

## **CONSTITUTION**

### **ARTICLE I**

#### Name

The name of this league shall be "The Friends Schools League."

### **ARTICLE II**

#### Membership

The following schools will be members of the League:

Abington Friends School  
Academy of the New Church  
Friends' Central School  
Friends Select School  
George School  
Germantown Friends School  
Moorestown Friends School  
The Shipley School  
Westtown School

### **ARTICLE III**

#### Mission Statement

The Friends Schools League is a diverse community of independent schools drawn together by a common Quaker vision of the value of healthy competition in athletics, in the context of strong community and shared values, as a powerful setting for growth and learning.

The League values the growth and development of students as athletes and people. We view athletics primarily as an opportunity to teach excellence in character and skill in ways that convey the intrinsic value of each individual student.

The schools in the league- educators, students and families- together strive to create an environment of unreserved respect for all individuals and support of athletes at every level of development. This respect and concern for others is intended to characterize all interactions on and off the field.

The Friends Schools League promotes community as a central value. Community is strengthened by making decisions and addressing concerns by seeking shared understanding and resolution in the manner of Friends. Consistent with Friends principles, we promote the idea of shared responsibility for the success of all endeavors.

## **ARTICLE IV**

### Governing Body

- Section 1. The management of the League shall be entrusted to the Clerk.
- Section 2. The Clerk shall preside at all meetings of the League, shall coordinate agendas with the clerk of the Heads of Schools group, shall call all special meetings, as provided in the by-laws, shall appoint all committees, and shall present the philosophy of the League to coaches at all preseason meetings.
- Section 3. a) The Recording Clerk shall discharge the functions of the Clerk during the latter's absence.
- b) The Recording Clerk shall attend all meetings of the League, keep minutes of the proceedings, send copies of the minutes to all the athletic directors, request agenda items and prepare and distribute an agenda one week prior to each meeting, conduct the correspondence of the League, send whatever notices and communications may be required by order of the League, and notify the schools of the times and places of meetings.
- Section 4. a) The Treasurer shall receive all dues and assessments of the League, make all necessary expenditures, and report at each meeting the receipts, the expenditures and the balance on hand.
- b) The Treasurer shall order and purchase as needed, certificates, medals and plaques for the League and recommend yearly dues.

## **ARTICLE V**

### Meetings

- Section 1. All League meetings shall be attended by the athletic directors or their duly appointed representatives from each school. There shall be six regularly scheduled meetings during each school year. The first of these meetings shall be held on a date before the start of league play in September. Subsequent meetings shall be held during the first week following the fall and winter seasons, some time in December and April, and on an appropriate day following the spring season. One of these meetings, to be set in May of the previous year, will include Heads of Schools. The location of the meetings shall be at the school of the recording clerk. Additional meetings may be added as needed by consensus.

Section 2. A calendar, to include date, time and location of regular meetings, playoff and championship contests and any other League events shall be agreed upon at, or before the spring meeting for the subsequent year.

## **ARTICLE VI**

### Amendments

This Constitution and its by-laws may be amended by a consensus of the athletic directors present at any regularly scheduled or called meeting.

## **ARTICLE VII**

### Periodic Review

This Constitution and its by-laws shall be subject to review by a committee appointed by the Clerk in years ending in 0 and 5. Any recommended revisions shall be ratified in accordance with Article VI.

# **BY-LAWS**

## **ARTICLE I**

### Special Meetings

Special meetings of the League shall be called by the Clerk at the written request of two (2) schools.

## **ARTICLE II**

### Quorum for Meetings of the League

At any meeting of the League six (6) schools shall constitute a quorum.

## **ARTICLE III**

### Office Succession

- Section 1. The Clerk, appointed by the heads of school, after a recommendation from the athletic directors, shall serve a two (2) year term. (See Appendix I for specific guidelines.)
- Section 2. The Recording Clerk shall serve for one (1) year.
- Section 3. The office of Recording Clerk shall rotate among all the athletic directors alphabetically by school. (See Appendix I for specific guidelines.)
- Section 4. The office of Treasurer shall be considered a commissionership and that person shall remain in office until he/she requests a replacement.

## **ARTICLE IV**

### Order of Business

The agenda at all regular meetings shall include:

Moment of Silence  
Roll call  
Reading and approval of the minutes  
Treasurer's report  
Calendar review  
Commissioner Reports  
Unfinished business  
New business  
Adjournment

## **ARTICLE V**

### League Dues

- Section 1. The League dues for each school shall be determined at the spring meeting for the subsequent year.
- Section 2. Bills for said dues shall be sent by the Treasurer on or before September 15, and must be paid by October 1.
- Section 3. Additional assessments may be made at the recommendation of the Clerk and Treasurer subject to approval by the ADs and will be divided appropriately among the member schools.

## **ARTICLE VI**

### Eligibility for Sports

- Section 1. Any student who has reached his/her 19th birthday on or before September 1st of any given year is ineligible for competition in any League contest, regardless of level.
- Section 2. Any post-graduate of any secondary school is ineligible for competition in any League contest, regardless of level.

- Section 3. No student enrolled below the ninth grade shall compete in any League varsity contest.
- Section 4. a) To be eligible to play in League contests in the fall, a student must be enrolled in school by October 1.
- b) To be eligible to play in League contests in the winter, a student must be enrolled in school by January 10th.
- c) To be eligible to play in League contests in the spring, a student must be enrolled in school by March 10<sup>th</sup>.
- Section 5. Member schools may petition the League for exemption to the above eligibility regulations under extreme circumstances. The procedure is as follows:
- A written communication by the AD of the school asking for the exemption will be sent to the league clerk, the appropriate sport commissioner(s) and all the AD's of the League. The commissioner(s) will then poll the AD's by telephone or e-mail. Consensus must be reached.
- Section 6. A student may participate in only one League sport at a time per season.
- Section 7. a) An individual athlete not on his/her school team for a particular sport may not participate in the championship for that sport.
- b) An athlete who switches sports in a season must do so at least one month prior to the team championship date in order to participate in post-season play.
- c) An athlete whose school does not sponsor a team in cross-country, swimming, or track & field may participate in the championship for that sport provided she/he meets all Friends Schools League eligibility requirements and the following guidelines:
- 1) The athlete must compete against at least half of the participating schools during the regular season (40% for track and field athletes).
  - 2) The athlete may place in the meet, but will not displace other athletes scoring for their teams.
  - 3) The athlete may win a medal, but will not by his/her performance prevent other athletes from winning medals. If necessary, duplicate medals will be awarded.
  - 4) The athlete will not be eligible for all-league recognition.

5) The athlete must be supervised at the meet by an approved representative of the school.

6) The athlete's school must be represented at the pre-season coaches' meeting.

- Section 8.
- a) If a player or coach is ejected for unsportsmanlike conduct, he or she will be suspended for the next regularly scheduled contest.
  - b) If the ejection occurs during the last game of the season the suspension will carry over to the next season of that particular sport. If a senior is ejected from a contest under these circumstances, the 1-game suspension will be carried over to the next season for that particular athlete.
  - c) Once an athlete or coach is ejected they are placed on probation for that academic year. If he or she is ejected again, in any sport, during that probationary period, he or she will be suspended for 2 games following the second offense.
  - d) After a second ejection the athlete or coach will be required to meet with the Director of Athletics and Head of School (or official appointed by the school) to discuss his or her pattern of behavior. The Athletic Director will document the meeting and send a copy of the minutes to the FSL Secretary to be included in the League minutes.
  - e) A third offense within the academic year will result in suspension for the remainder of the season and a review by the League.
  - f) When suspended, a coach or player may not be on site during the scheduled contests from which they are suspended.
  - g) During the game in which the suspension takes place, coaches should remove themselves from the site by sitting in the bus or home team AD office or leaving the premises completely.
  - h) Players suspended during away contests should sit on the bench quietly; if that is a problem, then a representative of the school must escort them to an office or bus to remove them from the game.
  - i) Students at home games must leave the site either with parents or a school representative.
  - j) A list of sport specific criteria for ejections is included in each commissioner's handbook and compiled in appendix II.

## ARTICLE VII

### Contests

Section 1. League champions will be recognized in a sport with the approval of the athletic directors, and if a minimum of 4 schools participate in the sport at the varsity level as determined at the athletic directors' meeting prior to the start of each season. League varsity sports are as follows:

Boys' Soccer	Girls' Soccer
Boys' Cross Country	Girls' Cross Country
Field Hockey	Girls' Tennis
Wrestling	Boys' Basketball
Girls' Basketball	Girls' Swimming
Boys' Swimming	Baseball
Girls' Lacrosse	Boys' Lacrosse
Softball	Boys' Tennis
Boys' Track & Field	Girls' Track & Field
Golf	

Section 2. A determination will be made at each preseason meeting as to how many schools will be fielding teams in that sport for the upcoming season. A school may sponsor a team in a given sport if it meets the specific criteria listed in the commissioner's handbook. Each commissioner will report this information to the League at the next meeting and playoff formats and All-league numbers will be set accordingly. If a team drops out once the season has begun, the playoff arrangements and All-league numbers will remain as set.

Section 3. The Friends Schools League adopts the rules of the National Federation of State High School Associations with PIAA and NJSIAA modifications as appropriate; except in the following sports:  
Boys' and Girls' Tennis (USTA)  
Golf (USGA)

Section 4. These rules may be altered by consensus of the athletic directors upon recommendation of the sport commissioner. An updated list of all such changes shall be prepared and distributed by commissioners at the beginning of each season.

Section 5. No coach, faculty or staff member, student or parent of any school in the League shall act as regularly scheduled umpire or referee in any varsity contest, with the exception of track & field, cross-country, tennis and swimming in which his/her school is represented.

Section 6. a) Officials shall be provided and paid for by the home team.



b) At least two officials shall be used at all games in each of the following League varsity sports:

- field hockey
- basketball (3-official system used in playoffs)
- lacrosse (3-official system used in playoffs)
- baseball (3-official system used in playoffs)
- softball (3-official system may be used in playoffs)
- soccer (3 official system recommended for all varsity contests)

c) No varsity games in the above sports will be allowed to begin with only one official present.

d) One official shall be used in varsity wrestling matches and at least one official in varsity track meets and cross-country meets.

e) Roving officials shall be used in tennis during semifinal and final matches and during the Individual Tournament.

Section 7. Normal scheduling procedure shall be by corresponding dates and/or league master schedule.

## **ARTICLE VIII**

### Competition and Playoffs

Section 1. a) The contests of this League shall be:

- (1) a single round of boys' soccer games plus playoffs
- (2) a single round of girls' soccer games plus playoffs
- (3) a single round of field hockey games plus playoffs
- (4) a single round of boys' basketball games plus playoffs and Quaker Cup competition
- (5) a single round of girls' basketball games plus playoffs and Quaker Cup competition
- (6) a single round of girls' lacrosse games plus playoffs
- (7) a single round of boys' lacrosse games plus playoffs
- (8) divisional play in baseball with a double round of games within the division and a single round outside of the division, plus playoffs

(9) divisional play in softball with a double round of games within the division and a single round outside of the division, plus playoffs

(10) a single round of boys' tennis matches (3 singles and two doubles) plus playoffs

(11) a single round of girls' tennis matches (3 singles and two doubles) plus playoffs

(12) a single round of wrestling matches plus playoffs (including a consolation match)

(13) a double round of medal play golf matches (four players scoring)

(14) a single round of girls' swim meets

(15) a single round of boys' swim meets

(16) a single round of boys' cross-country meets

(17) a single round of girls' cross-country meets

(18) a single round of boys' track & field meets

(19) a single round of girls' track & field meets

b) In addition, League championships will be held in the following sports, with sites rotating alphabetically among the schools, except for swimming which will be held at a neutral site, if available:

(1) cross-country (boys and girls)

(2) track and field (boys and girls)

(3) golf (coed)

(4) swimming (boys and girls)

c) In addition, individual league championships will be held in boys and girls tennis. (See commissioner's handbook for rotations, inclement weather plans and tournament formats).

d) (1) All track and field, cross-country and swim meets between Friends Schools shall be scored as dual meets or double-dual meets.

(2) The events contested in the dual track and swim meets shall be the same as those contested in the championship meets unless prior agreement to a change is made by the athletic directors involved.

(3) The events for boys shall be: shot put, discus, javelin, pole vault, high jump, long jump, triple jump, 100 m. dash, 200 m. dash, 400 m. run, 800 m. run, 1600 m. run, 3200 m. run, 110 m. high hurdles (39"), 300 m. intermediate hurdles (36"), 1600 m. relay, 400 m. relay

(4) The events for girls shall be: shot put, discus, javelin, pole vault, high jump, long jump, triple jump, 100 m. hurdles (33"), 300 m. hurdles (30"), 100 m. dash, 200 m. dash, 400 m. run, 800 m. run, 1600 m. run, 3200 m. run, 400 m. relay, 1600 m. relay

(5) The events for swim meets shall be: 200 m. medley relay, 200 m. freestyle, 200 m. individual medley, 50 m. freestyle, 100 m. butterfly, 100 m. freestyle, 500 m. freestyle, 200 m. freestyle relay, 100 m. backstroke, 100 m. breaststroke, 400 m. freestyle relay.

e) Playoff pairings will be determined by regular-season standings. Regular-season standings will be determined on the basis of total points with two points awarded for each win (except in soccer where three points will be awarded for each win), one point for each tie, and no points for each loss. Ties in regular season contests are broken by sport-specific criteria where applicable.

f) Cross-country and golf team champions will be determined by the following procedures:

1) Each dual meet or match win earns two (2) points (one point for cross country) and each tie earns one (1) point.

2) The placing in the championship meet will earn points as follows:

1 <sup>st</sup>	30 points
2 <sup>nd</sup>	27 points
3 <sup>rd</sup>	24 points
4 <sup>th</sup>	21 points
5 <sup>th</sup>	18 points
6 <sup>th</sup>	15 points
7 <sup>th</sup>	12 points
8 <sup>th</sup>	9 points
9 <sup>th</sup>	6 points

3) The total of points earned in dual meets or matches and at the championship meet will determine the league champion.

4) If there is a tie in the point total, the winner will be the team which placed higher in the championship race or match.

Section 2. The playoff formats will be as follows:

a) For soccer, field hockey, wrestling, baseball, lacrosse, tennis and softball, if there are more than 5 (five) schools competing in the sport, then the fourth-place team in the regular-season standings will play one game or match against the first-place team and the third-place team will play one game or match against the second-place team. The two winning teams will play one game or match against each other to determine the champion.

In **Boys and Girls Basketball** the top five teams qualify for the playoffs and the remaining four teams will play for the Quaker Cup. The fourth place team will host the fifth place team in a scheduled playoff game. The winner will play a semifinal game at the first place team's gym. On the same day, the second place team will host the third place team in the other semifinal game. The two winning teams will play for the championship. The Quaker Cup competition will be as follows: The sixth place team will host the 9<sup>th</sup> place team and the 7<sup>th</sup> place team will host the 8<sup>th</sup> place team in semifinal games on the same day. The two winning teams will play for the Quaker Cup at the higher seed's gym.

In **baseball** with a 3-division format, the two divisional winners with the best league records will be placed first and second, according to their league records. The two teams with the next best records, regardless of division, will be placed third and fourth.

In **softball**, the two divisional winners will be placed first and second, according to their league records. The two teams with the next best records, regardless of division, will be placed third and fourth.

b) If there are 5 (five) or fewer schools competing in a given sport listed in section 2a (above) then only the top three teams in the regular-season standings will be in the playoffs. The first-place team will receive a bye in the first round, and the second-place team will host the third-place team. The winner of this game or match will then play the first-place team for the championship.

c) Playoffs in the sports listed in section 2a will be held on two days with the exception of wrestling which will hold a one-day championship at the top-seeded school. The first rounds of these playoffs will be held at the fields, courts or gyms of the first and second-place teams, unless the first-place team has received a bye (see section 2b, above). Championship games in the outdoor sports will be played at the field or

courts of the higher-ranked remaining team. Boys' and girls' basketball championship games will be held at the same neutral site. The order of those games will be determined by the athletic directors.

d) Ties for playoff positions will be broken according to the following format:

1) The result of the regular-season head-to-head contest(s) of the tied teams will determine the playoff positions.

2) If number one, above, does not break the tie, and if the two teams are tied for any place other than fourth and fifth place (third and fourth if section 2b is in effect), a drawing will determine the playoff position. If the tie is for second and third place, the semifinal game between the tied teams will be played at a neutral site.

3) If number one, above, does not break the tie, and if teams are tied for fourth and fifth place (third and fourth place if section 2b is in effect), that will be decided by a one-game playoff to be played at a neutral site. Tiebreak days will be placed on the League calendar each year.

4) If three teams are tied for third, fourth and fifth places (second, third and fourth places if section 2b is in effect) and the teams had identical records among themselves during the regular season, then a drawing will be held and the team which is selected will be awarded fourth place (third place if section 2b is in effect). The other two teams will play a single playoff game at a neutral site. The winner will be awarded third place (second place if section 2b is in effect).

5) If three teams tie for first, second and third places and have identical records among themselves during the regular season, then places will be assigned by lottery. Both semifinal games will be played at neutral sites. The championship game (fall and spring), if it involves tied teams, will be played at the field or courts of the team which won the regular season contest between the two finalists. If that game was a tie, then the championship game will be played at a neutral site.

6) If section 2b (above) is in effect, and three teams tie for first, second and third places and have identical records among themselves during the regular season, then one team will be drawn and will receive a first-round bye. The other two teams will play at a neutral site and the winner will host the championship game.

7) If three teams tie for fourth, fifth and sixth places (third, fourth and fifth places if section 2b (above) is in effect) then a two-game preliminary playoff will determine the final playoff team. One team will be drawn and given a bye. The two other teams will play a game at a neutral site, with the second team drawn being the home team. The winner of this game will host the team with the bye. The winner of this second game will gain the final playoff spot.

8) If three teams tie for second, third, and fourth places and are tied among themselves (either 1-1 or two ties), then two teams will be drawn for second and third places and will play each other at a neutral site. The team not drawn will be placed fourth. If the 1<sup>st</sup> place team wins their semifinal contest they will host the championship, otherwise the championship game (fall and spring) will be played at the field or courts of the team which won the regular season contest between the two finalists. If that game was a tie, then the championship game will be played at a neutral site.

9) In **baseball and softball** the tie break procedure is as follows:

- 1) Overall league record
- 2) Head-to-head competition
- 3) Record within division
- 4) Draw by the commissioner

For **Softball**:

- If two teams in one division are still tied after level three above, and have a better record than the other division winner, then the draw will determine first place and the other team will be placed third. The second vs. third place semifinal will be played at a neutral site with the 2<sup>nd</sup> place team as the home team. If the first and third place teams reach the championship game it also will be played at a neutral site.
- If the above scenario holds but the other divisional winner has a better record than the tied teams, then that team is placed first and the two tied teams are placed second and third and play their semifinal game at a neutral site, with a draw determining the home team.

- If two teams in one division are still tied after level three above, but have a worse record than the second place team in the other division then a draw will determine the division champion. The winner of the draw will be seeded second and the loser will be seeded fourth.

**For Baseball:**

- If two teams in one division are still tied after level three above, and have a better record than the next best division winner, then the draw will determine first place and the other team will be placed third. The second vs. third place semifinal will be played at a neutral site with the 2<sup>nd</sup> place team as the home team. If the first and third place teams reach the championship game it also will be played at a neutral site.
- If the above scenario holds but the second divisional winner has a better record than the tied teams, then that team is placed first and the two tied teams are placed second and third and play their semifinal game at a neutral site, with a draw determining the home team.
- If two teams in one division are still tied after level three above, but have a worse record than the second place team in another division then a draw will determine the division champion. The winner of the draw will be seeded second and the loser will be seeded fourth.

10) If a neutral site must be selected the commissioner is responsible for all details involved in selecting such a site. The athletic directors of the competing schools should try to agree on the best possible Friends Schools League field, courts or gym which is reasonably equidistant from the two schools. If the athletic directors are unable to agree, the commissioner will select a site. The athletic directors may decide to use one of the two competing schools' sites.

**ARTICLE IX**

Postponed Games

Section 1. No games may be postponed except by mutual consent of the athletic directors of the schools involved or at the direction of the umpire or referee.

- Section 2. All postponed games shall be played at the earliest date agreed upon by the athletic directors of the opposing teams. Every attempt should be made to make up regular season postponements within one week of the original scheduled date.
- Section 3. The athletic director of the home team is responsible for contacting the visiting team concerning postponement.
- Section 4. The result of any contest which is interrupted by weather conditions will be determined by the appropriate governing body rules. If sufficient play has not been completed the contest will resume from the point of interruption. (Check this)
- Section 5. Should the semifinals be postponed due to inclement weather or unforeseen circumstances, they will be scheduled for the next available day, excluding Sunday and Monday.
- a) Exception: Sundays and Mondays may be used as game dates if all participating teams and the League, represented by the sport commissioner and League clerk, provide consent to do so. The rescheduled semifinals should be competed on the same date whenever possible.
- Section 6. Finals will generally be contested two days, at minimum, after completion of the semifinals.
- a) Exception: With consent from the schools involved and the League, represented by the sport commissioner and League clerk, semifinals and finals may be contested on back-to-back days.
- Section 7. Consideration should be given to ensure that rescheduled Friends Schools League playoff dates and postseason state tournament dates do not result in teams playing on three (3) consecutive days.
- Section 8. In the event of a semifinal postponement three hours or more prior to the start of the contest, both semifinal games must be postponed and played on the same day. If the postponement takes place less than three hours prior to the scheduled start of the contests, then the other game may be played as scheduled. League adopted baseball pitching limitations rules will be based on the date of the second semifinal game. Exception: If the semi-finals are played on different days resulting in one team playing a semi-final/final double header in the same day then the pitching limitations will be based on the team with the most restrictive pitching limitations by rule.



## **ARTICLE X**

### Sports Commissioners

Section 1. Each athletic director shall be responsible for at least one league administrative duty (clerk, treasurer, sport commissioner, etc.) and each school shall be responsible for at least two of these duties, unless otherwise agreed to by the group. The commissioner's responsibilities shall be as follows:

- a) review rules with coaches, make recommendations to athletic directors and send all communications to both athletic directors and coaches
- b) referee disputes
- c) make sure all League results are accurate and up-to-date
- d) handle publicity for the sport
- e) anticipate and communicate all possible tie-break and playoff scenarios to athletic directors and coaches
- f) make arrangements for and oversee tournaments (or playoffs) including arranging for trainer and officials.
- g) run pre-season and post-season coaches' meetings and submit written reports to the athletic directors
- h) compile and distribute annually all rules modifications for the sport
- i) coordinate JV tournaments
- j) maintain and update the commissioner's handbook

Section 2. Commissioners shall remain with a particular sport from year to year unless they request a specific change. A review of assignments shall be made at the final meeting of the year.

## **ARTICLE XI**

### Recognition of Champions

- Section 1. Plaques will be awarded to the schools whose teams win championships. The Quaker Cup champions will hold the cup for one year.
- Section 2. Members of championship teams shall receive medals given by the League. Members of the runner-up teams in championship games shall also receive medals given by the League. These medals will be labeled "finalist".
- Section 3. The first, second, and third-place finishers in each event at the track & field and swim championships, the first and second place finishers in each flight at the individual tennis championships, the first seven finishers in each varsity race at the cross-country championships and the top six finishers at the golf championship shall also receive medals from the League.
- Section 4. All-league and honorable mention squads will be selected in each sport at the end of each season by the coaches of that sport under the supervision of the sport commissioner using Quaker decision making principles. Athletic Directors will give final approval. Members of the All-league and Honorable Mention squads will receive appropriate certificates. Selection procedures and guidelines for all-league squads are as follows:
- a) Athletic excellence and sportsmanship should be considered in selecting an All-League team.
  - b) It is possible that not every League school will have player representation.
  - c) Player selection should not be influenced by class in school.
  - d) Selection of players should be based on the entire season and not just on League competition.
  - e) Player selection should not be based on position alone.
  - f) Injured players can be considered for all-league and honorable mention recognition.

g) Further guidelines in making selections are as follows: In selecting players to the all-league or honorable mention squads sportsmanship is as important as athletic prowess. Each coach knows his or her players best and should advise the other coaches accordingly. The numbers listed in h), below, are maxima and they need not be reached if not enough players truly qualify. Numbers may not be shuffled from all-league to honorable mention, or vice-versa. There are no automatic qualifiers in any sport.

h) If an athlete is deemed to not qualify for all-league due to sportsmanship issues, s/he may not be considered for the honorable mention squad.

i) The All-League team should consist of a maximum of 20% of league starters in a given sport (.20 times the number of starters (field positions) times the number of schools participating in that sport) unless that number is less than the number of starters on a team, in which case that number becomes the maximum. The Honorable Mention squad will have a maximum of 10% of the league starters (field positions) (.10 times the number of starters times the number of schools participating in that sport). Based on these formulae, maximum numbers will be determined in September for the year and modified, if necessary, at the beginning of each season. An updated list of All-league and Honorable Mention numbers will be posted on the website at the beginning of each season.

## **ARTICLE XII**

### **Friends Schools League Sportsmanship Guidelines**

The following statement is to be:

- presented to coaches at every FSL preseason meeting
- presented to all varsity and JV teams at each school before each season
- presented to the entire Upper School communities at each school at assemblies or other appropriate venues annually

- communicated to all parents and other community members in an appropriate way annually
- sent to assignors of officials in all sports

**Promoting sportsmanship and ethical behavior in athletics is one of the primary objectives of the Friends Schools League. The Friends Schools League believes strongly that players, coaches and officials should conduct all contests with a spirit of respect for each other and for the rules and traditions of the sport. We expect our coaches, athletes, spectators and game officials to uphold this code by example before, during, and after every contest.**

**The Friends Schools League expects all of its athletes, coaches and spectators to behave in a sportsmanlike manner. The League will not tolerate unsportsmanlike actions such as derogatory language or gestures, physical misconduct, or other disrespectful behavior including inappropriate use of social media. Self-control is paramount to a successful contest within the Friends Schools League.**

**Specifically the Friends Schools League has the following expectations for all involved in its athletic contests:**

***Accept the responsibility and privilege of representing school, community, and League.***

***Live up to the high standards of sportsmanship established by the League.***

***Make sportsmanship the number one priority.***

***Be a good role model.***

***Support your team in a positive manner.***

***Always interact positively with the other team and its fans.***

***Treat opponents, their fans, and officials with respect.***

***Shake hands with opponents at the end of competition.***

***Search out opponents to recognize them for outstanding performances.***

***Abide by the rules of the competition to conduct a fair contest.***

***Play within the spirit of the game.***

***Social media should be used in a responsible, positive and respectful way.***

## Appendix I

The process for selecting a League Clerk shall be as follows:

- A list of all head AD's will be circulated among the AD's at their February meeting every other year
- Each AD/Assistant AD will circle three individuals whom they would like to recommend to the Heads of School
- Recommendations will be tallied and the top 3 individuals' names will be forwarded to The Heads Group
- The Heads will choose a person, with consideration for each individual's home school responsibilities. A decision will be made and announced at the April ADs meeting

The recording clerk will continue to serve a one-year term. This person will be selected on a rotating basis in alphabetical order by school. The recording clerk's school will be the host school for the year.

The host school's Head will clerk the Friends League Heads Group for that year. His/her job will be to host meetings and make sure the FSL Heads remain connected and work in partnership around league matters.

## Appendix II

Ejection criteria by sport are as follows:

### **Wrestling:**

Flagrant misconduct on the part of a coach or any other team personnel is any act which the referee considers serious enough to remove the offender from the premises. These acts can occur prior to, during or after a match. This includes the use of tobacco products. Flagrant misconduct shall be penalized in accordance with the penalty chart.

### **Baseball:**

The NFHS Baseball Rule Book does not specifically define what an ejection is, just that it is a part of the rules.

### **Girls Lacrosse:**

#### **Ejection/Suspension**

Section 33. The umpire has the power to eject without any previous warning any player guilty of flagrant or repeated violation of the rules, dissent, misconduct, or abusive language. This immediate ejection will be noted by issuing a red card and no substitute for the carded player is allowed for two minutes of elapsed playing time. Anyone receiving two yellow cards (suspended) or a red card (ejected) in the game will not be eligible for further participation in that game.

#### **58 - RULE 7 - PENALTY ADMINISTRATION**

Any ejected player receiving a red card will be prohibited from participating in the team's next game. An ejected player must serve her next-game suspension in her team's bench area for the entire game including on-field pre-game, game or post-game activities. The ejected player may not be dressed in her game uniform.

### **Softball:**

#### **Section 19**

An ejection is the exercise of an umpire's authority to remove team personnel from further participation in a game.

### **Soccer:**

ART. 2 . . . A player, coach or bench personnel shall be disqualified (red card):

Rule 12-8 Page 56 2012-13 NFHS Soccer Rules

a. exhibiting violent conduct;

b. taunting – use of word or act to incite or degrade an opposing player, coach, referee or other individual;

NOTE: The NFHS disapproves of any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender or national origin.

c. subsequent caution;

d. committing serious foul play; that is, any play in which the player commits one of the offenses punishable with a direct free kick (or penalty kick if the offense takes place by a defender in the penalty area) and uses disproportionate and unnecessary force against an opponent while playing for the ball. Serious foul play also includes the following:

1. a player anywhere on the field (other than a goalkeeper within his/her own penalty area) who deliberately handles the ball preventing it from going into the goal;

2. a foul by a player against an opponent who is moving toward his/her offensive goal with an obvious opportunity to score.

e. spitting at an opponent, teammate or game official;

f. using insulting, offensive or abusive language or gesture;

g. leaving the team area to enter the field where a fight or altercation is taking place unless summoned by an official.

ART. 3 . . . Coach responsibility:

a. The head coach shall be responsible for ensuring that each of his/her player(s) is properly and legally equipped. The head coach shall receive the first caution issued for an illegally equipped player.

b. The coach may be cautioned or disqualified either for team misconduct or for bench misconduct that cannot be attributed to a specific individual.

c. A coach who is disqualified shall leave the vicinity of the playing area immediately and is prohibited from any contact, direct or indirect, with the team

### **Track and Field and Cross Country:**

ART. 1 . . . Unsporting conduct is behavior that is unethical or dishonorable. It includes, but is not limited to: disrespectfully addressing an official, any flagrant behavior, intentional contact, taunting, criticizing or using profanity directed toward someone. This shall apply to all coaches, contestants and other team/school personnel.

PENALTY: Disqualification from that event and further competition in the meet.

Disqualification of a coach or other school personnel shall be from further involvement in the meet.

### **Golf:**

USGA addresses individual rules which could result in a disqualification.

### **Basketball:**

ART. 1...A disqualified player is one who is barred from further participation in the game because of having committed his/her fifth foul (personal and technical), two technical fouls or a flagrant foul.

ART. 2... A player is officially disqualified and becomes bench personnel when the coach is notified by an official.

### **Field Hockey:**

#### **PENALTIES:**

1. For deliberate fouls between the 25-yard lines, an appropriate card shall be issued to the offender.

2. In all cases of misconduct during play:

a. First offense, a green card is issued and the player must leave the field of play for two minutes of elapsed playing time (suspension) to the scorer's table and the team shall play one player short for the duration of the penalty time. A time-out shall be taken to issue the card, the player must leave the field immediately and the game is restarted with no further interruption. The penalty time shall start with the restart of play. The suspension shall be recorded in the scorebook. When a goalkeeper is suspended, the coach shall remove one field player from the game and goalkeeper shall be replaced. The time of the suspension shall be recorded in the scorebook. The field player removed by the coach may properly substitute with another field player provided that her team continues to play during the goalkeeper's suspension.

b. Second offense by the same player or a first offense involving rough and dangerous play, a deliberate foul, or other misconduct of a serious nature, a yellow card shall be issued to the offender. The offender shall be removed to the team bench area (suspension) for a minimum of five minutes of playing time, and her team shall play short during the suspension time. The umpire may impose a time of five or 10 minutes depending on the type and severity of the foul and the timer shall be



made aware of the amount of time for the foul before play resumes. When a goalkeeper is suspended, the coach shall remove one field player for the suspension period and the offending goalkeeper shall be replaced. The time of the suspension shall be recorded in the scorebook. The field player removed by the coach may properly substitute with another field player provided that her team continues to play short during the goalkeeper's suspension.

c. Third offense by the same player, a yellow or red card is issued to the offender. If a yellow card is issued, the time must be 10 minutes. The time of the suspension shall be recorded in the scorebook. If a red card is issued, the offender is disqualified from the game and her team shall play short. The game shall be restarted by awarding the appropriate penalty.

**EXCEPTION:** A disqualified goalkeeper must be replaced by another goalkeeper. The coach shall decide which field player shall leave the game in order to fulfill the penalty of the offending team playing short. However, the designated field player may properly substitute with another field player provided that the team plays short. The disqualification shall be recorded in the scorebook.

d. When a player commits the same misconduct foul for which her teammate has already been carded, she may be issued the next upgraded card.

e. Players who have received a green card or a yellow card shall serve their suspension at the scorer's table on the same side as their team bench. Players who receive a red card suspension are the responsibility of the coach and shall be removed to their bench or another appropriate place.

3. If the situation warrants, the official may issue a red card on a first violation. If a red card is issued, then this is considered a flagrant foul. The offender shall be disqualified, her team shall play short, and the opposing team shall be awarded a penalty stroke.

4. For any simultaneous, flagrant fouls, the offenders shall be disqualified, both teams shall play short, a penalty stroke shall be awarded each team and a bully shall be taken on the spot where the foul occurred. The bully shall be taken at least 5 yards from either sideline and at least 16 yards from the end line.

5. For misconduct by a player(s) during time-out, halftime, intermission or other stoppage of the game clock. The player shall be carded. If a red card is issued, the player shall be removed from the game, the team shall play short, and a penalty stroke shall be awarded.

**NOTE:** When flagrant misconduct occurs during halftime intermission, a red card is issued and a penalty stroke is awarded. The team not having possession at the start of the game shall have possession to start the second half.

## Swimming:

ART. 1 . . . No team personnel/competitor shall display unsporting conduct. This includes any act the referee deems unsporting, including but not limited to, the following:

1. making insulting or derogatory remarks, gestures or acts including taunting;
2. trying to influence or showing disgust with officials' decisions;
3. interfering with meet officials in the performance of their duties.

NOTE: The NFHS disapproves of any form of taunting which is intended to embarrass, ridicule or demean others under any circumstances including on the basis of relative ability, race, religion, gender or national origin.

### PENALTIES:

1. Team personnel shall be disqualified from further participation for unsporting conduct. For excessive unsporting conduct, team personnel (as defined in 1-4-2) may be ejected from the competition area.
2. When a spectator(s) becomes unruly or interferes with the orderly progress of the meet, the referee shall suspend the meet until meet

management removes the individual(s) from the premises.

ART. 2 . . . No team personnel/official/competitor shall use any form of tobacco product from the time they arrive at the site of the competition until they leave following completion of the meet.

PENALTY: Team personnel/competitors shall be disqualified from further participation for the use of any tobacco product.

ART. 3 . . . No team personnel/competitor shall enter the water without the referee's approval.

### PENALTIES:

1. All participants from a team shall be disqualified from that race/heat when a nonparticipating team member enters the water during the race (and that person is disqualified from further competition).
2. A competitor shall be disqualified from the event for:
  1. entering the water before the race without the referee's permission;
  2. re-entering the water during the race without the referee's approval.

3. In the case of diving, entering the water without the diving referee's permission
3. When all competitors have completed a race and a competitor enters/re-enters the water without the referee's approval, that competitor shall be disqualified from his/her next scheduled event.

ART. 4 . . . Swimmers shall swim in their assigned lanes throughout the race and shall not interfere with a swimmer in another lane.

PENALTY: A competitor shall be disqualified from the event for:

- a. not swimming in his/her assigned lane throughout the race;
- b. interfering with a swimmer in another lane.

ART. 5 . . . No competitor shall contact the bottom of the pool for the purpose of gaining an advantage during a race.

PENALTY: A competitor shall be disqualified from the event for contacting, or walking on, the bottom of the pool for the purpose of gaining an advantage.

ART. 6 . . . Competitors shall leave the pool promptly when requested to do so by the referee.

PENALTY: A competitor who does not leave the pool promptly when requested to do so by the referee shall be disqualified from that event or the next event in which he/she is entered, whichever is appropriate.

ART. 7 . . . No team personnel/competitor shall perform any on-site shaving before, during or after the meet.

PENALTY: Team personnel/competitors shall be disqualified from further participation for on-site shaving.

### **Tennis:**

Player shall not engage in unsportsmanlike conduct. During the course of a match a player shall not engage in:

- a. Verbal abuse. Swear at an official, a spectator or an opponent in a voice that can be heard by any person;

Visible or audible profanity. Use profanity or insulting, abusive or obscene language in any way that may be heard by any person or use obscene, insulting or abusive gestures;

Racket abuse. Throw or break a racket other than in the normal course of play;

Ball abuse. Deliberately throw or hit a ball in the direction of an official or the spectators;

Physical abuse. Threaten or inflict bodily injury to anyone; or  
Other unsportsmanlike conduct.

Flagrant violations. While the imposition of penalties normally follows Table 5, any flagrantly unsportsmanslike act may result in immediate Default

**TABLE 5**

**POINT PENALTY SYSTEM**  
**Table of Violations and Penalties**

**Code Violations**

**Penalties**

***Delay***

- Not resuming play after a Medical Time-Out.
- Obvious cramping immediately after a Medical Time Out for cramping.
- Not resuming play after treatment on a changeover or Set Break.
- Not playing within 20 seconds of having been directed to resume play.
- Passage of 20 seconds after any Time Violation.
- Leaving the playing area for an unauthorized reason.

Violations shall be penalized as follows:

- First Offense .....Point
- Second Offense .....Game
- Third Offense .....Default

***Conduct***

- Visible or audible profanity or obscenity.
- Abuse of racket, balls, or equipment.
- Verbal or physical abuse of a player or official.
- Coaching.
- Abusive conduct by a player or a person associated with a player. (**USTA Regulation I.N.10.** refers to this situation.)
- Retaliatory calls (obviously bad calls made in retaliation for the opponent's calls).
- Unsportsmanlike conduct (any other conduct that is abusive or detrimental to the sport).
- Violation of any USTA Tournament Regulation (**USTA Regulation I.N.19.**).

## **Boys Lacrosse:**

### Section 10 – Unsportsmanlike Conduct

ART. 1 . . . No player, substitute, nonplaying member of a squad, coach or anyone officially connected with a competing team shall:

1. Enter into an argument with an official as to any decision that has been made or in any way attempt to influence the decision of an official.
2. Use threatening, profane or obscene language or gestures at any time during the game.
3. Bait or call undue attention to oneself, or any other act considered unsportsmanlike by the officials.

PENALTY: Items above are one- to three-minute non-releasable penalties in all cases.

4. Repeatedly commit the same technical foul.
5. As a player, deliberately fail to return immediately to the field after leaving the field of play while legally in the game.
6. As a substitute, deliberately fail to comply with the rules for entering the field of play.

PENALTY: Items above are one- to three-minute releasable penalties in all cases.

### Section 12 – Ejection

ART. 1 . . . A player, substitute, coach, nonplaying member of a team or anyone officially connected with the team shall be ejected for:

1. Deliberately striking or attempting to strike anyone or leaving the bench area during an altercation.
2. Use of tobacco or smokeless tobacco.
3. Second non-releasable, unsportsmanlike foul.
4. Any action deemed by the officials to be flagrant misconduct.

NOTE: The NFHS disapproves of any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender or national origin.

PENALTY: Three-minute non-releasable penalty and ejection for the remainder of the game. The ejected coach shall be removed from the premises (bench and field area). The ejected player, substitute or non-playing team member shall be removed from the premises if there is authorized school personnel present to supervise the ejected student. If no authorized school personnel is available, the student shall be confined

to the bench area. The officiating assigning authority is responsible for notifying the appropriate school of the ejection.