**BYLAWS: DESCRIPTION OF SPORTS**

**\*All Signal Peak Conference Athletics will adhere to current Arizona Interscholastic Association and National Federation of State High School Association Rules with the exception of the bylaws for each individual sport listed below.**

**BYLAW 1: FLAG FOOTBALL**

1. See Signal Peak Conference Football Rules supplement
2. Coaches must adhere to Article XIV and Article XV concerning regular season and tournament play, or it will result in a forfeit.
3. Competitive Balance Rules:
   1. Regular Season: No blitzing or aggressive offensive plays when up by more than 2 touchdowns.
   2. Tournament Play: rules from the regular season apply in the second half of games with two halves, or four quarters.
4. Ties- Regular and Tournament
   1. In the event of a tie, both teams will have a chance to start at the 20 yard line, and have four downs to be able to score. If both teams are still tied, repeat the process.
5. In order to participate in the playoffs and championships MUST have participated in two (4) of the six (10) regular season games.
6. If an athlete is suspended from school for any reason, during the current sport season, they will be automatically dismissed from the team for the remainder of the season and will not be allowed to enroll in another school to be able to participate in a sport.
7. Sports such as cross-country, wrestling, and boys and girls track must have a minimum of 10 participants on each team in order to start and finish a season with the exception of St. Anthony’s, Stanfield, and Sacaton because of their low enrollment.
8. Once an athlete becomes ineligible they will receive an ineligibility form from their coach. They are then suspended from all games (can attend practices at coaches discretion) until they submit their completed ineligibility form back to their coach. If the athlete is then in good standing after they hand in their ineligibility form then they will serve a 1 game suspension, once that one game suspension is served they may return to game action.

**BYLAW 2: BOYS AND GIRLS SOCCER**

**Official Rules: The official rules for soccer shall be the current edition of the National Federation Rules for Soccer (with exceptions listed below).**

1. Goal size is 23’ 4” to 24” – modified football goal post installations acceptable.
2. The game shall be played in two equal halves of 30 minutes (if start time is delayed, time will be modified and divided equally). In regular season play, if a game ends in a tie, it remains a tie.
3. Play should be stopped by the referee when a player is injured. The referee

should stop the game when neither team is in an offensive scoring situation.

1. Only one official is required
2. Shin Guards are required for all players. Athletic protection is recommended for all male players.
3. Home team will supply balls (minimum 2) throughout tournament. Home team

will also supply ball boys/girls (minimum 2). Two 30-minute halves will be played.

Half-time is five (5) minutes maximum.

1. In tournament play only: in the case of a tie, if daylight allows (To be determined by the officials), two (2) 5-minute overtimes will be played. Half-time between overtimes will be two (2) minutes. If still tied after second overtime, a shoot-out will take place. The shoot-out will consist of five (5) penalty kicks taken, per team, by different players who are on the field at the conclusion of the second overtime (or end of the game if daylight does not allow above overtime rules), a shoot-out will take place. If still tied, a shoot-out will go to sudden death penalty kicks, also by different players.
2. Coaches must adhere to Article XIV and Article XV concerning regular season and tournament play, or it will result in a forfeit.
3. Competitive Balance Rule:
   1. Regular Season: The dominant player(s) must be sitting down if up by 4 goals or more.
   2. Tournament Play: rules from the regular season apply in the second half of games with two halves, or four quarters.
4. In order to participate in the playoffs and championships MUST have participated in two (4) of the six (10) regular season games.
5. If an athlete is suspended from school for any reason, during the current sport season, they will be automatically dismissed from the team for the remainder of the season and will not be allowed to enroll in another school to be able to participate in a sport.
6. Sports such as cross-country, wrestling, and boys and girls track must have a minimum of 10 participants on each team in order to start and finish a season with the exception of St. Anthony’s, Stanfield, and Sacaton because of their low enrollment.
7. Once an athlete becomes ineligible they will receive an ineligibility form from their coach. They are then suspended from all games (can attend practices at coaches discretion) until they submit their completed ineligibility form back to their coach. If the athlete is then in good standing after they hand in their ineligibility form then they will serve a 1 game suspension, once that one game suspension is served they may return to game action.

**BYLAW 3: CROSS COUNTRY**

1. The course distance will be 1.8 – 2.1 miles for both boys and girls.
2. Participation in the Signal Peak Conference is unlimited
3. A minimum of four (4) runners is necessary to complete the event to score as a team.
4. In order to participate in the conference meet, a runner MUST have participated in three (3) of the five (5) regular season meets.
5. If an athlete is suspended from school for any reason, during the current sport season, they will be automatically dismissed from the team for the remainder of the season and will not be allowed to enroll in another school to be able to participate in a sport.
6. Sports such as cross-country, wrestling, and boys and girls track must have a minimum of 10 participants on each team in order to start and finish a season with the exception of St. Anthony’s, Stanfield, and Sacaton because of their low enrollment.
7. Once an athlete becomes ineligible they will receive an ineligibility form from their coach. They are then suspended from all games (can attend practices at coaches discretion) until they submit their completed ineligibility form back to their coach. If the athlete is then in good standing after they hand in their ineligibility form then they will serve a 1 game suspension, once that one game suspension is served they may return to game action.

**BYLAW 4: GIRLS VOLLEYBALL**

1. A schedule among divisional teams will be established.
2. In accordance with National Federation rules, hair ribbons may not be worn during games.
3. A leather volleyball is to be used along with a seven (7) foot, four (4) inch net height for

Girls.

1. Only one official is required.
2. Teams will adhere to a 4-4-2 warm-up routine with home team at the net first.
3. Rally scoring will be used. The first two games will be to 25. The third game, if

necessary, will be to 15.

1. A net serve that lands in the opponent’s court is a legal serve.
2. Coaches must adhere to Article XIV and Article XV concerning regular season and tournament play, or it will result in a forfeit.
3. Competitive Balance Rules

a. Regular Season: A server must be substituted from the game if they serve

five straight points in a regular season game.

b. Tournament Play: competitive balance rules for Volleyball will not be used

during tournament play. This includes both playoff and championship games.

1. In order to participate in the playoffs and championships MUST have participated in two (4) of the six (10) regular season games.
2. If an athlete is suspended from school for any reason, during the current sport season, they will be automatically dismissed from the team for the remainder of the season and will not be allowed to enroll in another school to be able to participate in a sport.
3. Sports such as cross-country, wrestling, and boys and girls track must have a minimum of 10 participants on each team in order to start and finish a season with the exception of St. Anthony’s, Stanfield, and Sacaton because of their low enrollment.
4. Once an athlete becomes ineligible they will receive an ineligibility form from their coach. They are then suspended from all games (can attend practices at coaches discretion) until they submit their completed ineligibility form back to their coach. If the athlete is then in good standing after they hand in their ineligibility form then they will serve a 1 game suspension, once that one game suspension is served they may return to game action.

**BYLAW 5: BOYS & GIRLS BASKETBALL**

1. A regulation men’s size ball will be used for boys and a regulation women’s ball

(28 ½”) will be used for girls.

B. There will be four (4) – six (6) minute quarters.

C. No restrictions on which uniform numerals are legal.

D. Spandex shorts under the uniform are permissible. However, in accordance with

National Federation rules, hair ribbons may not be worn during games.

1. Basketball games must have two (2) officials unless otherwise decided upon by the

host AD.

1. The full court press is allowed in all four periods in conference and tournament play.

No full court press when up by 10 points or more

1. The three (3) point rule is in effect in both conference and tournament play.
2. Coaches must adhere to Article XIV and Article XV concerning regular season and tournament play, or it will result in a forfeit.
3. Competitive Balance rules:

a. Regular season: No full court press when up by 10 points or more.

b. Tournament Play: regular season competitive balance rules apply in the

second half of games with two halves, or four quarters.

1. Ties: Regular and Tournament Play: In the event of a tie, a three minute overtime will be enforced. If the teams are still tied after the first overtime, the first to score 4 will win the game.
2. In order to participate in the playoffs and championships MUST have participated in two (4) of the six (10) regular season games.
3. If an athlete is suspended from school for any reason, during the current sport season, they will be automatically dismissed from the team for the remainder of the season and will not be allowed to enroll in another school to be able to participate in a sport.
4. Sports such as cross-country, wrestling, and boys and girls track must have a minimum of 10 participants on each team in order to start and finish a season with the exception of St. Anthony’s, Stanfield, and Sacaton because of their low enrollment.
5. Once an athlete becomes ineligible they will receive an ineligibility form from their coach. They are then suspended from all games (can attend practices at coaches discretion) until they submit their completed ineligibility form back to their coach. If the athlete is then in good standing after they hand in their ineligibility form then they will serve a 1 game suspension, once that one game suspension is served they may return to game action.

**BYLAW 6: WRESTLING**

1. Each school will field one team based on weight classification only. All additional

matches will be exhibition matches only and not count toward team score.

1. All three periods are to be one (1) minute in length plus one minute sudden death in

Conference and tournament matches.

1. Regular season matches that end in a tie, will remain a tie.
2. A wrestler may wrestle in a PE type uniform and any flat rubber-soled shoes.
3. Headgear is required.
4. Seventeen (17) weight classes constitute a full team.
5. Super heavyweight – If both schools have wrestlers over 200 pounds, no more

than a 25-pound differential will be allowed; it will count in scoring of dual

meets. If only one school has a super heavyweight, then it would be counted

as a forfeit.

1. The Athletic Director/designee must verify and sign off on their school’s “official

weigh-in” form. Weigh-ins will be done at school on the day of the match. Copies of official weigh-in forms of every conference match MUST be furnished by EVERY A.D. at the Conference tournament-seeding meeting.

1. All decisions pertaining to the bracketing of the conference tournament will be

decided at the seeding meeting and will be ABSOLUTELY FINAL.

1. One official is required.
2. At the Signal Peak Tournament, a wrestler will be seeded based on his/her record

in the weight class he/she is wrestling at the tournament. If a wrestler wrestles an

equal number of times at two (2) or more weights during the regular season

conference matches, his/her tournament weight is determined by the last weight

at which he/she wrestled. The wrestler may move up one weight class ONLY above

his/her current weight during regular season and tournament play. Wrestling down

a weight class by intentionally cutting weight is absolutely forbidden. A.D.’s are

responsible for all documentation of wrestlers’ matches during the season.

Documentation of said matches is required at the conference tournament-seeding

meeting.

1. The Signal Peak Conference discourages the cutting of weight for any wrestler at any time.
2. In order to participate in the conference meet, a wrestler MUST have participated in three (3) of the five (5) regular season meets.
3. Coaches must adhere to Article XIV and Article XV concerning regular season and tournament play, or it will result in a forfeit.
4. SIGNAL PEAK MIDDLE SCHOOL CONFERENCE WEIGHTS:

♦ 73# ♦ 125#

♦ 78# ♦ 133#

♦ 83# ♦ 142#

♦ 88# ♦ 154#

♦ 93# ♦ 167#

♦ 98# ♦ 180#

♦ 104# ♦ 200# Heavyweight max.

♦ 111# over 200# Super Heavyweight

♦ 118# (25# maximum differential)

At mid-season (Feb. 15th), each weight class will be allowed one (1) additional

pound at weigh-ins. For tournament play, each weight class will be allowed

two (2) additional pounds at weigh-ins.

In order for points to be earned at the Conference Meet, a weight class must have

participants from two member schools. When team points are not awarded in any

weight class, individual wrestlers will be awarded medals.

1. Weigh-Ins at Tournaments

Weigh-ins will start two (2) hours before the tournament begins and will end one (1)

hour before the tournament starting time.

1. Protest-Tournaments

1. At the Signal Peak Conference tournament, NO protest of an official’s judgment call

will be permitted.

2. Protests regarding rule interpretations WILL be permitted.

3. A successful protest is NOT penalized by any team point deduction.

4. A second unsuccessful protest is penalized by a two (2)-point team deduction.

5. The tournament committee’s decision is FINAL.

The committee will consist of Signal Peak Conference Host A.D., Signal Peak

Conference president and official scorer.

1. If an athlete is suspended from school for any reason, during the current sport season, they will be automatically dismissed from the team for the remainder of the season and will not be allowed to enroll in another school to be able to participate in a sport.
2. Sports such as cross-country, wrestling, and boys and girls track must have a minimum of 10 participants on each team in order to start and finish a season with the exception of St. Anthony’s, Stanfield, Sacaton because of their low enrollment.
3. Once an athlete becomes ineligible they will receive an ineligibility form from their coach. They are then suspended from all games (can attend practices at coaches discretion) until they submit their completed ineligibility form back to their coach. If the athlete is then in good standing after they hand in their ineligibility form then they will serve a 1 game suspension, once that one game suspension is served they may return to game action.
4. Skin Checks will be performed on all participants before each match. If a female wrestler(s) is having their skin checked a female AD, coach, teacher, or administrator must be present.

**BYLAW 7: BOYS BASEBALL**

1. No metal spikes; plastic baseball cleats are permitted.
2. All players must wear school-issued batting helmets (or certified-approved helmets)and athletic protection. An athletic cup is strongly recommended for catchers.
3. Aluminum bats will be used. There is NO restriction on the size

or weight of baseball bats, however, double barrel bats are NOT permitted.

1. Pitchers may pitch nine innings only (Sunday to Saturday). During tournament

play, a pitcher may pitch an additional nine innings. Scorebooks will be reviewed

to verify the number of innings pitched by individuals during tournament play.

Coaches must make them available to opposing coaches, A.D.’s and the

tournament director.

1. 7th GRADE: Pitching distance shall be **60** feet; base paths shall be **80** feet.

8th GRADE: Pitching distance shall be 60 feet 6 inches; base paths shall be 90 feet.

F. Distance from home to second shall be 113 feet, 1½ inches

G. Players that start a game may be substituted for one time and be permitted to return

to the game (this includes the pitcher). Players must bat in their original position.

1. A team may use a designated hitter.
2. A team may use a 10th player as the AH only if agreed upon by both coaches prior to the start of the game.
3. Coaches may use a free substitute runner for the catcher.
4. Adult coaches may occupy both base coaching boxes.
5. It is recommended that the home team should provide two qualified

umpires. The plate umpire must umpire from behind the plate and is not

to call the game from behind the pitcher’s mound.

1. The game shall be six (6) innings. The umpire in charge shall use his own

judgment about sufficient light for continuing a game. A complete game will be

when four (4) complete innings are played. Each team must bat four (4) times

unless the home team is ahead after 3½ innings.

1. There will be no more than ten (10) runs per team at bat per inning or three (3)

outs. A game will be called if one team is leading by ten (10) runs at the end of

four (4) innings. This will apply to both the regular season and tournament play.

1. 7th grade games are to be scheduled on the same day and at the same time as the

8th grade game unless other arrangements are made.

1. The coaches of each team shall make out two lineup cards for each game, one for

the opposing coach and the other for the umpire. These lineup cards shall be

exchanged before the beginning of the game.

1. No new inning will begin after two (2)hours from the beginning of the game.

During regular season play, teams will adhere to the two (2) hour time limit,

extra inning tiebreakers will not be played during regular season games.

1. In Conference tournament play when the game is tied and over the two (2) hour

limit, extra innings will be played. If, in the event the game was still tied after

extra innings and could not be completed that evening for whatever reason, the

tournament director MUST be notified immediately. The tied teams should be

prepared to travel to the tournament site the next evening to complete the game.

The tournament director will make the final decision regarding completion.

PARTICIPATING TOURNAMENT TEAMS WILL BE REQUIRED TO SUPPLY  
FOUR (4) GAME BALLS TO THE TOURNAMENT DIRECTOR.

1. Coaches must adhere to Article XIV and Article XV concerning regular season and tournament play, or it will result in a forfeit.
2. Competitive Balance Rules:

a. Regular Season: No stealing bases when up by 5 runs or more and no

advancement on passed balls when a team has a lead of 8 or more runs.

b. Tournament Play: competitive balance rules also are applied in the 4th inning

or later.

1. In order to participate in the playoffs and championships MUST have participated in two (4) of the six (10) regular season games.
2. If an athlete is suspended from school for any reason, during the current sport season, they will be automatically dismissed from the team for the remainder of the season and will not be allowed to enroll in another school to be able to participate in a sport.
3. Sports such as cross-country, wrestling, and boys and girls track must have a minimum of 10 participants on each team in order to start and finish a season with the exception of St. Anthony’s, Stanfield, Sacaton because of their low enrollment.
4. Once an athlete becomes ineligible they will receive an ineligibility form from their coach. They are then suspended from all games (can attend practices at coaches discretion) until they submit their completed ineligibility form back to their coach. If the athlete is then in good standing after they hand in their ineligibility form then they will serve a 1 game suspension, once that one game suspension is served they may return to game action.

**BYLAWS 8: GIRLS SOFTBALL**

1. All players must wear school-issued batting helmets (or certified-approved helmets).
2. Games will be five (5) innings (both 7th and 8th grades).
3. A **yellow** leather ball will be used for games, furnished by the home team.
4. Use 60 feet bases. **40** feet pitchers rubber for 7th grade. Pitcher rubber distance is

40 feet for 8th grade.

E. Adult coaches may occupy both base coaching boxes.

F. A team may use a 10th player as the AH only if agreed upon by both coaches

prior to the start of the game.

G. Players that start a game may be substituted for one time and be permitted to return

to the game (this includes the pitcher). Players must bat in their original position.

H. The game may be five (5) innings. The umpire in charge shall use his own judgment

about sufficient light for continuing a game. A complete game will be when four (4) complete innings are played. Each team must bat four (4) times unless the home team

is ahead after 3½ innings. No new inning will begin after one (1) hour and forty-five minutes from the beginning of the game. Extra inning tiebreakers will not be played

during regular session games.

I. There will be no more than ten (10) runs per team at bat per inning or three

(3) outs. A game will be called if one team is leading by ten (10) runs at the end of four

(4) innings. This will apply to both the regular season and tournament play.

J. In Conference tournament play when the game is tied and over the one hour (1) and

forty-five (45) minutes limit, extra innings will be played. If, in the event the game was

still tied after extra innings and could not be completed that evening for whatever reason,

the tournament director MUST be notified immediately. The tied teams should be

prepared to travel to the tournament site the next evening to complete the game.

The tournament director will make the final decision regarding completion.

PARTICIPATING TOURNAMENT TEAMS WILL BE REQUIRED TO SUPPLY TWO

(2) GAME BALLS TO THE TOURNAMENT DIRECTOR.

K. Coaches must adhere to Article XIV and Article XV concerning regular season and

tournament play, or it will result in a forfeit.

L. **Competitive Balance Rules:**

a.Regular Season: No stealing bases when up by 5 runs or more and no

advancement on passed balls when a team has a lead of 8 or more runs.

b. Tournament Play: competitive balance rules also are applied in the 4th inning

or later.

1. In order to participate in the playoffs and championships MUST have participated in two (4) of the six (10) regular season games.
2. If an athlete is suspended from school for any reason, during the current sport season, they will be automatically dismissed from the team for the remainder of the season and will not be allowed to enroll in another school to be able to participate in a sport.
3. Sports such as cross-country, wrestling, and boys and girls track must have a minimum of 10 participants on each team in order to start and finish a season with the exception of St. Anthony’s, Stanfield, Sacaton because of their low enrollment.
4. Once an athlete becomes ineligible they will receive an ineligibility form from their coach. They are then suspended from all games (can attend practices at coaches discretion) until they submit their completed ineligibility form back to their coach. If the athlete is then in good standing after they hand in their ineligibility form then they will serve a 1 game suspension, once that one game suspension is served they may return to game action.

**BYLAW 9: BOYS AND GIRLS TRACK AND FIELD**

1. Participants are limited to four (4) events in each meet. No track participant may run

in more than two (2) events of 400 meters or more.

1. All schools are required to use labels with first and last names during regular season

meets.

1. Dual-meets, schools may enter as many as three (3) runners in events consisting of

400 meters or less for scoring purposes. Additionally, two preliminaries and one scoring

heat will be maintained in the aforementioned events during the regular season. Each team is limited to nine (9) entries for each field event. Dual meets shall be scored by National Federation rules.

D. Tri-meets schools may enter two (2) runners consisting of 400 meters or less.

Each team is limited to six (6) entries for each field event: each school may enter

two relay teams in relay events.

1. Non-scoring running heats will take place after scoring heats.
2. Shoes must be worn, with spikes no longer than ¼ “.
3. There is no height or weight classification, only age.
4. A runner shall be disqualified after a 2nd false start per event.

I. **BOYS EVENTS** **GIRLS EVENTS**

Long Jump Long Jump

High Jump High Jump

During regular season meets, high jumpers are encouraged to enter at their most

challenging height.

Shot put – 8 lbs. Shot put – 6 lbs.

Discus – 1.0 kilo Discus – 1.0 kilo

1. Order of Running Events:

75-meter low hurdles 75-meter low hurdles

(6 hurdles- 33” high) (7 hurdles – 30” high)

*(\*45’ to first hurdle 30’ between each) (\*8.5 m between each)*

100-meter dash 100-meter dash

1600-meter run 1600-meter run

400-meter relay 400-meter relay

400-meter dash 400-meter dash

800-meter run 800 meter run

200-meter dash 200-meter dash

1600-meter relay 1600-meter relay

1. Signal Peak Conference Meet:[[1]](#endnote-1)

1. All schools are limited to a maximum of two (2) entrants per lane event. Those

are the 100, 200, and 400-meter dashes and the 75-meter hurdles.

2. The 800 and 1600-meter and all field events are limited to a

maximum of three (3) entrants per school.

3. Each team is allowed one team per relay.

4. Heats for the lane races will be seeded by times, according to the formula in the

rule book.

5. Each team is allowed to enter three (3) participants, per gender, in the high jump.

6. Names and times are to be given to the host of the Signal Peak Conference Track meet

ten (10) days prior to the meet.

7. All coaches must remain in the stands during the Signal Peak Conference or that

school’s athletes will be disqualified.

1. Protest - Tournaments:

1. Any protest over an event must be made within thirty (30) minutes after the event.

2. NO videotape or photograph review will be permitted as part of a protest.

3. A decision on all protests will be given no later than thirty (30) minutes after

conclusion of the meet.

4. The tournament committee is made up by the starter, president, and the SPC host A.D.

5. Coaches must adhere to Article XIV and Article XV concerning regular season and

tournament play or it will result in a forfeit.

1. . In order to participate in the conference meet, a team member MUST have participated

in three (3) of the five (5) regular season meets.

1. If an athlete is suspended from school for any reason, during the current sport season, they will be automatically dismissed from the team for the remainder of the season and will not be allowed to enroll in another school to be able to participate in a sport.
2. Sports such as cross-country, wrestling, and boys and girls track must have a minimum of 10 participants on each team in order to start and finish a season with the exception of St. Anthony’s, Stanfield, Sacaton because of their low enrollment.
3. Once an athlete becomes ineligible they will receive an ineligibility form from their coach. They are then suspended from all games (can attend practices at coaches discretion) until they submit their completed ineligibility form back to their coach. If the athlete is then in good standing after they hand in their ineligibility form then they will serve a 1 game suspension, once that one game suspension is served they may return to game action.

**BYLAW 10: POM & CHEER**

1. Pom & Cheer shall serve as a support group for the athletic program, and as such,

play a role in the administration of athletic contests. Each squad should strive to boost

school spirit, promote good sportsmanship, and develop positive crowd involvement.

1. RULES/REGULATIONS

Official rules for spirit line (Cheer/Pom and Mat Maids) shall be those of the current

edition of the National Federation Spirit Rules book and Signal Peak Conference Bylaws.

1. Pom & Cheer athletes must meet ALL eligibility requirements stipulated in Article IX

in the Signal Peak Conference Constitution.

1. No suggestive movements can be performed by the Pom & Cheer squads.
2. Cheerleaders cannot be under the basket while basketball players are shooting free throws.
3. No negative noises during free throw shots.
4. If an athlete is suspended from school for any reason, during the current sport season, they will be automatically dismissed from the team for the remainder of the season and will not be allowed to enroll in another school to be able to participate in a sport.
5. Sports such as cross-country, wrestling, and boys and girls track must have a minimum of 10 participants on each team in order to start and finish a season with the exception of St. Anthony’s, Stanfield, Sacaton because of their low enrollment.
6. Once an athlete becomes ineligible they will receive an ineligibility form from their coach. They are then suspended from all games (can attend practices at coaches discretion) until they submit their completed ineligibility form back to their coach. If the athlete is then in good standing after they hand in their ineligibility form then they will serve a 1 game suspension, once that one game suspension is served they may return to game action.

1. [↑](#endnote-ref-1)