

NCIL

Sports Regulations

Northern Colorado Independent League Sports Regulations
*Updated 11-14-2018

I. Seasons

A. Fall

I. Soccer for Boys

- a. Ten days of practice are allowed before the first scheduled game.
- b. Tournaments will begin immediately following the end of the season.
- c. Tournament play will begin at 4pm, with both AD's present, unless discussed previously by both AD's.

II. Volleyball for Girls

- a. Ten days of practice are allowed before the first scheduled game.
- b. Tournaments will begin immediately following the end of the season.
- c. Tournament will be played at a single location, with both AD's present, unless discussed previously by both AD's.

B. Winter

I. Basketball for Boys

- a. Practices may begin the day after the soccer finals.
- b. Tournaments begin immediately following the end of the season.
- c. Tournament play will begin at 5pm, with both AD's present, unless discussed previously by both AD's.
- d. The season will end before Christmas Break in December.

II. Basketball for Girls

- a. Practices may begin one week before Christmas Break.
 1. Practice start times may be different based upon individual Christmas Break schedules.
 2. No practices shall be held during Christmas Break.
- b. Tournaments begin immediately following the end of the season.
- c. Tournament play will begin at 5pm, with both AD's present, unless discussed previously by both AD's.

C. Spring

I. Track for Boys and Girls

- a. Practices may begin the day after the girls' basketball finals.
- b. A final NCIL track meet will immediately follow the season.
- c. The season will end approximately the 1st or 2nd week of May.

II. Soccer for Girls

- a. Practices may begin the day after the girls' basketball finals.
- b. Tournaments begin immediately following the end of the season.
- c. Tournament play will begin at 4pm, with both AD's present, unless discussed previously by both AD's

II. Game Schedule

- A. Games will be scheduled on Mondays and Thursdays with the exception of Volleyball which will be on Monday and Wednesday.
 - I. Contests may be scheduled on different days depending on official availability.
 - II. B game starts at 4 pm. A game starts after the B game or at 5 pm. Do not start game early unless prior discussion.
- B. The NCIL will be responsible for obtaining an Official Scheduler. The Official Scheduler will arrange officials for Girls' Volleyball and Girls' and Boys' Basketball. Individual schools are required to obtain officials for soccer and track.

III. Eligibility & Team Structure

- A. Teams shall be comprised of students in grades 6-8. Students in grade 5 shall be allowed to join a team if team numbers are low. Ages of athletes should range between 10 and 15.
- B. Teams shall be arranged according to skill level.
 - I. A team (higher skill level)
 - II. B team (lower skill level)
- C. Exceptions to the age requirements may be voted on by the Board of Directors.
- D. Academic eligibility is decided by each respective school's individual policy.
 - E. A player that is on the starting roster for the A team should not play on the B team unless agreed upon by both coaches. B team players can float up to A team.

IV. Game Format and Rules

A. Soccer - Boys

- I. 35 minute halves, with 10 minute half-time.

II. Overtime - two 5-minute 'Golden Goal' periods (max); First shoot-out must occur with 5 players who were on the field at the end of the 2nd overtime period. If a tie remains, the shootout will continue, **one player at a time**, from both teams until one team has scored and the other team has not.

a. Visiting team will shoot first, home team will shoot second.

III. No football cleats or metal cleats of any kind.

IV. Sub in on your own throw in, any corner kicks and any goal kicks or if the other team subs on their throw in.

V. There must be a minimum of one qualified referee at the game, two parent assistant referees should be one from each team. During tournaments there must be two qualified referees.

VI. Mercy Rule: When the winning team is ahead by 10 goals the game will end. When an 8 goal differential is reached, the winning team will play 1 man down. When a 9 goal differential is reached, the winning team will play 2 men down. One half of play must be played before the game can be called.

VII. Follow the rest of USSF rules.

VIII. End of the season champions will be determined by a single elimination tournament.

B. Volleyball - Girls

I. B team plays before A team.

II. A and B Matches will begin with a 4-4-2 warm up. Visiting team gets the court for 4 minutes, Home team get the court for 4 minutes, and both teams serve for 2 minutes

III. All Matches

a. Best 2 out of 3 games.

b. 1st two games are rally to 25 with cap of 30 points.

c. 3rd game is rally to 15 with a cap of 20 points.

IV. Net height will be set at 7 feet, 4 inches.

V. B game can have student line judges, A game must be 16 or older. If the home team does not provide the proper line judges they will forfeit the game.

VI. Any court conversations, such as teams yelling, "Balls Up" is limited to the players on the court. The determination of the sportsmanship of this will be reliant of the officials' judgement.

VII. End of the season champion will be determined by a single elimination tournament.

VIII. Teams have the option of using a Libero in their lineup. Teams that use a Libero must provide their own tracking official. The Libero also must wear a different color uniform than the other players.

C. Basketball - Boys and Girls

I. A team - 6 minute quarters stop clock; 6 minute half-time

a. Overtime period will be three (3) minutes. Time-outs and fouls carry over and each team will receive one additional full timeout.

II. B team - 8 minute quarters, running clock, stop clock last minute 4th qtr.

a. Stop clock only during large substitutions, timeouts, and during foul shooting until the shooter is given the ball on the second shot.

b. Overtime period is optional and will be three (3) minutes. Time-outs and fouls carry over and each team will receive one additional full timeout.

III. Boys will use men's ball (29.5 Circumference).

IV. Girls use women's (intermediate) ball (28.5 Circumference).

V. Each team is allowed three full time outs and two 30 second time outs.

VI. No Pressing allowed by team ahead by 15 points or more (Does not apply to semi-finals and finals.)

VII. It is recommended that players should play no more than 5 total quarters between the A and the B game.

A coach may play a player for more than 5 quarters, if he or she feels it is necessary due to low numbers. The purpose of the B game is for player development. It should not be a priority for any program to win the B game.

VIII. If there is no B team or there are too many players a 5th quarter (8 minute running clock) is allowed.

D. Track & Field

I. Running Events offered will be as follows:

Girls 100 meter hurdles (30 inches)/ Boys 100 meter hurdles (30 inches)

Girls 100 meter dash/ Boys 100 meter dash

Girls 800 meter relay/ Boys 800 meter relay

Girls 1600 meter run/ Boys 1600 meter run

Girls 400 meter relay/ Boys 400 meter relay

Girls 400 / Boys 400

Girls 800 / Boys 800

Girls 200 / Boys 200

Girls 1600 relay / Boys 1600 relay

II. Field Events

Discus (1Kg)

Shot: boys (8 lbs.) / girls (6 lbs.)

Long Jump

Triple Jump
High Jump

III. Individual competitors may compete in a total of 4 events including finals. Those four events may NOT be four running events; but must be a combination of running and field events. Each school has a maximum of ten athletes per event at each meet. Each school has a maximum of three athletes per event at the finals. Athletes are limited to 4 events for finals.

E. Soccer – Girls

I. 35 minute halves, with 10 minute half-time.

II. Overtime - two 5-minute 'Golden Goal' periods (max); First shoot-out must occur with 5 players who were on the field at the end of the 2nd overtime period. If a tie remains, the shootout will continue, **one player at a time**, from both teams until one team has scored and the other team has not.

a. Visiting team will shoot first, home team will shoot second.

III. No football cleats or metal cleats of any kind.

IV. Sub in on your own throw in, any corner kicks and any goal kicks or if the other team subs on their throw in.

V. There must be a minimum of one qualified referee at the game, two parent assistant referees should be one from each team. During tournaments there must be two qualified referees.

VI. Mercy Rule: When the winning team is ahead by 10 goals the game will end. When an 8 goal differential is reached, the winning team will play 1 man down. When a 9 goal differential is reached, the winning team will play 2 men down. One half of play must be played before the game can be called.

VI. Follow the rest of USSF rules.

VII. End of the season champions will be determined by a single elimination tournament.

V. End of the Season

A. Tournaments

I. Teams will be split into two brackets. The Gold Bracket will be for the top half of the teams and the Silver Bracket will be for the bottom half of the teams.

A. Teams will be determined based on their records. Tie breakers will be determined based on head-to-head comparisons.

B. If there are an odd number of teams in the tournament, if the middle seed team is 500 or above, it will be seeded in the Gold division tournament. If the middle seed team is below 500, it will be seeded in the silver division tournament.

II. Tournaments – all tournaments will be single elimination.

A. Volleyball tournament will be a single day tournament at the end of the season.

B. Basketball and soccer tournament will be played over several days depending on the type of bracket.

C. Track championship will be determined during a single day finals at the end of the season.

Sportsmanship

Sportsmanship Traits

- Respect is showing high regard for coaches, officials, opponents, fans, administrators, self, team, and the school you are representing.
- Responsibility is being dependable in carrying out obligations and duties, showing reliability and consistency in words and conduct, and being accountable for your actions.
- Self-Control is demonstrating hard work and commitment to purpose, regulating yourself for improvement and refraining from inappropriate behaviors, maintaining composure at all times and doing your best in all situations
- Integrity is having the inner strength to be fair and courteous during athletic events, doing the right thing when others don't, to play according to the rules, acting positively and honorably not only to your team, but to your opponent
- Perseverance is being persistent in pursuit of worth objectives in spite of opposition, difficulty, injuries, handicaps or discouragement and exhibiting patience and having the fortitude to try again when confronted with mistakes or failures
- Cooperation is working together, being considerate and courteous to the opposing team and officials, following the rules, understand that to be successful we must all work together in achieving our common goals
- Citizenship setting priorities in agreement with league and team rules, leading others to follow and abide by these rules, being a good student/athlete by maintaining good grades and being a good role model.

What is sportsmanship?

Good sportsmanship is viewed by the National Federation of State High School Associations as a commitment to fair play, ethical behavior and integrity. In perception and practice, sportsmanship is defined as those qualities which are characterized by generosity and genuine concern for others:

- Play fair, take loss or defeat without complaint or victory without gloating
- Treat others as you wish to be treated
- Respect others and one's self
- Impose self-control, be courteous, and gracefully accept the results of one's actions
- Display ethical behavior by being good (character) and doing what is right (action)
- Be a good citizen.

“High Fives” To Sportsmanship

Everyone’s “high five”

1. Show respect for the opponent at all times. The opponent should be treated as a guest, greeted cordially on arriving, given the best accommodations and accorded the respect, honesty and generosity which all people deserve.
2. Show respect for the officials. The officials should be recognized as impartial arbitrators who are trained to do their job and who can be expected to do it to the best of their ability. Sportsmanship implies the willingness to accept and abide by the decisions of the officials.
3. Know, understand, and appreciate the rules of the contest. A familiarity with the current rules of the games and the recognition of their necessity for a fair contest is essential. Good sportsmanship consists of conforming to the spirit as well as the letter of the rules.
4. Maintain self-control at all times. A prerequisite of sportsmanship requires one to understand his own bias or prejudice and the ability to prevent the desire to win from overcoming rational behavior. A proper perspective must be maintained if the potential educational values of athletic competition are to be realized. Sportsmanship is concerned with the behavior of all involved in the game.
5. Recognize and appreciate skill in performance regardless of affiliation. Applause for a good performance is demonstration of generosity and good will.

Coaches “high five”

1. Always set a good example for participants and fans to follow, exemplifying the highest moral and ethical behavior.
2. Teach good sportsmanship and establish high standards for the athletes, parents, and fans.
3. Develop and enforce penalties for participants who do not abide by sportsmanship standards.
4. Treat opposing coaches, participants, and fans with respect. Shake hands with officials and opposing coaches.
5. Teach the value of honest effort in conforming to the spirit as well as the letter of the rules.

Student-Athletes “high five”

1. Accept seriously the responsibility and privilege of representing your school and community; display positive public action at all times.
2. Treat opponents with the respect that is due them as guests and fellow athletes.
3. Exercise self-control at all times, accepting decisions and abiding by them.
4. Accept both victory and defeat with pride and compassion, never being boastful or bitter.
5. Live up to the high standards of sportsmanship established by your coaches and help fellow athletes and fans maintain these standards.

Parents, Students, and Other Fans “high five”

1. Realize that it is a privilege to observe a contest and support your school activities, not a license to verbally assault others.
2. Be an exemplary role model by positively supporting teams in every manner possible, including content of cheers and signs.
3. Recognize and acknowledge good performances by athletes on either team.
4. Give support to those participating in, conducting, and/or officiating the athletic event.
5. Respect the judgment and strategy of the coach.

Spirit Squads “high five”

1. Help develop a reputation of good sportsmanship for your team, school, and community.
2. Stimulate desired crowd response using only positive cheers, signs and praise without antagonizing or demeaning opponents.
3. Treat visiting cheerleaders and fans with respect.
4. Give encouragement to your team and try to recognize outstanding performance regardless of team affiliation.
5. Maintain enthusiasm and composure, serving as a role model.

The acceptable “five”

1. Applaud during introduction of players, coaches, and officials and at the end of the contest for the performance of all participants.
2. Shake hands with participants and coaches at the end of the game.
3. Accept all decisions of the officials.
4. Engage in positive school yells in a respectful manner.
5. Encourage surrounding people to display only sportsmanship conduct.

The unacceptable “five”

1. Yelling during the opponent’s free throw attempt, in a disrespectful manner, or antagonizing opponents.
2. Booing or heckling an official, coach player or cheerleader.
3. Refusing to shake hands or give recognition for good performances.
4. Blaming the loss of a game on officials, coaches, or participants.
5. Using profanity or displaying anger that draws attention away from the game.

NCIL would like to acknowledge the Wake County Public School System in Raleigh, North Carolina for allowing us to use ideas and information from their Sportsmanship Brochure. Just another example of cooperation and being a good sport. Thanks again.