be permitted during the match by the coach. However, teammates within the foursome can discuss strategy up to the green. There can be no discussion on the green (example: reading putts, etc.).
17. Each group shall verify their score at the end of each hole. Each individual should announce his score upon leaving the green and prior to going to the next hole.
18. If the course is closed or conditions render it unplayable and both coaches agree upon this, the match will be postponed. If unfavorable weather conditions cause a temporary stoppage of play, both teams must wait at least one half an hour before resuming play.
19. If, due to inclement weather or some other emergency, a match is concluded prior to the completion of nine holes, the team scores will be based on the total number of holes that all six team members have completed for both teams with a minimum of five holes to have been played.
20. All girls will tee off one tee forward of the men's established tees.
21. Teams should be allowed to practice before the match if time permits. Both teams should be given the opportunity to warm-up if the other team has been hitting balls.
22. Any golfer that used any form of tobacco or other illegal substances will automatically be disqualified and their score will not count in that match. The next lowest score will then be added to the other 3 in totaling the final team score.
23. No cell phones will be allowed on the course during the competition.
24. The following criteria will be used for all conference selections:
  - a. 7 + 1 At Large
25. Depending on the number of teams in each division, the number of all conference selections will increase when the divisions are larger than six teams.
26. Honorable mention will be limited to a maximum of one player per school.



## **GIRLS GOLF BY-LAWS**

- Post Season All Conference honors will be in addition to the Individual Tournament Awards. These awards will be chosen at the Post Season meeting. Six 1<sup>st</sup> Team and six 2<sup>nd</sup> Team – each school may award at least one “honorable mention.”

Only schools involved in the Skyland Conference regular season girls’ golf schedule matrix are eligible for the Skyland Girls’ team championship.

Girls who play on co-ed teams are allowed to play in the girls’ tournament and are eligible for individual medals but are not eligible for girls’ “Post Season Honors.” Girls who play in the Boys’ Skyland Championship are not eligible for the girls’ tournament.

- Roster cards must be exchanged before any regular season competition. No changes are permitted following the exchange of the roster cards.
- A regular season match will consist of no more than 6 (six) golfers from each school counting the 4 (four) best scores from each school.
- In the event of a tie score after counting your first 4 (four) golfers add in the 5<sup>th</sup> (fifth) score. If still tied go to 6<sup>th</sup> (sixth). After that if still tied the match is a draw.
- The league will use the “Double Par” rule.
- Teams will play from the most forward tees.
- “Out of Bounds” and/or “Lost Ball” even from the tee shot, will result in a “drop” at the point of entry.
- Questionable play and/or “Breaking of rules” need to be discussed at the time of the incident. Sportsmanship and Honor are at the core of discussions regarding behavior and etiquette.
- The use of cell phones by players during competition is disallowed during normal play and will result in “automatic disqualification” of that player. (The use of a cell phone during “emergencies” including weather emergencies is permitted.)
- “Speed of Play” must be maintained at all times. Casual and/or direct conversations among teammates may not slow play.
- Pull carts are not permitted (medical exemptions are possible if documentation from a medical professional is provided).
- Electronic aids and devices are permitted.
- Coaches are not permitted to “coach” during the match.
- Interrupted matches (due to weather) will use last common hole for all players to calculate match result. 5 (five) holes completed by all players will constitute a legal match.
- The coaches should make the by-laws available to all team players and have them available during match play.

(updated March 2013)

## **TRACK BY-LAWS**

1. The 400 Intermediate Hurdles will be run as the first running event and the Long Jump, Javelin and Pole Vault will be the first field events.
2. A Skyland Conference Invitational Relay meet will be held and a champion declared.
3. The scoring system is applicable in both Individual and Relay championships. 10-8-6-4-2-1 point system with all seeding to be done by cards on the day of the meets.
4. Awards for the Conference Invitational/Relays shall consist of medals – top three (3) places. Awards for individual Skyland Conference meet medals to the top six (6) finishers and the top three (3) relays.
5. In the long jump/triple jump there will be three (3) jumps per competitor in double dual, four (4) jumps in just boy/girl meet.
6. All of a team's five designated competitors can place 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> regardless of what heat or flight they are in.
7. Starting height for girls' pole vault will be 6 feet, boys' 9 feet or as agreed upon by the coaches. (For regular season meets)
8. Starting height for girls' high jump will be 4 feet, boys' 5 feet or as agreed upon by the coaches. (For regular season meets)
9. Coaches may nominate and vote for their own players and nominate players from other schools.
10. Track postponed dates must be made up on the following date the track is available.

## **BOYS LACROSSE BY-LAWS**

1. NFHS and NJSIAA rules govern all games.
2. The normal start time for Varsity games after school is to be 4:00 pm. Home schools may adjust the time due to facility constraints as is common with synthetic turf stadium fields. Night games may be scheduled by mutual agreement.
3. Should the visiting team arrive late, 15 minutes will be allowed for warm-up and the start of the game may be delayed.
4. Junior Varsity games may be played simultaneously when fields and officials are available. Otherwise, the JV game will be played after the conclusion of the Varsity game. The JV game may be played prior to the Varsity game when the games are scheduled at night or on non-school days.
5. All Conference sub-varsity games are to consist of 10 minute quarters.
6. All Conference team selections are to be made in conjunction with the NJ Interscholastic Lacrosse Coaches' Association parameters.
7. Moorestown High School is an affiliated member of the Conference in boys' lacrosse and shall play a schedule of games as a member of the Conference. Moorestown will not be eligible for the division title and results of games played with Moorestown do not count toward the Conference title.
8. Moorestown High School players are eligible for All Division selection in order to be eligible for NJILCA recognition. An equal number of Conference member school players to that of the Moorestown players selected is to be added to the All Division teams.

## **GIRLS LACROSSE BY-LAWS**

1. Coaches are responsible for their team members and spectators at visiting facilities. Director of Athletics are to be contacted immediately if their school, as visitors, misuses or abuses the home school facilities or does not cooperate in controlling spectators and team members.
2. It is recommended that all varsity games start at 4:00 PM. Home rule will dictate a change in starting time. Should the visiting team arrive late, 15 minutes will be allowed for warm-up and the start of the game delayed. Junior varsity will be played simultaneously if officials are available. (Otherwise, the JV game will be played after the conclusion of the varsity game).
3. Rules of the game, field description, etc. are those of the US Lacrosse.
4. Tiebreaker rules are in accordance with NJSIAA rules and regulations.
5. The maximum playing time is 50 minutes (two 25 minute halves) or such time as agreed upon by the coaches. In all games, the clock is to be stopped after goals and on every whistle in the last 2 minutes of each half (unless there is a 10-goal differential, then the clock runs after goals and through the last 2 minutes of each half). If the difference becomes less than 10 goals, the stop clock is reinstated. The officials are not to be involved in determining how much time the sub varsity can play. That decision is made by both teams' coaches before the game, who then inform the timer and the officials this by-law is for all levels of play.

## **CHEERLEADING BY-LAWS**

(updated 01/08/09)

1. The U.C.A. Competition Rule Book will be used for the Skyland Conference Cheerleading Competitions.
2. A minimum of three scoring judges will be secured for Skyland Conference Competitions from Universal Cheerleaders Association – UCA.
3. Teams may have a maximum of thirty participants to be eligible for either a divisional or league championship. Any team with more than the above mentioned number of participants may participate in only an exhibition fashion at the divisional competition. No varsity exhibitions are allowed at the finals.
4. The Skyland Conference may have an **ALL GIRLS CATEGORY** and a **CO-ED CATEGORY** for competition. The **ALL GIRLS CATEGORY** – will be a team comprised of all girls. The **CO-ED CATEGORY** – will be any team with one or more boys participating on their competition squad. There must be five teams competing in a category for a championship to be determined. Teams performing in a category that has less than five teams involved will be doing an exhibition only.
5. Each squad will have **two minutes and thirty seconds** to demonstrate their cheerleading style and expertise. Timing will begin with the first movement, voice, or note of music, whichever comes first.
6. Each squad's presentation must include at least one cheer or sideline chant. If a squad uses music in its presentation, the musical portion must not exceed **one minute and thirty seconds**.
7. Participants must start in the competition area with at least one foot on the ground. Squads may line up anywhere inside the competition area. The competition area will be minimum of 54'x42'. A **two-point deduction per scoring judge** will be assessed each time a cheerleader steps out of the competition area while competing at both the divisional and finals competitions. **NOTE:** Any mat larger than 54'x42' may be used and no penalties will be assessed unless a cheerleader steps off the mat. NHSCC MAT SIZE – MINIMUM 54' X 42' – 9 STRIPS.
8. All introductions (tumbling, entrances, chants, spell-outs, etc.) are considered part of the routine and are timed as part of the performance. There should not be any organized exits or other activities after the official ending of the routine.
9. Stoppage of a performance: If, in the opinion of the **SITE MANAGER**, a squad's routine is interrupted because of failure of competition equipment (exclusive of music), facilities, or other factors attributable to the competition rather than squad, the squad affected should stop the routine. The squad will be allowed (only with approval of the site manager) to present its routine from the beginning. The site manager has final say in the decision. In the event that an injury occurs and it is serious enough to cause a stoppage, the respective team has a choice to forfeit or to start over without the injured cheerleader.

## **ICE HOCKEY BY-LAWS**

1. NJSIAA and NFHS rules will be followed for Ice Hockey games.
2. An adult from the home team must be present at all times in the penalty box/scorers box during the game. Each school must provide one person from their school to be in the respective school's penalty box at all home and away games.
3. Once both teams have entered the ice, an 8 (eight) minute warm-up time will begin prior to the start of the game.
4. Ice cuts will be restricted to the intermission between the first and second periods of the game. Non-ice cut periods will be limited to 5 (five) minutes between periods.
5. In the event that one team is ahead by 10 (ten) goals at any time after the end of the second period, the game will end.
6. The home team is responsible for all game pucks.
7. Coaches may nominate and vote for their own players and nominate players from other schools.
8. Skyland Cup Tournament will be seeded by the following criteria:
  1. Divisional standings will govern seeding for the tournament with 2 (two) points for each win and 1 (one) point awarded for each tie. All Skyland Conference games will be completed by the Monday before the Skyland Cup begins. All games after this date will not count towards seeding.
  2. In the event of ties for total number of points for a seeded position, the following tie-breakers will be used:
    1. Total Conference points (2 for win/1 for tie)
    2. Head to Head record
    3. Head to Head goals
    4. Total Conference wins
    5. Total Conference goals
    6. Total Conference goals against
    7. Coin flip
  3. Skyland Cup games that end in a tie at the end of regulation will follow NJSIAA and NFHS rules governing over-time and penalty shots.

## **FENCING BY-LAWS**

1. School hosting meet or tournament is responsible for having site ready to fence and house other schools. This entails:
  - a. Strip surface is suitable and clean – swept and mopped. (not carpet)
  - b. Strip is regulation size, including run off on ends for *all* meets. (See rule book for size.)
  - c. Reels must be secured, away from team bench. Fencers are NOT to stand on or near reels to keep them in place.
  - d. Team “bench” of some kind (chairs, bench) are provided next to the strip for the visiting and opposing. Teams are to stay SEATED on team bench while fencing is going on.
  - e. Seating for spectators will be provided.
2. Coaches and captains are to shake hand and thank officials at end of meet.
3. Mentoring of new officials will be done at meets – either in discussion between bouts (being mindful of keeping meet running), or having new officials officiate after meet is decided (followed by discussion at end of meet.) with an aim to raise the proficiency of directors as well as to discover new officials.
4. NJSIAA rules which differ from USFA along with USFA rulebook will be at scorers table at all meets.
5. Visible score will be maintained at all meets – so spectators, coaches, players can see the score.
6. ALL SAFETY REGULATIONS – (including, but not limited to proper bib, correct jacket, complete plastron, regulation length socks) WILL BE ENFORCED AT ALL COMPETITIONS. This is a grave matter. THERE CAN BE NO EXCEPTIONS FOR ANY REASON!

## **BOWLING BY-LAWS**

1. The Conference will follow the rules of the American Junior Bowling Alliance as per the NJSIAA.
2. There will be six (6) bowlers per team, three (3) on each pair of lanes.
3. A match is based on seven (7) total possible points with two (2) additional points for each game and one (1) point for total wood.
4. All matches will be scored by scratch scores, no handicaps will be included. Season ending records should reflect twelve (12) Conference W/L for boys and ten (10) Conference W/L for girls.
5. Record is kept by cumulative matches.
6. All scores will be faxed to the Conference bowling secretary the next morning.
7. There will be no smoking, drinking, profanity or unsportsmanlike conduct by student bowlers or coaches.
8. A new bowler to the varsity lanes has the option of throwing one ball on each lane prior to the start of a new game.
9. It is expected that each coach ensure that their team is properly attired – bowling shirt representing their school colors, long pants, and NO hats.
10. There are no electronics or food in the settee area.

REVISED JUNE 2014.



## **ATHLETIC TRAINING BY-LAWS**

1. Each member school, or member school's athletic department, will send out a medical information sheet to all competing schools. This information sheet will include:
  - A. The member school's athletic trainer's name or medical personnel.
  - B. The school's team physician's name or school medical examiner's name.
  - C. The school's Director of Athletics' name.
  - D. Services provided by the school or athletic trainer (water, ice...)
  - E. Emergency contact numbers. (AD, Athletic Trainer, Athletic department, pagers...).
  - F. Hospital used for emergency cases.
  - G. Ambulance service currently utilized by athletic department.
2. The athletic trainer on staff will be registered with the New Jersey State Board of Medical Examiners. Athletic trainer must have up to date registration certification.
3. The athletic trainer will be governed by the rules and regulations set forth in the by-laws developed by the "Athletic Training Practice Act." Statutes and Regulations Governing the Practice of Athletic Training: State Board of Medical Examiners. Article 2B. 45:9-37-45 through 45:9-37-50.
4. In the event of multiple injuries, a simple medical evaluation triage technique will be used to determine order of injury treatment.
5. The sponsoring school's athletic trainer will evaluate and treat both the home and visiting teams in the absence of the opposing team's athletic trainer.
6. With multiple home contests, the athletic trainer coverage will be determined by the incidence of catastrophic injury rates for the competing athletic teams. (ARNHEIM & PRENTICE: 2000).

	<u>FALL</u>	<u>WINTER</u>	<u>SPRING</u>
HIGH RATE	FOOTBALL GYMNASTICS	WRESTLING ICE HOCKEY	LACROSSE B
MODERATE	SOCCER G/B FIELD HOCKEY VOLLEYBALL G	BASKETBALL G/B CHEERLEADING FENCING	LACROSSE G VOLLEYBALL B
LOW	CROSS COUNTRY TENNIS G	TRACK G/B SWIM G/B	TRACK G/B TENNIS B GOLF

7. Injuries sustained by a visiting team's athlete will be documented and reported to the visiting team's athletic trainer as soon as possible following the incident. Please use attached form.

8. The conference athletic trainer will hold a beginning and end of the year meeting. These meetings will be held in September and in June respectively. Meeting times and places will be determined at the previous date. Current issues and concerns will be addressed at this time. **ALL ATHLETIC TRAINERS ARE ENCOURAGED TO ATTEND.**
9. All home varsity football contests will have the following individuals present for coverage: an athletic trainer, team physician, and EMS.
10. All other athletic coverage will be either on the field by the athletic trainer or with direct contact from the field to the athletic trainer.