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**RULES AND REGULATIONS
GOVERNING ATHLETIC CONTESTS SPONSORED BY
THE PALMETTO ATHLETIC ASSOCIATION FOR
2020-21**

HELPFUL INTERPRETATIONS

1. A student athlete should always be checked very closely before submitting them on your official roster.
2. Never submit a student on a Certificate of Participation without having all necessary paperwork on file.
3. Always check the records for the courses and units passed by a student.
4. Certificates of Participation must be submitted seven days prior to the first contest in that sport.
5. All varsity sports schedules must be filed in the Palmetto Athletic Association Office. Forms can be found on the website under AD Forms on the Sports Page.
6. Never allow a student to practice without having a Parents' Permission Form, Physical Examination Form and insurance coverage.
7. If you have any doubt, check with the Palmetto Athletic Association Office.

IMPORTANT DATES

Sport	Schedule Due	First Practice	First Scrimmage	First Playing Date
Football	May 1	July 30	August 5	August 20 (varsity only)
Volleyball	May 1	July 30	August 5	August 24
Basketball	September 1	October 5	October 12	November 2
Girls Flag Football	January 22	January 25	February 1	March 1
7on7 Football	January 22	January 25	February 1	March 1
Track/Field	January 22	January 25	February 1	March 1

GENERAL RULES

National Federation Rules will be used in all games. There will be no variation unless approved by the Palmetto Athletic Association Competition Committee.

There will be four Geographical regions: **Region 1**-Upstate, **Region 2**- Midlands, **Region 3**-Pee Dee and **Region 4**- Low Country

Before June 30th of each year, each region coordinator will call a meeting of all organizations in the region for the purpose of:

- a. Checking football and volleyball schedules and the method of determining region champions.
- b. Discussing basketball schedules and the method of declaring the champions.
- c. Discussing any Palmetto Athletic Association or region business.
- d. Electing region sport chair and alternates and submitting their names to the Commissioner before June 15th.

Before October 15th, each region coordinator will call a meeting of all member organizations in the region for:

- a. Checking basketball schedules and method of determining region champions.
- b. Requesting basketball officials for the region basketball tournament.
- c. Discussing track and field schedules and method of declaring champions.
- d. Other Palmetto Athletic Association or region business.

Before March 15th, each region coordinator will call a meeting of all members' organizations in the region for:

- a. Checking track and field schedules and method of declaring champions.
- b. Determining track program for qualifying athletes for the State Track Meet.
- c. Determining football and volleyball schedules and the method of declaring region champions.
- d. Electing new officers.
- e. Other Palmetto Athletic Association or region business

Each region coordinator, or the coach of the winning team must notify Palmetto Athletic Association Office immediately after the deciding game or contest has been held.

A member organization will not be allowed to compete in more than one region except in cases of combination of program. See Constitution Article VII, Section D.

RULES AND REGULATIONS GOVERNING INVITATIONALS, TOURNAMENTS, SHOWCASES AND JAMBOREES

Member organizations can permit their students to participate in an invitational, tournament, showcase or jamboree that is not an approved event by Palmetto Athletic Association.

The Palmetto Athletic Association will not sanction any invitational, tournaments, showcases or jamborees that does not have at least one-member organization participating or is beyond the regular season.

Responsibility to the League Office must be established by designating a host member organization that will insure that all Palmetto Athletic Association regulations are followed.

A request for permission to hold an invitational, tournament, showcase or jamboree, signed by the director of the host member organization, must be in the Palmetto Athletic Association Office at least 30 days prior to the first session of the event or 90 days if out of state teams are to be invited. The request must include the purpose of the event, the sponsoring organization, the exact dates and the organizations or schools invited. A form to submit the request for approval can be found in the AD Forms.

1. For each invitational, tournament or showcase in all sports, the League will charge a \$50.00 sanctioning fee.

NOTE: Association passes will be honored at all Association sponsored events.

2. Certified officials must be used at the varsity level.
3. Adequate police protection must be furnished. (See page 12 - Police Protection)
4. All rules and regulations of the Palmetto Athletic Association must be followed. This includes the awards rule and the amateur rule. For an invitational event, symbolic awards may be given. Trophies must be reasonable in size. Monetary awards are in violation of this rule.
5. Total number of volleyball and basketball games a student may play during an invitational, tournament or showcase is two per day. There must be a minimum one-hour rest between games.

Invitational

1. Definition of an invitational:
An event where four or more programs are invited to participate in a series of contests at one or more locations hosted by a member organization. May or may not be a tournament.

Tournaments

1. Definition of a tournament:
A tournament is a series of contests in competition for a championship in which at least 1st & 2nd place is decided by a final contest between the two teams. Member organizations must now submit tournament format i.e., brackets as part of the sanctioning process in volleyball and basketball. (Maximum: 10 consecutive days for a tournament)
2. The Palmetto Athletic Association Competition Committee has instructed the League Office to disapprove an invitational basketball tournament in which more than eight organizations or schools are involved if any part of the tournament causes loss of school time or is played on a day preceding a school day. If the tournament is held entirely during the Christmas holidays, more than eight teams may compete. Activities other than basketball are not limited to eight teams.
3. Member Organizations are allowed preseason invitational tournament(s) ten days prior to the first legal playing date to include the previous weekend.

Showcases

1. Definition of a showcase:
A showcase is an invitational with four or more organizations or schools participating in contests against predetermined opponents with no championship game being played.

Jamborees

1. Definition of a jamboree:
A game like scrimmage where no team can play more than one half of a regulation contest in the event.
2. For each jamboree, the Palmetto Athletic Association will receive 10% of the gross gate receipts in excess of \$1,000.00. The Palmetto Athletic Association share from any jamboree will not exceed \$2,500.00. A financial statement, the 10% and a list of participating teams must be sent to Palmetto Athletic Association within fifteen days.
3. Each member organization is permitted to participate in one approved varsity preseason jamboree. A member organization may elect to participate in a second or third varsity preseason jamboree instead of one or two of the four allowable scrimmages. Each member organization is permitted to participate in one sub varsity preseason jamboree.
4. An organization may participate for more than ½ of a regulation game in any jamboree type event.
5. No trophies or awards of any kind may be given to a player or team for participation in a jamboree. This regulation does not forbid the presentation of a sportsmanship award to an organization or awards to individuals for winning a kicking contest or a similar contest held at a jamboree.

DEFINED SPORTS SEASONS

The following terms will be used and will apply to all sports:

IN SEASON

Begins first day of legal practice and ends with elimination from state play-off competition. Organized practice is left to the discretion of each organization.

OPEN SEASON

Any time except In Season and Closed Season. During open-season, coaches may conduct organized practice as specified in the Open Season/Closed Season practice schedule on page 6.

Strength and conditioning programs will not be affected by the limitation on the Open Season/Closed Season practice schedule.

Practice and weight training must be open to all students. These sessions cannot be mandatory for any student.

Facilities will be open to all students and coaches who may be involved with the planning and monitoring of activities, including organized practice, during the specified periods.

Participation cannot be mandatory for any student.

CLOSED SEASON

No coach/team may practice outside their in season or open season dates (refer to page 6). No coach/team may practice after their season concludes.

Strength and conditioning programs will not be affected by the limitation on practices. Conditioning programs can include agility drills that enhance specific skills for a given sport, and equipment for any sport be used.

Agility drills appropriate for all sports will be acceptable.

A coach can work with any athletes during closed season.

JULY 4TH DEAD WEEK

No activities may take place to include strength, weight lifting, conditioning, meetings, films, practice, camps, clinics, etc.

OTHER REGULATIONS

1. Activities that take place during the school day are local matters and are not affected by these regulations. However, any activity involving prospective athletes during the school day must be open to all students.
2. A coach may accompany prospective team members to a camp or clinic during a closed season, and may be involved with teaching skills to his or her own players.

Violation(s) of the practice rules orchestrated/initiated by member organization personnel will subject the member organization to sanction(s) by the Palmetto Athletic Association. Violation(s) of the practice rules orchestrated/initiated by the student athletes will subject the member organization to a "warning" for first offense and more severe sanctions for repeated offense(s) within one calendar year.

Open Season/Closed Season Practice Schedule 2020-21

Fall Sports

March 1 - July 24, 2020	Open Season (June 28 - July 5 Dead Week)
July 26 – July 29, 2020.....	Closed Season
July 30 - Last Contest.....	In-Season
Last Contest – February 28, 2021	Closed Season
March 1 - May 31, 2021.....	Open Season (30 days of Practice)
May 1 - May 31, 2021.....	Football (10 days in pads) Max

Winter Sports

March 1 - July 24, 2020	Open Season (June 30 - July 6 Dead Week)
August 3 - September 30, 2020	Open Season (30 days of Practice)
October 1 - October 4, 2020	Closed Season
October 5 - Last Contest	In-Season
Last Contest – February 28, 2021	Closed Season

Spring Sports

May 1 - July 24, 2020	Open Season (June 30 - July 6 Dead Week)
July 30 - November 1, 2020	Closed Season
November 2 - January 31, 2021	Open Season (30 days of Practice)
February 1 - Last Contest.....	In-Season
Last Contest - May 31, 2020	Closed Season

NOTE: Ten days of competition are permitted June 1 - July 24, 2020. Participation at team camps and other outside organizations is included in these 10 days. No organization will be permitted to attend or participate in team camps between July 27, 2020 and In-Season.

NOTE: The exact 30 days must be documented by date and records of these days supplied to the League Office if requested.

Penalties for Violating the Open Season Schedule

Any member organization allowing an illegal practice will be subject to the following penalties: may include the placing of the sport on probation.

day in violation / 1st occurrence per sport - \$100 fine and team loses 1 day of practice and limited to 1 pre-season scrimmage.

days in violation / 2nd occurrence per sport -\$100 fine and team loses two days of practice, limited to one scrimmage, cannot host any events and cannot be the home team during the playoffs

days in violation / 3rd occurrence per sport- \$200 fine and team loses three days of practice, limited to one scrimmage, cannot host any events and cannot participate in the post season.

OUTSIDE COMPETITION/CAMPS AND CLINICS

In Season

Participation on an outside team during a sport season **is not permitted**. Professional try-outs during the season in all sports are prohibited. Violation of this policy renders a student ineligible to return to his/her Member organization team. Out of Season (Competition Rules)

During the out of season period, no organization shall allow competition(s) that involve(s) the coach(es) and/or players except:

1. Each year, member organizations will be permitted competition in AAU leagues, summer leagues, team camps, or outside organizations during the time period of March 1 through the day prior to the South Carolina Athletic Coaches Association annual summer clinic. They may use member organizations facilities and approved playing equipment.
2. Any organization violating the above rule may be fined up to \$100.00 and placed on probation in the sport involved.

Camps

From June 1 through the day prior to the South Carolina Athletic Coaches Association annual summer clinic schools may attend camps.

For Out of Season sports, attendance at camps; from the beginning of the South Carolina Athletic Coaches Association clinic through May 31st of each year, are governed by the following restrictions:

- a. The student or the parents must pay all fees and expenses.
- b. Students may be transported by their coach to camps or clinics at any time.
- c. A coach may serve as an instructor at the camp and may teach skills to students from their own organization or feeder organization(s).
- d. Attendances at camps during a sports season that are controlled entirely by a member organization and restricted to its students are exempt from these regulations.
- e. A violation of any part of this section may result in a fine of up to \$100 and probation on the organization.

Clinics

1. The director of a member organization must approve a clinic held on organizations facilities.
2. A coach may serve as an instructor at the clinic may teach skills to students from their own organization or feeder organization(s).
3. A clinician's fee and expenses should be reasonable. Directors should pay close attention to this item before giving approval.
4. Room and board must not be a part of the clinic.
5. The clinic must not exceed three days within closed season.
6. Team competition is prohibited, and all physical activity must be restricted to fundamentals.
7. The coach may transport his players to the clinic.
8. A violation of any part of this section may result in a fine of up to \$100 and probation on the member organization.

HEALTH & SAFETY

1. All organizations must have Emergency Action Plans (EAP) on file for all teams.
2. All organizations must use a Wet Bulb Globe Thermometer (WBGT) to determine safe conditions for practice and/or competition during periods of high heat and humidity.
3. All organizations must follow Pre-Season Practice Plans for all fall sports.
4. All coaches must be CPR/AED certified.
5. All coaches must complete courses in Concussion, Heat Acclimatization, and Sudden Cardiac Arrest and Protecting Students from Abuse.

SUPPORT CHEERLEADERS

It is necessary to regulate certain activities of cheerleading squads when they are performing at Palmetto Athletic Association events. This is to better insure the safety of the athletes and the officials as well as the cheerleaders themselves.

It is the responsibility of the organization administration to enforce these regulations.

FOOTBALL

If cheerleaders are allowed along the sidelines, a parallel line five yards from the sidelines must restrict their movement toward the field. Jewelry will not be worn at any time.

BASKETBALL

Cheerleaders must be in the bleachers except during full time-outs, end of quarters and half time. Mascots are considered cheerleaders. Megaphones for vocal cheering will be used only by cheerleaders. Jewelry will not be worn at any time.

ALL SPORTS

When building pyramids, no cheerleader may stand or sit on another cheerleader who does not have at least one foot or knee on the floor. Jewelry will not be worn at any time.

****The following are not allowed:**

- Basket Tosses
- Double-Twist to a cradle
- Single-Twist to a cradle
- Any Twisting Dismounts
- Elevator Tosses or Similar Multi-Base Tosses
- Any Airborne Twisting Tumbling Skills

It is recommended that cheerleaders and cheerleader coaches/advisors follow the Spirit Rules Book published by the **National Federation of State High School Associations. These guides may be obtained from the Association Office.

SCHOLAR ATHLETE

Each year the Association will recognize student athletes who excel academically. The following criteria will be used for selection:

1. Selections must be seniors who have lettered in two sports for at least one season or in one sport for at least two seasons. Outstanding citizenship and sportsmanship must have been exhibited.
2. Selections must have achieved at least a 3.5 GPA.
3. All selections must be submitted to the Associations Office by March 15. Grades will be cumulative through the end of first semester.

SPORTSMANSHIP AWARD

Sportsmanship is a key factor in the overall development of student-athletes during their education experience. It is through learning sportsmanship that athletes and coaches are able to deal with adversity in a positive way. The Palmetto Athletic Association challenges your organization to educate and instill the values of sportsmanship throughout your organization. Education is the key to success and sportsmanship is not an exception. Coaches and student-athletes need to be taught the expectations you have set forth for your organization for handling adversity.

Our standard shall be that all coaches and players compete with humility and respect all involved in the contest. The purpose of this program is to promote and recognize exemplary conduct of the players, coaches and fans. The Palmetto Athletic Association encourages your organization to take the challenge and make sportsmanship a priority in your organization.

Sportsmanship Awards will be given out to member organizations at the Spring Meeting each year. The dates of the award time period are March 1, 2020 – February 29, 2021.

On-line form is to be completed no later than March 1, 2021.

Requirements to receive Sportsmanship Award:

Community Service Activities – (Minimum of 2)

Sportsmanship Program in your organization or attendance at the New Hope Leadership Academy Mentor Spring Conference

Athlete Ejections - No more than 3

Coach Ejection – None

No sportsmanship issues or sanctions of fans or students at any contest

* Community Service Activities – must provide description of activity, dates and photos

** Sportsmanship Program – must provide details of program, how it is implemented in your organization.

SPORTSMANSHIP - STATEMENT OF POLICY

Good sportsmanship and good conduct go hand in hand with high school athletics. Athletic administrators, coaches, players, and officials have the greatest responsibility to see that conduct and sportsmanship are at the highest level possible.

Athletic Directors are responsible for administration and supervision of local athletic programs, including the conduct of fans at athletic events. The organization Board of Director should develop sportsmanship policy and philosophy and direct the administrators to carry it out. Guidelines and policies need to be implemented, and those attending games should be informed through news media, cheerleaders, and others, that poor conduct and poor sportsmanship will not be tolerated.

Coaches must exemplify through their own actions and behavior an acceptable example of good sportsmanship and conduct. Coaches have access to their players on a daily basis and they need to take time to stress the importance of good conduct and sportsmanship by players in interscholastic contests. Allowing players to commit an unsportsmanlike act without a reprimand is really telling the player he has done nothing wrong.

Players must be held accountable for their actions and be taught what is acceptable and what is not. Actions by individuals to call attention to themselves are a distraction to any game and are counterproductive to the high school philosophy of promoting a total team concept.

Fireworks/cannons/other explosive devices – All fireworks/incendiary and explosive devices are prohibited on school facilities at League events. A **\$1,500** fine will be imposed per occurrence for violations of this rule.

Baiting and taunting must be eliminated totally from all athletic activities. It should be the goal of everyone to

have the outcome of each contest determined by athletic skills and hard work and to never let baiting and taunting or other negative actions be a factor. Examples of baiting and taunting are: finger pointing, shooting motions to imply superiority, gestures with obscene connotations, excessive talking to distract or intimidate. This will also include signs or flags used to incite spectators and interfere with the orderly flow of the game.

The above list is not complete but it should give enough direction to coaches and officials to reach agreement on the kinds of conduct that must be eliminated. It will take a concerted effort, but we are convinced that we can keep interscholastic sports as the greatest perpetuator of sportsmanship in athletics today.

The Palmetto Athletic Association expects that all persons representing a member organization shall treat their opponents with respect and courtesy and anything less is unacceptable. Personal conduct of athletes, coaches, and other school personnel in which interscholastic athletics are not involved is a matter to be resolved by the member organization. This position also gives the host organization the authority to determine who may perform as a supplement at an athletic event.

Officials at an interscholastic athletic event are participants in the educational development of high school students. As such, they must exercise a high level of professionalism, self-discipline, independence and responsibility.

UNSPORTSMANLIKE CONDUCT

All ejections must be reported by the member organization to the Palmetto Athletic Association office by noon of the following day. The Palmetto Athletic Association shall discipline violators of the following items:

1. An athlete who is ejected for using abusive language, flagrantly or maliciously contacting another person, making obscene gestures to opponents or spectators, shall be ineligible for a minimum of the next contest to the maximum of one year depending on the seriousness of the violation.
 - Player(s) ejected from a contest may remain in bench area.
 - A suspended athlete may be in the bench area provided they are not in uniform.
2. Any ejection that warrants game(s) suspension will require the removal of the athlete's eligibility until the suspension has been served at the level of the ejection. Suspensions carry over from sport to sport and/or year to year. The student athlete is eligible for scrimmages and jamborees when the suspension is carried over from a previous sports season.
3. Game(s) suspension (depending on the nature of the ejection) may result in the following:
 - a minimum of one game for football
 - a minimum of two games for volleyball, track & field, flag football
 - a minimum of three games for basketball
 -Ejections during post season play for all sports may result in a minimum one game suspension.
4. Any attempt to verbally abuse, make obscene gesture to, threaten or strike an official or member of the opposing coaching staff, shall be considered a serious violation making the athlete ineligible for a minimum of the next two contests to the maximum of one year. Any action that warrants a maximum penalty will also require that the member organization be placed on immediate probation in that sport. The Palmetto Athletic Association Office will review any other action(s) that result in an ejection with the possibility of additional penalties.
5. Any athlete who leaves the bench area to become involved in an altercation, either physical or verbal, will be disqualified from that game and will be subject to a minimum of a next game suspension depending on his or her involvement. A member organization whose athletes violate this bench policy will be subject to Palmetto Athletic Association discipline.

6. An athlete who is ejected for the second time in the same sport will have his or her athletic eligibility removed for a minimum of two weeks. An athlete who has been ejected from three contests during a school year (all sports) shall become ineligible for the remainder of the school year. Game officials must report all player ejections so that the Palmetto Athletic Association Office can officially notify the member organization of each violation. When an athlete is ejected for the second time in the same sport, the member organization is required to immediately begin the above prescribed penalty.
7. Any post game unsportsmanlike activities that involve athletes, coaches and/or other member organization personnel while at the playing area.
8. A coach will be in violation of the standards for good sportsmanship established by the Palmetto Athletic Association for:
 - making degrading/critical remarks about officials during or after a contest either on the field of play, from the bench or through any public news media or social media;
 - arguing with officials or going through motions indicating dislike/disdain for a decision;
 - detaining the official following the contest to request a ruling or explanation of actions taken by the official; or being ejected from any contest.
9. A coach's action that leads to an ejection will be considered as serious unsportsmanlike conduct. The minimum penalty will be a two game suspension (Must be served at the level of ejection before resuming coaching duties at games) and a \$50.00 fine. The minimum penalty for a second offense will be two games suspension and a \$100.00 fine. If a coach is ejected from the final game of the season, the minimum penalty will be a \$250.00 fine assessed to the member organization. Coaches ejected from a contest must leave the facility/stadium immediately and not return. Suspended coaches shall not be present at the venue during any contest(s) while under suspension.
10. A member organization must control its spectators. In cases where spectators physically assault an official, coach, or athlete, the member organization shall be given one of two options: (1) To take legal action against the offender(s) that is acceptable to the Palmetto Athletic Association or (2) be disciplined by the League.
11. A member organization shall not allow vulgar chants by its supporters
12. Violation of any of the above policies will warrant Palmetto Athletic Association discipline for the member organization or individual.

Degrees Of League Discipline Are:

WARNING: An official notice that an inexcusable, unethical, or unsportsmanlike action is a matter of record and must not happen again.

RESTRICTIVE PROBATION: A team may compete in regular region scheduled contests and for a region or state championship, but may be restricted in participation in other events associated with the sport (i.e., scrimmages, jamborees, non-region contests, invitational tournaments, closed season practice, summer competitions, etc.)

PROBATION: A team may compete in regularly scheduled contests but may not play in a jamboree, an invitational event or for a region or state championship.

SUSPENSION: A suspended member organization may not compete against another member organization or a member organization in another state whose association is a member of the National Federation of State High School Associations.

FINE: May be levied in addition to other disciplines and may range from \$50.00 to \$2,500.00 for each violation.

APPEALS: A member organization that has been placed on probation or had a program suspended during that sport season, must appeal within 10 working days. If the suspension or probation occurs during the last contest of the season, the appeal must be made prior to the beginning of the sport the next season.

13. **POLICE PROTECTION:** The host team must furnish adequate police protection at all varsity football and basketball games. Police protection may also be required at other contests if so deemed by the home member organization administration. Police protection must be given to all varsity football and basketball officials. Failure to protect the officials will bring immediate probation, pending an investigation.
14. Should there be an altercation caused by players, staff, or fans, only the head coaches, or security, will go on the playing field or court to stop the participants. All assistant coaches are to keep the remaining members of the team off the playing area. Officials are instructed to take all steps possible to prevent an altercation from increasing and to bring it to a stop as quickly as possible. Officials should not be involved in controlling the persons involved once it gets underway. All cameramen must be instructed to keep the camera running and film all of the altercation. This is vital to our investigation of the responsible parties.
15. Altercations during summer league/camp. Altercations that occur during summer league/camp competition will be handled by the member organization.
16. In all situations of unsportsmanlike conduct committed by the member organization's coaches, bench personnel, and/or players, sanctions should be issued against the individual(s) as opposed to the entire team, if at all possible. It shall be the responsibility of the offending member organization to investigate and report to the Palmetto Athletic Association Office all individuals involved in unsportsmanlike conduct that cannot be detected by video, game officials' report(s), or witness statements. In absence of information (videotape, witness statements) being provided by the member organization, the Palmetto Athletic Association may sanction the member organization. The Palmetto Athletic Association may address the reported individuals of the unsportsmanlike act individually or collectively. The Palmetto Athletic Association shall use information obtained through video, game officials reports, law enforcement reports, witness statements, etc., and the offending member organization report to determine action(s) to be taken to address the unsportsmanlike conduct.
17. **REPEATED UNSPORTSMANLIKE BEHAVIOR.** Repeated unsportsmanlike behaviors by teams involving multiple student athletes during the same sport season may subject the member organization's program/team to more severe penalties, to include possible probation and/or suspension.

DRUGS AND ALCOHOL

While at the site of a Palmetto Athletic Association sponsored activity, neither a participant, game official nor a coach shall use, be in possession of or be under the influence of alcohol or any other mood-altering drug. This restriction will also apply to any form of tobacco (including smokeless varieties).

A student violating this policy will be prohibited from participating in the specific event and the future eligibility status of this student will be subject to review by the Palmetto Athletic Association.

The philosophy of the Palmetto Athletic Association should be obvious as it attempts to address some items in our society, which have been proven to be harmful to the physical as well as emotional well-being of our student athletes. In this regard, the Palmetto Athletic Association also recognizes the responsibility of coaches and other member organization personnel in dealing with the problem.

The Palmetto Athletic Association is also adamantly opposed to anabolic androgenic steroid use at the high school level. The issue goes beyond protecting the integrity of a sport. The use of steroids in sports is considered to be cheating. We stand opposed to the use of steroids by athletes and all members of the student body because of health and ethical concerns.

CONTESTS WITH NON-MEMBER NON-PUBLIC SCHOOLS

Member organizations may compete with non-member non-public schools provided certified officials are used in varsity contests. If a nonmember non-public school is invited to attend an invitational event, such non-public school may get permission to enter from the Commissioner of the Palmetto Athletic Association.

GUIDELINES FOR FINES AND LATE FEES ADOPTED BY COMPETITION COMMITTEE

Member Organization discipline has always been a great concern to the Palmetto Athletic Association Office and to the Competition Committee. Many problems arise during the school year in the enforcement of rules and regulations pertaining to eligibility, eligibility forms, activity schedules and unsportsmanlike conduct. In order to avoid inconsistencies and to assist the Palmetto Athletic Association Office in being uniform in its dealings with the membership, the Palmetto Athletic Association Competition Committee has adopted a set of "Guidelines for Fines." No personal checks will be accepted. These guidelines, as set forth by the Competition Committee, are as follows:

TWENTY-FIVE DOLLAR FINES

1. Failure to submit sanctioning form 30 days before event
2. Failure to submit varsity schedules to PAA designated times.
3. Failure of a member organization to file a Certificate of Participation form prior to the specified deadline in an activity. (No games forfeited.)
4. Failure to pay a fine within 60 days.
5. A member organization official places the name of an ineligible student on a certificate of participation form and the student does not participate in a contest. (No games forfeited)
6. Failure to pay membership dues and insurance by June 1.

FIFTY- DOLLAR FINES

1. A member organization fails to file Certificate of Participation or have on file any other required form prior to participation in a contest or omits a student's name that participates. (No games forfeited)
2. Unsportsmanlike actions of players, coaches or spectators. (Minimum)
3. Failing to meet the deadline to enter the play-offs.
4. Non-attendance at mandatory rules clinics.
5. A member organization permits an ineligible student to participate in a scrimmage or jamboree.
6. A coach fails to complete a required safety course or training.

HUNDRED DOLLAR FINES

1. Ejection of coach (see Statement of Policy – page 9). If final game of season, \$250.00.
2. A member organization official removes a team from the playing area before a game is completed.
3. Serious unsportsmanlike actions of players, coaches or spectators.
4. A member organization permits an ineligible student to participate. (Games will be forfeited.)
5. A member organization fails to file a Certificate of Participation form for a student who is ineligible and who is allowed to participate. (Games will be forfeited.) (The individual sport may be placed on probation.)
6. A member organization violates the open season practice schedule.
7. A member organization fails to have an Emergency Action Play on file for every sports team.
8. A member organization fails to implement the use of a Wet Bulb Globe Thermometer to determine safe conditions for practice or competition during periods of high heat and humidity.

ONE HUNDRED-FIFTY DOLLAR FINE

1. Play-off forfeitures after accepting bracket seed.

TWO-HUNDRED DOLLAR FINE

1. Use of fireworks and explosive devices at League events.

FIVE HUNDRED DOLLAR FINES

1. If an ineligible student is permitted to participate and if the participation is permitted with any official (coach, athletics director, administrator, etc.) of the member organization knowing that the student may possibly be ineligible, the member organization program or team may be disciplined by the Commissioner (depending on actions taken by member organization to address situation), to include fine, and/or warn, probation, or suspension. Upon proper appeal by the member organization, the Competition Committee may change the suspension to a fine not to exceed \$1,500.00 for each ineligible student and probation on the program or team involved. (Games will be forfeited.)
2. Upon appeal or reconsideration by the Competition Committee, the Committee may alter any of the above penalties based on the circumstances of the member organization, the players, or the coach.

VOLLEYBALL FOR GIRLS

1. The Palmetto Athletic Association will sponsor championship play-offs for all regions.
2. The official rules published by the National Federation will be used along with the following adoptions:

A 3 out of 5 match may be played when only two member organizations are involved in a single match. If a team has not arrived at the tournament site and ready to play at the scheduled time, it will forfeit its initial game in the match. If the team has not arrived within fifteen minutes of the scheduled time, the match will be forfeited. For 3 out of 5 matches, wait an additional 15 minutes. If a match is suspended due to power failure or other unforeseen circumstances, it will be resumed from the point of suspension. The score and lineup will be the same when it is resumed as it was at the moment of suspension.

3. The varsity head coach must attend a Palmetto Athletic Coaches Association sponsored rules clinic.
4. All coaches must be CPR & AED certified. All coaches must verify with their director completion of the online courses "Concussion in Sports", "Heat Illness Prevention", "Sudden Cardiac Arrest" and "Protecting Students from Abuse" found at www.nfhslearn.com.
5. Varsity volleyball teams are allowed 18 play dates, four scrimmages and one jamboree. JV teams are allowed 16 JV play dates, two scrimmages and one jamboree. Each tournament entered will count as one of these 18/16 dates. One tournament may be preseason. It is permissible to play a JV & Varsity match on the same day. However, it will count as two play dates
6. Varsity matches are to be best three of five sets unless playing a tri-match. In a tri-match teams will play best two of three sets and if needed the third set is to be played to 25 points. JV matches can be modified to play best two of three sets and if the third set is needed to determine the winner, it can be played to 15 points.
7. Clean and secure dressing facilities must be provided for opponents and officials. A member organizations is responsible, within reason, for the clothing of opponents, but not rings, money, watches, etc.
8. The Palmetto Athletic Association Competition Committee recommends that spectators not kick or beat bleachers. Signs with the exception of welcome signs will not be permitted beyond region play.
9. Admission will be \$5.00 for all playoff matches except the State Championship Finals. The State Finals admission will be \$10.00.
10. The Palmetto Athletic Association will furnish trophies and medals for the State Champion and Runner-up.

VOLLEYBALL 2020-21

March 1 - July 24, 2020	Open Season Can practice Can participate in 30 days of competition & team camps (days spent at camp count toward the 10 days) Nothing mandatory
June 28 - July 5, 2020	DEAD WEEK - No Activities of any kind
July 26 – July 29, 2020	Closed Period Cannot practice and/or attend team camp(s) Can continue to condition and strength train
May 1, 2019.....	Schedule Due to PAA
July 30, 2020	First Practice
August 5, 2020	First Scrimmage
August 12, 2020	First Preseason Contest Date
Seven Days Prior to first meet	Eligibility Due
August 24, 2020	First Contest
October 9, 2020.....	Report Qualifiers - All Regions
October 24, 2020	State Championships - TBA
Last Match – February 28, 2021.....	Closed Season (when eliminated from playoffs) Cannot practice – can do any skill training Can continue to condition and strength train Can coach an outside team Can use member organizations facilities and/or equipment if coaching an outside team
March 1 - May 31, 2021.....	Open Season 30 days of practice Nothing mandatory

FOOTBALL

1. The Palmetto Athletic Association will sponsor championship play-offs for all regions.
2. National Federation Rules shall govern all contests and may be obtained from the Palmetto Athletic Association Office.
3. The varsity head coach must attend a Palmetto Athletic Coaches Association sponsored rules clinic.
4. All coaches must be CPR & AED certified. All coaches must verify with their director completion of the online courses “Concussion in Sports”, “Heat Illness Prevention”, “Sudden Cardiac Arrest” and “Protecting Students from Abuse” found at www.nfhslearn.com.
5. A member organization or student shall not play in more than 8 varsity or 8 JV games to be completed prior to the play-offs or take part in any post-season game that is not part of the state championship series.
6. Eligible football players who dress but do not participate in the varsity game may play in the sub-varsity game the following day, or the immediate Monday following.
7. A team may not schedule more than one game in any week nor participate in more than one game in any four-day period, except it may play a postponed game on Monday and a originally scheduled game on Thursday.
8. Varsity teams are allowed to participate in four preseason scrimmages and one approved football jamboree. A member organization may elect to participate in a second or third varsity jamboree instead of one or two of the four allowed scrimmages. Sub-varsity teams are allowed two scrimmages and one approved football jamboree. There must be a minimum of three calendar days between any scrimmage.
9. Practice Information:

A member organization shall not permit contact practice in pads between its last game and August 5. Pads include padding of any kind on the shoulders, hips or thighs.

NOTE: member organizations are permitted twenty days of practice May 1-31 (pads may be worn – maximum of 10 days).

The first three (3) days of spring practice (For fall practice this is two (2) days) will be in helmets only. No hand shields, arm shields, and/or stand up dummies of any kind may be used during the first three (3) days of spring or two (2) days of fall (preseason) practice.

During any practice(s) beyond the first 3 days of spring practice, a coach may equip his players in any combination of pads that he prefers for a period of up to ten (10) days. (Ten (10) days is the maximum amount of time in pads.) Member organizations are not required to be in helmets only or in full pads only; any combination may be used. During the time of practice in pads (full or combination of pads) the use of all football equipment is permitted.

Middle school students may NOT take part in the high school practices, if players are wearing any equipment other than helmets. If players are equipped with more than helmets, middle school athletes must hold their practices apart from the high school. (They could be on the same field, but away from the high school practices.) Middle school students may not be equipped in pads or have contact drills during spring practice.

Schools MAY participate in a spring practice (game)

 - a. High school programs may practice in full gear and use all field equipment beginning August 5.
 - b. Air type or foam filled dummies will be permitted during any practice between June 1, 2020 and July 28, 2020.
 - c. Sub-varsity teams must complete their schedule prior to the day of the first round of play-offs in that sport.
10. The Palmetto Athletic Association will furnish trophies and medals for the State Champion and State Runner-up in each classification.

Passing Leagues

Players may not wear padding of any kind during the 7 on 7 passing league competition. (i.e. no girdles, hip, thigh or tailbone protection) Only helmets, pants, jerseys, shoes and socks may be worn. Middle school teams may participate in passing leagues.

Pre-season Football Practice Opportunities

*** Preseason practice guide.**

1. Any practice session over three hours constitutes two practices. (Exception: three way scrimmages)
2. Any scrimmage or jamboree constitutes a practice. (There must be a minimum of three calendar days between scrimmages.)
3. Practices on Saturday and Sunday also count
4. A full-contact practice is defined as football pants, pads and shoulder pads
5. This will in no way affect the starting date of fall practice as set by the Palmetto Athletic Association

Home Team Responsibilities:

- a. The home team will determine the starting time, within reason.
- b. Member organizations must certify to the Palmetto Athletic Association Office that its chain crew and ECO have been properly instructed. The crews need to be responsible adults.
- c. The policing of the sidelines is a home team responsibility. If cheerleaders, statisticians, etc. are allowed along the sidelines, a parallel line five yards from the sidelines must restrict their movement toward the field. News media may move within 2 yards of the sidelines provided a line is placed 2 yards from the sidelines.
- d. Clean and secure dressing facilities must be provided for opponents and officials. A school is responsible, within reason, for the clothing of opponents, but not rings, money, watches, etc.
- e. Game management is responsible for clearing the field of play and the end zones at the beginning of each half so play may begin at the scheduled time.

Game Official Responsibilities:

- a. Certified officials must be used in all varsity games.
- b. Officials are required to be present one and one half hours prior to game time for all varsity games. If organization facilities are used, they must be sanitary and include chairs, showers, hot water and a place that can be locked.
- c. After the game, officials must be met on the field by uniformed policeman and escorted safely from the stadium vicinity.

No game at any level may end in a tie. In case of a tie at the end of regulation, the Ten Yard Line Overtime Procedure as printed in the National Federation Football Rules Book shall be used.

All football games above the junior high school level and below the senior high school varsity level will be played in four quarters of not more than 10 minutes each. 7th and 8th grade teams will play 8- minute quarters.

Regulations Governing State Play-Offs:

All games will be played on Friday night at either 7:30 pm or 8:00 pm with the decision being left up to the home team. Both teams will have to agree to any other change. NOTE: If games are scheduled on Thursdays because of members sharing playing facilities the changes still apply.

The sites of the games mentioned below will be left to the discretion of the host members, but they will be expected to hold the games in stadiums with adequate facilities and large enough to handle the crowds. Adequate facilities include a restraining fence around the field or a stadium configuration that allows for control of spectator access to the playing area.

The host organization will obtain pre-numbered tickets for play-off games.

The admission price for all classes will be \$5.00.

Exception: The admission price for all State Finals will be \$10.00 (presale and at the gate).

If state or county law requires a seat tax, it will be added to these admissions. All seats are general admission except the host school may offer reserved seat tickets to season ticket holders who had reserved seats during the regular season. Seats for the bands may be reserved.

An ECO will be assigned to all play-off games.

If the host team chooses not to host the game, it will be offered to the visitors. If neither team chooses to host the game, the Palmetto Athletic Association will set it and the teams will share the expenses equally.

Within 15 days following the play-off, the host member will send copies of the financial statement to the Palmetto Athletic Association and the visiting school.

The home team will wear dark jerseys unless other satisfactory arrangements are made in writing with the visiting team and the Palmetto Athletic Association Office.

FOOTBALL 2021-22

March 1 - July 24, 2021	Open Season Can practice Can participate in 10 days of competition & team camps (days spent at camp count toward the 10 days) Nothing mandatory
June 28 – July 5, 2021	DEAD WEEK - No Activities of any kind
July 26 – July 28, 2021	Closed Period Cannot practice and/or attend team camp(s) Can continue to condition and strength train
July 29, 2021	First Practice (helmets only first 2 days)
July 30, 2021	Practice helmets and shoulder pads (days 3 & 4)
August 5, 2021	Full Gear
August 6, 2021	First Scrimmage
7 days prior to 1st game	Eligibility Due
September 3, 2021	Week 0 (Varsity only)
September 10, 2021	Week 1
October 10, 2021	Report Region Qualifiers (All Regions)
October 22, 2021	Playoffs begin
October 29, 2021	Conference Championship Division I & Division II
Last Game – February 28, 2022.....	Closed Season (when eliminated from playoffs) Cannot practice – can do any skill training Can continue to condition and strength train Can coach an outside team Can use member organization facilities and/or equipment if coaching an outside team
March 1 - May 31, 2022.....	Open Season 30 days of practice Nothing mandatory Must be open to all students No outside scrimmages or competition (Except Spring Jamboree) No Tryouts

BASKETBALL

1. The Palmetto Athletic Association will sponsor a state basketball play-offs for boys and girls.
2. National Federation Rules shall govern all contests and may be obtained from the Palmetto Athletic Association Office
3. The varsity head coach must attend a Palmetto Athletic Association sponsored rules clinic.
4. All coaches must be CPR & AED certified. All coaches must verify with their director completion of the online courses "Concussion in Sports", "Heat Illness Prevention", "Sudden Cardiac Arrest" and Protecting Students from Abuse" found at www.nfhslearn.com.
5. If an organization is participating in a preseason tournament more than seven days prior to its first regular season game, the certificate of participation must be submitted before participation in this tournament.

Contest Restrictions:

- a. Each program is permitted to participate in one approved varsity preseason basketball jamboree. An organization may elect to participate in a second or third jamboree instead of one or two of the four allowable scrimmages. If a school does not participate in a Christmas Invitational Tournament, one of the four allowable scrimmages may be held during the Christmas Holidays.
- b. All members are allowed 24 games, four scrimmages and one jamboree. JV teams are allowed 20 games, two scrimmages and one jamboree. The games can be any combination of tournaments (to include preseason) and regular season games. Preseason play can only be in tournaments and may start on October 26.
- c. A student has the same limitation on playing, as does a team.
- d. Students will be restricted to one game per day except they may play in two games in one day in an invitational tournament. There must be a minimum of one hour's rest between games.
- e. All teams must be accompanied by an adult who must be present at all times that dressing rooms are in use.
- f. Any team member who leaves the bench and approaches/engages in a fracas shall be disqualified from the game

NOTE: Students seeking second semester eligibility are eligible to participate the second semester when first semester classes are dismissed, grades are final and when the student is added to the certificate of participation form signed by the athletic director

6. Home Team Responsibilities:

- a. The director of the host school will prohibit the use of loud noisemakers, i.e. cowbell, air horns, radios and musical instruments. The tournament director will forbid noisemakers during tournament play
- b. Cheerleaders must be in the bleachers except during full time-outs, end of quarters and half time. Mascots are considered cheerleaders. Megaphones for cheering purposes will be used only by cheerleaders. Jewelry will not be worn at any time. Each organization is responsible for enforcement of these regulations

- c. Pep bands or musical entertainment may be permitted prior to the game, between quarters, during timeouts, during halftime or following the game. Under no circumstances will any musical instruments be used at any other time. Pep bands cannot sit behind visitors' bench.
- d. Clean and secure dressing facilities must be provided for opponents and officials. A organization is responsible, within reason, for the clothing of opponents, but not rings, money, watches, etc.
- e. A uniformed policeman shall meet the officials at the scorer's table after the game and escort them to their dressing room or car and see them safely on their way.

7. If a region has a duly constituted basketball regulation automatically giving the regular season winner a position in the State Play-Offs, the region may order teams that are tied for first place to break the tie by a sudden death plan provided the tied teams split during the regular season. This play-off will be considered part of the State Play-offs and a financial statement must be submitted to the Palmetto Athletic Association Office.

8. Scheduled Game Times

- a. All games must start at their scheduled times. If two varsity games are being played, the first game must start no later than 7:00 P.M. The second game will begin within 20 minutes after the conclusion of the first game.
- b. Overtime periods for all games played in quarters of less than eight minutes will be three minutes each
- c. All JV, "B", junior high school or middle school games will be played in four quarters of six minutes each with intermissions of one minute after first and third quarters and eight minutes between halves.

NOTE: Basketball games postponed because of inclement weather must be rescheduled on the next available date. In case of an emergency that causes postponement of a basketball game and the game cannot be made up under our present rules, the Commissioner will have authority to grant permission to reschedule the game:

- 9. The Palmetto Athletic Association strongly recommends the use of contracts for non-region games.
- 10. The region will select the site for any play leading toward the region championship. Region trophies must not exceed 21 inches in height.
- 11. Certified Officials must be used in all varsity games.

12. STATE PLAY-OFF REGULATIONS

- a. Twenty-five school personnel and varsity cheerleaders in uniform will be admitted without charge. All other persons must have tickets.
- b. No organization may practice at the site of a state play-off game unless the site is on its campus.
- c. Bands, musical instruments, radios, tape players, cowbells, air horns, megaphones (other than those used by cheerleaders) or other offensive noisemakers will not be permitted. Signs, banners or flags will not be permitted.
- d. Advertising tobacco, alcoholic beverages and related products will not be authorized.
- e. If uniforms do not contrast, the home team will change unless their uniform is white. Teams must bring two sets of jerseys.
- f. An admission of \$10.00 will be charged for the State Finals in all classes. All other sessions will be \$5.00.
- g. Gate receipts will be distributed according to the financial statements in the Athletics Director's forms.

13. The Association will furnish trophies and medals for the State Champion and Runner-up teams.

BASKETBALL 2020-2021

March 1 - July 24, 2020	Open Season Can practice Can participate in 30 days of competition & team camps (days spent at camp count toward the 10 days) Nothing mandatory
June 28 - July 5, 2020	DEAD WEEK – No Activities of any kind
July 26 - August 2, 2020.....	Closed Season Cannot practice and/or attend team camp(s) Can continue to condition and strength train Can coach an outside team (75% rule must apply) Can use school facilities and/or equipment if coaching an outside team
August 3 - September 30, 2020	Open Season 30 days of practice Nothing mandatory No outside scrimmages or competition (exceptions Fall Leagues) No tryouts
October 15, 2020.....	Schedule Due
October 1 - October. 4, 2020	Closed Season Cannot practice – cannot do any skill training Can continue to condition and strength train Can coach an outside team (75% rule must apply) Can use school facilities and/or equipment if coaching an outside team
October 5, 2020.....	First Practice
October 12, 2020.....	First Scrimmage
October 26, 2019.....	First Preseason Contest Date
7 Days prior to first regular season contest	Eligibility Due
November 2, 2020.....	First Contest
February 12, 2021.....	Deadline - Report Qualifiers
February 15, 2021.....	Playoffs Begin - Girls
February 15, 2021.....	Playoffs Begin - Boys
February 21, 2021	State Championships at TBA
Last Contest – February 28, 2021	Closed Season Cannot practice – cannot do any skill training Can continue to condition and strength train Can coach an outside team (75% rule must apply) Can use organizations facilities and/or equipment if coaching an outside team
(When Eliminated From Playoffs)	

7on7/Flag Football

1. The Palmetto Athletic Association will sponsor championship play-offs for all regions.
2. Only the center has to be on the line of scrimmage which is a change from requiring five players to be on the line of scrimmage when the ball is snapped.

The field is 80 yards long divided up in sections with markings at the 20 yard line, 40 yard line and at the 20 yard line. End zones make up both ends of the field and 10 yards deep on each end.

At the start of a game there is no kickoff to the receiving team. Instead the ball is placed on the 14 yard line where the team that gets the ball first will start the game at. This also applies after the opposing team scores.

To gain a first down you must advance the ball past each of the line markers at 20, 40, 20 and the Goal Line.

Although playing a full four (4) quarters each game is similar to tackle football at the high school level as mentioned above, the clock consistently runs until the last two minutes of each half where a stop clock is utilized for different situations.

3. The varsity head coach must attend a Palmetto Athletic Coaches Association sponsored rules clinic.
4. All coaches must be CPR & AED certified. All coaches must verify with their director completion of the online courses "Concussion in Sports", "Heat Illness Prevention", "Sudden Cardiac Arrest" and "Protecting Students from Abuse" found at www.nfhslearn.com.
5. Flag Football teams are allowed 16 play dates, four scrimmages and one jamboree. JV teams are allowed 12 JV play dates, two scrimmages and one jamboree. Each tournament entered will count as one of these 16/12 dates. One tournament may be preseason. It is permissible to play a JV & Varsity game on the same day. However, it will count as two play dates
6. Clean and secure dressing facilities must be provided for opponents and officials. A member organizations is responsible, within reason, for the clothing of opponents, but not rings, money, watches, etc.
7. The Palmetto Athletic Association Competition Committee recommends that spectators not kick or beat bleachers. Signs with the exception of welcome signs will not be permitted beyond region play.
8. Admission will be \$5.00 for all playoff matches except the State Championship Finals. The State Finals admission will be \$10.00.
9. The Palmetto Athletic Association will furnish trophies and medals for the State Champion and Runner-up.

7on7/FLAG FOOTBALL 2020-21

March 1 - July 24, 2020	Open Season Can practice Can participate in 30 days of competition & team camps (days spent at camp count toward the 10 days) Nothing mandatory
June 28 - July 5, 2020	DEAD WEEK - No Activities of any kind
July 26 – July 29, 2020	Closed Period Cannot practice and/or attend team camp(s) Can continue to condition and strength train
January 22, 2021.....	Schedule Due to PAA
January 25, 2021	First Practice
February 1, 2021	First Scrimmage
February 8, 2021	First Preseason Contest Date
Seven Days Prior to first game	Eligibility Due
March 1, 2021	First Contest
March 27, 2021.....	1 st Round League Playoffs
April 3, 2021.....	Conference/League Championship
April 17, 2021	State Championships Tournament - TBA
Last Game – May 28, 2021.....	Closed Season (when eliminated from playoffs) Cannot practice – can do any skill training Can continue to condition and strength train Can coach an outside team Can use member organizations facilities and/or equipment if coaching an outside team
June 1 - July 26, 2021.....	Open Season 30 days of practice Nothing mandatory

TRACK AND FIELD

1. The Palmetto Athletic Association will sponsor a girls' and boys' championship.
 2. National Federation Rules shall govern all track and field meets.
 3. The varsity head coach must attend a sponsored rules clinic.
 4. All coaches must be CPR & AED certified. All coaches must verify with their director completion of the online courses "Concussion in Sports", "Heat Illness Prevention", "Sudden Cardiac Arrest" and "Protecting Students from Abuse" found at www.nfhslearn.com.
 5. Track teams are allowed 10 varsity and 8 JV meets including invitationals. One invitational may be preseason and start on January 25. Each invitational entered will count as one of the meets. Varsity teams are also allowed four scrimmages and one jamboree. JV teams are allowed two scrimmages and one jamboree.
 6. The Palmetto Athletic Association considers the region meets to be part of the State Final Series.
 - a. All throwing implements will be chosen/designated by the Meet Director and/or event judge for competition.
 - b. The Meet Directors will secure knowledgeable officials. Meets must have a referee, exchange zone judges and turn judges. The decision of the judges will be final. No protest will be allowed unless violation of track or eligibility rules occurs.
 - c. The forty-eight hour appeal limitation does not apply until after the finals. However, region-qualifying appeals will not be heard at the end of the qualifying meet.
 - d. Contestants must be ready at the scheduled time of their events. If not, the Meet Director will scratch them.
6. REGION MEET REGULATIONS:
- a. A student must have participated in at least two regular season track meets prior to entering region qualifying leading to the State Meet. The Palmetto Athletic Association Executive Committee must make any exceptions.
 - b. Be sure that everyone clearly understands being listed as one of the six members of a relay team does not count as an event unless the competitor actually participates. An athlete may not participate in more than four events. He or she may be listed in two individual events and as a member of three relay teams. However, once this athlete participates in two of these relays he/she is not eligible for the other relay. Once he/she has been listed in any individual event(s), the athlete is locked in.
 - c. Organizations must register their contestants (using both first and last names) with the region track chairperson by a date set by the chairperson. The top four performances of each event in region meets must be sent to the director of the State Meet. This information is requested in order that contestants may be placed in heats.
 - d. A region may qualify four contestants in each event for the State Meet. No more than four contestants from any organization may be entered in any event in the region meet. An organization may enter one team in each relay.

7. STATE TRACK MEET REGULATIONS:

- a. The State Meet will be held on May 1.
- b. An admission of \$8.00 will be charged to everyone except those participating in the State Finals.
- c. During the week of the state meet no organization may practice at the site of this meet unless the site is on its campus.
- d.. Eight places will score in the State Meet as follows:

First place	10 points	Fifth Place	4 points
Second place	8 points	Sixth Place	3 points
Third place	6 points	Seventh Place	2 points
Fourth place	5 points	Eighth Place	1 point

NOTE: The high jump will begin 2 heights (4 inches) below the lowest qualifying height of the contestants entered in the event.

NOTE: The bar for the high jump will be raised 2 inches until a winner is determined.

NOTE: The pole vault will begin two heights (one foot) below the lowest qualifying height. NOTE: The maximum starting height in the pole vault event for girls is 9' 6" and for boys 12' 6". NOTE: The bar for the pole vault will be raised 6 inches until a winner is determined.

NOTE: All throwing implements & relay batons will be chosen/designated by the Meet Director and/or event judge for competition.

NOTE: In the shot put, discus, triple jump and long jump, each competitor will be allowed six trials.

- e. Only rubber-soled shoes may be used for the shot put and discus. Track flats or spikes that do not exceed ¼" spikes may be used for the pole vault, high jump, long jump and all running events.
 - f. **NO ONE WILL BE ALLOWED IN THE TRACK AREA EXCEPT CONTESTANTS IN UNIFORM AND OFFICIAL.**
8. Because of differences in starting procedures, jumping pits, throwing circles, tracks, watches, etc. the following regulations govern State Track Records:
- a. Records may be broken only in the State Meet.
 - b. Metal or fiberglass tapes will be used and all records will be measured and certified by the meet director or referee, the head field judge and the person running the event.
 - c. A record must meet the requirements of National Federation Edition of the Track and Field Rules.
 - d. There will be an entry fee of \$25 per athlete or \$100 per team for the State Finals.
9. The Palmetto Athletic Association will furnish trophies and medals for the State Champion and Runner-up. Medals will be given to first, second and third place finishers in each event.

TRACK & FIELD 2019-20

June 1 - July 24, 2020	Open Season Can practice Can participate in 10 days of competition & team camps (days spent at camp count toward the 10 days) Nothing mandatory
June 28 - July 5, 2020	DEAD WEEK - No activities of any kind
July 26 – August 31, 2020	Closed Season Cannot practice – cannot do any skill training Can continue to condition and strength train Can coach an outside team (75% rule must apply) Can use school facilities and/or equipment if coaching an outside team
September 1 – December 20, 2020	Open Season 20 days of practice Nothing mandatory No outside scrimmages or competition No tryouts
December 20 –January 10, 2020.....	Closed Season Cannot practice – cannot do any skill training Can continue to condition and strength train Can coach an outside team (75% rule must apply) Can use organizations facilities and/or equipment if coaching an outside team
January 11, 2021	First Practice
January 25, 2021	First Scrimmage
7 Days prior to first regular season contest	Eligibility Due
February 1, 2021	Schedule Due
March 1, 2021	First Meet
March 15, 2021	Region Track Directors Meeting
April 24, 2021.....	Region Track Meet
May 1 2021.....	State Championships
Last Meet - May 31, 2021	Closed Season

PROPOSED TIE-BREAKING SYSTEM

The following procedure may be used in breaking ties within the region for seeding purposes. Seeds will be filled one at a time.

1. Two Teams

- a. Single-game Region Schedule: If two teams with identical region records tie, the team that defeats the other shall be declared the higher seed.
- b. Two-game Region Schedule: If two teams split their contest, then they would proceed to Tie-Breaking Steps until the tie is broken.

2. Three or More Teams

- a. Single-game Region Schedule: If three or more teams with identical region records tie, and one of the teams has defeated the others, that team will be seeded higher. If this does not resolve tie(s), proceed to Tie-Breaking Steps until the tie(s) are broken.
- b. Two-game Region Schedule: If three or more teams with identical region records tie, the team that has the most wins between the tied teams against each other will be seeded highest. The team with the next-highest wins will be seeded second and so on. If this does not resolve tie(s), proceed to Tie-Breaking Steps until the tie(s) are broken.

TIE-BREAKING STEPS

Step 1. Region Point System

If three or more teams with identical region records tie, and no team has more victories than the others in games involving the tied teams, a point system based on region record only will determine the seed.

The following point value will be used in assigning points for a win within the region:

6 TEAM REGION	7 TEAM REGION
1st Place ... 6 points	1st Place ... 7 points
2nd Place... 5 points	2nd Place .. 6 points
3rd Place ... 4 points	3rd Place ... 5 points
4th Place ... 3 points	4th Place ... 4 points
5th Place ... 2 points	5th Place ... 3 points
6th Place ... 1 point	6th Place ... 2 points
	7th Place ... 1 point

NOTE: If two or more teams are tied for a region position, each team will be acknowledged as that particular seed when the point system is in use. (Example - if 2 teams are tied for 3rd place, any win against either team would be assigned 3rd place points.) As a position is decided, the following seeds would use the latest assigned points.

Step 2. Points Allowed System

The team that gives up fewest points in games involving the tied teams shall be seeded higher.

If still tied from above, the team that gives up fewest points in all region games shall be seeded higher.

NOTE: In games that are decided by "over-time procedure," the team that loses will only add 1 point to regulation final score for purposes of figuring points allowed, and not final score of over-time procedure.

Step 3. Final Resolution System

The higher seed will be the team whose opponents have the highest winning percentage.

The higher seed will be the team whose opponents have won the most games.

The higher seed will be the team whose opponents have scored the fewest points

The higher seed will be determined by a coin toss supervised by the Region Coordinator.

NOTE: This procedure shall refer to all regularly scheduled region and non-region games, excluding tournament Games.

