

2017-18 TMSAA Handbook
TMSAA SPORTS REGULATIONS

2017-18 Football Regulations

- NFHS Football Rule 3-1-2 (Mercy Rule); Beginning in the second half, if the point differential is 35 points or more, a continuous clock will be used. The clock will only stop for charged time-outs, injuries, and scores. The try will always be an un-timed down. The clock shall start when the ball is kicked on the kickoff. If the point differential goes below 35 points, go back to regular timing rules.
- The ball to be used in games involving only players below the 9th grade may have the dimensions found in table 1-3-1 in the NFHS Football Rulebook. The NFHS Authenticating Mark does not have to be on the ball.
- A Game Administrator must be appointed by the principal of each host school to supervise every varsity athletic contest. The Game Administrator must be someone other than the participating coaches. Ideally it should be a principal, athletic director, or another school administrator, but it may be the principal's or athletic director's designee due to staff commitments. The Game Administrator of the host school is required to conduct one meeting which must include the coaches, officials, and security personnel prior to the start of each varsity contest. Included in the pregame discussion is to be a review of the expected behavior of everyone involved in the contest.
- Practice Regulations
 1. Practice time in pads may not exceed three hours in a single practice.
 2. If there are multiple practices in pads in a single day, only one session per day should include contact. The total practice time in pads may not exceed five hours, with practices separated by at least three hours of rest in a cool environment.
 3. No student shall participate in multiple practices in pads on consecutive days. Helmets may be worn at any time. A practice would be considered a practice in pads if shoulder pads and/or football pants with or without pads are worn. If weather postpones a practice in pads, the practice may resume after conditions are deemed safe and the remainder of the allotted practice time may be completed. In addition, all TMSAA/TSSAA Football Practice Regulations must be followed

2017-18 Girls' Volleyball Regulations

In girls' volleyball, regular season and tournament matches will be 2-of-3 games. Games will be played to 25 points with the third game played to 15 points. The format will be rally scoring for all games and each game must be won by 2 points.

2017-18 Pre-Game Warm-Ups and Spirit Rules for Cheerleaders during Basketball Games

If a team circles the entire floor during pre-game warm-ups while the jurisdiction of the officials has started, there will be technical foul charged indirectly to the head coach. If a team runs through a team already warming up, a technical foul will be charged indirectly to the head coach.

Also, teams must go to the free throw line area directly in front of their bench during pre-game introductions or during pre-game warm-ups. No team will be allowed around the mid-court circle during or after introductions.

Cheerleaders cannot stand at anytime during the game in the area of the free throw lane extended under the basket.

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2017-18 Basketball Regulations

In basketball, there is a mandated continuous clock when one team gets a 35-point advantage over its opponent in the fourth quarter. The clock would only stop for shooting fouls, timeouts, injuries, and the administration of technical fouls. The clock will continue to run for the remainder of the game, regardless if the point differential gets closer than 35-points.

A Game Administrator must be appointed by the principal of each host school to supervise every varsity athletic contest. The Game Administrator must be someone other than the participating coaches. Ideally it should be a principal, athletic director, or another school administrator, but it may be the principal's or athletic director's designee due to staff commitments. The Game Administrator of the host school is required to conduct one meeting which must include the coaches, officials, and security personnel prior to the start of each varsity contest. Included in the pregame discussion is to be a review of the expected behavior of everyone involved in the contest.

2017-18 Wrestling Regulations

- **Weight Classes:** 76, 83, 91, 99, 106, 113, 119, 125, 131, 141, 151, 165, 185, 225, 250. All matches count.
- **Other:** Situations and rules will follow the National Federation Wrestling Rules Book. For Varsity and Junior Varsity matches, each contestant must weigh in shoulder to shoulder, a maximum of one (1) hour before the time of a dual meet and two (2) hours before the start of a tournament.

2017-18 Soccer/Girls' Soccer Regulations

Mercy Rule (Goal Differential) – After a 5-goal differential has been reached, the game clock shall run continuously except for heat time outs and injuries. For the remainder of the game, the clock will continue to run regardless of the goal differential. If a 9-goal differential has been reached at halftime or at any time during the second half, the game shall be terminated.



TSSAA PITCHING POLICY

June 2017

Due to concerns over player safety in regards to pitching a baseball, the following pitching plan has been implemented to better insure players' health. This policy satisfies NFHS Baseball Rule 6-2-6.

THESE RULES ARE IN REGARD TO THE POSITION OF BASEBALL PITCHER.

GENERAL GUIDELINES:

1. Make sure properly warmed up prior to any throwing activity. Use proper equipment to aid in the warm up. (Surgical tubing, etc...)
2. Make sure a proper dynamic and static stretching plan is followed prior to throwing.
3. Educate pitchers on proper mechanics and techniques of throwing.
4. Monitor for signs of mechanical breakdown and fatigue.
5. Take immediate action if a pitcher complains of pain.
6. Consult a trainer/doctor/trained coach upon completion of game pitching activity.
7. Put in place and follow a prescribed post pitching rehabilitation program.
8. Make every effort to avoid pitching a player in multiple games on the same day.

RULES:

1. A player cannot pitch three (3) days in a row regardless of number of pitches thrown. Using a pitcher three (3) days in a row would violate the rule regarding using an ineligible player.
2. Each pitch will count as a pitch. Even if a pitcher surpasses a cutoff number, the pitch count will be exactly the number of pitches thrown. No pitch count will revert to another number. (ie. 120 pitches will be 120 pitches)
3. It is strongly recommended that coaches check with the opposing team between each half inning to make sure both teams agree to and record the same pitch count.
4. In case of disagreement, the home team's count will be the final accepted count.
5. Both teams are required to sign each other's pitch count form at the end of each game.
6. The pitch count will apply to any player who pitches and is cumulative each day. JV pitch count and high school varsity pitch count are linked together. Example: a pitcher who pitches 45 Varsity pitches on Monday is not permitted to pitch JV on Tuesday.
7. The pitch count applies to regular season and postseason.
8. A pitcher may pitch in Game 1 of a doubleheader and return to pitch in Game 2 of the same doubleheader. The pitches in Game 2 will be added to the Game 1 total for the purposes of determining the number of days rest needed.

Level	Maximum pitches per day	Daily Pitch Allowances by Calendar Days of Rest				
		0 days	1 day	2 days	3 days	4 days
Middle School (6-8 Grade)	85	1 - 19	20 - 35	36 - 50	51 - 66	67-85
High School Freshman/JV	100	1 - 25	26 - 40	41 - 65	66 - 80	81-100
High School Varsity	120	1 - 25	26 - 55	56 - 75	76 - 105	106-120

First Violation: Forfeit, \$50 fine and head coach suspended for one game at level the violation occurred.

Second Violation: Forfeit, \$250 fine and head coach suspended for two games at level the violation occurred.

Third Violation: Forfeit, \$500 fine and head coach suspended for four games at level the violation occurred.



TSSAA PITCHING LIMITATION VERIFICATION FORM

Keep updated, on hand, and in dugout

School _____ City _____ Level _____ (MS/JV/V) Year _____

Date	Opponent	Jersey Number	Pitcher's Name	Pitches Thrown	Days Rest Required	Pitcher's Coach Signature	Opposing Coach Signature

Pitches Thrown: Number of pitches thrown on this date including pitches thrown for strikes, balls, foul balls, balls in play, hits, and outs. **All balls thrown to the catcher when game is in progress.**

By signing below, the individuals certify that the information on this form is complete and accurate.

(Head Coach Signature and Date) (Principal / AD Signature and Date)

(Coach Title Head Coach) (Administrative Title)