

**Central Colorado Athletic League
Handbook
2018-2019**

(updated May 2018)

I. MEMBER SCHOOLS

Atlas Prep	Manitou Springs
BLR	Monument Academy
CSCS	Peyton
CSCA	Rocky Mountain
CSS	Thomas MacLaren
Ellicott	Vanguard
James Irwin	

II. ORGANIZATION

- A. The officers of the League shall consist of a President, Vice-President, Secretary, Treasurer. Officers shall be elected at the May meeting of the Association, and shall assume their duties at the first meeting of the new school year. These officers will also be called the Executive Committee.
- B. Regular meetings of the League shall be held every month, August through May or as needed. All members will mutually agree upon the date. Special meetings may be called by the President, or at the request of a majority of the representatives of the member schools. A second May meeting may be held to set the activity calendar for the following year.
- C. In special circumstances league business may be conducted on a conference call approved by the Executive Committee.
- D. The President and vice-president shall be elected for a term of two years.
- E. In the event any vacancy occurs, the President shall appoint a member of the association to fill the unexpired term.
- F. All sports will have an AD assigned to cover that sport. Duties include:
 - 1. Develop the schedules each year and send to the Assignor.
 - 2. Keep handbook policies current
 - 3. Resolve disputes involving tiebreakers or rules questions along with the Executive Council
 - 4. Confirm season ending standings and set up playoff brackets

- G. Number of League teams per sport: Adding teams to the league will be completed by January meeting prior to a new two year cycle. Teams will not be added in mid-cycle.
1. Football maximum is 10 teams
 2. VB and both basketball maximum is 12 teams
 3. Girls and boys soccer is 10 teams

III. VOTING

1. Voting will be limited to one vote per member school. Each school present must vote. Voting options are yes, no, abstain. An abstained vote does not count. In the event of a tie, a secret ballot will be cast. If the secret ballot is a tie, the motion fails. Any school may request a roll call vote on any issue.
2. Associate schools may vote in activities and sports they participate in.
3. In the absence of any member school at a league meeting, no voting privilege will be extended.
4. A quorum shall consist of seven of the member schools of the League.
5. A simple majority vote shall be necessary for any ruling. In an emergency situation, the President may poll the league in lieu of calling a special meeting.
6. Any proposed amendment or change to the Handbook of the association should be submitted at a regular meeting. Revision of the handbook may be made at a meeting when all member schools have been notified one month in advance of the date, time and place.
7. This Constitution may be amended by a favorable vote of seven of its members, and becomes effective upon final approval.
8. It is the Principal's responsibility to inform the Superintendent of any proposed Constitutional or Policy change.

IV. FINANCE

1. The annual dues for the league shall be \$250.00 (payable to the Secretary/Treasurer at the first league meeting at the beginning of the school year). Associate members shall pay \$50.00 per sport.

2. Additional assessments may be made or annual dues suspended by a majority vote of the league association members.
3. All net proceeds from the tournaments, festivals, and shows sanctioned by the league will go to the host school. A budget shall be approved prior to the activity.
4. The league admission prices are as follows: Adults \$2.00 and Students (K-12) \$1.00 for admittance into all league-sanctioned activities. Senior citizens (60) will be admitted free to all athletic events only
5. Monthly finance report will be presented to the league.

V. OFFICIALS

1. The host school shall be responsible for procuring scorers, timers, judges, unless otherwise agreed upon by the schools involved. For A level games adults are preferred.

VI. UNIFORMS

1. Schools must wear light for home games, dark for away, unless mutually agreed upon by participating schools. (Exception: Football - dark at home, light away.) Uniforms must follow the NFHS guidelines.

VII. CANCELLATIONS/POSTPONEMENTS

1. In reference to activities between two schools: If one school is out or closed due to an act of God, or if travel is determined by the traveling school to be unsafe, either school has the prerogative to postpone the event; then, by mutual agreement between the schools, to reschedule the event.
2. If mutual agreement is impossible regarding the postponement of a contest, the school refusing to play forfeits the contest. If a contest is interrupted by power failure or other emergency beyond the control of game or school officials, the balance of the contest interrupted shall be played from the instant of interruption at the same location at a time agreed upon by each principal or designee of the schools involved. A contest may be postponed by mutual agreement of the administrative representatives from both schools, unless each principal/designee involved agrees to continue the contest. (Their decision may be made the following day.) If a mutual agreement cannot be reached, the Executive Committee will establish a time, date and location. Failure to comply will

result in a forfeit. It is the responsibility of the home team to contact the officials and also arrange for officials in the case of a make-up contest.

3. Forfeits: If a team chooses to forfeit a playoff game, they will be placed on probation the following year and will not be allowed to participate in the playoffs in that sport the next year.
4. Only A team games, matches, etc. must be made up. Lower level games may be made up by mutual agreement between schools.
5. Each school must play all league, regional, and district contests unless there are extenuating circumstances, as determined by the League or Executive Committee. Contests not played will result in a forfeit and count, as a game played on the overall record of the teams involved. The team that caused the forfeit will receive a loss and the other team involved will receive a win on their respective records. These league contests include crossover games in sports where they are played. If a team forfeits a league or playoff game, we will follow CHSAA policy.
6. When rescheduling, league games shall take precedence over non-league games.
7. Games postponed because of weather shall be played as soon as possible and may have to be played at the opposite site provided an agreeable date, to play at the original site, cannot be reached.
8. Because of inclement weather, the decision to postpone a game shall be held off as long as possible. When a traveling team's bus has left prior to a decision to postpone, the contest will not be postponed until the traveling team has arrived and a mutual agreement is made to postpone.
9. All League games/competitions are to be played at the designated times for each sport unless mutually agreed upon by both participating schools.

VIII. GENERAL MISC RULES

1. Follow provisions of Colorado High School Activities Association – Junior High/Middle School Division (except where other CCAL rules have been adopted).
2. Football requires a “9 Day Practice Rule.” All other sports require a “five Day Practice Rule.” This follows the CHSAA rule.

3. Practice guidelines:
 - Coaches cannot make practice mandatory, nor have tryouts prior to the start date. (preseason camps are allowed)
 - No dead period for any sport.
 - Teams are allowed to have 6 contact days per week during the school year (Sundays are okay per individual school)
4. Member schools shall use certified officials for games/matches. In emergency situations, the host school administrator will determine who officiates.
5. If member schools charge an admission for athletic events, the amounts will be \$1.00 for students and \$2.00 for adults.
6. Starting times of games/matches shall be 4:00 PM unless otherwise arranged by the individual league schools. Saturday football game start time is 10:00am. If one school would like to move the start time and the other school(s) does not: then you would go back to the default times stated above.
7. Coaches and/or administrators should report any serious incidents and/or infractions during a contest at the time they occur to the person or persons in charge from the host school.
8. League sponsored activities: Matchwits, Football, Chess Volleyball, Basketball, Wrestling, Track, Soccer, and Cross Country.
9. A school administrator is recommended at all league tournaments.
10. The league will allow crossover athletes to participate in more than one school sponsored sport during the same season. The athlete must participate in a minimum of 50% of regular season competitions in order to be eligible to compete in the end of season league championship.
11. If a contest is cancelled, every attempt should be made by the schools to re-schedule.
12. "B" team games can end in a tie unless specified in sport specific rules. If an "A" team game ends with a tie, CCAL rules will be followed for overtime periods. B team games will be played first (prior to A team games)
13. "A" Team Tournaments:
 - a. Higher seeded teams will be the host team for all games and responsible for costs of game officials. Traveling team will pay for their own travel costs.

- b. The top 4 teams will qualify for playoffs in volleyball and basketball only.
- c. Plaques will be awarded to the top 2 teams

14. League rules and regulations must be available for all home scheduled events.

15. Cheerleaders are allowed to cheer from the cheerleader stands and perform at half time (at their school) as long as they are in uniform.

16. If we have an issue where a rule/bylaw has been broken by a Coach he following process will be followed: the coach is immediately placed on restriction and cannot coach in a game until it is resolved. The Executive Committee will review the offense and make a decision regarding the status of the coach in regards to participating in any future games.

17. Matchwits and Chess teams that finish 1st and 2nd in the league events will be awarded a plaque

18. Scores must be emailed or text to Mike Prusinowski by the hosting school, within 24 hrs of game completion.

19. Only 6th-8th grade students in CCAL schools are eligible to participate in the sport teams that the CCAL offers. Individual schools may have rules to limit 6th grade participation at their discretion. 5th graders are not allowed to participate.

IX. SPORT SPECIFIC RULES

Basketball Policies (boys and girls)

Students may play on either the A or B team only on game days. They may not suit up or play in both games. If we make an adjustment to this rule, then the B team would have to forfeit that game. C team games will be played at the opposite site of the A/B game.

1. Practice starting dates determined at the league A.D. meeting
2. Length of quarters for A and B games:
 - a. A game- 7 minute qtrs
B game- 6 minute qtrs
warmup time for A game - 7 min
 - b. C teams will use an 8 min running clock format. The clock will run the first three quarters of the game with the exception of time outs and injuries. During the 4th quarter, the running clock format will continue until the last 2 minutes of the game. When the clock is at 2 minutes in the 4th quarter the clock will stop when regular game

play is stopped (out of bounds, foul etc...) and follow regular game rules.

3. No one is allowed on the basketball court at any time other than players in uniform
4. 20 Point Rule - Teams (B & G) may half and full-court press. However, anytime a team acquires a lead of 20 points or more, that team must fall back inside of the half-court line until that lead becomes less than 20 points. Should that team initiate either type of press with a lead of 20 points or more, the referee will stop the game and move the defensive team down the floor.
5. A team league tournaments at close of season. Plaques – first and second place. Higher seed will host playoff games.
6. Boys will use boys' size basketball
7. Girls will use girls' size basketball
8. Half-time is 5 minutes for both teams
9. Overtime: (A team)
 - a. First OT is 2 minutes
 - b. Second OT is 2 minutes
 - c. The A-team may not end in a tie
 - d. May press entire timeOvertime: (B team)
 - a. OT is 2 minutes, then sudden death if still tied
10. Mercy Rule – At any point the score differential between teams is 25 or greater; the clock will run continuously for the rest of the game except for during time-outs, between quarters, injuries and free-throws.
11. C team games will play the better team second.
12. The top four teams will qualify for postseason play
13. Tiebreaker:
 1. Head to head. (If three or more teams are tied, then go on to #2. Once a team is separated from the tied teams, go back to head to head.)
 2. Record against the tied teams.
 3. Record against the top team in the league.
 4. Record against the next highest placing team in the league (number 2 team, number 3 team, number 4 team, ..., last team.)
 5. Point differential amongst tied teams. (10 point cap)
 6. Coin flip.
14. Timeouts: (3) full and (2) 30 second

Cross Country Policies (boys and girls)

1. 6th Graders are allowed to run on the A or B Team. Practice starting date determined at the league A.D. meeting
2. Team divisions: Boys A & B ; Girls A & B
3. There will be a League Championship at the end of the season. (Team plaques for 1st and 2nd, Individual Medals for 1st-3rd , and Individual Ribbons for 4th-10th)

Boys A run first – Girls A run second
Boys B run first – Girls B run second
A teams will run 6 and score 4
B teams will run unlimited and score 4

4. The host school will have the course as close to 1.5 miles (2.5 Kilometers) as possible.
5. The entry fee for all races is \$50. Payable to host school.
6. Host school may award ribbons at their meets if they want to provide them.

Football Policies

1. Practice starting date determined at league A.D. meeting.
2. Equipment cannot be issued for **use** prior to the start date: 3 days no contact (helmets only), 2 days light contact (full pads but no player to player contact) and 6th day begins full contact.
3. Players must have 9 days of practice in prior to competing in a scrimmage or game.
4. Length of quarters: 8 minutes. Half time will be 5:00 minutes and then add 3:00 minutes for mandatory warm-up.
5. There will not be exhibition games or quarters beforehand.
6. Tie games will use the California tie breaker system. (Both teams get 4 plays from the 10yd line and repeat if necessary to find a winner)
7. **Mercy Rule:** In the second half, if at any time the score differential is 30 points or greater; the clock will run continuously for the rest of the game except for timeouts and injuries.
8. If a game is postponed due to weather we will use the CHSAA guidelines and continue from where it left off unless there is a mutual agreement between coaches in conjunction with Athletic Directors.
9. ***A teams league finish following the season will determine league Champion. No playoffs. If teams are tied for first place, we will use the following tiebreaker or If teams are tied for first place, we will have co-champions.***
10. Tiebreaker:
 1. Head to head. (If three or more teams are tied, then go on to #2. Once a team is separated from the tied teams go back to head to head.)
 2. Record against the tied teams in the division.
 3. Record against the top team in the division.
 4. Record against the next highest placing team in the division. (number 2 team, number 3 team, number 4 team, ..., last team.)
 5. Point differential amongst tied teams. (10 point cap)
 6. Coin flip.

Soccer Policies (boys and girls)

The league will be made up of school teams only. No club or community teams. Schools can choose to play other teams separate from this league

1. Practice starting date determined at league A.D. meeting.
2. 10 game guarantee for the league schedule with playoffs at the end of the season. Playoffs will consist of the top 4 teams based on points at the end of regular season play. Higher seed will host playoff games.
3. 3 points for a win, 0 points for a loss and 1 point for a tie.
4. 30 minute halves
5. Plaques will be awarded for first and second place.
6. Tie-Breaking Procedures:
 - a. Head to Head Competition
 - b. Goals given up in league schedule amongst tied teams
 - c. If 1 team eliminated in tie-break, go back to head to head
 - d. Goals given up in all league games
 - e. Coin Flip

Playoff Games- if we do not have a winner at the end of regulation, the following will happen:

1. One 10 minute overtime period. Play will stop after 5 minutes for teams to change sides. This will not be sudden death overtime. No coaching, players can get water.
2. If still no winner, the 11 players on the field will begin taking penalty kicks. We will do this in cycles of 5 players. After the first cycle of 5 players and no winner, the second cycle of 5 will kick followed by the 11 players if no winner.
3. If we don't have a winner after all 11 players have taken penalty kicks, we will begin taking 1-1 penalty kicks.
4. We will use 2 officials for playoffs.

Track Policies (boys and girls)

1. Teams may consist of 6th, 7th and 8th graders. Divisions: Boys and Girls
2. Practice starting date determined at the league AD meeting.
3. There will be a league championship track meet at the end of the season. Plaques will be awarded to 1st and 2nd place teams. Individual ribbons will be awarded to 1st-8th place at the league meet.
4. Number of participants entered per event at league meets and League Championship is limited to 5 per gender/division per school, 2 of the 5 scores will be counted towards the total team score. Exceptions for the number of athletes participating will be made for the 1600m races to accommodate additional distance athletes. Runners scored will remain the same. Relay teams may enter two teams but only score one.

5. Host school may award ribbons at their meets if they want to provide them.
6. Maximum number of events a participant may enter is 4.
7. The field is allowed one false start. The next false start results in disqualification for that individual.
8. A **\$75.00** entry fee for each school for scheduled league meets.
9. The league championship scoring: If running more than 7 teams and have a track of 8 lanes, need to score 8 positions (10,8,6,5,4,3,2,1)
10. Every school will provide 1 worker at all meets.
11. ***Milesplit will be used for all CCAL meets .***
12. The order of events for all track meets is listed below.

TRACK ORDER OF EVENTS

Field Events (Start 8:30 AM)

Long Jump BOYS then GIRLS

Triple Jump GIRLS then BOYS

High Jump GIRLS then BOYS

(proposed starting height (based on previous CCAL meets): Boys – 4-2, Girls – 3-8, but we can discuss at the coaches meeting). Height will go up 2 inches until final 4 (or less) competitors. Then it will go up by 1 inch intervals.

Shot Put (8#) GIRLS then BOYS

Discus (1Kg) BOYS then GIRLS

Running Events (Starting 8:45 AM)

Girls 100m Hurdles

Boys 110m Hurdles

Girls 800m Medley Relay (100/100/200/400)

Boys 100m Dash

Girls 100m Dash

Boys 800m Relay

Girls 800m Relay

Boys 1600m Run

Girls 1600m Run

Boys 400m Relay

Girls 400m Relay

Boys 400m Dash

Girls 400m Dash

Boys 800m Run

Girls 800m Run

Boys 200m Dash

Girls 200m Dash
Boys 1600m Relay
Girls 1600 m Relay

Volleyball Policies (girls)

Students may play on either the A or B team only on game-days. They may not suit up or play in both games. C team games will be played at the opposite site of the A/B game.

1. Practice starting date determined at league A.D. meeting.
2. There will be an end of season "A" team league tournament and the league will award plaques for first and second place.
3. The higher seed will host in the playoffs.
4. Height of the net is 7'4 1/8" (same as the high school)
5. Warm up times – 4, 4, 2 minutes
6. Rally Point Scoring will be used – 25, 25, 15 (B team game are capped 25,25,15) (no cap for A team games)
7. A Libero tracker (adult) must be provided by a team that wants to use one, if the home team does not have a Libero tracker.
8. Home team will provide warm up balls – minimum 6.
9. C team games will play have the better team play second
10. The top four teams will qualify for post season play
11. Tiebreaker:
 1. Head to head. (If three or more teams are tied, then go on to #2. Once a team is separated from the tied teams, go back to head to head.)
 2. Record against the tied teams.
 3. Record against the top team in the league.
 4. Record against the next highest placing team in the league (number 2 team, number 3 team, number 4 team, ..., last team.)
 5. Set percentage in matches between tied teams (sets won/sets played.)
 6. Point percentage in matches between tied teams (pts scored/pts given up.)
 7. Coin flip.

Wrestling Policies

1. Teams may consist of 6th, 7th and 8th graders.
2. Practice starting date determined at the league A.D. meeting
3. Length of periods: 1:30 minute
4. Weight classifications: 70, 77, 84, 91, 98, 105, 112, 120, 128, 136, 144, 152, 160, 175, 190, 210, 265, A match will be defined as 17 bouts.
5. There shall be a 2-pound growth allowance on matches after March 1.
6. No weigh-ins at league matches.
7. There will be a league individual tournament at the end of the season. 1st-3rd place ribbons will be awarded to individual wrestlers.
8. First place team plaques will be awarded to the league dual meets champion and the League Tournament champion.

9. The League tournament will have weigh-ins the morning of the tournament. Athletes missing weight that morning may be moved up to a higher weight class.
10. Coaches or a representative are required to attend the seeding meeting on the Friday prior to the tournament or send information to the seeding meeting director.
11. If athletes wrestle each other twice in a given season, the second match will count toward tie breaking criteria for the tournament seeding
12. Criteria for seeding the league tournament:
 - a. Wrestlers must have at least 2 league matches (exhibition or varsity) to be seeded in to the tournament
 - b. Seeding will be determined by the following:
 - i. Overall League record (*only the 2nd match against a league team will count towards a schools league record if teams play twice*)
 - ii. Head to head
 - iii. Number of wins at weight class to be wrestled
 - iv. Number of wins in actual wrestled matches (excluding forfeits)
 - v. Pins
 - vi. Tech falls
 - vii. Major decisions
 - viii. Coin flips
 - c. Once the bracket is set according to the above criteria, head to head competition will be considered to readjust the bracket. Wrestlers can only be moved up or down 1 position. (For example, once the bracket is set using the seeding criteria, if the #5 seeded wrestler has beaten the #4 wrestler in head to head competition during a season match (excluding tournaments), the two wrestlers will be switched in the bracket.) This adjustment will only happen with wrestlers who are seeded one position from each other. Wrestlers' position can only be adjusted once using these criteria.
 - d. The tournament will utilize an 8 man bracket. The weights with 3 wrestlers will wrestle round robin format. The weights with 4 or more wrestlers will wrestle in the double elimination tournament with winners advancing into the championship final and the wrestlers with one loss competing for third place
 - e. Each school will be allowed to enter up to 2 wrestlers in each weight class. Wrestlers from the same school will be placed in opposite sides of the bracket whenever possible. have been given the opportunity to add additional wrestlers.
 - f. All day admission for the league tournament is \$2.00 for students and \$4.00 for adults.