



2019  
Recreational  
Sports  
Manual

# ARPA RECREATIONAL SPORTS MANUAL

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## 2019 ARPA STATE COMPETITIONS

<u>Event</u>	<u>Location</u>	<u>Bid Fee</u>	<u>Entry Fee</u>	<u>Event Date</u>
8 & Under Boys Basketball	Trussville	\$40,000.00	\$150.00	March 8-10
9 & Under Boys Basketball		For All	\$150.00	March 8-10
10 & Under Boys Basketball			\$150.00	March 8-10
11 & Under Boys Basketball			\$150.00	March 8-10
12 & Under Boys Basketball			\$150.00	March 8-10
14 & Under Boys Basketball			\$150.00	March 8-10
18 & Under Boys Basketball			\$150.00	March 8-10
8 & Under Girls Basketball			\$150.00	March 8-10
9 & Under Girls Basketball			\$150.00	March 8-10
10 & Under Girls Basketball			\$150.00	March 8-10
11 & Under Girls Basketball			\$150.00	March 8-10
12 & Under Girls Basketball			\$150.00	March 8-10
Track & Field	Gadsden	\$500	See Manual	May 17-18
Girls Fastpitch Softball	Montgomery	\$8,600	\$150.00	July 12-14
Swimming and Diving	Opelika	\$26,000	See Manual	July 25-27
Archery	Dothan	\$500.00	See Manual	Aug. 10
Adult Flag Football	Trussville	\$500.00	\$150.00	Oct. 12-13
Youth Flag Football	Trussville	\$500.00	\$150.00	Nov. 2-3
Volleyball	Jasper	\$700.00	\$150.00	Nov. ??
Youth Soccer	Dothan	\$19,260	\$150.00	Nov. 16-17

ALABAMA RECREATION AND PARKS ASSOCIATION  
RECREATIONAL SPORTS COMMITTEE  
2019 MEETING DATES

<u>DATE</u>	<u>DAY</u>	<u>TIME</u>	<u>LOCATION</u>
January 27th	Tuesday	1:00 p.m.	State Conference
April 3rd	Wednesday	10:30 a.m.	Montgomery
May 8th	Wednesday	10:30 a.m.	Montgomery
July 3rd	Wednesday	10:30 a.m.	Montgomery
September	TBA	TBA	TBA

- \* All rule changes due by February 1st of each year \*  
\* All intent to bid forms are due by May 1st of each year \*  
\* All bids must be received by July 1st of each year \*

## 2019 ARPA RECREATIONAL SPORTS COMMITTEE

### State Representatives

#### **State Chair**

Kenny Thompson  
Dothan Dept. Leisure Services  
P.O. Box 2128  
Dothan, AL 36302  
Ph: 334-615-3730  
Fax: 334-615-0110  
[kthompson@dothan.org](mailto:kthompson@dothan.org)

#### **Past Chair**

Summer Ammons  
Talladega Parks & Recreation  
P.O. Box 498  
Talladega, AL 35161  
Ph: 256-362-0514  
Fax: 256-362-0519  
[SAmmons@talladega.com](mailto:SAmmons@talladega.com)

#### **State-at-Large**

Robin Brothers  
Fort Payne Parks & Recreation  
4220 Godfrey Ave NE  
Fort Payne, AL 35967  
Ph: 256-844-6571  
Fax: 256-844-6569  
[rbrothers@fortpayne.org](mailto:rbrothers@fortpayne.org)

### District Representatives

#### **District I – Rec Sports Chair**

Charlotte Beasley  
Winfield Parks & Recreation  
P.O. Box 188  
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#### **District I – At-Large**

Ricky Canup  
Sheffield Parks & Recreation  
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#### **District II – Rec Sports Chair**

Eric Scott  
Albertville Parks & Recreation  
915 W. McKinney Avenue  
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#### **District II – At-Large**

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Arab Parks & Recreation  
761 North Main Street  
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#### **District III – Rec Sports Chair**

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#### **District III – At-Large**

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#### **District IV – Rec Sports Chair**

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Jacksonville, AL 36265  
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Fax: 256-435-3427  
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#### **District IV – At-Large**

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Anniston Parks & Recreation  
P.O. Box 2168  
Anniston, AL 36202  
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#### **District V – Rec Sports Chair**

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#### **District V – At-Large**

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#### **District VI – Rec Sports Chair**

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#### **District VI – At-Large**

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Opp, AL 36467  
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Fax: 334-493-1199  
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#### **District VII – Rec Sports Chair**

TBA

#### **District VII – At-Large**

TBA

## **MISSION STATEMENT**

The mission of the ARPA Recreational Sports Committee is to expand recreational athletic activities throughout Alabama. This purpose is met through the establishment, administration and enforcement of standardized rules and guidelines for recreational athletic activities and the promotion of these activities and guidelines throughout the membership of ARPA and communities statewide.

## **ORGANIZATION**

- A. The Recreational Sports Committee shall consist of two members from each of the seven Association districts, one as District Chair and one District At-large (ARPA Bylaws, Article XI, Section 3). The Immediate Past Recreational Sports Chairperson and a State At-large member, which shall be appointed by the current state Recreational Sports Chair, will also be members of the committee.
- B. The Chairperson shall be appointed by the President of the Association. (ARPA By-Laws, Article XI, Section 2).
- C. Additional and temporary committee members shall be appointed and utilized as deemed necessary by the President of the Association in cooperation with the committee chairperson. (ARPA By-Laws, Article XI, Section 6).

## **PURPOSE**

- A. To promote interest and participation in the various individual and team sports of all organizations in the state which are affiliated with Alabama Recreation and Parks Association, Inc.
- B. To promote the development of physical activities and encourage the standardization of rules dealing with all amateur athletics, games, and competitions.
- C. To provide Recreational activities on the Recreational level in areas where varsity sports are insufficient.

## **RESPONSIBILITIES AND FUNCTIONS**

- A. The Statewide Recreational Sports Committee shall unite into one organization all recreational athletics conducted by agencies belonging to the ARPA (all activities, which are not presently franchised or otherwise, organized).
- B. The committee shall organize and conduct athletic events on a statewide Recreational level for the Alabama Recreation and Parks Association. The committee shall standardize athletic programs throughout the state with reference to type of activities and qualifications for participation of membership agencies where feasible.
- C. The committee shall develop and continuously update operational procedures necessary to most effectively carry out the objectives of the Statewide Recreational Sports Committee. (Said procedures should be incorporated into the ARPA Policy and Procedures Manual.)
- D. The committee shall promote and maintain higher standards of athletic competition and sportsmanship in Alabama, promote recognition of Recreational sports, improve and expand athletic participation among all ages and both sexes, and provide fellowship through athletics and recreation.
- E. The committee shall promote and provide better training and guidance for athletic coaches and game officials through development of educational materials, workshops, etc.
- F. The committee shall assist in any practical way to improve athletic competition throughout the state, as well as promote and regulate state championship where desirable and practical.
- G. The committee shall seek the approval of the Board of Directors regarding any statewide function conducted in the name of the Association.
- H. The committee shall function in such a manner that will further the interests of athletic competition and promote the Alabama Recreation and Parks Association.
- I. The committee shall continuously evaluate and improve the Rules and Regulations for conducting statewide recreational sports as initiated in 1955 and the Statewide Recreational Sports Manual as initiated in 1969.
  - 1. Amendments to these rules may be made at any meeting by a 2/3 majority of the voting members present, providing that a majority of the committee is present.
  - 2. All changes to existing rules shall become effective January 1st unless otherwise stated by the Recreational Sports Committee.
  - 3. All new sections (rules concerning additional events) shall become effective following passage by the Recreational Sports Committee.
  - 4. Anyone wishing to suggest rule changes should use the rule change form available in the Appendix of the Recreational Sports Manual.

5. Suggested rule changes should be submitted to the chairperson of the Recreational Sports Committee or the State Executive Director by the specified deadline.
- J. The Recreational Sports Committee shall develop and implement a process of evaluating both District and State Tournament hosts to determine their compliance with Article IV, Section C of the ARPA Recreational Sports Manual.

*The outgoing Chairperson shall submit to the incoming Chairperson files, recommendations and other pertinent information compiled by the committee at the conclusion of the operational year.*

## **BID PROCESS AND RESPONSIBILITIES OF HOST CITY**

### **BID PROCESS:**

1. Bid sheets are available from the District representative, the Chairperson of the ARPA Recreational Sports Committee, and in the appendix of the Recreational Sports Manual.
2. All intent to bid letters for state events are due no later than May 1 of each year.
3. Bid deadline for all state tournaments is July 1 of each year.
4. The minimum bid fee an affiliate can bid on any ARPA State Tournament is set at \$500.

### **SELECTION:**

1. The host city will be selected by the ARPA Recreational Sports Committee on bid basis as well as on other factors which include: adequate athletic facilities, community accommodations, and location and upon approval of an ARPA Professional member to serve as Tournament Director.
2. The District representative or Chairperson shall notify the city selected to host the event.
3. The ARPA office shall provide the host city with a packet which will include a list of affiliate cities and rules governing the meet.

### **RESPONSIBILITIES:**

For responsibilities refer to Rule 1, Article IV, Section C, Paragraph 2.

### **Rule Changes Due Date**

Rule Changes are due to the Recreational Sports Committee Chairperson by February 1st of the current year.

### **Tournament Host Bid Due Date**

Intent to Bid shall be received no later than May 1st of the current year.

State Tournament Host Bids must be received by the Recreational Sports Committee Chair no later than July 1st of the current year.

## 2019 Rule Changes

### Volleyball

The approved volleyball for each division is as follows:

3<sup>rd</sup>- 4<sup>th</sup> and 5<sup>th</sup> - 6<sup>th</sup> grade divisions – SV\_MNC Volley-Lite

7<sup>th</sup>- 8<sup>th</sup> grade division – any NFHS approved game ball.

### Volleyball

The net height for each division is as follows:

3<sup>rd</sup> - 4<sup>th</sup> and 5<sup>th</sup> - 6<sup>th</sup> grade divisions – 7 feet

7<sup>th</sup> - 8<sup>th</sup> grade division – 7 feet 4 inches

### Volleyball

The State Tournament will be run with a combination of pool and bracket play. At the end of pool play the teams will advance to a single elimination bracket. All teams will be guaranteed a minimum of two games.

### Volleyball

The host shall provide two game officials.

### Volleyball

Temporarily suspend the rule that limits the number of teams in each division to 8 until the volleyball program grows.

### Participation Boundaries

\*\*Waiver Rule is eliminated\*\* This section of the rulebook will now read as follows:

1. Individual sports (Swimming, track, and archery)
  - a. All participants must reside or attend school fulltime within the boundaries of the ARPA district in which they participate if they are to be eligible for ARPA athletic functions.
  - b. All participants residing in a city that offers a recreation program must participate with that city, unless the city the athlete resides in only offers a seasonal program and they wish to participate in a year round program. In such case the athlete must participate with the geographically closest affiliate, within their district, that offers a year round program.
  - c. Once an athlete participates in an ARPA athletic event with a particular affiliate he/she must participate with that affiliate from that point forward, unless otherwise approved by the Rec. Sports Committee.
  - d. Any athlete released under the waiver rule from 2015-2018 must participate with the affiliate that they were released to, unless otherwise approved by the Rec. Sports Committee. All waivers must be on file with the Rec. Sports Committee and/or the ARPA state office.
2. Team Sports (Basketball, softball, soccer, volleyball, and flag football)
  - a. All participants must reside or attend school full-time within the boundaries of the ARPA district in which they participate if they are to be eligible for ARPA athletic functions.
  - b. All participants residing in a city that offers one of these recreation programs must participate with that city.
  - c. Participants who have a parent/guardian that is a fulltime paid employee of an affiliates Parks & Recreation department, is eligible to participate with that affiliate.
  - d. If a participant resides in a city that does not offer a recreation program, the participant must participate with the geographically closest affiliate program within their district. Geographically closest is defined by distance between the players home and the closest athletic facility that the program is offered.
  - e. Any athlete released under the waiver rule from 2015-2018 must participate with the affiliate that they were released to, unless otherwise approved by the Rec Sports Committee. All waivers must be on file with the Rec Sports Committee and/or the ARPA state office.

### Roster Requirement

Affiliates must turn in regular season rosters, for team sports, to their district Rec Sports Chair (Deadlines for each sport will be set at a later time).

### **DISCLAIMER OF ENDORSEMENT**

Referencing particular organizations in relation to the rules contained in this manual is done so only in recognition of the named organization being the designated governing body for the sport and in no way implies an endorsement of the organization by the Alabama Recreation and Parks Association.

### **INSURANCE**

All teams competing in ARPA competitions are strongly encouraged to have proper insurance and proof of insurance available throughout the duration of all ARPA competitions.

# **RULE I - PARTICIPATION REQUIREMENTS**

## **ARTICLE I - ELIGIBILITY OF AFFILIATES**

### **SECTION A - ARPA MEMBERSHIP**

- (1) Affiliates must be members in good standing with the Alabama Recreation and Parks Association, Inc., to participate in the functions of its athletic programs.
- (2) An affiliate is defined as any municipal or county governmental subdivision or military MRW division organized for the purpose of providing recreation and parks services for a particular community and aligning its aims and objectives consistent with those of ARPA, Inc.
- (3) To become members of ARPA, affiliates must make application to the ARPA State Office and be approved by the ARPA Board of Directors. Annual membership dues are required and must be paid to the Alabama Recreation and Parks Association, Inc., P.O. Box 230579, Montgomery, AL 36123-0579. Further information may be obtained by calling 334-279-9160.
- (4) An affiliate shall be eligible to participate in ARPA athletics upon the receipt of approved membership from the ARPA State Office. (NOTE: Each ARPA District establishes its own entry deadline for ARPA athletic activities on a District level. Therefore, to be eligible for athletic participation, new affiliates must be approved for membership and request entry for athletic playoffs 60 days prior to the District entry deadline. Requests for entry are to be made to the respective District Chairperson).

### **SECTION B - ATHLETIC FEES**

- (1) Affiliates are required to pay athletic fees, in addition to the annual affiliate membership fee to join the ARPA, to be eligible to participate in any ARPA athletic activity.
- (2) Fees for state competition will be set by the Recreational Sports Committee by activity and spelled out in the bylaws of that activity.
- (3) Districts may, at their own discretion, establish District athletic fees and/or allow District tournament hosts to charge entry fees. These fees are apart from the ARPA annual affiliate membership fees and state athletic fees. State tournament hosts shall not charge fees, other than those outlined in the Recreational Sports Manual.

### **SECTION C - FEE PAYMENT PROCEDURE**

- (1) The District Recreational Sports Representative of each District is charged with the responsibility of collecting state athletic fees within their district. The method of collecting such fees is left to their discretion.
- (2) Team fees and/or individual sports fees are to be paid by affiliates to their district/state tournament host before being allowed to participate. Such fees are paid upon the presentation of the Official Roster of the Affiliate team for approval in an athletic activity.
- (3) The District/State tournament host shall forward all fees, rosters, financial report, and completed tournament bracket to the District Recreational Sports Representative. See Article IV, Section C, Paragraph 2.
- (4) District Recreational Sports Representative shall forward all fees and a financial report to the State Office, with a copy of the financial reports being sent to the Recreational Sports Chairperson.

## **ARTICLE II - ELIGIBILITY OF INDIVIDUALS AND TEAMS**

### **SECTION A - LOCAL PARTICIPATION**

- (1) Teams and individuals participating in the athletic functions of ARPA must be an integral part of an affiliate's local program before they are eligible to represent that affiliate in ARPA competition.
  - (a) An "integral part of an affiliate's local program" is defined as individuals who participated at some time during the current season in the activity in question and under staff supervision of that agency.
  - (b) Affiliates shall not recruit players for the sole purpose of competing in ARPA athletic functions.
  - (c) Any all-star team must be composed of players from teams who are an integral part of an affiliate's local program.
- (2) Eligibility involving local participation is left to the integrity of the affiliate's director or superintendent. They should be prepared to make available substantial proof of local participation through such means as scorebooks, registration material, agency records, news releases, or such other evidence requested by the State Recreational Sports Committee Chairperson or the District Representative from the affiliate's district.

## **SECTION B - PARTICIPATION BOUNDARIES**

- 1. Individual Sports** (Swimming, track, and archery)
  - a. All participants must reside or attend school fulltime within the boundaries of the ARPA district in which they participate if they are to be eligible for ARPA athletic functions.
  - b. All participants residing in a city that offers a recreation program must participate with that city, unless the city the athlete resides in only offers a seasonal program and they wish to participate in a year round program. In such case the athlete must participate with the geographically closest affiliate, within their district, that offers a year round program.
  - c. Once an athlete participates in an ARPA athletic event with a particular affiliate he/she must participate with that affiliate from that point forward, unless otherwise approved by the Rec. Sports Committee.
  - d. Any athlete released under the waiver rule from 2015-2018 must participate with the affiliate that they were released to, unless otherwise approved by the Rec. Sports Committee. All waivers must be on file with the Rec. Sports Committee and/or the ARPA state office.
- 2. Team Sports** (Basketball, softball, soccer, volleyball, and flag football)
  - a. All participants must reside or attend school full-time within the boundaries of the ARPA district in which they participate if they are to be eligible for ARPA athletic functions.
  - b. All participants residing in a city that offers one of these recreation programs must participate with that city.
  - c. Participants who have a parent/guardian that is a fulltime paid employee of an affiliates Parks & Recreation department, is eligible to participate with that affiliate.
  - d. If a participant resides in a city that does not offer a recreation program, the participant must participate with the geographically closest affiliate program within their district. Geographically closest is defined by distance between the players home and the closest athletic facility that the program is offered.
  - e. Any athlete released under the waiver rule from 2015-2018 must participate with the affiliate that they were released to, unless otherwise approved by the Rec Sports Committee. All waivers must be on file with the Rec Sports Committee and/or the ARPA state office.

## **SECTION C - PROFESSIONAL AND SEMIPROFESSIONAL ATHLETES**

- (1) Professional and semiprofessional athletes are not eligible to compete in ARPA functions in the same sport and during the current season in which they are termed “professional” or “semiprofessional.”
- (2) A professional or semiprofessional athlete is “one who is receiving compensation for playing a sport.”

## **SECTION D - INTERCOLLEGIATE ATHLETES**

- (1) Students who participate on a college or university’s varsity, junior varsity, or freshman team, which competes with other colleges or universities, are not eligible for ARPA competition in the same sport during the current season.
- (2) Regardless of intercollegiate participation during the normal school year, a college or university student is eligible for summer athletic functions sponsored by ARPA provided that the student is not currently representing a college or university in competition among other such schools and provided he or she meets all other ARPA eligibility requirements.

## **SECTION E - SCHOOL TEAM PARTICIPATION**

- (1) No boy or girl in elementary school, middle school, junior high school, or senior high school may participate in the same sport of ARPA competition and interscholastic athletic activity during the same periods of time. This restriction applies to both public and private schools.
  - (a) An “interscholastic athletic activity” is defined as a program, which provides competition between schools.
  - (b) “Periods of time” shall be interpreted to mean from the time school starts (approximately September 1) until that school year ends (Approximately May 31). Exception - a student is eligible for summer athletic (girls softball) functions sponsored by ARPA provided that the student is not currently representing a school in competition (example: high school softball) and he or she meet all other ARPA eligibility requirements.
  - (c) A participant in question is determined to have participated with a school team if he or she represents a school as a player or team member at a game with another school.
  - (d) A boy or girl shall be allowed to participate in a school team’s immediate pre-season tryouts (provided the school has announced such pre-practices and provided the school team is to be selected from a reasonable number of students trying out and if “cut” along with other candidates from the sessions when the school team is announced). He or she may then participate with a recreation affiliate and if all other eligibility requirements are met may also compete in ARPA functions provided that during these immediate pre-season tryout sessions, the participant in question did not represent his or her school as a team member in a game with another school.
- (2) When a recreation affiliate and a school jointly cosponsor an athletic program by sharing the expenses for such a program, through the use of one another’s facilities, or by registering participants at community schools or community recreation centers, the participants in such a program shall be eligible for ARPA competition only if the following stipulations are in actual effect:

- (a) If the athletic activity is intramural in nature (involving only students from one school) and there is absolutely no competition with another school, the participants are eligible for ARPA competition provided (1) they have not competed against students from other schools, (2) recreation personnel implemented the program through actual supervision and leadership, (3) the participants met all other ARPA eligibility requirements, and (4) just cause cannot be shown to indicate the recreation affiliate to be guilty of using school program to grant unfair advantage of other ARPA affiliates.
- (b) If the athletic activity is a community-wide program involving more than one school within the same community (city or county) and there is absolutely no competition for school awards nor competition with a school not an active member of the program, the participants of such a program are eligible for ARPA competition provided they meet the same requirements as stated in paragraph (a) of this section.

**NOTE:** Since any such situation as the aforementioned one would in essence be a borderline case involving eligibility, recreation affiliates conducting such a program should obtain approval from the State Recreational Sports Committee Chairperson and the District Representative prior to initiating such a jointly co-sponsored school affiliate program if the participants are to be allowed to compete in ARPA functions.

- (c) Recreation teams may not participate in any kind of game or scrimmage with a school team. A team that plays or scrimmages a school team will not be eligible for ARPA competition.
- (3) When a school team's current athletic program season is completed (all state playoffs in that particular sport are completed), an individual shall be allowed to participate in an ARPA function involving that same sport provided the participant meets all other ARPA eligibility requirements.
- NOTE:** Once the normal school year ends after the spring semester, a player may represent an affiliate during the summer months in the same sport in which he or she represented a school during the school year, provided that participant has not yet begun participating in a school-sponsored athletic event e.g. football pre-season drills in August effective as of dates established by the affiliate High School Association. (Examples: Baseball or Softball in July or August and Swimming in August.)

## **ARTICLE III - OFFICIAL ROSTERS AND ACCEPTABLE BIRTH RECORDS**

### **SECTION A - OFFICIAL ROSTERS**

- (1) Official Rosters from ARPA are made available to affiliates by each District Representative (member of the State Recreational Sports Committee) and/or the District Chairperson. These rosters shall be completed in accordance with the appropriate information requested on the Official Roster, shall be certified by the affiliate Director and other special persons required, and shall be presented with acceptable birth records (and team fees, if any) to the Tournament Director, or any State Recreational Sports Committee members, or the District Chairperson at the District and/or state competitions for verification. This shall occur prior to the first activity of that affiliate in ARPA competition. **SUCH OFFICIAL ROSTERS ARE MANDATORY FOR ALL TEAMS PARTICIPATING IN ARPA ATHLETIC COMPETITIONS, AND MUST BE PRESENTED AT ALL LEVELS OF ARPA COMPETITIONS PRIOR TO THE FIRST GAME OF SAID TOURNAMENT.**
- NOTE:** In the absence of an affiliate director, the next highest ranking recreation staff person who is a current ARPA professional member may certify his or her affiliate team's Official ARPA Roster, and in doing so assumes the same responsibility as the affiliate director in certifying that the players whose names appear on the Official Roster meet all ARPA eligibility requirements and that there is no fraudulent attempt to play persons who are otherwise ineligible. Regardless of the staff person who certifies the Official Roster, the affiliate Director shall remain fully responsible for the eligibility of the players on his affiliate's team.
- (2) The Tournament Director, State Recreational Sports Committee member, or District Chairperson shall personally examine each team's Official Roster and acceptable birth records of every player to be approved. They shall verify the Official Roster by affixing their signature and the date.
- (a) The verified or approved Official Roster shall be acceptable and official throughout all levels of ARPA competition and after the initial verification of acceptable birth records shall be the only required record for a team to present during ARPA competition. Teams must present their signed ARPA Official Roster and birth certificates to the Tournament Director prior to the first game of the ARPA competition.
  - (b) At the request of an ARPA Tournament Director at any level of competition, at the request of a State Recreational Sports Committee member at any level of competition, or at the request of a participating affiliate District Chairperson or the staff member accompanying the affiliate's team, the affiliate director shall make available, prior to game time, his own affiliate copy of the team's official Roster.
  - (c) Teams whose official rosters & birth certificates have not been checked because there were no District Tournament (or for any other reason) must have them reviewed by the Tournament Director prior to the start of the State Tournament. Penalty - Team ineligible to participate.
- (3) No players name shall appear on more than one ARPA Official Roster for any one sport during any one season.
- (4) There should be three (3) copies of the Official Roster and copies are to be distributed by the person who verifies the Roster and affixes his or her name by the District Tournament Director as follows:
- (a) First copy presented to the state host.
  - (b) Second copy presented to the affiliate's representative.
  - (c) Third copy presented to the person in charge of the team, following verification and before the team begins to play. This copy should be presented at all levels of competition before a team plays their first game.

## **SECTION B - ACCEPTABLE BIRTH RECORDS**

- (1) Birth certificates, certified abstracts of birth, hospital records, notification of birth, notification of registration, certificate of registration and regulation military identification cards, government ID from U. S. Department of Immigration and Naturalization, Passports or clearly processed and readable copies of such shall be considered and referred to as acceptable birth records for ARPA competition.
  - (a) Driver's Licenses and Learner's Permits from any state shall be acceptable birth records for participants of the ages 15 and over, as long as the date of birth appears on the Driver's License or Learner's Permit.
  - (b) If a name change is involved which is different from the acceptable birth record, a copy of the court order granting the name change must also be presented. An official written statement notarized by a notary public and approved by signature from a parent or guardian may be substituted if a copy of the court order cannot be obtained. Such a court order copy or an official notarized statement shall not be considered as acceptable birth records, but only as evidence that the acceptable birth record presented is the true and accurate birth certificate, certified abstract of birth, hospital record, military identification, etc., or copy of such.
- (2) The Tournament Director, State Recreational Sports Committee member, or District Chairperson shall personally examine each team's Official Roster and acceptable birth records of every player to be approved, and he or she shall verify the Official Roster and acceptable birth records of every player to be approved, and her or she shall verify the Official Roster by affixing his or her signature and date.
  - (a) After the official Roster is verified by the signature, it cannot be changed under any circumstance, and no additional names may be added.
  - (b) The third copy of the Official Roster shall be returned to the person in charge whose name appears on the Roster or to his assigned representative, along with all acceptable birth records. This shall be done immediately after verification. Only the affiliate team's copy of the Official Roster shall be necessary for ARPA competition at all levels following the initial verification. Acceptable birth records are required only at the initial verification of the Official Roster. (Ref: Article III, Sec. A, 2 (b).
- (3) All procedures involving verification of ARPA Official Rosters and acceptable birth records shall be completed prior to an affiliate team's first appearance in ARPA competition. Any special requests to verify rosters at a later time shall NOT be granted by the Tournament Director, State Recreational Sports Committee member or District Chairperson.

## **SECTION C - PARENTAL AUTHORIZATION AND MEDICAL RELEASE**

- (1) Any team entering ARPA District and State Competitions must have a Parental Authorization and Medical Release Form signed by the Parent or Guardian prior to a team's first game.
- (2) The completed Parental Authorization and Medical Release Form should be attached to the certified birth certificates and/or acceptable proofs of age and checked with the official roster of teams participating in District or State competition.

## **ARTICLE IV - ARPA TOURNAMENTS AND PLAYOFFS**

### **SECTION A - TEAM COMMITMENT**

- (1) Any team entering ARPA competition shall be committed to all levels of play if directed to advance.
  - (a) Teams entering District level competitions are committed to state level play should they win their district.. (Exception: there must be a minimum of four teams entered in any state tournament in order to have the tournament. If there will be less than four teams, then affiliates will not be penalized for not participating.)
  - (b) Teams representing a District by default (because of no other competition or by directive of the District Chairperson or State Recreational Sports Committee) are committed to State Playoffs should they be declared their District representative. These teams must also pay the one time District fee to the state for representing their District in state competition.
- (2) Any affiliate team which intentionally withdraws from ARPA competition during any level of competition shall cause that affiliate to be placed on an automatic, one year minimum suspension in that age division's athletic activity. The State Recreational Sports Committee shall determine maximum suspensions.
- (3) One team per affiliate in ARPA competition must be accompanied to tournaments or playoffs by at least one adult recreation staff person (preferably a full-time, salaried professional who is a Professional member of ARPA.) Any additional teams may be accompanied by a responsible adult other than the coach who is personally appointed by the affiliate director, approved in advance by the District Recreational Sports Representative and who is at least an Associate Member of ARPA. This person is to attend the game in which his affiliate team is participating and will make themselves available to the Tournament Director as the responsible person-in-charge of his or her affiliate's team, and is the only person who can formally file a protest to the Recreational Sports Committee.

### **SECTION B – TOURNAMENT ORGANIZATION**

- (1) ARPA competition is conducted at two (2) levels as established by the rules in this Recreational Sports Manual. The two levels are referred to as District and State.
  - (a) The District level includes all the entered affiliate teams within the boundaries of the district.
  - (b) The State level consists of teams which represent each District and the State Tournament Host.

- (2) Each District may determine its own method of obtaining a District representative to state levels of competition. The following are recommended for District level:
- (a) Tournaments with double elimination methods for softball.
  - (b) A playoff or tournament with single elimination methods for basketball and soccer. In all single elimination tournaments there will be no third place award.
  - (c) Meets on a district-wide basis for swimming and diving.
- (3) State level tournaments and playoffs are to be set up in brackets by the State Recreational Sports Committee Chairperson, Host plus District Representatives, except swimming and diving. When all districts are not represented in a State Tournament, the State Recreational Sports Chairperson shall arrange the bracket pairings as nearly as possible to the aforementioned guideline and in accordance with his or her own judgment.
- (4) Every ARPA level of competition shall be conducted by a Tournament Director appointed by the Host Affiliate Director and approved at the District level by a State Recreational Sports Committee Representative. The duties of the Tournament Director are as follows:
- (a) To assure that necessary arrangements for the tournament are made to include notifications of pairings, game times, game officials, awards for district, facilities inspection, reservations, security and crowd control, advance publicity, equipment made available, and other preparations deemed appropriate for ARPA athletic functions. Pairings are to be arranged by the District level competition and by the State Recreational Sports Committee Representative for the state level competition.
  - (b) To verify Official ARPA Rosters and to examine the acceptable birth records with State Recreational Sports Committee members and the District Representative.
  - (c) To collect team athletic fees.
  - (d) To conduct the tournament or playoff in a professional manner befitting the Alabama Recreation & Parks Association, Inc.
  - (e) To release appropriate local, regional, and statewide publicity.
  - (f) To declare a District representative for state or a state champion in accordance with the tournament or playoff level.
  - (g) To forward copies of Official Rosters, team fees and results to appropriate persons specified in Article III of this rule.
  - (h) All district tournaments must be completed two weeks prior to the state tournament. District information must be turned in to the state host no later than 5 p.m. the following Tuesday of the District. The state host must have information to the participants by 5 p.m. the Tuesday prior to the tournament. Anyone that commits to the state tournament must attend.
  - (i) To evaluate the tournament or playoff and make the recommendations for improvement to members of the State Recreational Sports Committee and to submit a written report to the State Recreational Sports Committee concerning problems and improvements.
- (5) Every ARPA level of competition shall provide some method of protest or appeals procedure to be approved by the District level competition, and by any member of the State Recreational Sports Committee for state levels.
- (a) The Tournament Director shall coordinate any protests or appeals and shall serve as the odd-numbered member of any tournament protest committee.
  - (b) Any protest or appeal at the state level of competition shall be subject to review by the State Recreational Sports Committee, and its Chairperson shall be notified of any such proceedings.
  - (c) A three person committee will be appointed by the Recreational Sports Committee plus the Tournament or Meet Director to serve as the protest committee of each Recreational Sports Event. The Host Affiliate shall be responsible for providing acceptable accommodations for the protest committee.
  - (d) Protest Committee Responsibilities
    - (1) Must be present for all scheduled games.
    - (2) Must be present 30 minutes prior to start of scheduled games.
    - (3) Must be present upon completion of games.
    - (4) Must act professionally at all times.
    - (5) Must be available to assist Tournament Director if needed.
    - (6) Must be prepared to settle disputes in a professional, orderly and timely manner.
    - (7) Knowledgeable of the content of the ARPA Recreational Sports Manual and keep a copy with you at all times while serving on the protest committee.
    - (8) Check and sign off on Affiliate rosters, birth certificates, and medical release forms and have copies of these
      - a. Documents on hand.
    - (9) Insure that Tournament Organization procedures and Tournament Planning and Host Responsibilities as
      - a. Outlined in this manual are followed.

**NOTE:** In the absence of a Recreational Sports Committee member, the host affiliate and Tournament Director will appoint a current ARPA member who is a full time salaried professional staff member.
  - (e) The three-member committee and the Tournament Director shall meet prior to the event and shall work together during the event.
  - (f) The State Recreational Sports Committee shall serve as the final authority on all protests or appeals, and its decisions shall be binding to all parties concerned without further appeal.
- (6) Hosts for ARPA state level tournaments, playoffs or meets shall be determined by the highest approved bid.
- (a) Exception: The Recreational Sports Committee has the discretion to accept a lower bid if an affiliate's bid is for all age groups, and not more than \$500 below the combined total of multiple affiliates bidding on separate age groups.
  - (b) Accepted procedures for requesting a State Tournament, playoff or meet include a written intent to bid to the State Recreational Sports Committee Chairperson due May 1st to be followed by a site inspection.
  - (c) Districts shall determine their own District hosts.

- (7) In addition, ARPA sanctioned invitational tournaments may be held in accordance with the rules in the Recreational Sports Manual.

## **SECTION C - TOURNAMENT PLANNING AND HOST RESPONSIBILITIES**

- (1) The Host Affiliate to which the State Tournament, playoff or meet is awarded shall send all pre-planning information pertaining to the particular event to the State Recreational Sports Committee Chairperson. This information must be received no later than two (2) weeks prior to the date of opening of the tournament, playoff or meet. When possible the State Host-Designate should also attend a meeting of the State Recreational Sports Committee for the purpose of reviewing his plans for the upcoming event.
- (2) In the hosting of a state level event, the following must be provided and/or accomplished:
- (a) The host city shall be responsible for inviting affiliate cities to participate in the event.
  - (b) The Host City shall be responsible for conducting the events in strict accordance with the rules and regulations governing the events as set forth in the ARPA Recreational Sports Manual.
  - (c) Suitable motel or housing accommodations within a fifteen (15) mile radius of the tournament site.
  - (d) Sufficient number of fast food service and restaurants available to handle the anticipated number of teams.
  - (e) Adequate medical facilities within a reasonable distance.
  - (f) Mail outs of plans to District Recreational Sports Representative at least two (2) weeks prior to the opening day of the tournament. These should contain:
    - (1) List of motels, restaurants, and medical facilities.
    - (2) Map of facilities and access routes.
  - (g) A designated person to welcome each team upon its arrival for the purpose of:
    - (1) Seeing that the teams are settled in their respective accommodations satisfactorily.
    - (2) Being a goodwill ambassador for ARPA, the local community, and the host affiliate throughout the entire tournament.
  - (h) Adequate parking at the tournament site.
  - (i) Visible and operational scoreboards and emergency backup equipment in case of failure.
  - (j) Officials as per Rule II, Article V, Section B.
  - (k) Suitable drinking fountains, restroom facilities, concessions, seating for players and spectators.
  - (l) A public address system with an acceptable adult announcer for the duration of the state event.
  - (m) Adequately maintained fields and courts that meet minimum requirements as stated in ARPA Recreational Sports Manual.

**Note:** Fields should be brought up to standards preceding each game where a tournament consists of multi-games.
  - (n) Sufficient number of adult staff who are judged competent and who are familiar with ARPA procedure.
  - (o) The host city shall be responsible for ordering and bearing all expenses for trophies, medals, and ribbons with the appropriate ARPA logo to be awarded to the participants.
  - (p) Only the fees and charges established for the events, as set forth in the ARPA Recreational Sports Manual shall be collected.
  - (q) A complete financial report of fees collected and expenditures shall be mailed to the District Recreational Sports Representative within one week after the event, along with a check for the bid tendered, and participation fees as set by this manual.

The host city is encouraged to make arrangements for appropriate publicity (radio, TV, newspaper) before, during, and after the event. Assistance from the ARPA State Office is available upon request.
  - (r) The Host City is responsible for forwarding the official results to all participating affiliates, the Recreational Sports Representative from each district, and the ARPA State Office.
  - (s) A written follow-up action report shall be mailed to the State Recreational Sports Committee Chairperson to contain:
    - (1) Complete copy of brackets and results.
    - (2) Recommendations of changes.
    - (3) Problems in detail and recommendations of corrective measures to be taken.
  - (t) A committee will be appointed by the Recreational Sports Committee to serve as the governing body of the competitive sports event. The Host City must be responsible for the housing of this committee. This committee shall not exceed 5 people

# **RULE II - REGULATIONS AND STANDARDS**

## **ARTICLE I - VIOLATIONS**

### **SECTION A - APPEALS AND PROTESTS**

- (1) The State Recreational Sports Committee members for any level of ARPA competition, the Tournament Director for his/her own level of ARPA competition, and the District Representative for District level competition only, have the authority to forfeit any ARPA events or games prior to, during, or immediately following (if won by the affiliate in question) the events provided, however, such forfeiture is based on sufficient evidence of violation of the rules in this Recreational Sports Manual or in violation of a directive issued by the State Recreational Sports Committee or its Chairperson.

- (2) Whenever the question of guilt remains, the forfeited affiliate has the right to appeal such a forfeit decision if done immediately and prior to the next scheduled game for the other team involved and which advanced because of the forfeit. If the forfeiture occurred at the District level, all appeals are made to the District Chairperson, his assigned representative, or the District Recreational Sports Representative as determined by the respective District bylaws. If the forfeiture occurred at the state level, all appeals are to be made to the State Recreational Sports Committee Chairperson, or in his absence, the Vice-Chairperson or the Chairperson's assigned representative, three-person committee. Protests shall be processed in the same manner except that the burden of proof in a protest rests with the protesting affiliate may be assisted in its investigation by the members of the State Recreational Sports Committee, the Tournament Director, and/or the District Chairperson.
  - (a) If the appeal or protest is made by an affiliate at the District level, the District Chairperson or their assigned representative shall take the appropriate action in accordance with the district's bylaws. Disputes regarding the athletic functions within a District will be acted upon by the State Recreational Sports Committee only upon request by the District Representative to the State Recreational Sports Committee Chairperson. Decisions rendered by the State Recreational Sports Committee shall be final and binding to all parties.
  - (b) If the appeal or protest is made by an affiliate at the state level, the State Recreational Sports Committee Chairperson or in their absence, the Co-Chairperson or the Chairperson's assigned representative, three person committee shall take appropriate action, which at their own discretion, may include polling members of the State Recreational Sports Committee by the telephone or otherwise.
  - (c) Appeals and protest are acceptable only under the aforementioned procedures and only the recreation staff adult or responsible adult accompanying the affiliate teams as stated in Rule 1, Article IV, Section A, paragraph 3. Players, parents, spectators or other such non-recognized official agency representatives may not appeal decisions or protests.

## **SECTION B - PROBATIONS, SUSPENSION AND FINES**

- (1) Affiliates found in violation of this Recreational Sports Manual or in violation of directives issued by the State Recreational Sports Committee or its chair may be placed on probation, suspended from competition, or fined by the State Recreational Sports Committee which shall give full consideration of the offense.
  - (a) The hosting affiliate of a state recreational sports event shall present to the State Recreational Sports Committee a written detailed report of rules infractions and violations. Notification of charges brought against an affiliate shall be made in writing to the director of the affiliate in question by the State Recreational Sports Chairperson. Notification should include the violation, charge, and background information, and the date and location of the next Recreational Sports Committee meeting. Both affiliates shall have a representative at the next Recreational Sports Committee meeting to appear before the Committee to support and to answer charges. Any other affiliate directly involved may also have a representative at this meeting. The affiliate charged with an infraction may waive an appearance before the Committee by written notification to the Recreational Sports Committee Chairperson.
  - (b) The State Recreational Sports Committee vote regarding suspensions, probations, and fines must include a majority of the full membership of the committee. The Chairperson is empowered to vote in the case of a tie.
  - (c) Suspension shall include the barring from any or all ARPA Athletic functions, while probation and fines shall include a reprimand and/or conditional allowances for continued participation in any or all ARPA athletic functions.
- (2) A District may, at its own discretion, issue similar probations, suspensions, or fines provided the agency probated, suspended or fined is given the right of appeal to the State Recreational Sports Committee and then the Executive Board of the Alabama Recreation and Parks Association.
- (3) Appeals of decisions of the Recreational Sports Committee in regards to sanctions levied against affiliates must be made to the Executive Board of the Alabama Recreation and Parks Association within 15 days after the Recreational Sports Committee meeting in which sanctions were levied. This appeal should be made in writing and directed to the ARPA President.

## **SECTION C- CLARIFICATIONS AND INTERPRETATIONS**

- (1) The Chairperson of the State Recreational Sports Committee is empowered with the authority to make clarifications and interpretations of rules and regulations found in this Recreational Sports Manual provided the majority of the State Recreational Sports Committee does not vote in disagreement with the clarification or the interpretation rendered by the Chairperson.
- (2) Violations shall include, but are not limited to the following:
  - (a) The use of ineligible players and/or roster violations. Penalty: \$100 fine with one-year probation per incident.
  - (b) Unsportsmanlike Conduct Penalty: Physical attack on an umpire or other tournament official or association officer during a game or immediately following a game. Player, coach, manager or sponsor threatening an umpire, tournament official or association member. Any officer, director, umpire, player, coach, manager or sponsor fighting, using unsportsmanlike conduct or abusive tactics or derogatory or unbecoming acts that are detrimental and not in the best interest of ARPA. Destruction of property or the abuse of hotel property or failure to pay hotel or motel bills. By participating in or permitting a fraud to be perpetrated. Tournament directors have the authority to eject a player or team anytime during a tournament. The Recreational Sports Committee will decide the action to be taken on a player, team, coach, sponsor, member, or affiliate up to and including probation, fines and suspensions. Fines will be anywhere from \$50 - \$250 per violation.
  - (c) Failure to appear at scheduled tournament or playoff. Penalty: forfeit and \$100.00 fine. The fine to be split as follows: \$50.00 to ARPA state office and \$50.00 to host affiliate to cover cost of tournament.
  - (d) Failure to continue to play when directed to do so by the Tournament Director, State Recreational Sports Committee member, or for District level only, the District Chairperson. Penalty: forfeit.

- (e) Any other action in conflict with the rules of the Recreational Sports Manual.
  - (f) Affiliates will be held accountable for their behavior and conduct, not only at the event venues but at hotels, restaurants and any other public sites, while participating in an ARPA event. Each affiliate is responsible for the actions of their players, parents, coaches, recreation professionals and volunteers.
- (3) In lieu of payment of fine, an affiliate may request additional suspension from competition in the amount of one additional year of suspension per incident. Request must be made in writing to the Chairperson of the Recreational Sports Committee within 15 days from the date penalties were levied.
- (4) An illegal coach is one who is not on the official roster or has not completed a concussion/safety training course. Proof of course completion must be submitted with official roster.

## **ARTICLE II - AWARDS**

### **SECTION A - DISTRICT AWARDS**

- (1) Each District shall be responsible for providing and presenting its district's own ARPA athletic awards and such responsibility may be charged to the District hosts, if so determined by the district.

### **SECTION B - STATE AWARDS**

- (1) The Host Affiliate shall provide awards at the state level for all events, and the State Hosts are charged with the responsibility of making the presentation of the state awards in a manner befitting the Alabama Recreation and Parks Association, Inc., and its professional membership.
- (2) State levels awards to be presented as follows:
- (a) Swimming and Diving - Medals shall be awarded to first through eighth place winners in every swimming and diving event.
  - (b) Softball, Soccer, Basketball, and - Individual and team awards are presented to the first and second place finishers. A sportsmanship trophy will be awarded in each age division. The Recreational Sports Committee Representatives and the Game Officials will determine the recipients of this award.

### **SECTION C - PROCEDURES AND BIDDING STATE TOURNAMENTS**

- (1) All awards shall be decided by the sealed bid process, and advertising for such bid notices shall be through the normal channels of the Alabama Recreation and Parks Association, Inc., to include, but not limited to, publication of notice, which may be deemed feasible by the State Recreational Sports Committee.
- (2) Intent to Bid must be submitted by May 1st of current year.
- (3) Bids must be received no later than July 1st of current year.
- (4) Bid will be awarded to highest bidder pending inspection, exception Rule I, Article 4, Section B (6).
- (5) Bids submitted shall include the name of the Host Tournament Director (and assistants if applicable) who must be a professional member of ARPA and only the Recreational Sports Committee can approve change of Host Tournament Director after a bid is accepted.
- (6) Bids must be submitted with the gate fee and parking fee when applicable. All fees must be approved by the Recreational Sports Committee.
- (7) **The minimum bid fee an affiliate can bid on any ARPA State Tournament is set at \$500.00**

**ARTICLE III - AGE CONTROL DATES AND ROSTER LIMIT**

<b>Event</b>	<b>Age Control Date</b>	<b>Roster Limit</b>
Youth Basketball	Age on or before September 1st	15 Players
Softball	Age on or before January 1st	20 Players
Swimming & Diving	Age on or before June 1st	Unlimited
Tennis	Age on or before September 1st	Unlimited
Soccer	Age on or before July 31st	See Section
Volleyball	Age on or before September 1st	15 Players
Archery	Age on or before August 1st	Unlimited
Track & Field	Age on or before December 31st	See Section
Youth Flag Football	Age on or before August 1	12 Players
Adult Basketball	Age on or before January 1st	15 Players
Adult Flag Football		12 Players

**ARTICLE IV - OFFICIALS FOR ARPA COMPETITION**

**SECTION A - DISTRICT AND STATE LEVELS**

- (1) Officials must be an affiliate member or registered with the National Federation State High School Association (NFSHSA) or any National Governing Body (NGB) approved by the ARPA Recreational Sports Committee.
  - (a) "Level 3 Official" is defined as a qualified game official in his fifth year (or more) of membership with a certified officials' association acceptable by the Alabama High School Athletic Association and designated by AHSAA standards as a Level 3 Official.
  - (b) "Level 2 Official" is defined as a qualified official in third year (or more) of membership with a certified official's association acceptable by the Alabama High School Athletic Association and designated by AHSAA standards as a Level 2 Official.
  - (c) "Level 1 Official" is defined as a qualified game official in his first or second year of membership with a certified official's association acceptable by the Alabama High School Athletic Association and designated by AHSAA standards as a Level 1 Official.
  - (d) "Game Officials" are those who are in control of the game itself, during its length of play, and those who actually officiate the game.
  - (e) "Assistant Officials" are those who assist the game officials as scorers, timers, judges, statisticians, starters, or other such necessary supplementary game assignees.
  - (f) "Competent Adult" is defined as a person 18 years of age or older who is confirmed proficient for assistant officials' positions and duties as scorers, timers, statisticians, starters, or in other such necessary supplementary assignments.
  - (g) The Tournament Director for all state level of competition shall be a competent adult who has professional membership in the ARPA. He or she is to be assigned by the Host Agency who shall submit his name to the State Recreational Sports Committee Chairperson for approval, prior to the assigned state level of competition. In addition to the responsibilities of the Tournament Director as explained in Rule I, Article IV, Section B, Paragraph 4, he or she shall also have the authority to forfeit any game if the Host Agency does not provide the necessary arrangements for games, unless unavoidable circumstances exist and are deemed uncontrollable by the Tournament Director.

**SECTION B - UNIFORM AND ASSIGNMENTS**

- (1) Game Officials shall be uniformly attired in accordance with accepted AHSAA and other affiliate standards.
- (2) Game officials and Assistant Officials are the responsibility of the Host Agency as to their assignments for games, unless otherwise directed by the State Recreational Sports Committee or its Chairperson.

## **ARTICLE V - TYPE AND NUMBER OF REQUIRED OFFICIALS AND PERSONNEL**

### **SECTION A - DISTRICT LEVEL COMPETITION**

- (1) A minimum of two Level 1 officials must be used for all District games except in swimming and diving. Individual sports are decided by the districts, and all other personnel are decided by the districts.

### **SECTION B - STATE LEVEL COMPETITION**

- (1) Officials for state level ARPA competition are required as follows:

- (a) **BASKETBALL GAMES**

- (1) A minimum of one Level 2 or Level 3 and one Level 1 game official.
- (2) A minimum of two competent adults as assistant officials to serve as scorer and timer.
- (3) Tournament Director as prescribed by this Manual.
- (4) The three-person committee appointed by the State Recreational Sports Committee shall serve as the Game Committee Jury of Appeals, and the Chairperson or his assigned representative shall serve as Referee for the State Meet.

- (b) **SOFTBALL GAMES**

- (1) A minimum of two registered or certified Amateur Softball Association game officials of the chartered ASA Umpires Association.
- (2) A minimum of one competent adult as scorer (for multi-games, one per game).
- (3) Tournament Director as prescribed by this manual and to assist the umpire-in-chief in verifying acceptable playing equipment, including the bats.
- (4) The three person committee appointed by the State Recreational Sports Committee shall serve as the Games Committee Jury of Appeals, and the Chairperson or his assigned representative shall serve as Referee for the State Meet.

- (c) **SWIMMING AND DIVING MEET**

- (1) Three (3) officials to serve as starter, stroke and officials are to be approved by the State Recreational Sports Committee and shall have no connection with any agency team represented at the State if possible.
- (2) The Host Agency shall be responsible for providing all other official necessary for the proper management of the State Meet, including diving judges, timers, scorers, clerk of course, awards personnel, announcer, and others deemed necessary.
- (3) Meet Director as prescribed by this Manual.
- (4) The three-person committee appointed by the Recreational Sports Committee shall serve as the governing body for the Meet.

- (d) **SOCCER**

- (1) Either the two or three man referee system is permitted.
  - a. If the two man system is employed both referees have to be "Level 1" or above with the AHSAA or affiliated with a NGB, and shall have equal authority and responsibility in calling of fouls and violations on any part of the field at any time.
  - b. If the three man system is employed, one referee must by "Level 1" or above with the AHSAA or affiliated with a NGB. The referee has complete charge of the game. The two linesmen are designated "assistant officials." The assistant officials assist the referee by indicating when the ball is in or out of play, and by determining which team is off-side, entitled to corner-kick, goal-kick, or throw-in.
- (2) Tournament Director as prescribed by this Manual.
- (3) The three person committee appointed by the Sates Recreational Sports Committee (Jury of Appeals) and the Chairperson or their assigned representative shall serve as Head Referee for the State Tournament.

# **RULE III - YOUTH BASKETBALL**

## **ARTICLE I - ELIGIBILITY**

### **SECTION A - AGE DIVISIONS**

- (1) The age Control Date is on or before September 1<sup>st</sup> of previous year.
- (2) There are (6) Boys and (4) Girls age divisions. The divisions are:
  - (a) Boys and girls ages 8 and under
  - (b) Boys and girls ages 9 and under
  - (c) Boys and girls ages 10 and under
  - (d) Boys and girls ages 11 and under
  - (e) Boys and girls ages 12 and under
  - (f) Boys and (girls) ages 14 and under
  - (g) Boys and (girls) ages 18 and under
- (3) A participant is allowed to compete in one division only. Youth participants may compete in an older youth age division provided they remain in that same older youth division for all games through all levels of youth basketball competition.
- (4) A person may compete in District and State levels of play provided he or she is not in violation of any rules or regulations in this Manual. (REF: Rule I)

### **SECTION B - ENTRIES**

- (1) An affiliate may enter into District Competition as many teams as it wishes to enter in all divisions provided the District does not establish an entry limit.
- (2) A District not conducting a District level tournament or playoff may allow two Affiliate teams to represent its District at the State level of competition in each age group.
- (3) Only persons whose names are approved on their Affiliate team's ARPA Official Roster, who meet all ARPA eligibility requirements, and who are representing an Affiliate not on current suspension for basketball may compete in ARPA games.
- (4) The ARPA Official Roster limit for players is fifteen (15) players.
- (5) State tournament shall consist of the winner and runner-up (runner-up can choose to not participate) of each age group from every district and/or sub district division plus the state tournament host team. Additional teams may be added to age groups if the host is able to accommodate. The request for additional teams shall go from the tournament host to all the district sports chairs.
- (6) When any District in the Alabama Parks and Recreation Basketball program reaches twelve (12) teams in any age group, they would be allowed to subdivide and be allowed to send a winner and runner-up from each division to the ARPA State Tournament.

## **ARTICLE II - REGULATIONS**

### **SECTION A - GOVERNING RULES**

- (1) ARPA basketball games at the State level of play are governed by the current rules and regulations of the Alabama High School Athletic Association Constitution and By-Laws with the exceptions found in this Manual.
- (2) The National Federation (National Alliance) Edition of Basketball Rule Book is the official guide for ARPA and AHSAA games with the exceptions as may be found in this Manual.

### **SECTION B - LENGTH OF GAMES**

<b>Age Division</b>	<b>Length of Game</b>
8 & Under Boys and Girls	Six (6) minute quarters
9 & Under Boys and Girls	Six (6) minute quarters
10 & Under Boys and Girls	Six (6) minute quarters
11 & Under Boys and Girls	Six (6) minute quarters
12 & Under Boys and Girls	Six (6) minute quarters
14 & Under Boys	Six (6) minute quarters
18 & Under Boys	Eight (8) minute quarters

**SECTION C - SPECIAL PROVISIONS**

- (1) A team must have five players (in any particular division) to start a game.
- (2) No form of tobacco is permitted on the playing court or in the bench area regardless of gymnasium rules.
- (3) There will be no full court press in the 10 & under and 9 & Under Basketball age groups until the last quarter. There will be no full court press in the 8 & under for the entire game.
- (4) Teams will be given two warnings concerning backcourt pressure. After the second warning if a violation occurs, a team technical will be assessed to the coach.
- (5) **8 & Under / 9 & Under / 10 & Under:** foul line will be three (3) feet shorter than regulation. Players will line up at the lane starting below the block. (**Exception:** When a hangover goal is used in the 8 & under division, foul shots will be taken from the regulation free throw line and players will line up in regulation positions.)
- (6) Teams must be present at site & ready to play at their designated game time. Game time is determined by the Tournament’s Official Bracket. Penalty: Forfeit.
- (7) The 3-point rule shall be allowed in all age divisions (boys and girls) in youth basketball.
- (8) A full court press is defined as any pressure applied on an offensive player in the backcourt, either on an inbounds or after change of possession while the ball is live.
- (9) **8 & Under:** During the last (1) one minute of the fourth quarter & overtime, the clock will stop on every made basket until the ball crosses half-court. Also, the clock will not start until the ball crosses half-court following a dead ball.
- (10) The 11 & under divisions will follow the same rules that govern 12 & under play.
- (11) A team cannot press (apply full court pressure on defense) if ahead by 20 or more points. This rule applies to all age divisions
- (11) **Mercy Rule:** Any time a team leads by 30 or more points at any point in the second half of a game the clock will run and only stop on timeouts and end of quarter.

**ARTICLE III - EQUIPMENT**

**SECTION A - APPROVED EQUIPMENT**

- (1) Shoes are mandatory for all play in all divisions. Shoes shall be smooth and soft-soled for athletic use.
- (2) Uniforms for all players shall be defined as a team shirt or jersey with legal numbers on the front and back, identical in style and color with other players on the same team. A technical foul will be given at the beginning of each game to teams that fail to have legal numbers on the front and back of the uniforms as per federation rules.
- (3) Basketballs, Goal Height and Free Throw Line Distance (please see table below):
  - (a) All basketballs that meet the current standards of the Alabama High School Athletic Association shall be used.
  - (b) No other basketballs except those approved above shall be used for ARPA games unless approved by the Recreational Sports Committee Chairperson.

<b>Age Division</b>	<b>Ball Size</b>	<b>Goal Height</b>	<b>Free Throw Line Distance</b>
8 & Under Boys and Girls	28.5" (women's ball)	8' Feet	12 Feet
9 & Under Boys and Girls	28.5" (women's ball)	10' Feet	12 Feet
10 & Under Boys and Girls	28.5" (women's ball)	10' Feet	12 Feet
11 & Under Boys	29.5" (men's ball)	10' Feet	15 Feet
11 & Under Girls	28.5" (women's ball)	10' Feet	15 Feet
12 & Under Boys	29.5" (men's ball)	10' Feet	15 Feet
12 & Under Girls	28.5" (women's ball)	10' Feet	15 Feet
14 & Under Boys	29.5" (men's ball)	10' Feet	15 Feet
18 & Under Boys	29.5" (men's ball)	10' Feet	15 Feet

**SECTION B - PLAYING COURT REQUIREMENTS**

Court specifications and height of goals shall be in accordance with the Alabama High School Association standards found in the National Federation Basketball Rule Book.

## **ARTICLE IV - GAMES AND AWARDS**

### **SECTION A - DISTRICT**

- (1) Each District shall have the right to conduct its own basketball tournaments for each division in a manner approved by the majority vote of participating District Affiliates provided any exceptions to the rules in this manual are approved by a District's State Recreational Sports Committee member. District or Affiliate Hosts are responsible for all District awards.
- (2) It is recommended that District Level competition in Basketball be completed as follows:
  - (a) All divisions (8 & Under, 9 & Under, 10 & Under, 11 & Under, 12 & Under, 14 & Under, and 18 & Under) must be complete by the last Saturday in February. All rosters must be signed off on before play begins on the last Saturday in February by a Rec Sports Committee Member. A committee member cannot sign off on rosters of the departments they are employed by.

### **SECTION B - STATE**

- (1) The State Tournaments in all divisions of basketball shall be single elimination to be scheduled on the following dates:
  - (a) All divisions (8 & Under, 9 & Under, 10 & Under, 11 & Under, 12 & Under, 14 & Under, and 18 & Under) to be played on the second Friday, Saturday and Sunday (if necessary) in March.
- (2) State Tournament pairings will be determined by Blind Draw by a group of at least 3 individuals composed of the State Recreational Sports Committee Chairperson, Tournament Director and District Recreational Sports Committee Members.
- (3) State Tournament Brackets are in the back of this Manual.
- (4) Trophies will be awarded to the Affiliates that finish first and second in each division. A sportsmanship trophy will be awarded in each age division. The Recreational Sports Committee Representatives and the Game Officials will determine the recipients of this award.

## **ARTICLE V - OFFICIALS AND PARTICIPANTS**

### **SECTION A - HOST**

- (1) The Host Affiliate shall provide a minimum number of competent adults for scorers and timers, a Tournament Director, and approved game officials in accordance with Rule II, Article IV, and Rule II, Article V, Section b, Paragraph 1 (a).
- (2) The Host Affiliate shall be responsible for proper conduct by Spectators.
- (3) The Host Affiliate shall be responsible for providing the game ball in accordance with ARPA specifications in these rules.
- (4) The Host Affiliate shall be responsible for seeing that the playing court and gymnasium meet ARPA specifications.  
**NOTE:** See Rule I, Article IV, Section B and C for tournament organizations and host responsibilities.
- (5) *The host shall be responsible for supplying warm-up balls.*

### **SECTION B - GAME OFFICIALS**

See Rule II, Article IV.

### **SECTION C - PLAYERS AND OTHER TEAM MEMBERS**

- (1) Any player, coach, manager, team scorer, or assistant disqualified for unsportsmanlike conduct including abusive language is ineligible for further participation in the game in progress and may be dismissed from ARPA competition by a State Recreational Sports Committee member, Tournament Director, or District Commissioner (at the District level only) subject to appeal by the dismissed person's affiliate.
- (2) The use of ineligible players in accordance with the Rules in the Manual shall result in forfeiture (of game and tournament). Burden of proof rests with the protesting Affiliate's representative (See Rule II, Article I, Section A, Paragraph 2).

## **ARTICLE VI - PROTESTS AND APPEALS**

See Rule II, Article I, Section A.

## **ARTICLE VII - FEES**

- (1) Districts will establish the fee schedule for their District tournaments.
  - (a) In addition to the above fees, there will be a onetime charge of \$10.00 per team to be paid to the State Office. Host will be responsible for collecting.
- (2) Fees from the ARPA State Basketball Tournament are to be set at \$150.00 per team.
  - (a) In addition to the above fees, there will be a onetime charge of \$25.00 per team to be paid to the State Office. Tournament host will be responsible for paying this fee to the state office.

# **RULE IV - FAST PITCH SOFTBALL**

## **ARTICLE I - ELIGIBILITY**

### **SECTION A - AGE DIVISIONS**

- (1) The age control date is prior to January 1st of the current year for all division.
- (2) There are eight (8) age divisions for fast pitch softball. The age divisions are:
  - (a) Girls 8 & Under.
  - (b) Boys 8 & Under.
  - (c) Girls 10 & Under.
  - (d) Boys 10 & Under.
  - (e) Girls 12 & Under.
  - (f) Boys 12 & Under.
  - (g) Girls 14 & Under.
  - (h) Boys 14 & Under.
- (3) A participant is allowed to compete in one age division only. Participants may compete in an older age division provided they remain in that same age division for all games and through all levels of ARPA fast pitch softball competition.
- (4) A participant may compete in the District and State level provided he or she is not in violation of any rules or regulations in this Manual. (REF: RULE 1)

### **SECTION B - ENTRIES**

- (1) An Affiliate may enter as many teams in District competition as it wishes to enter in all divisions provided the District does not establish any entry limit.
- (2) Only persons whose names are approved on their affiliate team's ARPA Official Roster, who meet all ARPA eligibility requirements, and who are representing an affiliate not on current suspension for fast pitch softball may compete in ARPA games.
- (3) The ARPA Official Roster limit for players is twenty (20) players, except for the 8 & Under Division which is thirteen (13).
- (4) State Tournament entries shall consist of teams from each district and a host Affiliate. Selection of teams will be at the discretion of the ARPA Recreational Sports District Representative.
- (5) At the end of the regular season, any team may participate in both ARPA District and State Competition, and USA District and State Competition as long as there is no conflict of dates between ARPA and USA.

## **ARTICLE II - REGULATIONS**

### **SECTION A - GOVERNING RULES**

- (1) ARPA games in fast pitch softball at the State level are governed by the current rules and regulations of the United States of America Softball with the exceptions found in this Manual. USA is formally ASA.
- (2) Each team must be USA sanctioned or pay current USA sanction fee (\$35) in addition to state entry fee.
- (3) "Official Fast Pitch Rules" (for use in all championship games of the USA) copyrighted by the International Joint Rules Committee on Softball and printed in the current edition of the Official Guide for USA is the accepted guide for ARPA games with the exceptions found in this Manual. Third strike rule will be used in all ARPA District and State Fast Pitch Softball competition.
- (4) 8 & Under Coach Pitch Softball Rules: (These rules apply only to 8 & under)

#### Field:

1. Pitching distance is 35'. Base distance is 60'.
2. Hash marks to be placed halfway between 1<sup>st</sup>/2<sup>nd</sup>, 2<sup>nd</sup>/3<sup>rd</sup>, and 3<sup>rd</sup>/home. A runner who has not advanced to halfway mark when time is called will be returned to previous base unless previous runner entitled to same.
3. A circle with an 8' radius will be drawn around pitching rubber.
4. An arc stretching from foul line to foul line 8' in front of home plate will be drawn and used as an additional foul line. A ball must be on or past this line to be fair.

#### Defense:

1. Free substitution with 4 outfielders, 6 infielders maximum
2. Outfield is defined as a minimum of 20' behind baseline.

Pitching:

1. A coach will pitch to his or her players. An 11" optic yellow softball to be used.
2. The pitcher (coach) may coach the batter prior to the pitch
3. The pitcher (player) must be beside or behind the coach (pitcher) at time of pitch, with at least one foot inside circle.
4. If the pitcher (player) fields the ball inside pitching circle and makes no attempt to make a play, all runners advance one base, including the batter to first base.
5. A batted ball which strikes the pitcher (coach) will be declared dead. Batter advances to first base, all other base runners advance one base forced or not.

Batting:

1. A batter will receive 5 pitches or 3 strikes, whichever occurs first
2. No walks.
3. No bunting.
4. No infield fly.
5. Each player is to be listed in the batting order. (13 maximum/8 minimum with an out taken for 9<sup>th</sup> batter)
6. In the first five innings, a team may bat a maximum of 10 batters or 3 outs, whichever comes first. In inning 6 or beyond, team bats until making 3 outs.

Base running/ time called:

1. Time is called when:
  - (a) Ball is returned to pitcher (player) who has both feet in circle and is in control of ball.
  - (b) The ball is returned to infield, is in control of a defensive player, and no runner is attempting to advance (in umpire judgment)
  - (c) Any time ball hits pitcher (coach) (thrown, hit, deflected)
  - (d) Pitcher (coach) interferes with a defensive play.
2. If the pitcher (coach) intentionally interferes with a defensive play, the runner nearest to home plate will be called out and no runner will advance.
3. No stealing.

Roster/time limit/mercy rule:

1. Four coaches per team (dugout, 1<sup>st</sup> base, 3<sup>rd</sup> base, pitcher coach)
2. 13 player maximum roster
3. A regulation game is 7 innings or 1 hour 30 minute time limit.
4. Mercy rule: 6 runs after 5 innings, 8 runs after 4 innings, 10 runs after 3 innings

**SECTION B - LENGTH OF GAMES**

- (1) All ARPA District and State level tournament games must be **regulation**. (Example: Game starts on Monday and is rained out in the second inning - game resumes at the next playable opportunity regardless of length of delay or postponement from the exact point that the game was delayed or postponed.
- (2) If after five (5) innings a team is eight (8) runs ahead, or after four (4) innings a team is ten (10) runs ahead, or after three (3) innings a team is twelve (12) runs ahead, the game shall be considered a complete game and awarded to the team that is ahead for all games.
- (3) For Girls 12 & Under, 10 & Under and 8 & Under, if after five (5) innings a team is six (6) runs ahead, or after four (4) innings a team is eight (8) runs ahead, or after three (3) innings a team is ten (10) runs ahead, the game shall be considered a complete game and awarded to the team that is ahead.
- (4) All State tournament games, except the championship game, in fast pitch softball will have a one (1) hour and thirty (30) minute time limit. It is recommended that the District tournaments do the same. No new innings will begin after the time limit, unless a tie and then the tiebreaker rule will be in effect.
- (5) **TIEBREAKER RULE:** If, after completion of nine innings of play, the time limit expires, or the score is tied, **THE FOLLOWING TIE-BREAKER WILL BE PLAYED TO DETERMINE A WINNING TEAM.**

Starting with the top of the tenth inning, and each half inning thereafter, the offensive team shall begin its turn to bat with the player who is scheduled to bat last in that respective half inning being placed on second base. (EXAMPLE: if the number five batter is the leadoff batter, the number four batter in the batting order will be placed on second base. A substitute may be inserted for the runner.)

**SECTION C- INCLEMENT WEATHER**

- (1) In the case of inclement weather or other acts of God that preclude the normal completion of the tournament as scheduled, or delays the tournament beyond reasonable completion time, the Tournament Director, in cooperation with the Protest Committee, has the authority to take the following actions in order to complete the tournament. The following list is not all-inclusive and is not in order of priority:
  - (a) Go to 5 inning games:
  - (b) Go to a single elimination tournament:
  - (c) Imposing a time limit for games:
  - (d) In extreme cases a combination of two or more of the previous options:

- (e) In the case where the tournament cannot be completed, actions to be taken by Tournament Director in conjunction with the Recreational Sports Committee.

## **ARTICLE III - EQUIPMENT**

### **SECTION A - APPROVED EQUIPMENT**

- (1) Shoes are mandatory for play in all fast pitch softball games.
  - (a) In addition to cleats; smooth or soft soled athletic shoes including tennis or basketball shoes are acceptable.
  - (b) No metal cleats.
- (2) Softballs
  - (a) A minimum of three (3) USA approved softballs must be available for each game.
  - (b) USA softballs shall be used for ARPA games approved by the State Recreational Sports Committee Chairman.
- (3) Helmets
  - (a) Approved batting helmets with chinstraps are required.

### **SECTION B - UNIFORM REQUIREMENTS**

- (1) A uniform for fast pitch softball is defined as a team shirt or jersey with numbers on the front and/or back, identical in style and color with the other players on the same team.
- (2) Uniforms (shirts and jerseys as described above) are required for ARPA competition.  
**NOTE:** Managers, coaches or teams scorers who coach the bases must be attired in staff shirts or softball jerseys identical in style and color. It is recommended that all players, coaches and bat persons be attired alike.
- (3) Team caps are not mandatory, but if worn, it is recommended that they be the same style and color for each team member.
- (4) Girls and women's playing shorts are acceptable, but girls and women are urged to use good judgment and discretion in selection of short-shorts or tight fitting shorts. It is recommended but not required that all players on a team wear the same color shorts.
- (5) Illegal uniforms will be treated as illegal equipment.

### **SECTION C- PLAYING FIELD REQUIREMENTS**

- (1) The following field specifications are required for games:
  - (a) Distance between bases shall be in accordance with current USA standards.
  - (b) Pitching distance shall be found in current USA rulebook.
  - (c) Minimum outfield fence distance from home plate shall not be less than 175'.
- (2) The batter boxes, coach's boxes, and "three feet" line halfway from home plate to the first base shall be in accordance with current USA rules.
- (3) The Affiliate Host shall be responsible for seeing that the playing field requirements meet ARPA specifications.

## **ARTICLE IV - GAMES AND AWARDS**

### **SECTION A - DISTRICT**

- (1) Each District shall have the right to conduct its own fast pitch softball tournament for each division in a manner approved by the majority vote of participating District Affiliates and provided any exceptions to the rules in this manual are approved by the District's State Recreational Sports Committee member. Districts or Affiliate hosts are responsible for all District awards.
- (2) A minimum of two (2) registered USA officials is recommended for District level games.
- (3) District Tournaments must be played two (2) weeks before the State Tournament.

### **SECTION B - STATE**

- (1) State Tournaments shall be double elimination in all age groups and hosted around the second weekend of July.
- (2) Pairing for the State Tournament will be determined by the tournament host and approved by the Recreational Sports Committee Chair.
- (3) The official USA Tournament bracket book will be used for all ARPA State Tournaments. Host should separate pairing teams from the same District in the opening round.
- (4) Trophies will be awarded to the teams that finish first and second in each division. **A sportsmanship trophy will be awarded in each age division. The Recreational Sports Committee Representatives and the Game Officials will determine the recipients of this award.**

- (5) A District not having a District Competition must decide on which six (6) teams from their District will compete in the State Tournament and must be submitted to the State Tournament Director by the District Recreational Sports Representative only, not by individual Affiliates.
- (6) Deadline for State Tournament Entry: 10 days prior to the tournament beginning. Entry should include fees, rosters, medical release and birth certificates if team did not play in District Competition.

## **ARTICLE V - OFFICIALS AND PARTICIPANTS**

### **SECTION A - HOST**

- (1) The Host Affiliate shall provide a minimum number of competent adults for scorers, a Tournament Director, and certified or registered Game Officials in accordance with Rule II, Article IV, and Rule II, Article V, Section B, Paragraph 1(b).
- (2) The Host Affiliate shall be responsible for providing softballs in the youth divisions in accordance with the rules in this manual.
- (3) The Host Affiliate shall be responsible for seeing that the playing field requirements meet ARPA specifications.

### **SECTION B - PLAYERS AND OTHER TEAM MEMBERS**

- (1) Any player, coach, manager, team scorer or bat person disqualified for unsportsmanlike conduct including abusive language is ineligible for further participation in the game in progress and may be dismissed from ARPA competition by a State Recreational Sports Committee member, Tournament Director or District Commissioner (at the District level only) subject to appeal by the dismissed person's Affiliate representative.
- (2) The use of two adults as Coaches is permitted in Coaches' boxes provided that both are attired in staff shirts or softball jerseys identical in style and color. It is recommended but not required that such shirts or jerseys be the same as those worn by the players and other team members.
- (3) On fast pitch softball teams in any division there shall not be more than twenty (20) players and three (3) adults to serve as coaches and/or scorers. Players and adults should be listed on the office ARPA Roster.
- (4) The use of ineligible players in accordance with the rules in this manual shall result in forfeiture from the tournament. Burden of proof rests with the protesting Affiliates representative. (See Rule II)

## **ARTICLE VI - PROTESTS AND APPEALS**

### **SECTION A - PROTEST FOR SOFTBALL RULES INFRACTIONS**

- (1) The Judgment Decision by an umpire on any play shall not be protested.
- (2) Protests on misinterpretation of the Rules are allowed to the Umpire-in-Chief if accepted as valid by the Tournament Director. The Tournament Director shall coordinate any protest and shall serve as the odd numbered member of the Tournament Protest Committee as determined prior to the game by the Affiliate Host in coordination with the Commissioner for District level competition and with the State Recreational Sports Chair for State levels of competition. If a protest is accepted by the Tournament Director, it must be made Affiliate representative. A full explanation of the protest will be recorded by the official scorer and retained in the official score book for reference. All such protests are to be immediately acted upon by the Protest Committee and before play is continued. The decision of the Protest Committee is final.
- (3) No protest on rules interpretation will be accepted after play continues following on alleged infraction.

### **SECTION B - APPEALS**

**NOTE:** See Rule II, Article I, Section A

## **ARTICLE VII - FEES**

### **SECTION A - FEES**

- (1) District will establish the fee schedule for their Tournaments.
  - (a) In addition to the above fees, there will be a one-time charges of \$10.00 per team to be paid to the State Office. Host will be responsible for collecting.
- (2) Fees from the ARPA State Fast Pitch Softball Tournament are to be set at \$150.00.
  - (a) In addition to the above fees, there will be a one-time charge of \$25.00 per team to be paid to the State Office. Host will be responsible for this fee.

# **RULE V - SWIMMING AND DIVING**

## **ARTICLE I – ELIGIBILITY**

### **SECTION A - AGE DIVISIONS**

- (1) The age control is on or before June 1st of the current year.
- (2) There are 6 age divisions for both boys and girls. The age divisions are:
  - (a) 6 & under
  - (b) 8 & under
  - (c) 9 & 10
  - (d) 11 & 12
  - (e) 13 & 14
  - (f) 15 & 18
- (3) A competitor may participate in one age division only during a single swimming or diving meet. For regular season meets, swimmers may swim up in another age group, but not down. For District and State championships, swimmers may swim up for the whole meet in relays only if they do not have enough in that age group. Swimmers are not allowed to swim down in District or State championship in any event.
- (4) A competitor may compete in District and state level meets provided he or she is not in violation of any rules or regulations of this Manual. (REF: Rule I)
- (5) Relay teams in District competition may qualify for the State Meet by affiliate name only. Name of relay participants are required, and relay participants may be changed, added or substituted, provided that their names appear on their affiliate's official ARPA Roster. For example, a relay change would be one based on sickness, which occurred between District and state or injury to a participant between preliminaries and finals. Any relay team and its participants disqualified will be ineligible to participate in that event at State.
- (6) Any relay team found to contain an ineligible swimmer or swimmers shall be disqualified and the alternate team shall be substituted.
- (7) A swimmer or diver cannot compete on two (2) swim teams at the same time during ARPA swimming season. This season begins June 1 and ends with the completion of the State Swimming and Diving Meet. A swimmer or diver may compete in ARPA Competition and U. S. Swimming Open Competition if the swimmer is representing the same ARPA team in both competitions. A swimmer or diver may compete in ARPA Competition and U. S. Open Competition if the swimmer is independently registered with U. S. Swimming and is swimming in U. S. Swimming Open Competition unattached.

### **SECTION B - FEES**

- (1) Districts will establish the fee schedule for their District Meet.
  - (a) In addition to the above-fees, there will be a onetime charge of \$1.00 per person to be paid to the State Office. Host will be responsible for collecting.
- (2) Fees for ARPA State Swimming and Diving Meet are set as follows:
  - (a) Individual entries \$4.00 per event
  - (b) Relay teams \$8.00 per team
  - (c) In addition to the above fees, there will be a onetime charge of \$2.00 per person paid to the State Office. Host will be responsible for this fee.

### **SECTION C - ENTRIES**

- (1) Each District will be responsible for holding their own swimming and diving meets anytime during the swim season.
- (2) The Host Team of the District Meet is responsible for turning in the entries to the Host City of the State Meet by 5:00 p.m. 10 days prior to the State Swim Meet. Entries shall consist of the following:
  - (a) Complete State Swim Meet Entry Forms (see appendix D-2).
  - (b) Official ARPA Roster Form or like program roster containing all ARPA roster info (see appendix B).
  - (c) Results of District Meet:
  - (d) Each district will be required to have a scratch meeting 30 minutes after the last event has concluded at each district meet. After the scratch meeting all entries are final.
  - (e) District money for total entries.
- (3) Only persons whose names are approved on their Affiliate's Official ARPA Roster and who meet all ARPA eligibility requirements and who are representing an affiliate not on current suspension for swimming and diving may compete in ARPA District and State Swim Meets.

- (4) District meets will recognize overall team performance. At district teams will be scored overall in comparison with one another. For example, if a district has six teams then 1<sup>st</sup> through 6<sup>th</sup> place will be announced. Scoring will use Meet Manager default scoring.
- (5) Team awards at State Championship Swim Meet will be divided into three divisions based on team size. Awards for 1st, 2nd & 3rd place will be awarded in each division. Divisions are classified as follows:
  - (a) Small Team Division (1-20 state meet participants)
  - (b) Medium Team Division (21-40 state meet participants)
  - (c) Large Team Division (41 & above state meet participants)

**Note:** Regardless of the number of participants a district has, the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> place finishers in the district meet will advance to the State meet, regardless of time. The 5<sup>th</sup> through 16<sup>th</sup> place finishers will advance to the State meet if they meet the qualifying time (16<sup>th</sup> place time from the previous year's meet).

- (6) If one of the qualifying swimmers is unable to go to the State Meet, the swimmer in the next place or qualifying time will advance to the State Meet.
- (7) When there is only one swim team in a district, qualifying places and times must be set at either a designated dual meet or a designated time trial with a representative of the ARPA Recreational Sports Committee present.
- (8) Individual competitors may enter a maximum of three individual swimming events, two relays and two diving events.
- (9) No exhibition swimming will be allowed at the State Meet.
- (10) Relay teams will be entered on District participation. The number of relay teams entered in District competition will be the number of teams a District may enter in the state meet. (i.e. If a District has two (2) teams, they may enter two relay teams; If a District has seven (7) teams, they may enter seven relay teams).
- (11) Relay teams will be turned in to the State Host by the District in team affiliate name only. All substitutes for relay teams must appear on affiliate's ARPA Team Roster and must have participated in a District meet.
- (12) Relay teams must be composed of members from one affiliate team and not a district-wide relay team or participants from more than one affiliate team.
- (13) All names of swimmers in individual events must be turned in to the State Host by the District Host. Any scratches and substitutes from a District must be turned in at the Scratch Meeting.
- (14) After the Scratch Meeting all entries are final.
- (15) All substitutions for individual events must have finished in descending order from 5<sup>th</sup> to 16<sup>th</sup> place in a District meet.
- (16) **Participants must compete at District in an individual event in order to compete at the State Meet in that same individual event. Relay time will not be used for qualifying individual events.**

## ARTICLE II - REGULATIONS

### SECTION A - GOVERNING RULES

- (1) The ARPA State Swimming & Diving Meet shall be governed by this Manual. In any situation which may not be covered by this Manual, the Meet Director, in consultation with the ARPA Swimming and Diving Sub-Committee (if they deem it necessary) shall have the authority to make the final decision.
- (2) All situations not specifically covered by this Manual concerning meet regulations shall be handled in accordance with the current United States Swimming Rules.

## SECTION B - EVENTS AND QUALIFYING TIMES

(1) Events in each age division for boys and girls are as follows (Length of competition in yards):

### 6 & Under

25 Freestyle  
25 Backstroke  
100 Free Relay

### 8 & Under

100 Medley Relay  
25 Freestyle  
50 Freestyle  
25 Breaststroke  
100 Individual Medley  
25 Backstroke  
25 Butterfly  
100 Freestyle Relay

### 9 & 10

200 Medley Relay  
50 Freestyle  
100 Freestyle  
50 Breaststroke  
100 Individual Medley  
50 Backstroke  
50 Butterfly  
200 Freestyle Relay  
1 Meter Diving

### 11 & 12

200 Medley Relay  
50 Freestyle  
100 Freestyle  
50 Breaststroke  
100 Individual Medley  
50 Butterfly  
50 Backstroke  
200 Freestyle Relay  
1 Meter Diving  
3 Meter Diving

### 13, 14, 15, 16, 17 & 18

200 Medley Relay  
50 Freestyle  
100 Freestyle  
50 Breaststroke  
100 Individual Medley  
50 Butterfly  
50 Backstroke  
200 Freestyle Relay  
1 Meter Diving  
3 Meter Diving

(2) Schedule of Competition:

Diving Events only are to be held on Thursday.

### 1 Meter Competition

Age Groups	Required Dives
10 & Under	Each will do a dive from the forward, back and inward groups. The fourth dive must come from-doubling up in any of the three groups mentioned. No dive in reverse or twisting groups will be allowed.
11 & 12	Each will do one dive from the forward, back, and inward, and twisting groups. They will not dive from the reverse position.
13 & 14	Each will do one dive from all five groups: Forward, back, inward, twisting, and reverse.
15 - 18	Each will do one dive from all five groups: Forward, back, inward, twisting, and reverse.

### 3 Meter Competition

12 & Under	One dive from the forward, back, inward, and twisting groups. They will not dive from the reverse position.
13 & 14	One dive from all five positions (groups): forward, back, inward, twisting and reverse.
15 - 18	One dive from all five positions (groups): forward, back, inward, twisting, and reverse.

**Scoring:** Scoring will be handled the same as U. S. Diving competition. Judges, points awarded, and degrees of difficulty will be governed by the U. S. Diving Rules.

### Order of Swim events

#### Friday

1. Medley Relay  
2. Breaststroke  
3. Short Freestyle  
4. Individual Medley

#### Saturday

1. Free Relay  
2. Butterfly  
3. Backstroke  
4. Long Freestyle

## **SECTION C - SPECIAL PROVISIONS**

- (1) All Rules for swimming and strokes, for starts and turns and for relays shall be taken directly from the current U. S. Swimming rulebook, unless otherwise stated in this Manual.
- (2) Rules for Diving:
  - (a) In diving competition, the Degree of Difficulty shall apply to all age groups and all dives.
  - (b) Divers cannot repeat required dives.
  - (c) No dive, whether required or optional, may be repeated. Otherwise, all dives of the same U. S. Diving number (whether layout, pike, or tuck) are to be considered the same dive.
  - (d) All Dives must be executed by the competitor, without any assistance from any other person, after the announcer has announced the name of the competitor and the dive which the diver is to execute. Penalty for obvious assistance shall result in a failed dive for that diver on the dive and be determined by the Referee. Assistance between dives may be permitted.
  - (e) Participants must be present at site & ready to participate at their designated time. Event time is determined by the Tournament's Official Bracket. Penalty: Forfeit.

## **ARTICLE III - EQUIPMENT AND TIMING**

### **SECTION A - FACILITIES AND EQUIPMENT**

- (1) The facility for the State Meet shall meet standards as set forth by the U. S. Swimming, for a six-lane pool.
- (2) The pool shall be equipped with acceptable starting blocks on both ends.
- (3) The pool shall be equipped with lane dividers, backstroke flags, and a recall rope.
- (4) Distances: District and state swim meets will take place on the 25 yard courses if possible. The next priority of course will be 25 meters. (only the Host who cannot provide the short course because of facilities will be allowed to use the long course of 50 yards or 50 meters.) In the event that only the long course is available, the Recreational Sports Committee must approve modifications. Times for meters must be converted to yards by the District Host. The formula for conversion will be:
  - (a) YARD TO METER  
Y = Yard time in seconds  
M = Meter time in seconds  
T = Difference in turns from yards to meters  
 $(Y \times 1.1) + T = \text{Meter Time}$
  - (b) METER TO YARD  
Y = Yard time in seconds  
M = Meter time in seconds  
T = Difference in turns from meters to yards  
 $(M - T) \text{ divided by } 1.1 = \text{Yard Time}$
- (5) All other times as necessary for the successful operation of the meet, such as adequate seating, restrooms, concessions, watches, pistols, etc., shall be provided by the Host Agency for District or state competition.

### **SECTION B - TIMING**

- (1) Fully automatic, electronic timing with touch pads shall be required for all state level swimming competition and is highly recommended for District competition. Times shall be reported in two decimal places only (100ths of a second). In case of a tie to the hundredth of a second, thousandths may be used to determine the correct order of finish. Times shall still be listed in hundredths only. All state records shall be reported to the hundredth of a second with no rounding off.
- (2) Two backup timing systems shall be available at all times when electronic timing is being used. This should consist of a manual backup built into the timing system to obtain a minimum of 3 additional times other than the touch pad. These manual backups may be one or more black buttons (pickles) as well as one or more stop watches per lane. If 1 pickle, then 2 or more stop watches. If 2 pickles, then 1 stop watch is sufficient. Two across-the-board finish judges shall be used at all times for such a backup.

## **ARTICLE IV - MEETS AND AWARDS**

### **SECTION A - DISTRICT**

- (1) Each District shall have the right to conduct its own swimming and diving meet in a manner approved by the majority of participating affiliates provided any exception to the rules in this manual are approved by its State Recreational Sports Committee members. District or host affiliates are responsible for all District awards.
- (2) Seeding of all entries in swimming events shall be done in accordance with U. S. Swimming Rules. Divers in each event shall be arranged in a random pattern.
- (3) The state swim meet shall be a timed final to be scheduled on the following dates:
  - (a) The last Friday and Saturday in July.
  - (b) Diving will be on the last Thursday in July.
- (4) Medals shall be awarded to first through eighth place, winners in every swimming and diving event.

## **ARTICLE V - DISQUALIFYING AND PROTESTS**

A participant may be disqualified from an event for failure to swim a stroke correctly, a false start after one has been charged to the field, or unsportsmanlike conduct. Any protest or clarification of this decision must come from the Affiliate representative. No parents shall be allowed to file a protest or approach any official while the meet is in progress, such behavior will be subject to the disqualification of the swimmer for the duration of the meet. A protest shall be filed with the Meet Director, who then has the authority to take it to the State Swimming and Diving Sub-Committee if they deem it necessary, or to make a ruling on the spot.

The Host Agency shall be responsible for providing all officials necessary for the proper management of the State Meet including diving judges, timers, scorers, clerk or course, awards personnel, announcer, and any others deemed necessary by the Host Agency.

A committee will be appointed by the Recreational Sports Committee to serve as the governing body of the competitive sports event. The Host City must be responsible for the housing of this committee. This committee shall not exceed 5 people

# **RULE VI - SOCCER**

## **ARTICLE I - ELIGIBILITY**

### **SECTION A - AGE DIVISIONS**

- (1) The age control date is on or before July 31<sup>st</sup> of the current year.
- (2) There are five age divisions for youth. The age divisions for boys and *girls* are:
  - (a) 8 and Under boys      (f) 8 and Under girls      (k) 19 and Under boys
  - (b) 10 and Under boys    (g) 10 and Under girls    (l) 19 and Under girls
  - (c) 12 and Under boys    (h) 12 and Under girls
  - (d) 14 and Under boys    (I) 14 and Under girls
  - (e) 16 and Under boys    (j) 16 and Under girls

\*Co-ed teams must play in the boys division
- (3) A participant is allowed to compete in one age division only. Participants may compete in an older age division provided they remain in that same age division for all games and through all levels of soccer competition.
- (4) A participant may compete in the District and state level provided he or she is not in violation of any rules or regulations in this Manual. (REF: RULE 1)

### **SECTION B - ENTRIES**

- (1) At the District level, an affiliate may enter as many teams as it wishes in all divisions provided the District does not establish an entry limit.
- (2) A District not conducting a District level tournament or playoff may allow one affiliate team to represent its District at the State level of competition.
- (3) Only persons whose names are approved on their affiliate team's ARPA Official Roster, who meet all ARPA eligibility requirements, and who are representing an affiliate not on current suspension for soccer may compete in ARPA games.
- (4) The ARPA Official Roster limits
  - (a) 8 and under divisions – 12 Players
  - (b) 10 and under divisions – 12 Players
  - (c) 12 and under divisions - 14 Players
  - (d) 14 and under divisions - 18 Players
  - (e) 16 and under divisions - 18 Players
  - (f) 19 and under divisions – 18 Players
- (5) State Tournament entries for each age group shall consist of up to nine teams, one representative from each District and a host Affiliate. If the entries fall below eight teams, the State Recreational Sports Committee Chairperson may add teams from other cities participating in their district tournament to insure an eight team bracket. A non-first place team's acceptance will be prioritized by their finish in their district tournament.

## **ARTICLE II - REGULATIONS**

### **SECTION A - GOVERNING RULES**

- (1) The current rules governing US Soccer Federation is the official guide for State ARPA games with the exceptions as may be found in this Manual.

### **SECTION B - LENGTH OF GAMES**

- (1) Game times will be as follows:
  - (a) 8 and under divisions - 20 minute halves.
  - (b) 10 and under divisions - 25 minute halves.
  - (c) 12 and under divisions - 30 minute halves.
  - (d) 14 and under divisions - 35 minute halves.
  - (e) 16 and under divisions - 40 minute halves.
  - (f) 19 and under divisions – 45 minute halves.

- (2) Half time intervals shall not exceed 10 minutes.
- (3) If the game is tied after regulation time periods, then penalty kicks shall be taken only by those players who are on the field at the conclusion of the regulation period. Each team will select five players who will alternate these kicks. If the game still remains tied after the five penalty kicks, then the teams will take alternate penalty kicks until one team scores and the other does not.

### **SECTION C- SUBSTITUTIONS**

- (1) Either team may substitute an unlimited number of players:
  - (a) Between periods;
  - (b) On a goal kick;
  - (c) When a goal has been scored;
  - (d) When the referee stops the clock for any reason and an injured player(s) is attended to on the field (the injured player must be replaced);
  - (e) When a player is cautioned;

**EXCEPTION:** During a penalty kick situation:

- 1) The only substitution permitted is for a player that has been injured or cautioned;
- 2) A substitute entering at this time shall not take the penalty kick;
- 3) Only the team gaining possession may substitute 1) on a throw-in; 2) on a corner kick.

## **ARTICLE III - EQUIPMENT**

### **SECTION A - APPROVED EQUIPMENT**

- (1) Shoes with metal cleats are prohibited. Shoes with rubber cleats or tennis shoes are approved for use.
- (2) The approved soccer balls for divisions are as follows:
  - (a) The State Recreational Sports Committee Chairperson must approve all soccer balls.

### **SECTION B - UNIFORM REQUIREMENTS**

- (1) Players on a team must wear the same color jerseys, including numbers, with the exception of the goalkeeper. The goalkeeper will wear a jersey of a different color over his team jersey and does not require a number.

### **SECTION C - FIELD DIMENSIONS**

- (a) 8 and under divisions – 35yds/45yds width – 45yds/60yds length
- (b) 10 and under divisions - 35yds/45yds width – 45yds/60yds length
- (c) 12 and under divisions - 45yds/55yds width – 70yds/80yds length
- (d) 14 and under divisions - 50yds/80yds width – 100yds/120yds length
- (e) 16 and under divisions - 50yds/80yds width – 100yds/120yds length
- (f) 19 and under divisions – 50yds/80yds width – 100yds/120yds length

## **ARTICLE IV - GAMES AND AWARDS**

### **SECTION A - DISTRICT**

- (1) Each District shall have the right to conduct its own soccer tournament for each age division in a manner approved by the majority vote of participating District Affiliates and provided any exceptions to the rules in this Manual are approved by a District's State Recreational Sports Committee member. District or Affiliate Hosts are responsible for all District awards.
- (2) District level competition in soccer is to be completed as follows:
  - (a) All divisions by the first Saturday in November.

## **SECTION B- STATE**

- (1) The State Tournament in all divisions of soccer shall be divided into pool play. The teams in each pool will play a round-robin schedule. At the end of pool play the top team in the pools will advance to the final games. All teams will be guaranteed a minimum of two games in their pool play.

The point system that shall be used during round-robin play to determine a winner in a pool shall be three (3) points for a win, and zero (0) points for a loss. If teams are tied at the end of pool play the following tie breaking system will be used:

1. If the game is tied after regulation time periods, then penalty kicks shall be taken only by those players who are on the field at the conclusion of the regulation period. Each team will select five players who will alternate penalty kicks. If the game still remains tied after five penalty kicks, then the teams will take alternate penalty kicks until one team scores and the other does not.
  2. Head-to-head competition.
  3. Total number of goals scored (maximum of 3).
  4. Total number of goals allowed (maximum of 3).
- (2) Pairings for the State Tournaments will be determined by the State Recreational Sports Committee Chairperson and the Tournament Director.
  - (3) Trophies will be awarded to the Affiliates that finish first and second in each division. **A sportsmanship trophy will be awarded in each age division. The Recreational Sports Committee Representatives and the Game Officials will determine the recipients of this award.**
  - (4) **Played on the third weekend in November.**

## **ARTICLE V - OFFICIALS AND PARTICIPANTS**

### **SECTION A- HOST**

- (1) The Host Affiliate shall provide a Tournament Director as well as “registered” officials or above, in accordance with Rule I, Article IV, Section C, Paragraph 2; Rule II, Article IV, Section B, Paragraph 1(e).
- (2) The Host Affiliate shall be responsible for proper conduct by spectators.
- (3) The Host Affiliate shall be responsible for the game balls in accordance with ARPA specifications in these rules.
- (4) The Host Affiliate shall be responsible for seeing that the playing field requirements meet ARPA specifications.

### **SECTION B - GAME OFFICIALS**

- (1) Either the two- or three-man referee system is permitted. (a) If the two-man system is employed, both referees have to be “Registered” or above, and has complete charge of the game, while the two linesmen are designated “assistant officials” and aid the referee, indicate when the ball is in or out of play, and which team is offside, entitled to corner kick, goal kick, or throw-in.

### **SECTION C - PLAYERS AND OTHER TEAM MEMBERS**

- (1) Any player, coach, manager, team scorer or assistant disqualified for unsportsmanlike conduct, including abusive language is ineligible for further participation in the game in progress and may be dismissed from ARPA competition by a State Recreational Sports Committee Member, Tournament Director, or District Commissioner (at the District level only) subject to appeal by the dismissed person’s affiliate.
- (2) The use of ineligible players in accordance with the Rules in the Manual shall result in forfeiture (of game and tournament). Burden of proof rests with the protesting Affiliate representative person. (see Rule II).
- (3) Players who are ejected (red carded) from any game during ARPA State Competition will not be permitted to play in their teams next scheduled competition. Two cautions (2 yellow cards) will have the same penalty as a red card.

## **ARTICLE VI - PROTESTS AND APPEALS**

Protests and appeals are authorized only under the stipulations found in Rule II, Article I, Section A of this Manual.

## **ARTICLE VII - FEES**

- (1) Districts will establish the fee schedule for their District tournaments.
  - (a) In addition to the above fees, there will be a onetime charge of \$10.00 per team to be paid to the State Office. Host will be responsible for collecting.
- (2) Fees from ARPA State Soccer Tournaments are to be set at \$150.00.
  - (b) In addition to the above fees, there will be a onetime charge of \$25.00 per team to be paid to the State Office. Host will be responsible for this fee.

## Soccer Guide

<b>Age Group</b>	<b>Goal/ Ball Size</b>	<b>Team/ Match Size</b>	<b>Field Size Width Min/ Max</b>	<b>Field Size Length Min/ Max</b>	<b>Game Duration</b>	<b>Roster Size</b>
8 & Under	6X18 Size 3 ball	7v7	35yds/45yds	45yds/60yds	2 x 20 Min Halves	12 players
10 & Under	6X18 Size 4 ball	7v7	35yds/45yds	45yds/60yds	2 x 25 Min Halves	12 players
12 & Under	6X18 Size 5 ball	9v9	45yds/55yds	70yds/80yds	2 x 30 Min Halves	14 players
14 & Under	8X24 Size 5 ball	11v11	50yds/80yds	100yds/120yds	2 x 35 Min Halves	18 Players
16 & Under	8X24 Size 5 ball	11v11	50yds/80yds	100yds/120yds	2x 40 Min Halves	18 players
19 & Under	8X24 Size 5 ball	11v11	50yds/80yds	100yds/120yds	2 x 45 Min Halves	18 players

# **RULE VII - ARCHERY**

## **ARTICLE I - ELIGIBILITY**

### **SECTION A - AGE DIVISIONS**

- (1) The age control date is on or before August 1st of the current year.
- (2) There are three age divisions and two classifications (Bare bow and Open Class).

#### **Bare bow Classification**

- |                          |                           |
|--------------------------|---------------------------|
| (a) Cubs - 10-12 boys    | (d) Cubs - 10-12 girls    |
| (b) Youth– 13-14 boys    | (e) Youth – 13-14 girls   |
| (c) Juniors – 15-18 Boys | (f) Juniors – 15-18 girls |
- (g) Therapeutics - 18& Up men (h) Therapeutics - 18 & Up women

#### **Open Classification**

- |                          |                           |
|--------------------------|---------------------------|
| (a) Cubs - 10-12 boys    | (d) Cubs - 10-12 girls    |
| (b) Youth– 13-14 boys    | (e) Youth – 13-14 girls   |
| (c) Juniors – 15-18 Boys | (f) Juniors – 15-18 girls |

- (3) A participant is allowed to compete in one age division only.

### **SECTION B – ATHLETIC FEES**

- (1) Fees for the ARPA Archery Competition are set as follows.
  - (a) \$15 per archer
  - (b) \$5 of the entry fee will paid to the State Office by host.

### **SECTION C - ENTRIES**

- (1) Affiliates may enter an unlimited amount of participants.
- (2) Only persons whose names are approved on their Affiliate’s Official ARPA Roster and who meet all ARPA eligibility requirements and who are representing an affiliate not on current suspension may compete in ARPA Archery.
- (3) Affiliates must send registration information to host 10 days prior to the State competition.
- (4) Archers may only enter Open Class or Bare bow, not both.

## **ARTICLE II - REGULATIONS**

### **SECTION A- GOVERNING RULES**

- (1) The ARPA State Archery competition shall be governed by this manual. In any situation which may not be covered by this manual, the Range Officer, in consultation with the on-site ARPA Rec. Sports Committee (if they deem it necessary) shall have the authority to make the final decision.
- (2) All situations not specifically covered by this Manual concerning meet regulations shall be handled in accordance with the current Alabama NASP guidelines.

### **SECTION B – EVENTS**

- (1) Events in each age division for boys and girls are as follows.
  - (a) Cubs – 10 meters – bare bow
  - (b) Cubs – 15 meters – bare bow
  - (c) Youth – 10 meters – bare bow
  - (d) Youth – 15 meters – bare bow
  - (e) Youth – 20 meters – bare bow
  - (f) Juniors – 10 meters – bare bow
  - (g) Juniors – 15 meters – bare bow
  - (h) Juniors – 20 meters – bare bow
  - (i) Cubs – 15 meters – open class speed limit 230\*
  - (j) Cubs – 20 meters – open class speed limit 230\*
  - (k) Youth – 15 meters – open class speed limit 240\*
  - (l) Youth – 25 meters – open class speed limit 240\*

- (m) Youth – 30 meters – open class speed limit 240\*
- (n) Juniors – 25meters – open class speed limit 260\*
- (o) Juniors – 30meters – open class speed limit 260\*
- (p) Juniors – 35 meters – open class speed limit 260\*
- (q) Therapeutics – 10 meters – bare bow

- (2) \*All speeds will be verified by shooting through a chronograph for the practice official prior to shooting in the tournament.
- (3) Each participant will shoot 5 practice shots at each distance prior to shooting for score

### SECTION C – SPECIAL PROVISIONS

- (1) Whistle Signals: whistle commands will be used to operate the range.
  - (a) 5+ whistles for an emergency
  - (b) 2 whistles to “get bow”
  - (c) 1 whistle to “shoot”,
  - (d) 3 whistles to “go get arrows”
- (2) Range Set-Up:
  - (a) Target faces (paper)
    - 1. Bare bow will be the standard 80 cm FITA face with 10 scoring rings.
    - 2. Open class recurve will be the standard 80 cm FITA face with 10 scoring rings.
    - 3. Open class compound will be the standard 60 cm FITA face with 10 scoring rings.
  - (b) The target line will be approximately 2 meters from the target butts.
  - (c) There will be 10, 15, 20, 25, 30, and 35 meters shooting lines.
  - (d) The waiting line will be at least 4 meters beyond the 20 meter shooting line.
- (3) Arrows Handling and Moving on the Range: safety rules must be followed
  - (a) Archers must walk when moving about the range
  - (b) Archers must stay behind the waiting line until the 2 whistle command is given.
  - (c) The archer must pre-draw, draw and aim in a manner to keep the arrow pointed safely below the top of the backstop curtain at all times.
  - (d) Archers must have one foot on each side of the shooting line with “bows on toes” before shooting begins.
  - (e) The tournament-provided arrow quiver must be placed ON the shooting line in FRONT of the archer.
  - (f) Archers must be safely behind the target line while arrows are being pulled.
  - (g) Points must be covered with one hand and shafts grasped just below the vanes with the other when carrying arrows.
- (4) Order of Shooting:
  - (a) Each archer will shoot one practice end of 5 arrows at 10 meters and then shoot 2 scoring ends of 5 arrows (10 arrows total) at 10 meters. This will be repeated at 15 and 20 meters.
  - (b) Archers will have 2 minutes to shoot each 5-arrow end.
  - (c) An arrow that bounces off the target may be shot again as instructed by range officials or immediately after the 3<sup>rd</sup> end of each shooting distance.
  - (d) A dropped arrow will be left on the floor and replaced by a range official.
- (5) Scoring:
  - (a) All arrows must be scored before any arrow or the target’s face is touched to avoid affecting the score of un-scored arrows remaining in the target.
  - (b) Beginning in the center of the target, scoring rings are 10, 9, 8, 7, 6, 5, 4, 3, 2, & 1.
  - (c) An arrow touching the line is awarded the higher ring value.
  - (d) An arrow that isn’t in a scoring ring is awarded “O” points.
  - (e) An arrow that skips off the floor and strikes the target is scored where it lands.
  - (f) An arrow that skips off the floor and bounces off the target is treated as a bounce-out.
  - (g) An arrow that “robin –hoods” another arrow receives the value of the arrow in the target.
  - (h) The “X” ring in the center of the 10 scoring ring is simply scored as a 10.
  - (i) Each score card must be signed by the archer at the conclusion of shooting and scoring.
  - (j) Only the student archer and tournament officials will be allowed downrange of the waiting line.
  - (k) Judges will call disputed arrows.
  - (l) Disqualification may occur if an archer takes the scorecard to the coach or other unofficial person(s).

- (6) Dress Code – It is important that participants remain safe and comfortable. Therefore:
- (a) All archers must wear close-toed shoes. (Bare feet and sandals are not allowed)
  - (b) Hair and jewelry should be worn in a way not to cause safety concerns.
  - (c) Behavior considered disruptive, unsafe, or otherwise inappropriate at the event may result in ejection.

### **ARTICLE III - EQUIPMENT**

#### **SECTION A - EQUIPMENT**

- (1) Bows
  - (a) Bare bow (No sights, stabilizers, or release aids allowed). All bare bows must have 30 pound draw weight or less
  - (b) Open Class (shoot what you bring).
    - i. Must shoot below speed limit for each age group.
    - ii. Must be able to safely pull back the draw weight of their bow while shooting through a chronograph for the practice official
- (2) Arrows:
  - (a) Bring your own
  - (b) Arrows must have a mark identifying them as your arrows.
- (3) All bows and accessories used by participants may be subjected to a thorough inspection by tournament officials. Anyone found using disallowed equipment or modifications will forfeit their awards and be disqualified from the rankings.

### **ARTICLE IV - GAMES AND AWARDS**

#### **SECTION A –STATE**

- (1) Played on the second weekend of August.
- (2) After shooting a total of 30 arrows, the cumulative score will be added. Awards will be given to 1<sup>st</sup>-3<sup>rd</sup> place individual boys and girls in each age group in bare bow and open class.

### **ARTICLE V - OFFICIALS AND PARTICIPANTS**

#### **SECTION A- HOST**

- (1) The Host Affiliate shall provide a Range Officer as well as competent judges to score the meet (one judge per target).
- (2) The Host Affiliate shall be responsible for proper conduct by spectators.
- (3) The Host Affiliate shall be responsible for seeing that the archery range meets ARPA specifications.
- (4) The Host Affiliate will be responsible for checking bows. Bows must be 30lb draw weight or less.
- (5) The Host Affiliate will provide a limited amount of on-site loaner bows.

#### **SECTION B - PLAYERS**

- (1) Any unsportsmanlike conduct may result in ejection from the meet.

### **ARTICLE VI - PROTESTS AND APPEALS**

Protests and appeals are authorized only under the stipulations found in Rule II, Article I, Section A of this Manual.

# RULE VIII – TRACK & FIELD

## AGE GROUPS:

7 and 8 year old Boys & Girls  
9 and 10 year old Boys & Girls  
11 and 12 year old Boys & Girls  
13 and 14 year old Boys & Girls

## FEE'S:

District fee is: \$2 per person paid to the state office and the District sets the amount per event/relay team. Admission gate is \$2.00  
State fee is \$2 per person paid to the state office and \$4 per event/\$8 for relay team paid to the city hosting the event. Admission gate is \$5.00

## AWARDS:

District meets will award ribbons to the top three in each age group and each event.  
State meet will award medals to the top three in each age group and each event.  
\*\*Awards must be presented at District & State Meet.

## HIGHLIGHTS OF THE RULES

1. The only restriction for participation is age. A participant's age on or before December 31st of the current year.  
**A participant must compete in his/her age group and sex division.**
2. See Article 1 Section E for eligibility to participate.
3. Participants may not wear shoes designated for spikes. In field events, any shoes designed for turf sports are not allowed.
4. Participants may not compete in their bare feet, slippers or socks.
5. Participants may not wear jewelry, hair beads and decoration, or sunglasses (unless prescription).
6. Starting blocks are not permitted.
7. A participant may compete in only four events.
8. A participant who displays unsportsmanlike conduct will be disqualified from meet in progress and shall not advance to the next level of competition.
9. Times will be recorded to the nearest 100<sup>th</sup> of a second and distances will be measured in feet and inches to the nearest one quarter inch.
10. Each running competitor is allowed one false start.
11. All winners in their city meets must have their age verified at the local level of competition.
12. In the relay, the acceleration zone will not be used and aids may not be used.
13. Lane and position can be drawn by chance or seeded.
14. In the event of inclement weather a decision to postpone or cancel a meet must be made by noon on the date of the event.

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## Rule 1

### Definitions

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#### Section 1

##### Field events

Article 1 A flight is a round of trials for contestants in the Softball Throw and the Standing Long Jump.

Article 2 A foul is one which is counted as a trial, but which is not measured because of some violation of the rules.

Article 3 The scratch mark is the line which is used in the Standing Long Jump and the Softball Throw to mark the limit beyond which a competitor may not touch during competition.

Article 4 All field events in will be measured in feet and inches to the nearest one quarter inch.

#### Section 2

##### Finish

Article 1 A dead heat is a situation in which two runners cross the finish line at exactly the same instant. This results in a tie if winning places are involved.

#### Section 3

##### General Conditions

Article 1 To scratch is to designate the withdrawal of an entry before the competition begins.

Article 2 No spikes or shoes designated for spikes will be allowed on the track. In field events, any shoes designed for turf surface sports (natural or artificial) are not allowed, e.g., football/soccer shoes. The participant's shoe cannot be used to gain an advantage. Any violation of this rule will cause disqualification of the participant in the event in which the illegal shoes were worn. A shoe is a covering for the foot and must be used

by participants. The Aqua Sock (or similar footwear) is permissible. The use of ballet-type slippers or socks does not meet the requirements of this rule. No athlete will be allowed to compete in bare feet.

Article 3 The proper track uniform consists of a minimum of a jersey or blouse, boxer-type trunks or shorts, sweats, long pants, leotards or tights which are not objectionable, and shoes. Jewelry, hair beads and decoration, sunglasses (except prescription) shall not be allowed during competition. \*\*State and District meets require all runners representing their city wear matching tops.

Article 4 Unsportsmanlike conduct is conduct which is unfair or language which will bring discredit to the individual or the team: disrespectfully addressing an official; using profanity; criticizing an opponent or an official; throwing a baton following a relay.

#### **Section 4**

##### **Relays**

Article 1 The baton is the implement which is used in a relay race and is handed by each runner to the succeeding teammate.

Article 2 An exchange zone is designated for exchanging the baton during relay races. It is an area the width of one lane and 20.11 meters (22 yards) long.

Article 3 A relay is a race during which four runners participate as a team. An individual leg of the relay is finished when the incoming runner passes the baton to the succeeding runner.

Article 4 A relay leg is the distance over which one runner of a relay team must run. Each runner may run only one leg of the relay.

Article 5 In the sprint relay, outgoing runners waiting for the baton must take positions and begin running inside the passing (exchange) zone. The baton will be passed within the exchange zone (it is only the position of the baton which is decisive and not the position of the body or limbs of the competitor).

#### **Section 5**

##### **Starting**

Article 1 The starting runner may not touch the scratch line or the ground in front of it until after the starting gun has been fired.

Article 2 A staggered start is a method of equating the distance for all competitors when a race is run in lanes around one or more curves (200M or 400M). The runner or relay team assigned to the second and each succeeding lane starts a specified distance ahead of the runner on the left.

Article 3 In the 800 and 1600 meter races, a curved starting line (waterfall) will be used so that each competitor will run the same distance going into the curve.

Article 4 Starting blocks are not permitted.

#### **Section 6**

##### **Track events**

Article 1 Course is a general term used to indicate the path of a runner. In races where each runner is required to remain in a specified lane, the course is the same as the lane.

Article 2 To jostle is to run against or elbow another runner. It is a form of crowding or bumping between two runners which hampers or impedes on of them.

Article 3 A lane is the course which is marked on the track for a race. A runner must stay in this prescribed path unless informed otherwise by the starter. Lanes vary in width depending upon the size of the track and the number desired for a given meet. Lanes should be one meter, seven centimeters (42 inches) wide whenever possible.

Article 4 A runner is a participant in a race. Other terms used to designate a participant are contestant and competitor.

**Section 7**  
**Track meet**

Article 1 All distances except field events will be measured in meters. Field events will be measured in feet and inches to the nearest one quarter inch.

Article 2 The Recreation Sports Committee is the administrative body responsible for the proper conduct of a track meet.

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**Rule 2**  
Competitors & Attendants

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**Section 1**  
**Participation limitation**

Article 1 Each competitor is individually responsible for promptly reporting for each event entered once the announcement is made to report to the bull pen. A first call, second call and final call will be made by the announcer. He or she must report to the Clerk of Course or bullpen for any running event or the designated area for field events.

Article 2 Each competitor may compete in four events at each level of competition.

Article 3 Attendants may not accompany a competitor to the starting area. Any competitor will be disqualified if, in the opinion of the meet referee, the runner has in any way been aided by a coach, teammate, staff, volunteer, or anyone connected directly or indirectly with the individual concerned. Such aid includes running alongside a teammate, being stationed at various points near the track, or located near any of the field events for the purpose of aiding or coaching the competitor after the race or field event has been started. Coaches or parents will not be allowed in the competition area to include the bullpen.

Article 4 A competitor officially becomes a participant when he or she, or a relay team of which they are a member, reports to the Clerk of Course or to the Judge of a field event in which he or she is entered. Participant will not be permitted to enter the competition after the Clerk closed the entries in the running events, or in the field events after the Judge has determined the places for the competition.

**Section 2**  
**Disqualification**

Article 1 Any competitor who is disqualified for unsportsmanlike conduct shall be ineligible for further participation in the meet in progress and shall not advance to the next level of competition. Unsportsmanlike conduct is defined as a competitor who displays inappropriate behaviors or willfully fails to follow the direction of the meet referee and/or meet director.

Article 2 Any competitor who is disqualified for competing in more than one city or district meet shall be ineligible for further participation in the meet in progress and shall not advance to the next level of completion.

Article 3 Any competitor who is disqualified for competing in the wrong age group/ wearing illegal shoes/ aiding a participant directly or indirectly by accompanying participant to the starting area, running alongside participant, being stationed at points along the track to aid/coach participant/ or exceeding the allowed event limit shall be disqualified from that event.

Article 4 At the State Meet, any cause for disqualification shall first be discussed with the competitor's ARPA Representative. At the District Meet and City Meets, the meet director or his/her representative will inform the ARPA Representative.

Article 5 Protests are covered in Rule II Article 1 of the Recreational Sports Manual. Protests must be made within 30 minutes after the posting of event times and distances in the event of a disqualification.

**Section 3**  
**Uniforms**

Article 1 A competitor must be in the proper track uniform.

Article 2 State and District meets require all runners representing their city wear matching tops, shorts (gym trunks, sweats, long pants, leotards or tights which are not objectionable), and shoes. Relay teams may run in leotards or tights which may or may not match in color.

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**Rule 3****Awards**

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**Section 1****Awards**

Article 1 The number of ribbons given at the city meet is left up to the city itself to decide. District meets will award ribbons to the top three in each age group and each event. State meet will award medals to the top three in each age group and each event. Awards must be presented at the track meet.

Article 2 Team awards will be given based on the following scoring method for each event.  
(1st – 10pts / 2nd – 8pts / 3rd – 6pts / 4th – 4pts / 5th – 2 / 6th – 1pts)

**Section 2****Ties**

Article 1 A tie in a running event occurs when two or more runners cross the finish line at exactly the same time. If the time is equal, the runner with the higher picked place is the winner. If place and time are the same, the persons involved will rerun the race at an appropriate time during the meet. When two or more runners or relay teams, running in separate heats or sections, have identical times, those involved will rerun the race at an appropriate time during the meet.

Article 2 When there is a tie for places in field events determined by distance, the higher place is awarded to the competitor whose second best performance is better than the second best performance of any other competitor tied for that place.

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**Rule 4****Start & finish**

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**Section 1****Start**

Article 1 The starting of each race shall be done by the report of a pistol fired so that its smoke or flash will be visible to the timers. A starting pistol of any caliber may be used.

Article 2 For an unfair start, the starter or assistant starter shall recall the runners by a second shot. If any competitor is in the motion after a starter gives an order to "Set," the starter shall not fire the pistol and will ask the athletes to stand.

Article 3 The starter must receive a hand signal or whistle from the head judge that the judges are ready. When communicating with the starter, the head finish judge should use the following signals: (1) to indicate ready, move one arm upward full extension and down to the side five times in succession (2) to indicate not ready, move both arms to full extension and crisscross them.

Article 4 In starting sprints, the starter shall direct the competitors "On your marks." At this signal, the competitors will immediately take their proper positions on their starting lines. After they have taken their positions and are steady on their marks, the starter shall instruct them to "Set." At this command, all competitors shall at once, and without delay, assume their full and final set position in such a manner that no part of their bodies touches on or over the starting line. After an interval of approximately two seconds, when all competitors are set and motionless, the starter shall fire the pistol.

Article 5 For races of 800 meter and longer, the starter will use the command "On Your Marks" and, when all competitors are steady, shall fire the pistol.

Article 6 A false start occurs when a runner fails to comply with the starter's commands/ or when a runner leaves the mark with a hand or foot after the "Set" instruction, but before the pistol is fired. Or when a runner leaves the mark without the pistol being fired. The offenders shall be warned the first time and shall be disqualified from the event on the second violation. If a competitor uses tactics at the starting line which are designed to disconcert, he or she will be warned. If the runner's action is repeated, the contestant shall be disqualified from the event.

Article 7 No starting equipment for the runners will be allowed.

Article 8 In the District and State Meet, all lanes (and positions) may either be drawn by chance or seeded.

**Section 2****Finish**

Article 1 The finish line is a line on the ground across the track from finish post to finish post. It shall be indicated by a mark drawn just outside the measured course so that the inner edge of the mark coincides with the actual finish line. The competitors place in the order in which any part of their bodies (e.g., torso, as distinguished from head, neck, arms, legs, feet or hands) reaches that edge of the finish line first crossed by the competitor.

Article 2 City, District and State meet times for running events will be recorded to the 100ths. It is strongly suggested that all meets should be recorded to the 100ths in running events.

Article 3 Video replay equipment, other than the official equipment approved by the Recreation Sports Committee, shall not be used to make decisions related to the meet.

Article 4 The Recreation Sports Committee may approve the use of an official Full Automatic Timing system (FAT) to verify the outcome of any race (use must be determined before the event begins). When using the FAT system, the standard conversion does not apply to ARPA meets.

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**Rule 5****Running infractions**

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**Section 1**  
**Lane infractions**

Article 1 When a race is run in lanes, each competitor shall keep his or her own position in the course during the entire race. A competitor who, without being fouled and while running around a curve, gains an advantage by stepping on or over the inside lane line may be disqualified from the event. A competitor who, without being fouled and while running in a straight, steps on or over this lane line for three or more consecutive steps either with one or both feet shall be disqualified from the event.

Article 2 In a race involving a curve and where lanes are not specified, a runner may change toward the inside or outside of the track when he or she is one full running stride (2.2 meters, seven feet) in advance of the runner whose path is crossed. It is not a foul if a runner crosses to the inside or outside if this action does not interfere in any way with another competitor's stride.

**Section 2**  
**Interference**

Article 1 If any runner impedes another competitor by jostling or running across an opponent's path, deliberately runs on or inside the track curb (or painted line), or illegally runs outside the assigned lane or course, the referee shall disqualify the runner, or in a team race, the entire team for the event.

**Section 3**  
**Aiding competitor**

Article 1 Aiding a competitor is defined as: (a) anyone associated directly or indirectly with a competitor who paces the contestant by running, or taking a position alone the track for the purpose of coaching or otherwise assisting the runner, (b) a competitor who is a lap behind the leading runner paces or otherwise assists a teammate or impedes another runner; (c) any runner intentionally leaves the track and re-enters to continue the race/ or (d) contestants who join hands or grasp each other in order to finish a race in a tie. For any such act(s), the competitors shall be disqualified from the event.

Article 2 The use of any aid during the race (including carrying a baton, except in a relay) is prohibited. This includes the use of a mark of any type on the track for a relay.

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**Rule 6****Age groups, sex division & eligibility**

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**Section 1**  
**Age groups**

Article 1 Contestants will compete in events according to their age. Competitors will determine which age group to enter by calculating their age on December 31<sup>st</sup> of the current year. There will be four age groups:

7 and 8 year old

9 and 10 year old

11 and 12 year old

13 and 14 year old

Article 2 All contestants must compete in their respective age groups.

Article 3 Any contestant who enters or competes in an age group which he or she does not legally belong will be disqualified from that event.

**Section 2**  
**Sex division**

Article 1 Contestant will compete with one sex division. Males will compete with males and females will compete with females.

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**Rule 7**Track events

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**Section 1**  
**Age groups**

## Boys &amp; Girls (7-8)

1. 50 Meter Dash (54 yds., 24.5 inches)
2. 100 Meter Dash (109 yds., 13 inches)
3. 200 Meter Dash (218 yds., 26 inches)
4. 400 Meter Dash (437 yds., 16 inches)
5. 800 Meter Dash (874 yds., 32 inches)
6. 4 x 100 Meter Relay (437 yds., 16 inches x 4)
7. Standing Long Jump
8. Softball Throw

## Boys &amp; Girls (9-10)

1. 50 Meter Dash (54 yds, 24.5 inches)
2. 100 Meter Dash (109 yds, 13 inches)
3. 200 Meter Dash (218 yds, 26 inches)
4. 400 Meter Dash (437 yds, 16 inches)
5. 800 Meter Dash (874 yds, 32 inches)
6. 1600 Meter Run (1,749 yds, 28 inches)
7. 4 x 100 Meter Relay (437 yds, 16 inches x 4)
8. Running Long Jump
9. Shot Put- 2.2# weight
10. Standing Long Jump
11. Softball Throw

## Boys &amp; Girls (11-12)

1. 50 Meter Dash (54 yds, 24.5 inches)
2. 100 Meter Dash (109 yds., 13 inches)
3. 200 Meter Dash (218 yds., 26 inches)
4. 400 Meter Dash (437 yds, 16 inches)
5. 800 Meter Dash (874 yds, 32 inches)
6. 1600 Meter Run (1,749 yds, 28 inches)
7. 4 x 100 Meter Relay (437 yds, 16 inches x 4)
8. 4 x 400 Meter Relay (1,749 yds, 28 inches)
9. Running Long Jump
10. Shot Put- 4.4# weight
11. Standing Long Jump
12. Softball Throw

## Boys &amp; Girls (13-14)

1. 100 Meter Dash (109 yds, 13 inches)
2. 200 Meter Dash (218 yds, 26 inches)
3. 400 Meter Dash (437 yds, 16 inches)
4. 800 Meter Dash (874 yds, 32 inches)
5. 1600 Meter Run (1,749 yds, 28 inches)
6. 4 x 100 Meter Relay (437 yds, 16 inches x 4)
7. 4 x 400 Meter Relay (1,749 yds, 28 inches)
8. Running Long Jump
9. Shot Put- 5.5# weight
10. Standing Long Jump
11. Softball Throw

**Section 2**  
**Relays**

Article 1 Relays are races between teams of four contestants; no one may run more than one leg.

Article 2 Each runner shall carry a baton in hand and shall pass it to the succeeding teammate. The first runner shall start with the baton and the last runner shall carry the baton across the finish line.

Article 3 In relay races, the baton must be passed while it is within a 20.11 meter (22 yard) exchange zone. The exchange zone is determined by lines drawn perpendicular to the inside lane line and 10 meters (11 yards) on each side of the exchange zone mark. The lines marking the limits of the exchange zone are included in the 20.11 meter measurement. The acceleration zone shall not be used.

Article 4 The baton must actually be handed, not thrown, from one competitor to the succeeding teammate. This teammate may not take sole possession of the baton outside the exchange zone. If the baton is dropped in the exchange zone, in a legitimate attempt to hand it, either runner may retrieve it without penalty provided the runner does not interfere with an opponent. If the baton is dropped outside the exchange zone, it must be retrieved by the runner who dropped it.

Article 5 After passing the baton, the relieved runner should stand still or jog straight ahead unless he or she is in the inside or outside lane. In these cases, the relieved runner shall step off the track as soon as possible.

Article 6 A team shall be disqualified for failure to pass the baton in accordance with the rules. The referee also may disqualify a team for other running infractions. The rules relative to fouling, coaching or impeding a runner apply to relay races as they do to all other track events, except within the exchange zone. In this case the runner who passes the baton and his/her successor who receives it may overlap each other. The incoming runner shall not assist his/her teammate by pushing him/her.

Article 7 Throwing the baton following the finish of any relay is unsportsmanlike conduct and will cause the relay team to be disqualified.

Article 8 The relay baton shall not exceed 29.9 centimeters (11.81 inches) in length. Its circumference shall be at least 10.16 centimeters (4 inches) and no more than 12.7 centimeters (5 inches). It shall be a smooth, hollow tube made in one piece. The baton shall be made of wood, metal, plastic or other rigid material. It shall weigh at least five decagrams, or 1.766 ounces. The use of tape to wrap the baton is prohibited.

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**Rule 8**  
Field events

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**Section 1**  
**General rules**

Article 1 Contestants shall report promptly to the Event Judge at the designated location when the event is announced. A contestant shall be charged with an unsuccessful attempt if he or she does not complete a trial or pass it within two minutes after being called for a trial unless excused by the Event Judge to participate in another event.

Article 2 A competitor excused to compete in another event shall return to the excused event immediately following the completion of the other event.

Article 3 In both field events, participants will have two successive attempts. The order of the third attempt will be decided by the officials in the city, district and state meets.

Article 4 All field events will be measured in feet and inches to the nearest one quarter inch.

**Section 2**  
**Standing long jump**

Article 1 All competition in the Standing Long Jump will be on a flat surface. A Long Jump pit may be used. It is recommended that two judges (one on either side to measure length) be used.

Article 2 A competitor may (1) rock forward and backward, lifting heels and toes alternately on the surface, but may not lift either foot completely off the ground or slide it along in any direction on the ground/ (2) both feet must be parallel to each other, an equal distance from the scratch line before jumping (3) both feet must leave the ground at the same time.

Article 3 The jumper must take off from behind the scratch line. If the jumper's shoe extends over the scratch line or makes a mark in front of it, the jump shall not be measured, but shall count as a trial and recorded as a foul.

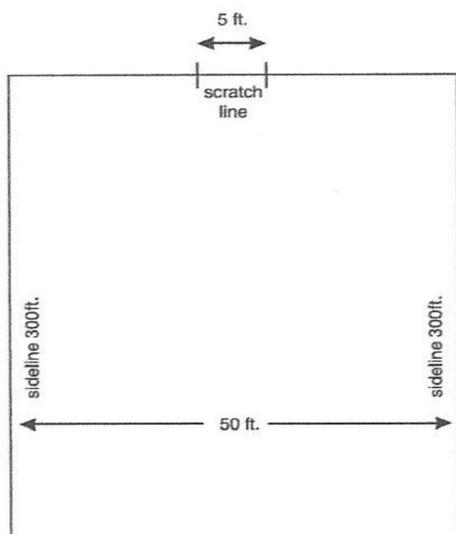
Article 4 Each jumper is entitled to three trials. Each trial shall be recorded. The contestant with the longest jump shall be considered the winner.

Article 5 In the case of a tie, the contestant whose next best performance is better than the second best performance of any other competitor tied for that place shall be declared the winner.

Article 6 Each legal jump shall be measured perpendicularly to the scratch line or its extension to the point touched by the person or apparel of the jumper which is nearest the scratch line or its extension.

**Section 3**  
**Softball throw**

Article 1 The ball throwing competition will be conducted using a softball with the minimum circumference of 30.14 centimeters (11 7/8 inches), and a maximum circumference of 30.78 centimeters (12 1/8 inches). The minimum weight of the softball must be 17 decagrams (six ounces) and its maximum weight must be 19.13 decagrams (6.75 ounces).



Article 2 The throw may be from either a standing position or on the run.

Article 3 No glove, tape or other foreign substance may be applied to the throwing hand unless it is required for medical reasons.

Article 4 Stepping on or over the scratch line constitutes a foul. A contestant must throw within the five foot throw marks. A contestant is permitted one run-up without releasing the ball. Failure to release the ball on a second run-up shall constitute a trial (foul) and recorded as a scratch.

Article 5 Each thrower will be allowed three (3) trials. The longest trial will be considered the winner.

Article 6 In case of a tie, the contestant whose next best performance is better than the second best performance of any other competitor tied for that place shall be declared the winner.

Article 7 Each legal throw will be measured for distance from a point at the center of the five foot throw marks to the spot where the ball lands between two parallel sidelines.

Article 8 The throw must be made from inside the five-foot throw marks indicated on the scratch line. The ball must land inside the fifty-foot wide parallel sidelines. The line is out of bounds. The measurement is taken from the center of the five-foot throw marks located on the scratch line to the point touched by the ball which is nearest the scratch line.

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**Rule 9**

**Official Dates**

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**Section 1**  
**City Meet**

Article 1 The City meet will advance the top three to District in each age group and event.

**Section 2**  
**District Date**

Article 1 Each District will hold their meet by the first weekend in May. Each District will set their timeline for: deadline and meet date. The District will advance the top three to State in each age group and event.

**Section 3**  
**State Date**

Article 1 The state meet will be held on the third weekend in May. A coaches meeting will be held at the discretion of the host city and the meet will begin at the discretion of the host city. **NO SCRATCH MEETING WILL BE HELD.** A participant will be scratched at the bullpen in case of a no show. Deadline to turn in entries to the host is on the Tuesday before the meet.

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**Rule 10**

Description of the State Track facilities

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**Section 1**  
**General rules**

Article 1 The top three in each event and age group will advance from city meet to district meet.

Regardless of the number of participants a district has, the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> place finisher at the district meet may advance to state, regardless of time or distance. Those participants finishing out of the top 4 may advance to state only if they meet the qualifying time or distance (6<sup>th</sup> place time of the previous year's State meet).

Article 2

Section 1 All Field Events, 50 M, 1600 M, 100M, 400 M, 4 x 100 M Relay, 800 M, 200 M, and 4 x 400 M Relay

The order of events for meets will be as follows:

Girls – Long Jump (all ages)

Boys – Softball Throw (all ages)

Boys – Long Jump (all ages)

Girls – Softball Throw (all ages)

1600 Meter

50 Meter

100 Meter

200 Meter

400 Meter

800 Meter

4 X 100 Relay

# RULE XI – VOLLEYBALL

## ARTICLE I – ELIGIBILITY

### SECTION A – GRADE DIVISIONS

- (1) There are three grade divisions for youth. The grade divisions are:
  - a) 3<sup>rd</sup> and 4<sup>th</sup> grade
  - b) 5<sup>th</sup> and 6<sup>th</sup> grade
  - c) 7<sup>th</sup> and 8<sup>th</sup> grade
- (2) A participant may compete in the District and state level provided she is not in violation of any rules or regulations in this Manual (REF: RULE 1)

### SECTION B – ENTRIES

- (1) At the District level, an affiliate may enter as many teams as it wishes in all divisions provided the District does not establish an entry limit.
- (2) A District not conducting a District level tournament or playoff may allow one affiliate team to represent its District at the State level of competition.
- (3) Only persons whose names are approved on their affiliate team's ARPA Official Roster, who meet all ARPA eligibility requirements, and who are representing an affiliate not on current suspension for volleyball may compete in ARPA games.
- (4) The ARPA Official Roster limit for players is fifteen (15) players.
- (5) State tournament entries for each grade group shall consist of up to eight teams, one representative from each District and a host Affiliate. If the entries fall below eight teams, the State Recreational Sports Committee Chairperson may add up to three (3) District Second Place finishers to insure an eight team bracket. **This rule is temporarily suspended.**

## ARTICLE II – REGULATIONS

### SECTION A – GOVERNING RULES

- (1) The current rules governing The Alabama High School Athletic Association (AHSAA) is the official guide for State ARPA games with the exception as may be found in this Manual.

### SECTION B – LENGTH OF GAMES

- (1) Intervals between sets shall not exceed 3 minutes.
- (2) Scoring shall be rally scoring.
- (3) Matches shall be best of three (3). Third game shall be to 15 points.

### SECTION C – SUBSTITUTIONS

- (1) Either team may substitute an unlimited number of players at any time.
- (2) There shall be an unlimited number of substitutions allowed per game.
- (3) Substitutes/starters may only re-enter into the same position in the line-up.
- (4) Libero is allowed in all divisions.

## ARTICLE III – EQUIPMENT

### SECTION A – APPROVED EQUIPMENT

- (1) Tennis shoes are approved for use.
- (2) The approved volleyball for divisions are as follows:
  - a) 3<sup>rd</sup>-4<sup>th</sup> and 5<sup>th</sup>-6<sup>th</sup> grade divisions: the SV\_MNC Volley-Lite volleyball will be used.
  - b) 7<sup>th</sup>-8<sup>th</sup> grade division: any NFHS approved game ball.

### SECTION B – UNIFORM REQUIREMENTS

- (1) Players on a team must wear the same color jersey, including numbers, and shorts.
- (2) The Libero must wear a jersey top that is distinct and in contrast from the other jerseys of the other players on the team, including no duplication of numbers.

### SECTION C – COURT DIMENSIONS

- (1) The court dimension is 60FT x 30FT.
- (2) **The net height is: 3<sup>rd</sup>-4<sup>th</sup> and 5<sup>th</sup>-6<sup>th</sup> grade divisions, 7FT. 7<sup>th</sup>-8<sup>th</sup> grade division, 7FT 4IN.**
- (3) For Divisions 6<sup>th</sup> Grade and under:

- a) There shall be a serve line 6 feet closer to the net which a participant has the option to serve from. Once the ball has gone over the net on the serve, the court shall revert back to its standard dimensions.

## **ARTICLE IV – GAMES AND AWARDS**

### **SECTION A – STATE**

- (1) The State Tournament for all divisions of volleyball shall be a combination of pool and bracket play. At the end of pool play, teams will advance to a single elimination bracket. All teams will be guaranteed a minimum of two games in their pool play.
- (2) The point system that shall be used during round-robin play to determine a winner in a pool shall be three (3) points for a win, and zero (0) points for a loss. If teams are tied at the end of pool play, the following tie breaking system will be used:
  - a) Head-to-Head Wins
  - b) Points Against
  - c) Points For
  - d) Coin Flip
- (3) Pairings for the State Tournaments will be determined by the State Recreational Sports Committee Chairperson and the Tournament Director.
- (4) Trophies will be awarded to the Affiliates that finish first and second in each division.

## **ARTICLE V – OFFICIALS AND PARTICIPANTS**

### **SECTION A – HOST**

- (1) The Host Affiliate shall provide a Tournament Director as well as “registered” officials or above, in accordance with Rule I, Article IV, Section C, Paragraph 2; Rule II, Article IV, Section B, Paragraph 1€.
- (2) The Host Affiliate shall be responsible for proper conduct by spectators
- (3) The Host Affiliate shall be responsible for the game balls in accordance with ARPA specifications in these rules.
- (4) The Host Affiliate shall be responsible for seeing that the playing court requirements meet ARPA specifications.

### **SECTION B – GAME OFFICIALS**

- (1) Host shall provide two game officials.

### **SECTION C – PLAYERS AND OTHER TEAM MEMBERS**

- (1) Any player, coach, manager, team scorer, or assistant disqualified for unsportsmanlike conduct, including abusive language, is ineligible for further participation in the game in progress and may be dismissed from ARPA competition by a State Recreational Sports Committee Member, Tournament Director, or District Commissioner (at the District level only) subject to appeal by the dismissed person’s affiliate.
- (2) The use of ineligible players in accordance with the Rules in the Manual shall result in forfeiture (of game and tournament). Burden of proof rests with the protesting Affiliate representative person (see Rule II).

## **ARTICLE VI – PROTEST AND APPEALS**

Protest and appeals are authorized only under the stipulations found in Rule II, Article I, Section A of this Manual.

## **ARTICLE VII – FEES**

- (1) Districts will establish the fee schedule for their District tournaments.
  - a) In addition to the above fees, there will be a onetime charge of \$10.00 per team to be paid to the State Office. Host will be responsible for collecting.
- (2) Fees for ARPA State Volleyball Tournaments are to be set at \$150.00.
  - a) In addition to the above fees, there will be a onetime charge of \$25.00 per team to be paid to the State Office. Host will be responsible for this fee.

# **RULE XII– YOUTH FLAG FOOTBALL**

## **ARTICLE I - ELIGIBILITY**

### **SECTION A - AGE DIVISIONS**

- (1) The age control date is on or before August 1st .
- (2) Divisions-
  - A. 8 and Under
  - B. 10 and Under
  - C. 12 and under
  - D. 14 and under
- (3) Teams will play 6 vs. 6
- (3) A participant is allowed to compete in one age division only. Participants may compete in an older age division provided they remain in that same age division for all games and through all levels of Youth Flag Football competition.
- (4) A participant may compete in the District and state level provided he or she is not in violation of any rules or regulations in this Manual. (REF: RULE 1)

### **SECTION B - ENTRIES**

- (1) At the District level, an affiliate may enter as many teams as it wishes in all divisions provided the District does not establish an entry limit.
- (2) A District not conducting a District level tournament or playoff may allow one affiliate team to represent its District at the State level of competition.
- (3) Only persons whose names are approved on their affiliate team’s ARPA Official Roster, who meet all ARPA eligibility requirements, and who are representing an affiliate not on current suspension from Youth Flag Football may compete in ARPA games.
- (4) The ARPA Official Roster limits are 12.
- (5) State Tournament entries for each age group shall consist of up to nine teams, one representative from each District and a host Affiliate. If the entries fall below eight teams, the State Recreational Sports Committee Chairperson may add teams from other cities participating in their district tournament to insure an eight team bracket. A non-first place team’s acceptance will be prioritized by their finish in their district tournament.

## **ARTICLE II - REGULATIONS**

### **SECTION A - GOVERNING RULES**

- (1) The current rules is NIRSA (National Intramural and Recreational Sports Association)

### **SECTION B - LENGTH OF GAMES**

- (1) Game times will be as follows:
  - A. The game is split into two halves which are 20 minutes each. With a five-minute intermission. In the First Half the clock runs continuously until it gets to zero unless a timeout is called or there is an injury. In the second half, the clock will run continuously for 18 minutes, at which point at the first dead ball there will be a 2-minute warning. The clock will start again once the ball is live in play and stop for plays that out of bounds, incomplete passes, at the dead time of a change of possession and when said offensive achieves a first down where in the player is deflagged inbounds the officiating resets the ready for play pucks so that the clock will start immediately thereafter.
  - B. Half time intervals shall be 5 minutes.

## **ARTICLE III - EQUIPMENT**

### **SECTION A - APPROVED EQUIPMENT**

- (1) The approved football
  - A. 8 and Under – Pee wee size
  - B. 10 and Under – Pee wee size
  - C. 12 & under – Pee wee size
  - D. 14 & under- Junior size

## **SECTION B - UNIFORM REQUIREMENTS**

- (1) Each player must wear a legal triple threat flag belt (ALL BELTS WILL BE PROVIDED BY HOST) with no knots or tied areas. No foreign substances may be applied to the flag belt that reduces friction and the belt must be attached to the clip without being tied.
- (2) Shoes with metal cleats are prohibited. Shoes with rubber cleats or tennis shoes are approved for use.
- (3) Shirts must be tucked in always
- (4) ALL PLAYERS MUST WEAR A MOUTHPIECE
- (5) Players on a team must wear the same color jerseys, including numbers
- (6) No team will be allowed to wear YELLOW SHORTS. All flags will be yellow.

## **SECTION C - FIELD DIMENSIONS**

- 1) 40 yards wide/ 80 yards (40-yard line is midfield)
- 2) Each end zone shall be ten yards in length

## **ARTICLE IV - GAME**

**Pregame:** A coin toss will determine initial possession with instructions and questions answered by the officiating crew.

**Mercy Rule:** the mercy rule is in effect after ten minutes have passed in the second half and one team has a thirty point or more advantage or at the two-minute warning in the second half and either team has an advantage of 17 points or more.

**Overtime:** Utilizes the Kansas City tie-breaker rules. After a coin flip each team will receive a possession starting at the ten-yard line and have four downs in which to score and go for the extra point of their choice. The team with the highest point total after each team has had possession wins.

- a. A turnover would cause the end of a team's possession and the defensive would get the ball on the same ten-yard line unless said turnover is ran back to the opposite end zone for a score; which would end the ball game.
- b. On the third overtime both teams must go for 2 points thereafter until a winner is reached

**Timeouts:** each team shall receive two timeouts per half ...those timeouts do not carry over into any other half. Timeouts shall be sixty seconds in duration.

**Play clock:** each time the ball is spotted the offense will have 30 seconds to snap the ball

**Scoring:** touchdown-6 points. Extra point from the five-yard line (no run zone) – 1 point...Extra point from the 12-yard line (run or pass) -2 points. A safety is 2 points and possession of the ball at your 5 yard (far end). Any extra point intercepted by the defense and ran back for a score is 2 points. Possession of the ball still exchanges to the new offense after this.

**Offensive formations:** before each down the offense must have at least 3 persons on the line of scrimmage when the ball is snapped this includes the center. Only one player is allowed to be in motion at the time the ball is snapped. This player can be moving in any direction but forward towards the line of scrimmage.

- a. Multiple players can be moving pre-snap but must become stationary for one second before the ball is snapped.

**First Downs:** Each team will have FOUR downs to reach the desired first down line/goal line. All drives start on the 5-yard line, except following a turnover, and that drive starts where the turnover occurred and was advanced. First down line is midfield.

**Offensive play definitions:** the offense may use multiple backward handoffs/pitches, but can only throw or HANDOFF one legal forward pass exceptions "see no run zones".

**No run zone:** located between the opponent's 5-yard line and their own end zone and both offensive sides of midfield. Created to prevent short yardage power run plays to achieve a first down or touchdown. If the ball is snapped inside these zones to advance the ball a pass must be completed that is at or beyond the line of scrimmage. If a first down was gained and due to penalty or sack on the following play, the no-run zone is null and void.

### **Player movements:**

- a. Spinning is allowed but flag guarding definitions are still in affect
- b. The player that is deflagged shall have the ball spotted where the ball is on the field when said flag became unclipped.
- c. All players are eligible to receive a pass
- d. Players cannot dive to achieve extra yardage
- e. A player has only to come down with control of the ball with one foot inbounds to complete a catch.
- f. Jumping is allowed, however if the offensive player that jumps is deemed to cause contact with a defensive player, a penalty will be assessed. Flag guarding- 5 yards repeat the down

**Limitations:** The ball may be snapped between the legs or side saddle, in the 8 and Under only. Substitutions must be made when there a dead ball situation. (Spring 2015)

- a. The quarterback cannot completely cross the line of scrimmage during a loose ball play, and return behind the line of scrimmage to throw a legal forward pass, however the quarterback or receiver of the snap can completely run beyond the line of scrimmage and throw a backward pass to a player who is behind the line of scrimmage making that player the new quarterback who may still throw a legal forward pass unless the basic spot originated in the no run zone.

**Dead Ball Plays:** a. The ball carrier's flag is pulled

- b. The ball carrier steps out of bounds
- c. A touchdown or safety is scored
- d. The ball carrier's knee hits the ground
- e. A ball in flight goes out of bounds

**Defensive limitations:** All players who rush the quarterback must be a minimum of 7 yards from the line of scrimmage when the ball is snapped. There is no restriction on how many players can rush the quarterback.

- a. Once the ball is handed off or pitched backwards or thrown forward, the 7-yard rule is no longer in effect and all defenders may cross the line of scrimmage. A special marker is placed on the field to distinguish this seven-yard zone.

**Offensive limitations:** Blocking is not allowed down field; no tackling

- a. An offensive player running down field without the ball must become stationary when a defensive comes 2 yards from that player and he is near the ball carrier.
- b. Neither the offensive coach or the defensive coach who are on the field can coach their players once the ball has been snapped.

**Misc limitations:**

- a. Unsportsmanlike conduct (including trash talking and taunting) will not be tolerated from players, coaches, or fans
- b. Fighting will result in an immediate ejection and a 10-yard penalty. Taunting will also result in a 10-yard penalty and possible ejection.
- c. 2 unsportsmanlike penalties on the same player is an automatic ejection.
- d. 2 ejections will result in severe league discipline as defined by the league commissioner.
- e. Coaches, players and Spectators must remain one yard from the playing field.

## ARTICLE V – PENALTIES

**Encroachment/false start/ illegal snap-** 5 yards

**Pass Interference-** 10 yards automatic first down (if called against the defense in the end zone the ball will be placed at the 3-yard line it will be first and goal).

**Illegal conduct-** 10 yards (on defense added to the end of the play or run repeat the down)

**Illegal Flag Pull (before receiver catches pass)-**10 yards automatic first down

**Illegal rush-** 5 yards

**Illegal motion-** 5 yards

**Illegal forward pass-** 5 yards loss of down

**Illegal snap –** 5 yards

**Diving -** 5 yards repeat the down

**Flag guarding-** 5 yards repeat the down

**Delay of game-** 5 yards

**Holding-** 10 yards repeat the down (defensively assessed at the end of the run, offensive will depend on the basic spot)

**Moving screen down field-**10 yards repeat the down

**A forward pass after the quarterback has handed the ball forward to the running back-** 5 yards' loss of down

**Illegal coaching- first offense warning... 2<sup>nd</sup> offense and thereafter** 5-yard penalty from the previous or basic spot.

The offended coach after each penalty has the option to accept the Penalty and decline the yardage. Teams should if possible establish bench sidelines on either side of the field.

**Special Penalties:**

**Shay Shellnut Rule:** If a team is penalized for running a run play inside the no run zone after the second consecutive penalization a loss of down plus 5 yard penalty will be added to that penalty.

**The Hindman rule:** During the quarterback/center exchange the center must completely release the ball and the quarterback must possess it. At which point the quarterback can hand the ball back off in any direction to the center.

**Rules of interpretation:** If the officiating crew judges that a player's flag came off due to body movements and not from a defender pull then said player is live with possession until a defensive player touches him or her with one hand between the shoulders and knees.

## ARTICLE VI - GAMES AND AWARDS

### SECTION A - DISTRICT

- (1) Each District shall have the right to conduct its own youth flag football tournament for each age division in a manner approved by the majority vote of participating District Affiliates and provided any exceptions to the rules in this Manual are approved by a District's State Recreational Sports Committee member. District or Affiliate Hosts are responsible for all District awards.
- (2) District level competition in Youth Flag Football is to be completed as follows:
  - (a) All divisions by the first Saturday in November.

### SECTION B- STATE

- (1) The State Tournament in all divisions of youth flag football shall be divided into pool play. The teams in each pool will play a round-robin schedule. At the end of pool play the top team in the pools will advance to the final games. All teams will be guaranteed a minimum of two games in their pool play.
- (2) Pairings for the State Tournaments will be determined by the State Recreational Sports Committee Chairperson and the Tournament Director.
- (3) Trophies will be awarded to the Affiliates that finish first and second in each division. **A sportsmanship trophy will be awarded in each age division. The Recreational Sports Committee Representatives and the Game Officials will determine the recipients of this award.**

## ARTICLE V - OFFICIALS AND PARTICIPANTS

### SECTION A- HOST

- (1) The Host Affiliate shall provide a Tournament Director as well as "registered" officials or above, in accordance with Rule I, Article IV, Section C, Paragraph 2; Rule II, Article IV, Section B, Paragraph 1(e).
- (2) The Host Affiliate shall be responsible for proper conduct by spectators.
- (3) The Host Affiliate shall be responsible for the game balls in accordance with ARPA specifications in these rules.
- (4) The Host Affiliate shall be responsible for seeing that the playing field requirements meet ARPA specifications.

### SECTION B - GAME OFFICIALS

- (1) Either the two- or three-man referee system is permitted.

### SECTION C - PLAYERS AND OTHER TEAM MEMBERS

- (1) Any player, coach, manager, team scorer or assistant disqualified for unsportsmanlike conduct, including abusive language is ineligible for further participation in the game in progress and may be dismissed from ARPA competition by a State Recreational Sports Committee Member, Tournament Director, or District Commissioner (at the District level only) subject to appeal by the dismissed person's affiliate.
- (2) The use of ineligible players in accordance with the Rules in the Manual shall result in forfeiture (of game and tournament). Burden of proof rests with the protesting Affiliate representative person. (see Rule II).
- (3) Players who are ejected from any game during ARPA State Competition will not be permitted to play in their teams next scheduled competition.

## ARTICLE VI - PROTESTS AND APPEALS

Protests and appeals are authorized only under the stipulations found in Rule II, Article I, Section A of this Manual.

## **ARTICLE VII – FEES**

- (1) Districts will establish the fee schedule for their District tournaments.
  - (a) In addition to the above fees, there will be a onetime charge of \$10.00 per team to be paid to the State Office. Host will be responsible for collecting.
- (2) Fees from ARPA State Youth Flag Tournaments are to be set at \$150.00.
  - (b) In addition to the above fees, there will be a onetime charge of \$25.00 per team to be paid to the State Office. Host will be responsible for this fee.

# **RULE XIII – ADULT FLAG FOOTBALL**

## **ARTICLE I - ELIGIBILITY**

### **SECTION A - ENTRIES**

- (1) A participant may compete in the District and state level provided he or she is not in violation of any rules or regulations in this Manual. (REF: RULE 1)
- (2) At the District level, an affiliate may enter as many teams as it wishes in all divisions provided the District does not establish an entry limit.
- (3) A District not conducting a District level tournament or playoff may allow one affiliate team to represent its District at the State level of competition.
- (4) Only persons whose names are approved on their affiliate team's ARPA Official Roster, who meet all ARPA eligibility requirements, and who are representing an affiliate not on current suspension for Adult Flag Football may compete in ARPA games.
- (5) The ARPA Official Roster limits are 12.
- (6) 7 players on the field.
- (7) THIS IS A NON CONTACT FLAG FOOTBALL TOURNAMENT.
- (7) State Tournament entries for each age group shall consist of up to nine teams, one representative from each District and a host Affiliate. If the entries fall below eight teams, the State Recreational Sports Committee Chairperson may add teams from other cities participating in their district tournament to insure an eight team bracket. A non-first place team's acceptance will be prioritized by their finish in their district tournament.

### **SECTION B – ARPA MEMBERSHIP**

- (1) Adult participant must be 18 years of age or older. A waiver may be granted if the participant has graduated from high school.
- (2) The adult participant/team must compete in a league sponsored by an ARPA affiliate or in a sanctioned league hosted at an ARPA affiliate's facility.

### **SECTION C – PARTICIPATION**

- (1) Agencies shall not recruit players for the sole purpose of competing in ARPA athletic functions.
- (2) Eligibility involving local participation is left to the integrity of the agency director. The Director shall be prepared to make available substantial proof of local participation through such means as score books, registration materials, agency records, news releases, or such other evidence requested by the State Athletic Committee Chair or the District Chair from the agency's district.
- (3) In the absence of enough participation locally to constitute a league, an agency may contract with another agency to allow participation of a team or must hold an announced public registration in that activity to establish eligibility of local participation.
- (4) An all-star team must be composed of players from teams that are an integral part of an agency's local program. Likewise, any individual that represents an agency in ARPA competition in track & field, swimming, diving, tennis, golf, and gymnastics must also be an integral part of the agency's local program.

### **SECTION D - PROFESSIONAL AND SEMIPROFESSIONAL ATHLETES**

- (1) Professional and semiprofessional athletes are not eligible to compete in adult ARPA functions in the same sport and for one season after they were termed "professional" or "semiprofessional."
- (2) A professional or semiprofessional athlete is "one who is receiving compensation for playing a sport."

### **SECTION E - INTERCOLLEGIATE ATHLETES**

- (1) Athletes who participate on a college or university's varsity, junior varsity, or freshman team, which competes with other colleges or universities, are not eligible for ARPA competition in the same sport for one season after participation on a collegiate team.
- (2) Regardless of intercollegiate participation during the normal school year, a college or university student is eligible for summer athletic functions sponsored by ARPA provided that the student is not currently representing a college or university in competition among other such schools and provided he or she meets all other ARPA eligibility requirements.

## **ARTICLE II - REGULATIONS**

### **SECTION A - GOVERNING RULES**

- (1) The current rules governing is NIRSA (National Intramural and Recreational Sports Association).

### **SECTION B - LENGTH OF GAMES**

- (1) Game times will be as follows:
  - (a) **Timing:**  
HALVES are 20 minutes long.
- (2) Half time intervals shall be 5 minutes.

## **ARTICLE III - EQUIPMENT**

### **SECTION A - APPROVED EQUIPMENT**

- (1) The approved football will be provided by the host for the games.
- (2) FLAG BELTS provided by the host at time of game.

### **SECTION B - UNIFORM REQUIREMENTS**

- (1) Each player must wear a legal triple threat flag belt (ALL BELTS WILL BE PROVIDED BY HOST) with no knots or tied areas. No foreign substances may be applied to the flag belt that reduces friction and the belt must be attached to the clip without being tied.
- (2) Shoes with metal cleats are prohibited. Shoes with rubber cleats or tennis shoes are approved for use.
- (3) Shirts must be tucked in always
- (4) ALL PLAYERS MUST WEAR A MOUTHPIECE
- (5) Players on a team must wear the same color jerseys, including numbers
- (6) No team will be allowed to wear YELLOW SHORTS. All flags will be yellow.

### **SECTION C - FIELD DIMENSIONS**

- (a) FIELD DIMENSIONS: 40 yards wide- 80 yards long (40 yard line is midfield).
- (b) FIRST DOWNS are fixed at 20-40-20 lines.

## **ARTICLE IV - GAME**

**Pregame:** A coin toss will determine initial possession with instructions and questions answered by the officiating crew.

**Mercy Rule** is in effect if you are up 30 or more points with 10 minutes to go or 17 or more with 2 minutes to go.

**Overtime:** College overtime rules will be used. If after 2 overtimes, the score is still tied teams must go for two on the extra point.

**Timeouts:** each team shall receive two timeouts per half ...those timeouts do not carry over into any other half. Timeouts shall be sixty seconds in duration.

**Play clock:** each time the ball is spotted the offense will have 30 seconds to snap the ball

## **ARTICLE V- OFFENSE**

- On offense all players are eligible receivers.
- The ball is dead at the spot of a fumble, bad snap, or pitch.
- There are no kick offs; the possession will start at the 10-yard line.
- There is no diving by a player that has possession of the ball and a 5-yard penalty will be assessed if it is done.
- There is spinning and the Quarterback can leave his feet when throwing the ball.
- Must have only 1 foot down to have possession.
- There is only shield blocking on the line.
- There is no flag guarding allowed.
- The center does not have to snap the ball between his legs and he must line up on the line of scrimmage.
- There is a 25 second play clock.
- If your flag comes off without contact, 1-hand touch is in effect.
- 4 men must be on the line of scrimmage and any man off the line of scrimmage is eligible to receive the snap.
- When the ball is caught, a forward pass is allowed if the player does so before touching back down on the ground.
- You must be lined up at least two yards back in order to receive the snap.
- On fourth down teams can punt if they so choose.

## **ARTICLE VI- DEFENSE**

- On defense there will be a two yard neutral zone that everyone must remain behind.
- All defenders can rush the quarterback this way. Interceptions can be returned by the defense.
- A safety due to a player down in the end zone or a penalty in the end zone will result in 2 points for the defensive team and possession of the ball.
- The defense can knock down a pass at the line.
- You cannot impede runner by holding them while you try to get their flag. There is no contact.
- Blocking down field is only allowed if the blocker is standing still.
- You cannot run alongside the defender in order to block them or prevent them from going for the flag
- On punt returns, if the ball is not fielded cleanly then it is dead wherever it touches the ground.
- A punted ball that hits the ground is still live until touched by either team.

## **ARTICLE VII – PENALTIES**

- Fighting results in an immediate ejection and a 15-yard penalty.
- Taunting results in a 15-yard penalty and an ejection for repeat offenders.
- Unsportsmanlike conduct or referee abuse results in a 15-yard penalty and one warning followed by expulsion from game.
- If it is determined that your flag belt has been tied on then that is also a 15 yard penalty and automatic ejection.

### **Offense**

Illegal snap-5 yards  
Illegal motion-5 yards  
False start-5 yards  
Holding rusher-10 yards  
Blocking down field with contact-10 yards  
Flag guarding-10 yards from infraction  
Lowering shoulder-10 yards  
Pass Interference-10 yards  
Illegal forward pass-5 yards and loss of down  
Delay of game-5 yards

### **Defense**

Off-sides-5 yards repeat down  
Illegal rush-5 yards repeat down  
Illegal contact-10 yards  
Holding-10 yards from end of play  
Pass interference-10 yards and automatic first down. If in the end zone, ball will be placed at the three yard line.  
Roughing the QB-10 yards and automatic first down.

## **ARTICLE VI - GAMES AND AWARDS**

### **SECTION A - DISTRICT**

- (1) Each District shall have the right to conduct its own Adult Flag Football tournament in a manner approved by the majority vote of participating District Affiliates and provided any exceptions to the rules in this Manual are approved by a District's State Recreational Sports Committee member. District or Affiliate Hosts are responsible for all District awards.

### **SECTION B- STATE**

- (1) The State Tournament in all divisions of Adult Flag Football shall be divided into pool play. The teams in each pool will play a round-robin schedule. At the end of pool play the top team in the pools will advance to the final games. All teams will be guaranteed a minimum of two games in their pool play.
- (2) Pairings for the State Tournaments will be determined by the State Recreational Sports Committee Chairperson and the Tournament Director.
- (3) Trophies will be awarded to the Affiliates that finish first and second in each division. A sportsmanship trophy will be awarded. The Recreational Sports Committee Representatives and the Game Officials will determine the recipients of this award.

## **ARTICLE V - OFFICIALS AND PARTICIPANTS**

### **SECTION A- HOST**

- (1) The Host Affiliate shall provide a Tournament Director as well as "registered" officials or above, in accordance with Rule I, Article IV, Section C, Paragraph 2; Rule II, Article IV, Section B, Paragraph 1(e).
- (2) The Host Affiliate shall be responsible for proper conduct by spectators.

- (3) The Host Affiliate shall be responsible for the game balls in accordance with ARPA specifications in these rules.
- (4) The Host Affiliate shall be responsible for seeing that the playing field requirements meet ARPA specifications.

#### **SECTION B - GAME OFFICIALS**

- (1) Either the two- or three-man referee system is permitted.

#### **SECTION C - PLAYERS AND OTHER TEAM MEMBERS**

- (1) Any player, coach, manager, team scorer or assistant disqualified for unsportsmanlike conduct, including abusive language is ineligible for further participation in the game in progress and may be dismissed from ARPA competition by a State Recreational Sports Committee Member, Tournament Director, or District Commissioner (at the District level only) subject to appeal by the dismissed person's affiliate.
- (2) The use of ineligible players in accordance with the Rules in the Manual shall result in forfeiture (of game and tournament). Burden of proof rests with the protesting Affiliate representative person. (see Rule II).

### **ARTICLE VI - PROTESTS AND APPEALS**

Protests and appeals are authorized only under the stipulations found in Rule II, Article I, Section A of this Manual.

### **ARTICLE VII - FEES**

- (1) Districts will establish the fee schedule for their District tournaments.
  - (a) In addition to the above fees, there will be a onetime charge of \$10.00 per team to be paid to the State Office. Host will be responsible for collecting.
- (2) Fees from ARPA State Adult Flag Tournaments are to be set at \$150.00.
  - (b) In addition to the above fees, there will be a onetime charge of \$25.00 per team to be paid to the State Office. Host will be responsible for this fee.

# **RULE XIV ADULT BASKETBALL**

## **ARTICLE I – ELIGIBILITY**

### **SECTION A – DIVISIONS**

- (1) There are six (6) age divisions for adults. The divisions are: (Cutoff Date as “age prior to January 1, current year)
  - (a) Men’s Division for men ages 18 and over
  - (b) Women’s Division for women ages 18 and over
  - (c) Men’s Church Division for men ages 18 and over
  - (d) Men’s Industrial Division for men ages 18 and over
  - (e) Women’s Church Division for women ages 18 and over
  - (f) Men’s Division for 35 and over ages
- (2) Any player or coach ejected from a game for unsportsmanlike conduct will be suspended for one game, in addition to the game from which ejected; or, in the case of an individual event within a meet or match, for the duration of that event.

### **SECTION A – ARPA MEMBERSHIP**

- (3) Adult participant must be 18 years of age or older. A waiver may be granted if the participant has graduated from high school.
- (4) The adult participant/team must compete in a league sponsored by an ARPA affiliate or in a sanctioned league hosted at an ARPA affiliate’s facility.

### **SECTION B – PARTICIPATION**

- (5) Agencies shall not recruit players for the sole purpose of competing in ARPA athletic functions.
- (6) Eligibility involving local participation is left to the integrity of the agency director. The Director shall be prepared to make available substantial proof of local participation through such means as score books, registration materials, agency records, news releases, or such other evidence requested by the State Athletic Committee Chair or the District Chair from the agency’s district.
- (7) In the absence of enough participation locally to constitute a league, an agency may contract with another agency to allow participation of a team or must hold an announced public registration in that activity to establish eligibility of local participation.
- (8) An all-star team must be composed of players from teams that are an integral part of an agency’s local program. Likewise, any individual that represents an agency in ARPA competition in track & field, swimming, diving, tennis, golf, and gymnastics must also be an integral part of the agency’s local program.

### **SECTION C - PROFESSIONAL AND SEMIPROFESSIONAL ATHLETES**

- (1) Professional and semiprofessional athletes are not eligible to compete in adult ARPA functions in the same sport and for one season after they were termed “professional” or “semiprofessional.”
- (2) A professional or semiprofessional athlete is “one who is receiving compensation for playing a sport.”

### **SECTION D - INTERCOLLEGIATE ATHLETES**

- (1) Athletes who participate on a college or university’s varsity, junior varsity, or freshman team, which competes with other colleges or universities, are not eligible for ARPA competition in the same sport for one season after participation on a collegiate team.
- (2) Regardless of intercollegiate participation during the normal school year, a college or university student is eligible for summer athletic functions sponsored by ARPA provided that the student is not currently representing a college or university in competition among other such schools and provided he or she meets all other ARPA eligibility requirements.

### **SECTION E – PARTICIPATION BOUNDARIES**

- (1) For Adult Open Division: All players must be an integral part of an agency’s local program. Players must live or work/attend school full-time in the State of Alabama.
- (2) For Industrial Competition: the firm or plant must participate as an integral part in the agency’s program during the current season. Players must live or work full-time in the state of Alabama.
- (3) For Church Competition: the church must participate and be an integral part of the agency’s program. The church’s physical location must be in the State of Alabama.

## **SECTION F – WORK**

- (1) Shall mean the ongoing, gainful employment, on a full-time basis, enjoyed by a salaried employee. Service contract employment, investment, stock-holdings, etc., shall not be constructed to mean “gainful employment.” A person shall be employed for a period of forty-five (45) days prior to the beginning of the State Tournament and must work a minimum of 30 hours per week. In “multi-location” industries or branch offices, a person shall not claim “multi-county” eligibility status. He shall be deemed for the work eligibility according to the following tests: (a) his branch location, (b) his assignment per personnel directory, (c) extraction of transportation, (d) receipt of pay, not the source of payroll, and (e) location of his primary office. A salesman and/or a person in specialized services who travels an area, district, or region, such as an insurance person or road test engineer, shall deem his permanent residence as his work locale, unless he meets all previous tests.

## **ARTICLE II – DIVISIONS**

### **SECTION A – CHURCH**

- (1) For church adult divisions in basketball, softball, and volleyball, participants must be minister approved members. Church must be physically located in the State of Alabama.
- (2) The church team’s official ARPA Roster must be approved by the signature of the sponsoring church’s minister. The signature of the agency director or superintendent shall appear next to the signature of the minister.
- (3) Only church teams are eligible to represent an agency in ARPA Church Divisions. No all-star teams are allowed, but a church is allowed to “pick up” additional players who did participate with a team in the agencies local program from that church during the regular season and for the purpose of playing in ARPA church competition. No league all-stars may play. Players must have competed in the agency’s local sport-specific program and meet all other ARPA requirements to participate in church play.
- (4) CHURCH –AN ARPA church team is a team composed of people from one church (no all-star league team) or people from several teams all from the same church who are all minister approved members of that church. The requirement for the church membership is determined by the local church, its pastor/minister and/or governing board. A church is an organization set up to conduct public worship services conducted at a congregation and led by the clergyman. This organization must be recognized by a national, state, or local religious ministerial association to be considered a church. A group of people from an organization set up for the purpose of conducting civic responsibilities will not be considered a church for ARPA competition. If a player meets all the qualifications to be a legal church team player on more than one church team, then he/she may play with either team but not both.

### **SECTION B – INDUSTRIAL**

- (1) For industrial adult divisions, participants must be a bona fide employee of one company or government located in the State of Alabama. Players may have competed as a team under one ARPA agency. Players must have competed in the agency’s local softball, basketball, or volleyball program and meet all other ARPA requirements to participate in industrial play.
- (2) To qualify as a bona fide employee, a person must work the minimum number of hours per week, which is no less than 20 hours worked in the industry by the average part-time employee.
- (3) A player who has established seniority at his job and is temporarily laid off may continue to represent his team in the industrial division or until he or she takes or receives another fulltime job.
- (4) Official ARPA Rosters for industrial teams must be approved by the signature of the sponsoring industry’s personnel director. The signature of the agency director or superintendent shall appear next to the signature of the personnel director.

### **SECTION C – OPEN**

- (1) All players must be an integral part of the local agency’s program and must live or work/attend school full time in the State of Alabama.

## **ARTICLE III – PLAYER VERIFICATION**

### **SECTION A – ROSTER**

- (1) OFFICIAL ROSTERS: Picture IDs for adult players are required and shall be checked at each level of tournament play. Copies of picture IDs shall be accepted. The ID or copies shall be available at all times during competition. IDs must be government issued and may be listed under acceptable birth certificates in this manual, as long as they have a current picture on the ID. No player will be eligible to participate in district and/or state tournament until a picture ID or copy is presented to the host.
- (2) Additional signatures certifying the Official Roster are required in the following divisions: The minister of a church whose league team is to represent an agency in Adult Basketball and Softball in State Church Divisions. The personnel Director of a company or government whose league team or company all-star team is representing an agency in the Adult Basketball and Softball Industrial Divisions.
- (3) Driver’s License and Learner’s Permit from any state shall be acceptable birth records for participants. If a name change is involved which is different from the Acceptable Birth Records, a copy of the court order granting the name change must be also presented. An official written statement notarized by a notary public and approved by signature from a parent or guardian may be substituted if a copy of the court order cannot be obtained. Such a court order copy or an official notarized statement shall not be considered as acceptable birth records, but only as evidence that the acceptable birth record presented is the true and accurate birth certificate, certified abstract of birth, hospital record, military identification or copy of such, etc.

## **ARTICLE IV – RULES & REGULATIONS**

### **SECTION A - GOVERNING RULES**

- (1) ARPA basketball games at the State level of play are governed by the current rules and regulations of the Alabama High School Athletic Association Constitution and By-Laws with the exceptions found in this Manual.
- (2) The National Federation (National Alliance) Edition of Basketball Rule Book is the official guide for ARPA and AHSAA games with the exceptions as may be found in this Manual.

### **SECTION B– Game Time**

- (1) Games will begin promptly at the scheduled start time.
- (2) Games will consist of four of 10 minutes quarters.
- (3) The clock will be running time except:
  - a. The final minute of the 1st half, the clock will stop of all whistles.
  - b. The final 2 minutes of the second half (unless a team is ahead by 20 points or more).
  - c. All made baskets with less than 59.9 seconds remaining in the 4th quarter or overtime.
  - d. An injury occurs that requires stoppage of the game for longer than a normal stoppage (this is up to the officials' judgment).
  - e. A time out is called
- (4) If teams are tied at the end of regulation, a three minute overtime period will be played.

### **SECTION C – DUNKING**

- (1) Dunking is allowed only in gym where dunking is authorized. Penalty: Technical foul, ejection, individual fine.
- (2) Dunking is allowed in games, however, players may not hold onto the rim except for safety.
- (3) Players holding onto the rim (except for safety) will be assessed a technical foul.
- (4) DUNKING IS NOT ALLOWED DURING WARMUPS.
- (5) Any player caught dunking during warmups or in any other non-live situation will be assessed a technical foul. This includes dunking after a whistle, or during a stoppage in the game.

### **SECTION D – FOULS**

- (1) Any participant who is assessed six personal fouls will be removed from the game (fouled out).
- (2) A technical foul is considered a personal foul. Example: a player who receives five personal fouls and one technical has fouled out.
- (3) A player shooting a three point shot when fouled shall receive three free throws (only when a three point line is available).

### **SECTION E – TECHNICAL FOULS**

- (1) All technical fouls are two shot fouls plus the ball at point-of-interruption.
- (2) Any player who receives two technical fouls in a game will be ejected from the game and will be suspended for a minimum of one game. Note - this excludes a technical for a jersey violation.
- (3) Any misinformation about a technical foul may result in a team suspension and fine.
- (4) The following will be considered misinformation:
  - a. Refusal to give the scorer's table the offending player's name.
  - b. Lying about the name of a player who's received a technical.
  - c. Attempting to play with a suspended player.

### **SECTION F – FLAGRANT FOUL**

- (1) A flagrant foul may be a personal or technical foul of a violent or savage nature, or a technical noncontact foul which displays unacceptable conduct. It may or may not be intentional. If personal, it involves, but is not limited to violent contact such as: striking, kicking, kneeling or an attempt to injure. (NFHS 4-19-4).
- (2) Any player who receives a flagrant foul shall be ejected from the tournament.
- (3) A flagrant foul will also count as a technical foul.

### **SECTION G – PLAYER CONDUCT**

- (1) As such, the following conduct expectations are in place for all adult basketball games. The following actions may result in a technical foul:
  - a. Use of profanity
  - b. Complaining about or questioning an official's call by a non-team captain.
  - c. Persistent complaint about judgment calls by any player (including captains).
  - d. Abusive or profane language by a spectator (team technical shall be assessed).
  - e. The following actions result in a technical foul, double technical (ejection) or flagrant foul.
  - f. Use of profanity toward an official or an opposing player.
  - g. Making a comment that is personal in nature to or about an official or opposing player.

- h. Any attempt to “bait,” taunt or otherwise instigate an opponent.
  - i. An attempt to physically intimidate an opponent or official.
  - j. Any physical contact with an official will result in ejection from the tournament and notification of authorities. NOTE: The officials’ jurisdiction begins from the time a player arrives on site until the player leaves. Actions that occur, before, during and after games are all subject to a technical foul, flagrant foul or ejection.
- (2) Alcohol and tobacco is not permitted to be on-site during any ARPA activities.
- (3) Fighting
- a. Any player who is ejected for, or found to be fighting will be ejected from the tournament.
  - b. ARPA will use a strict definition of fighting, and shall impose the fighting for penalty for any of the following action.
  - c. Throwing a punch (regardless of whether or not it is landed).
  - d. Slapping or pushing a player’s face of head area.
  - e. Grabbing or pushing a player during an altercation (exception, trying to restrain a player from your own team)
  - f. Any violent, physical act on another player outside of the actions allowed in basketball. Example: throwing a player to the court.
  - g. Any player who leaves the bench while an altercation is happening shall be considered to be fighting (exception: if an official specifically asks players to help to restore order).
  - h. The officials have the right to halt and discontinue any game if it is believed that allowing a game to continue may result in a fight or an out of control situation.

## **SECTION H – OFFICIALS**

- (1) A minimum of two officials who are members of a AHSAA approved association. Host may use additional officials as approved by the national governing body.
- (2) A minimum of two (2) Approved Game Officials (qualified game officials in their third year or more of membership with a certified officials association acceptable by the AHSAA standards and designated by AHSAA as an approved Official for basketball) shall be employed for AHSAA competition.
- (3) No official who has played during the season in the host’s local league may officiate in the State tournament.
- (4) Once a game has begun, it is considered an official game and cannot be replayed.

## **SECTION I – MISCELLANEOUS**

- (1) Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. The use of audio or visual recording devices is not allowed in resolution of protested matters.

## **SECTION J - BASKETBALL TOURNAMENT**

- (1) The format of the state tournament will be chosen by the host.

## **ARTICLE V – FEES**

- (1) Districts will establish the fee schedule for their District tournaments.
  - (a) In addition to the above fees, there will be a onetime charge of \$10.00 per team to be paid to the State Office. Host will be responsible for collecting.
- (2) Fees from ARPA State Adult Basketball Tournaments are to be set at \$150.00.
  - (a) In addition to the above fees, there will be a onetime charge of \$25.00 per team to be paid to the State Office. Host will be responsible for this fee.

**APPENDIX A**

**ALABAMA RECREATION AND PARKS ASSOCIATION, INC.  
BID SHEET**

**The minimum bid fee an affiliate can bid on any ARPA State Tournament is set at \$500. (Bid Process #4, Pg.7)**

**TO:** ARPA Recreational Sports Committee  
**FROM:** City of \_\_\_\_\_  
**DATE:** \_\_\_\_\_  
**BID:** \$ \_\_\_\_\_ With \$ \_\_\_\_\_ \$150.00 \_\_\_\_\_ entry fee per team with  
\$ \_\_\_\_\_ Gate Fee per day or \$ \_\_\_\_\_ tournament pass \$ \_\_\_\_\_ Parking Fee

THE ABOVE BID IS HEREBY TENDERED TO HOST THE ARPA

\_\_\_\_\_ on \_\_\_\_\_, 20\_\_\_\_\_

Host City will be responsible for the following:

1. Location and facilities will be the number one objective in site selection.
2. To submit with bid a list of hotels and motels in the community and distance of these to the location of sports facilities.
3. To order and bear all expenses for trophies, medals and ribbons with the appropriate ARPA logo, and all other equipment and supplies required and suitable for the event.
4. To invite the participation of all affiliated cities.
5. To collect from the participants only those fees and charges as set forth in the ARPA Recreational Sports Manual for the event.
6. To pay for a hospitality room. This shall include but not limit to feeding all coaches, officials and meet workers for any meals during the time of the Championship.
7. To conduct the event(s) in strict accordance with the ARPA rules and regulations for the vent.
8. To submit a financial report, accompanied with check, for all monies due to ARPA to the State Office within 60 days of invoice after the event.
9. A committee will be appointed by the Recreational Sports Committee to serve as the governing body of the recreational sports event. The Host City must be responsible for the housing of this committee. This committee shall not exceed 5 people

\_\_\_\_\_  
Authorized Signature

\_\_\_\_\_  
Title

\_\_\_\_\_  
Address

\_\_\_\_\_  
Telephone

\_\_\_\_\_  
Name of Meet/Tournament Director

\_\_\_\_\_  
Telephone

Approved by the ARPA Recreational Sports Committee.

Chairman: \_\_\_\_\_

Date: \_\_\_\_\_

**APPENDIX B**

**ALABAMA RECREATION AND PARKS ASSOCIATION  
TEAM SPORTS OFFICIAL ROSTER**

Department: \_\_\_\_\_ Athletic Event: \_\_\_\_\_ Male ( ) Female ( )

Age Division: \_\_\_\_\_ Recreation Staff in Charge: \_\_\_\_\_

Address: \_\_\_\_\_ City/ST/Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

<b>Name</b>	<b>Age</b>	<b>Birth Date</b>	<b>Street Address (Address, City, State, Zip)</b>
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			
16.			
17.			
18.			
19.			
20.			
Coach			
Coach			
Coach			

Date: \_\_\_\_\_

Department Director: \_\_\_\_\_

**APPENDIX C**

**2019 ARPA SWIM MEET QUALIFYING TIMES**

AGE GROUP & STROKE	BOYS		GIRLS	
	YARDS	METERS	YARDS	METERS
<b>6 AND UNDER</b>				
25 Free	30.07	33.37	31.68	35.16
25 Back	31.11	34.53	32.19	35.73
<b>8 AND UNDER</b>				
100 I.M.	2:33.65	2:50.55	2:09.35	2:23.57
25 BREAST	25.76	28.59	29.45	32.68
25 FREE	18.84	20.91	18.42	20.44
25 FLY	21.41	23.76	33.34	37.00
25 BACK	23.52	26.10	23.75	26.36
50 FREE	42.69	47.38	42.09	46.71
<b>9 – 10</b>				
100 I.M.	1:37.64	1:48.38	1:30.66	1:40.63
50 BREAST	49.40	54.83	47.61	52.84
50 FREE	38.48	42.71	38.75	43.01
50 FLY	42.68	47.37	45.96	51.01
50 BACK	45.89	50.93	41.72	46.30
100 FREE	1:21.91	1:30.92	1:21.92	1:30.93
<b>11 – 12</b>				
100 I.M.	1:18.70	1:27.35	1:17.67	1:26.21
50 BREAST	43.65	48.45	42.51	47.18
50 FREE	32.00	35.52	29.63	32.88
50 FLY	35.08	38.93	34.43	38.21
50 BACK	39.18	43.48	36.32	40.31
100 FREE	1:17.16	1:25.64	1:15.94	1:24.29
<b>13 – 14</b>				
100 I.M.	1:09.20	1:17.58	1:11.78	1:19.67
50 BREAST	39.88	44.26	43.73	48.54
50 FREE	26.33	29.22	29.23	32.44
50 FLY	29.18	32.38	30.75	34.13
50 BACK	32.27	35.81	33.20	36.85
100 FREE	1:04.76	1:11.88	1:12.28	1:20.23
<b>15 thru 18</b>				
100 I.M.	1:08.91	1:16.49	1:08.79	1:16.35
50 BREAST	31.79	35.28	37.66	41.80
50 FREE	25.25	28.02	39.11	43.41
50 FLY	26.93	29.89	30.89	34.28
50 BACK	29.29	32.51	32.90	36.51
100 FREE	56.03	1:02.19	1:04.08	1:11.12

Y = yard time (in seconds)  
 T = difference in turns from yards to meters  
 (Y \* 1.1) + T = Meter Time

M = meters time (in seconds)  
 T = difference in turns from meters to yards  
 (M – T) divided by 1.1 = Yards Time

**APPENDIX D - 1**

**STATE SWIM MEET ENTRY FEE**

Entry Fee: Individual Events: \_\_\_\_\_ \* \$4.00 = \$ \_\_\_\_\_  
Relays: \_\_\_\_\_ \* \$8.00 = \$ \_\_\_\_\_  
Total Entry Fees: \_\_\_\_\_ = \$ \_\_\_\_\_

State Fees: Participants: \_\_\_\_\_ \* \$2.00 = \$ \_\_\_\_\_  
Total Entry Fees: \_\_\_\_\_ = \$ \_\_\_\_\_

State Fees: \$ \_\_\_\_\_  
Entry Fee: \$ \_\_\_\_\_  
Total Fees: \$ \_\_\_\_\_

**APPENDIX D – 2**

**ALABAMA RECREATION AND PARKS ASSOCIATION  
STATE SWIM MEET ENTRY FORM**

District: \_\_\_\_\_ District Recreational Sports Representative: \_\_\_\_\_

Address: \_\_\_\_\_ Telephone: \_\_\_\_\_

Age Group: \_\_\_\_\_ Boys

NT	AC	1							

\_\_\_\_\_

NT	AC	1							

\_\_\_\_\_

Total: \_\_\_\_\_

**APPENDIX D-3**

**ALABAMA RECREATION AND PARKS ASSOCIATION  
STATE SWIM MEET ENTRY FORM**

**\*MEDLEY RELAY**

	EVENT #	FEMALE A	FEMALE B	
<del>FEMALE C</del>				
8 & U				
9 – 10				
11 – 12				
13 – 14				

**\* MEDLEY RELAY**

	EVENT #	MALE A	MALE B	
<del>MALE C</del>				
8 & U				
9 – 10				
11 – 12				
13 – 14				

Please list name of relay participants, the affiliate name and the entry time.

**APPENDIX D-4**

**\*FREE RELAY**

	EVENT #	FEMALE A	FEMALE B	
FEMALE C				
8 & U				
9 – 10				
11 – 12				
13 – 14				

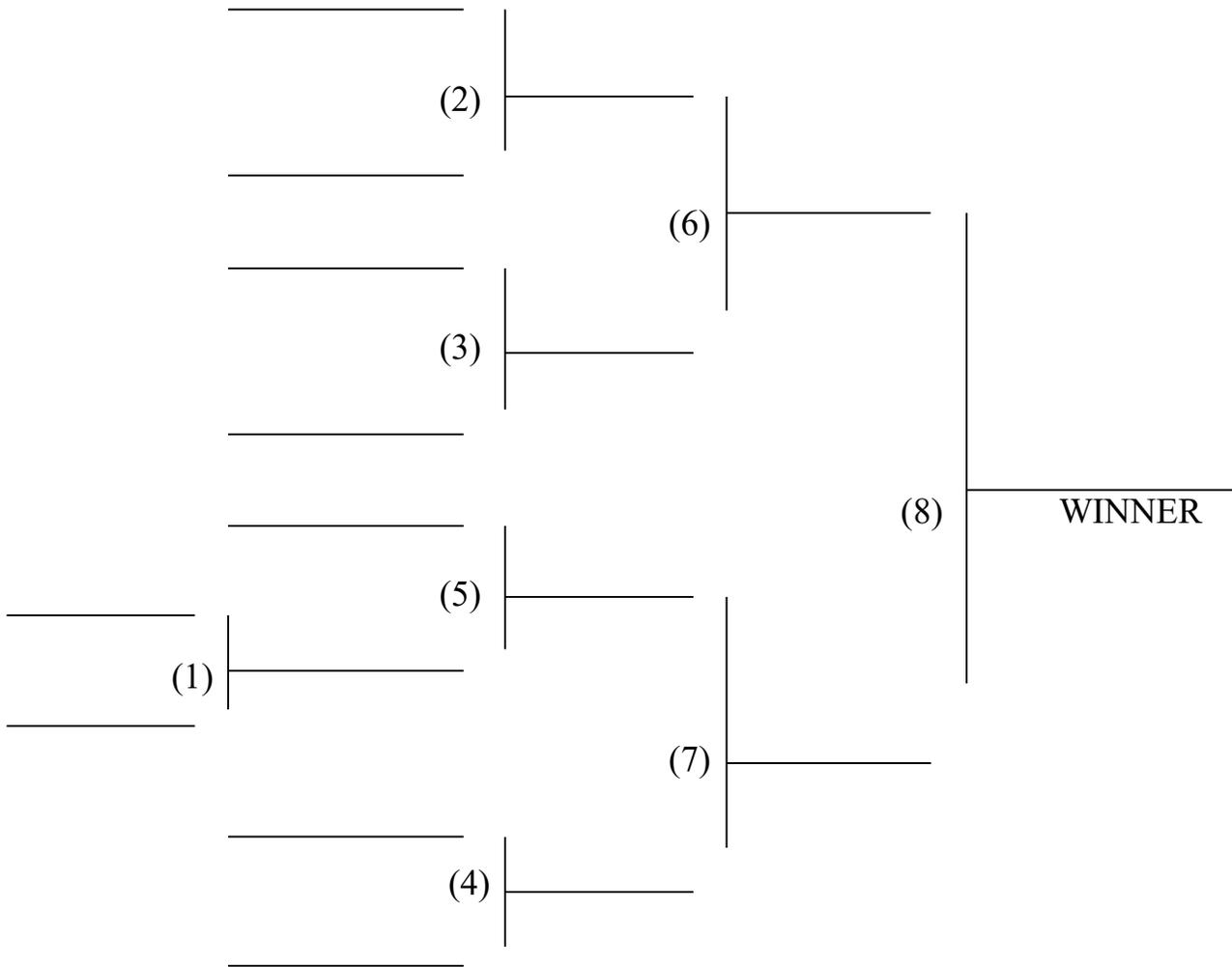
**\* FREE RELAY**

	EVENT #	MALE A	MALE B	
MALE C				
8 & U				
9 – 10				
11 – 12				
13 – 14				

Please list name of relay participants, the affiliate name and the entry time.

**APPENDIX E-1**

**ALABAMA RECREATION AND PARKS ASSOCIATION  
STATE BASKETBALL TOURNAMENT  
NINE (9) TEAM BRACKET**



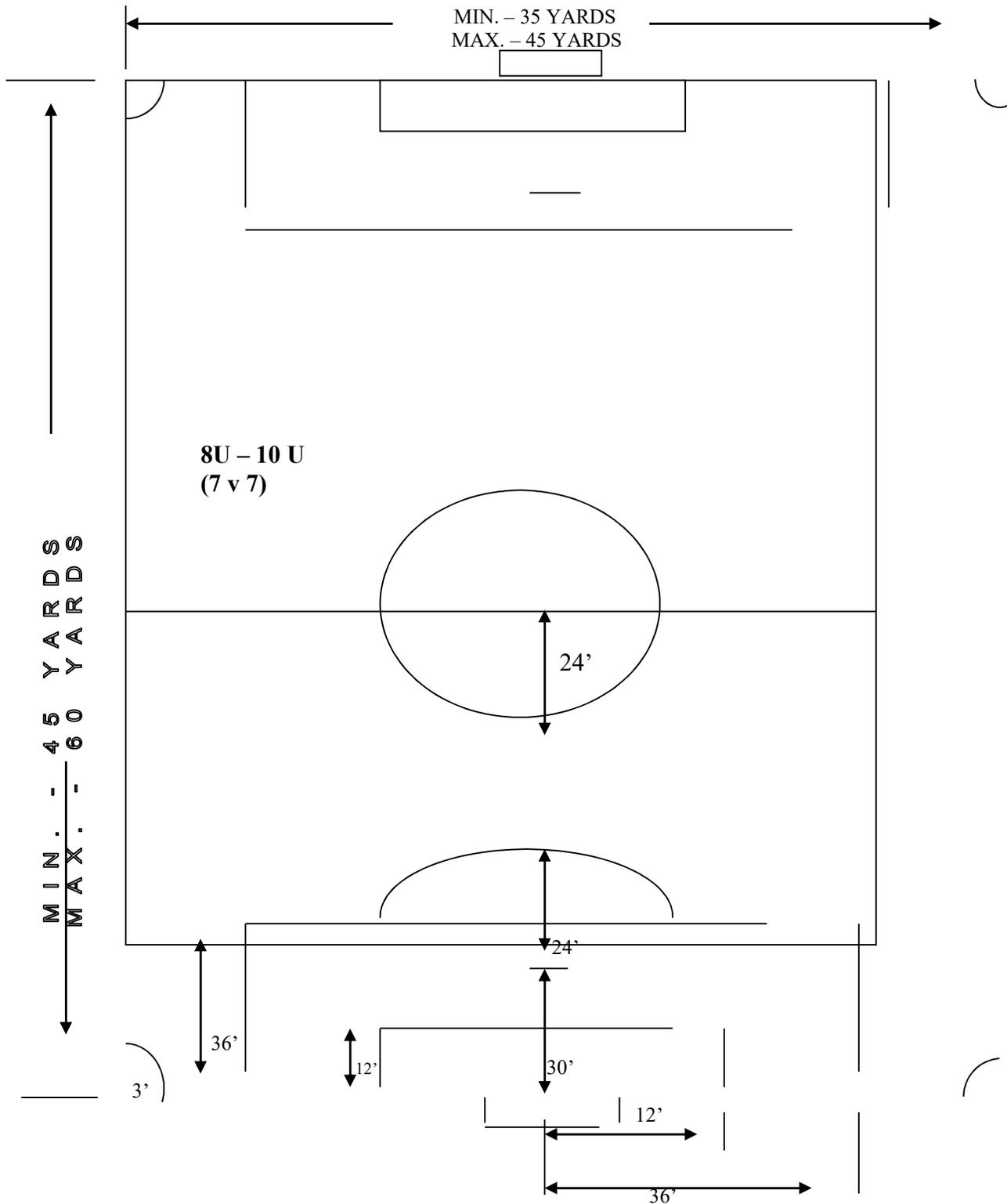
**APPENDIX E-2**

**ALABAMA RECREATION AND PARKS ASSOCIATION  
POOL PLAY BREAKDOWN BY TEAM FOR SOCCER & VOLLEYBALL**

16 TEAMS:	4 POOLS	(4)	(4)	(4)	(4)	Advance to Bracket
15 TEAMS:	4 POOLS	(4)	(4)	(4)	(3)	Play top team from each pool
14 TEAMS:	4 POOLS	(4)	(4)	(3)	(3)	
13 TEAMS:	4 POOLS	(4)	(3)	(3)	(3)	
12 TEAMS:	4 POOLS	(3)	(3)	(3)	(3)	
11 TEAMS:	3 POOLS	(3)	(4)	(4)		Advance to Bracket
10 TEAMS:	3 POOLS	(3)	(3)	(4)	(4)	Play top team each pool and a wild card team
9 TEAMS:	3 POOLS	(3)	(3)	(3)	(3)	
8 TEAMS:	2 POOLS	(4)	(4)			Top team each pool advances
7 TEAMS:	2 POOLS	(4)	(3)			
6 TEAMS:	2 POOLS	(3)	(3)			

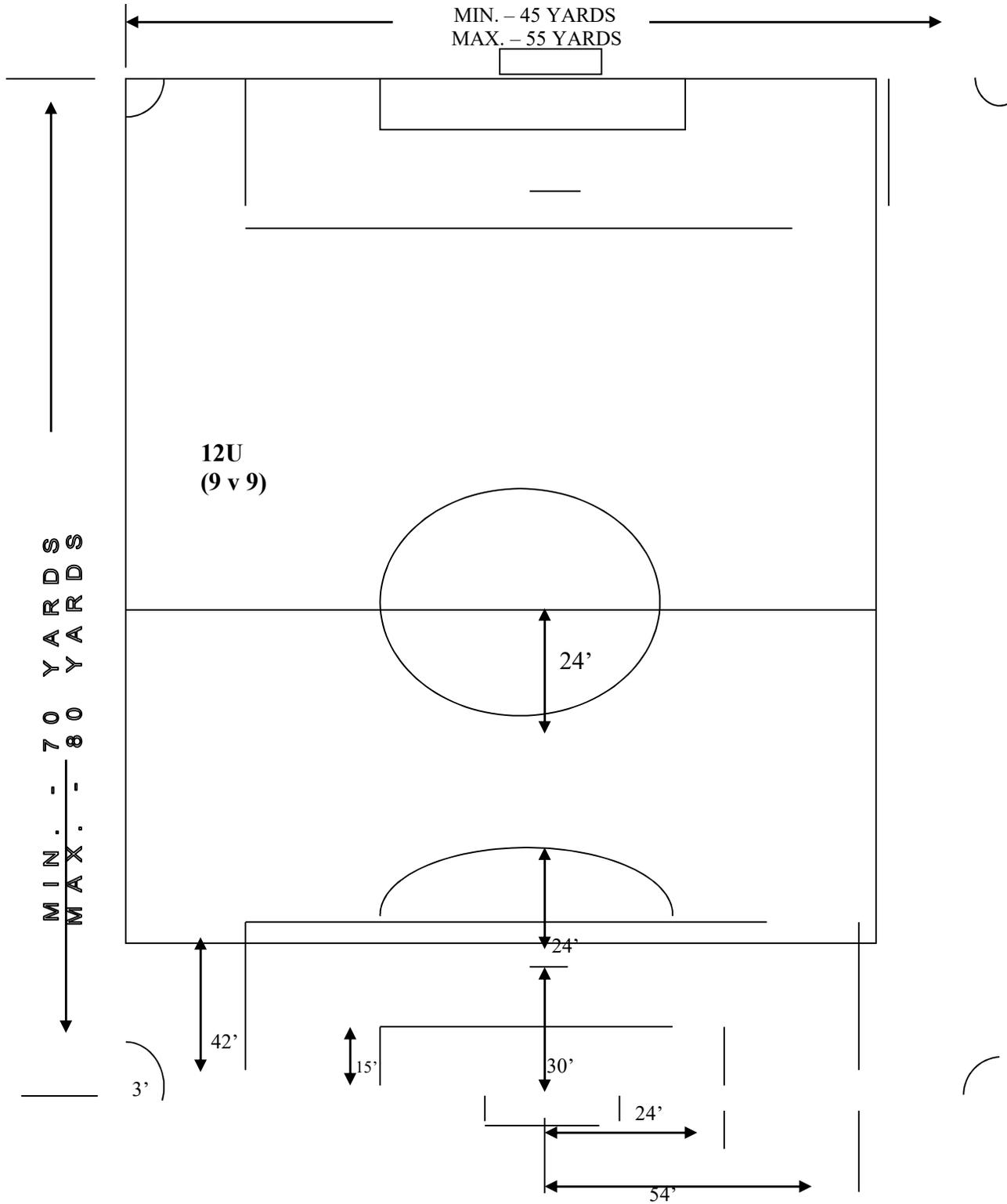
**APPENDIX F-1**

**ALABAMA RECREATION AND PARKS ASSOCIATION  
SOCCER FIELD DIMENSIONS  
(Build Out Line is 30 ft. from center line)**



**APPENDIX F-2**

**ALABAMA RECREATION AND PARKS ASSOCIATION  
SOCCER FIELD DIMENSIONS**





**APPENDIX G**

**ALABAMA RECREATION AND PARKS ASSOCIATION  
RECREATIONAL SPORTS RULE SUGGESTION**

\_\_\_\_\_, 20\_\_

TO: Chairperson, Recreational Sports Committee  
C/O Alabama Recreation and Parks Association  
P.O. Box 230579  
Montgomery, Alabama 36123-0519

The rule suggested changed can be found on:

1. Rule # \_\_\_\_\_ 2. Article # \_\_\_\_\_ 3. Section: \_\_\_\_\_  
4. Paragraph: \_\_\_\_\_ 5. Page # \_\_\_\_\_

6. The rule as it now reads:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

7. Why I feel the rule should be changed:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

8. Rule as I propose it to read:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

SIGNATURE: \_\_\_\_\_ NAME: \_\_\_\_\_

AFFILIATE: \_\_\_\_\_ POSITION: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
(street number)

(City)

(Zip code)

(If more space is needed, attach additional sheets)

**APPENDIX H**

**ARPA TOURNAMENT REPORT**

**Host Affiliate** \_\_\_\_\_ **Tournament Date(s)** \_\_\_\_\_

**Type:** District Tournament \_\_\_\_\_ State Tournament \_\_\_\_\_ Boys \_\_\_ Girls \_\_\_

**Sport:** Basketball \_\_\_\_\_ Soccer \_\_\_\_\_ Swimming \_\_\_\_\_ Diving \_\_\_\_\_  
Softball \_\_\_\_\_ Archery \_\_\_\_\_ Volleyball \_\_\_\_\_ Track & Field \_\_\_\_\_

**Age(s):** 9 & Under \_\_\_\_\_ 12 & Under \_\_\_\_\_ 15 & Under \_\_\_\_\_  
10 & Under \_\_\_\_\_ 13 & Under \_\_\_\_\_ 16 & Under \_\_\_\_\_  
11 & Under \_\_\_\_\_ 14 & Under \_\_\_\_\_ 18 & Under \_\_\_\_\_ Other \_\_\_\_\_

**Income:**

# of Teams \_\_\_\_\_ x Team Entry Fee \_\_\_\_\_ = \_\_\_\_\_

Total General Admission \_\_\_\_\_ x Admission Fee \_\_\_\_\_ = \_\_\_\_\_

Total income from concessions = \_\_\_\_\_

Total sponsors contributions = \_\_\_\_\_

Other income: (nature) = \_\_\_\_\_

Other income: (nature) = \_\_\_\_\_

**Total Income:** = \_\_\_\_\_

**Expenses:**

ARPA Fees (\$10.00 per team for District and \$25.00 for State Tournaments)

ARPA bid Fee: (if hosting a state tournament) = \_\_\_\_\_

ARPA team fees: # of teams \_\_\_\_\_ x fee (listed above) = \_\_\_\_\_

# of officials \_\_\_\_\_ x per game fee \_\_\_\_\_ x # of games \_\_\_\_\_ = \_\_\_\_\_

# of scorekeepers \_\_\_\_\_ x per game fee \_\_\_\_\_ x # of games \_\_\_\_\_ = \_\_\_\_\_

total expenses from concession = \_\_\_\_\_

other expenses: (nature) \_\_\_\_\_ = \_\_\_\_\_

other expenses: (nature) \_\_\_\_\_ = \_\_\_\_\_

**Total Expenses:** = \_\_\_\_\_

**Tournament Net (Total Income – Total Expenses)** = \_\_\_\_\_

# of spectators present 1<sup>st</sup> Day \_\_\_\_\_ 2<sup>nd</sup> Day \_\_\_\_\_ 3<sup>rd</sup> Day \_\_\_\_\_ 4<sup>th</sup> Day \_\_\_\_\_ Total \_\_\_\_\_

# of players & coaches present 1<sup>st</sup> Day \_\_\_\_\_ 2<sup>nd</sup> Day \_\_\_\_\_ 3<sup>rd</sup> Day \_\_\_\_\_ 4<sup>th</sup> Day \_\_\_\_\_ Total \_\_\_\_\_

# of Recreation Professional Present 1<sup>st</sup> Day \_\_\_\_\_ 2<sup>nd</sup> Day \_\_\_\_\_ 3<sup>rd</sup> Day \_\_\_\_\_ 4<sup>th</sup> Day \_\_\_\_\_ Total \_\_\_\_\_

Signature of Person Submitting Report: \_\_\_\_\_

**APPENDIX I**

**Alabama Recreation and Parks Association, Inc.  
PARENTAL AUTHORIZATION AND MEDICAL RELEASE**

Team Name: \_\_\_\_\_

Affiliate Name: \_\_\_\_\_

I, parent or guardian of the child whose name is listed on the same line with my signature below, hereby give approval to his/her participation in Alabama Recreation and Parks Association, Inc. (ARPA) tournament activities as a member of the above named team representing the identified ARPA Affiliate Member. I assume all risks and hazards incidental to such participation including transportation to and from all activities; and do hereby waive, release, absolve and indemnify and agree to hold harmless the Alabama Recreation and Parks Association, Incorporated, Its Directors, Officers, Members and Staff, the local Parks and Recreation Department and/or Board, the local league organization, the tournament organizers, sponsors, supervisors, officials, participants and persons transporting the child to and from activities, for any claim arising out of injury to the child, except to the extent and in the amount covered by the accident and/or liability insurance held by the local league.

I also grant permission to managing and/or coaching personnel or other team representatives or tournament officials to authorize and obtain medical care and treatment from any licensed physician at a hospital or medical office should the child become ill or injured while participating in ARPA tournament activities while away from home, or at other times when neither parent/guardian is available to grant authorization for emergency treatment. It is further understood that any payment and/or insurance for the cost of such medical treatment if required will be the sole responsibility of the participants parent/guardian.

A certified birth certificate or acceptable proof of age of the above named participant has been furnished to ARPA tournament officials or is attached.

Child's Name	Signature of Parent / Guardian
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____
11. _____	_____
12. _____	_____
13. _____	_____
14. _____	_____
15. _____	_____
16. _____	_____
17. _____	_____
18. _____	_____
19. _____	_____
20. _____	_____

**APPENDIX J**

**ALABAMA RECREATION & PARKS ASSOCIATION, INC.**

**Tournament Check-In Sheet**

(Check the box if Provided)

Agency	Signed Official Roster	Birth Certificates	Parent & Medical Release Forms	ARPA Representatives Name	Fees Paid

## APPENDIX K

# ARPA FACILITY SAFETY CHECK LIST

Host Affiliate \_\_\_\_\_ Tournament Date(s) \_\_\_\_\_

Type: District Tournament \_\_\_\_\_ State Tournament \_\_\_\_\_ Boys \_\_\_ Girls \_\_\_

Sport: Basketball \_\_\_ Soccer \_\_\_ Swimming \_\_\_ Diving \_\_\_ Softball \_\_\_ Other \_\_\_\_\_

Age: 8 & Under \_\_\_\_\_ 9 & Under \_\_\_\_\_ 10 & Under \_\_\_\_\_ 11 & Under \_\_\_\_\_  
12 & Under \_\_\_\_\_ 13 & Under \_\_\_\_\_ 14 & Under \_\_\_\_\_ 15 & Under \_\_\_\_\_  
16 & Under \_\_\_\_\_ 17 & Under \_\_\_\_\_ 18 & Under \_\_\_\_\_ Other \_\_\_\_\_

Safety check list to be completed by the ARPA Host Affiliate before all ARPA District and State level athletic events. After completing this form, it should be submitted to the District Recreational Sports Chair to then forward to the State Chair and ARPA State Office.

- \_\_\_\_\_ Playing surface smooth and level (no holes, rocks, debris, etc.)
- \_\_\_\_\_ Bases secure and level (softball)
- \_\_\_\_\_ Fencing secure with no holes or gaps
- \_\_\_\_\_ Gates open and close properly
- \_\_\_\_\_ Player benches are safe
- \_\_\_\_\_ Adequate field lighting
- \_\_\_\_\_ Spectator areas/bleachers secure and safe distance from playing area
- \_\_\_\_\_ Adequate rest room facilities
- \_\_\_\_\_ Adequate security on site
- \_\_\_\_\_ Qualified on site first aid
- \_\_\_\_\_ Access to phone/ radio for EMS if needed
- \_\_\_\_\_ Access to current weather conditions (radar /tv / radio)
- \_\_\_\_\_ Adequate severe weather plan
- \_\_\_\_\_ Player / Spectator areas free from hazards such as electrical, slipping, tripping, etc.
- \_\_\_\_\_ Public address system
- \_\_\_\_\_ Concession stands adequate
- \_\_\_\_\_ Adequate parking
- \_\_\_\_\_ Adequate emergency exits with no obstructions
- \_\_\_\_\_ Adequate padding on any obstructions near playing area (walls, poles, goals, etc)
- \_\_\_\_\_ Goal mounted securely to prevent tipping over or falling (**soccer**)
- \_\_\_\_\_ Nets secured with no holes or gaps (**soccer**)
- \_\_\_\_\_ Starting blocks secure and safe (**swimming**)
- \_\_\_\_\_ Pool water P.H. between 7.2-7.5 and chlorine level between 1.5-3.0 ppm (**swimming & diving**)
- \_\_\_\_\_ Proper depth of water (**swimming & diving**)
- \_\_\_\_\_ Diving boards secure and safe (**diving**)
- \_\_\_\_\_ Adequate lifeguard coverage (**swimming & diving**)

Completed by: \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_  
Please Print Name

**APPENDIX L**

# ARPA State Archery Tournament Official Score Card

Archer's Name: \_\_\_\_\_ Division: Cubs

	Arrow 1	Arrow 2	Arrow 3	Arrow 4	Arrow 5	End Totals
10 meters						
End # 1						
End # 2						
End # 3						
10 Meter Total:						

	Arrow 1	Arrow 2	Arrow 3	Arrow 4	Arrow 5	End Totals
15 meters						
End # 1						
End # 2						
End # 3						
15 Meter Total:						

Tournament Total:

Archer's Name: \_\_\_\_\_ Division: Youth    Junior

	Arrow 1	Arrow 2	Arrow 3	Arrow 4	Arrow 5	End Totals
10 meters						
End # 1						
End # 2						
10 Meter Total:						

	Arrow 1	Arrow 2	Arrow 3	Arrow 4	Arrow 5	End Totals
15 meters						
End # 1						
End # 2						
15 Meter Total:						

	Arrow 1	Arrow 2	Arrow 3	Arrow 4	Arrow 5	End Totals
20 meters						
End # 1						
End # 2						
20 Meter Total:						

Tournament Total:

**APPENDIX****2019 ARPA TRACK QUALIFYING TIME**

GIRLS 7-8	
50M	9.42
100M	18.72
200M	40.83
400M	1:37.05
800M	5:58.21
4X100	1:28.67
Standing Long Jump	4-08.00
Softball Throw	44-04.00

BOYS 7-8	
50M	8.83
100M	16.89
200M	36.77
400M	1:30.10
800M	5:31.11
4X100	1:15.41
Standing Long Jump	5-08.00
Softball Throw	52-01.00

GIRLS 9-10	
50M	8.25
100M	15.62
200M	33.48
400M	1:20.90
800M	3:18.32
1600M	8:25.72
4X100	1:13.58
Running Long Jump	5-02.00
Shot Put	9-10.00
Standing Long Jump	5-08.00
Softball Throw	59-10.00

BOYS 9-10	
50M	8.23
100M	15.12
200M	32.15
400M	1:14.18
800M	3:19.95
1600M	6:52.70
4X100	1:05.03
Running Long Jump	9-08.00
Shot Put	19-04.00
Standing Long Jump	6-06.00
Softball Throw	102-03.00

GIRLS 11-12	
50M	8.07
100M	14.62
200M	30.31
400M	1:14.18
800M	3:31.25
1600M	7:19.99
4X100	1:03.60
4X400	6:10.78
Running Long Jump	6-05.00
Shot Put	16-03.00
Standing Long Jump	7-00.00
Softball Thrown	93-05.00

BOYS 11-12	
50M	7.80
100M	15.03
200M	31.18
400M	1:14.29
800M	2:59.24
1600M	6:53.43
4X100	1:08.99
4X400	4:58.55
Running Long Jump	10-02.00
Shot Put	18-02.00
Standing Long Jump	6-07.00
Softball Throw	125-08.00

GIRLS 13-14	
100M	15.69
200M	30.09
400M	1:14.70
800M	3:34.58
1600M	7:50.35
4X100	1:02.75
4X400	5:53.12
Running Long Jump	8-09.00
Shot Put	16-02.00
Standing Long Jump	5-06.00
Softball Throw	86-04.00

BOYS 13-14	
100M	13.88
200M	29.26
400M	1:10.29
800M	4:45.34
1600M	6:36.12
4X100	58.14
4X400	No Time
Running Long Jump	11-01.50
Shot Put	12-01.00
Standing Long Jump	No Score
Softball Throw	122-04.00



**APPENDIX N-2**

**Alabama Recreation and Parks Association  
State Track Meet Entry Form**

Affiliate: \_\_\_\_\_ Coaches Name: \_\_\_\_\_  
District: \_\_\_\_\_ District Recreational Sports Representative: \_\_\_\_\_

Age Group: \_\_\_\_\_ **Boys or Girls (Circle One)**

4 * 100 Meter Relay					
Name:	A		B		C
	1)		1)		1)
	2)		2)		2)
	3)		3)		3)
	4)		4)		4)

Age Group: \_\_\_\_\_ **Boys or Girls (Circle One)**

4 * 400 Meter Relay					
Name:	A		B		C
	1)		1)		1)
	2)		2)		2)
	3)		3)		3)
	4)		4)		4)