

East Valley Conference 2020-2021 Constitution

Article I

Name

The name of this organization shall be "EAST VALLEY CONFERENCE", hence known as the "EVC".

Article II

Mission

The mission of the athletic program of the East Valley Conference is to provide an educationally sound program that emphasizes participation, cooperation, good sportsmanship and teamwork for seventh and eighth grade boys and girls.

The objectives of this program are to develop and maintain on the part of the participant:

1. Physical skills necessary in the sport or activity
2. An awareness of progressive skill requirements needed to continue to grow in the specific sport or activity
3. A sense of loyalty, team play, cooperation, and sportsmanship which will "carry over" beyond junior high
4. Respect for efforts, abilities and rights of others (especially in regards to opponents and officials)
5. The awareness of leadership responsibilities in school, community and life contacts, as well as on the athletic field
6. Participation by all members of a team (IN EACH GAME/CONTEST EXCEPT THE POST SEASON)

Article III

Membership

Section 1

Voting

The EVC shall consist of the member school administrators or their appointed representatives. Each member school will have 1 vote in determining standards and policies. A **7/12** vote approval of the total membership is needed to amend the constitution (Article XIV.)

Section 2

Responsibilities

The responsibilities of the EVC shall be:

- A. Determining general standards and policies for the conference.
- B. Establishing eligibility requirements for membership in the conference.
- C. Setting membership fees.

D. Determining officers for the EVC.

- President
- Vice President
- Secretary
- Treasurer
- Tournament Directors
- Officials Coordinator

Officers will not be elected. They will be determined by the athletic directors during the summer meeting.

Section 3 Appointment of Officers

SCHOOL	2020-2021
Queen Creek JHS	Secretary
Santan JHS	Treasurer
ACP-O	Officials Coordinator
Casteel	Wrestling
Willis JHS	President
Payne JHS	Weekly Schedule
Newell Barney JHS	Vice President
Sossaman MS	Cross Country
Andersen JHS	Track

Article IV Member Schools

Section 1 Present Membership

The present membership of the East Valley Conference shall consist of the following schools:

- Andersen Junior High
- Arizona College Prep
- Bogle Junior High
- Casteel High School
- Cooley Middle School
- Eastmark High School
- Newell Barney Junior High School
- Payne Junior High
- Queen Creek Junior High School
- Santan Junior High
- Sossaman Middle School
- Willis Junior High

Section 2

Admission of New Members

- A. New schools added to participating school districts in the East Valley Conference will automatically become members upon verbal request.
- B. Admission requirements for schools not in district currently participating will be:
 - 1. A written request for inclusion shall be submitted to the membership.
 - 2. The new school must send a representative to attend an informational meeting.
 - 3. The new school must present a proposal for membership to the committee.
 - 4. The new school must agree to meet the requirements set up by the constitution for the East Valley Conference.
- C. New member schools, after meeting the requirements, may be admitted by a **7/12** majority vote of the membership.

Article V

Duties of EVC Officers

Section 1

EVC Officers

Officers shall commence their duties with the first meeting of the new school year.

Section 2

The Duties of the President shall be:

- A. To preside at all EVC and Executive Committee meetings.
- B. To call for regular and special meetings, providing an agenda for each.
- C. To appoint such committees as may be required for the proper operation of the EVC.
- D. To appoint individuals to fill vacancies in any of the offices of the EVC.
- E. To perform all other duties prescribed to this office.
- F. To resolve all protests.

Section 3

The Duties of the Vice President shall be:

- A. To act in the absence of the President with the same power and authority.
- B. To ensure distribution of sports schedules to member schools prior to the beginning of the season.
- C. To create and maintain current year schedules.
- D. To design the following year's schedules by May for review by EVC.
- E. To perform other duties as prescribed by the EVC.
- F. To determine tie breakers for EVC seeding.

Section 4

The Duties of the Secretary shall be:

- A. To record suitable minutes of each meeting of the EVC and to reproduce and distribute copies to each member one week after the regular meeting.
- B. To attend to all correspondence.

- C. To keep a complete and up-to-date list of all members, their addresses, and phone numbers, and provide copies to each.
- D. To maintain and update all changes in bylaws, operating policies, or Rules and Regulations of the EVC.
- E. To communicate with the webmaster regarding website updates.
- F. To perform other duties as prescribed by the EVC.

Section 5 The Duties of the Treasurer shall be:

- A. To study and keep current the financial status of the EVC and report that status at each EVC meeting.
- B. To maintain the checking account and sign checks for the EVC authorized expenditures.
- C. To collect regular and special levies as appropriated by EVC.
- D. To give an itemized financial report to each member at the end of the school year, as well as a budget proposal for the upcoming year.
- E. To submit information and non-profit status.
- F. To perform other duties as prescribed by the EVC.

Section 6 The Duties of the Tournament Directors (Track, Cross Country, Wrestling) shall be:

- A. To coordinate all EVC tournaments.
- B. To order all ribbons, medals, trophies, plaques on an as needed basis.
- C. Present a proposed budget to the EVC prior to the tournament
- D. Present a final budget to the EVC after the tournament
- E. To perform other duties as prescribed by the EVC.

Section 7 The Duties of the Officials Coordinator shall be:

- A. To communicate with all assignors regarding bids, current schedules, game changes, tournament locations, and payment.
- B. To perform other duties as prescribed by the EVC.
- C. Host school notifies official of day of game cancellations

Article VI Meetings

Section 1 Time and place

The EVC shall meet monthly, August through June, the dates, times, and place of the meetings shall be determined at the June meeting each year. Minutes of all meetings shall be taken by the Secretary or designee and distributed to all members.

Section 2 Special Meetings

Special Meetings may be called by the President or by two elected officers as deemed necessary.

Section 3

Emergency

Emergency action may be taken by the President, provided there is verbal approval by a **7/12** vote of the EVC. Such action shall be discussed at the next regular meeting of the EVC.

Section 4

Quorum

For purposes of transacting business at the regular meeting, a Quorum shall consist of **7/12** of the total membership.

Section 5

Parliamentary Procedure

Roberts Rules of Order shall apply to the conduct of all meetings.

Section 6

Order of Business

- A. Roll Call
- B. Approval of Minutes
- C. Treasurer's Report
- D. Old or unfinished business
- E. New business
- F. Roundtable
- G. Adjournment

Article VII

Finances

Section 1

Dues of the East Valley Conference

The dues of each member school shall be determined by the EVC for the next school year by the June meeting. Dues are payable by October 1st of each year. Additional levies may be made by a **7/12** vote of the members.

Article VIII

Responsibilities of School Personnel

Section 1

Athletic Directors

The athletic director of each member school has the definite responsibility for the over-all supervision and operation of the athletic program in his/her school and to insure that the EVC's philosophy and policies are adhered to. The athletic director shall be responsible for the provision of the adequate supervision at all athletic events in which his/her school is the host school.

The athletic director of each member school is responsible to attend and assist in the supervision of any conference tournament games their school is hosting.

*AD's or designee are expected to make every reasonable attempt to attend monthly AD meetings.

Section 2

Coaches

All coaches shall be directly responsible for the conduct of their athletic team's at all athletic events and practices and while traveling to and from such athletic activities.

A coach ejected from any EVC game/match will be suspended from the following game; this would also include tournament play. Additional game suspensions or consequences will be at the discretion of the individual school district.

Article IX

Eligibility / Participation of Athletes

Section 1

Attendance Requirements / Participation Commitment

Home schooled student-athletes may participate with the school within the attendance boundary the student resides in. Official documentation must be provided showing that said athlete is registered with the county superintendent of schools and maintains passing grades. It will be up to the receiving school and district administration to accept or deny the request. Students attending Charter Schools are excluded from EVC participation.

Each athletic season is nine weeks in length. Selected participants are expected to make a full commitment to the established EVC schedule of games for his/her sport. If an athlete is involved in Club/AAU or other extra-curricular activities, he/she should be available for ALL school games or tournament play during the specific sport season in which they were eligible to participate. Failure/inability to commit to this expectation may prevent a student from being selected for participation.

Section 2

*Age Requirement * (see Section V)*

Any 8th grade student who becomes fifteen (15) years of age on or before May 1st of the previous school year will be ineligible to compete. Likewise, any seventh (7th) grade student who becomes fourteen (14) years of age on or before May 1st of the previous school year cannot compete on the seventh (7th) grade level. This fourteen (14) year old seventh (7th) grade student is eligible to compete on the eighth (8th) grade level.

Section 3

Exception to Age Requirements

Exceptions to age requirements must be submitted in writing to the EVC and approved by a majority vote.

Section 4 Eligibility Policy

It will be up to the participating school district to ensure that their adopted eligibility requirements adhere to the state boards "no pass, no play" rules. Each Principal or designee will ensure that each athlete meets the adopted eligibility policy. To be eligible to attend practices and/or games on a particular day, the student-athlete must be present for a minimum of three (3) periods.

Section 5 Participation of 6th grade students, and 7th Grade Students on 8th Grade Teams

Seventh grade students may only participate on 8th grade teams when there is a lack of 8th grade participants (at the discretion of the AD).

If there is a temporary shortage on an 8th grade roster during the regular season due to illness, suspension, or absence; an athlete on the seventh grade team may play up for that competition. However, this athlete may not play in the 7th grade game on the same day. This does not apply for EVC playoff games.

At ACP Oakland and Andersen JHS 6th graders will be eligible to participate on the 7th grade team.

Section 6 Number of Participants

Unless fewer athletes tryout, for a sport than listed below, the minimum number of athletes on a roster for each contest is as follows:

Flag Football	24
Basketball	12
Volleyball	12
Softball	14
Baseball	14
Soccer	18
Wrestling	unlimited
Track	unlimited
Cross – Country	unlimited

Section 7 Suspension of Athletes

Any student ejected from an EVC game/match will be suspended for the following game. If a student has a second ejection within the same season, said student would be ineligible for all remaining contests including tournament play. Further consequences will be at the discretion of each site. See Attachment

Section 8 Additions to Teams

Players may be added to rosters (from the same grade) at site AD discretion.

- Section 9* *Try-outs*
- A. Try outs will be closed.
 - B. Mandatory 3 day try-out.
 - C. During try-outs students will not be allowed to wear clothing that would affiliate them with a club team, YMCA, or other organization.
 - D. Coaches will provide feedback for students who did not make the team when requested by the student athlete.

Article X Related Policies

Section 1 *Scheduling*

Conference scheduling for the next school year will be done prior to the June meeting. The conference schedule and tournaments will take precedence over other contests or tournaments.

Section 2 *Uniforms*

Exceptions to the uniform policies (National Federation) will be made by the site Athletic Director

Section 3 *First Aid Equipment*

Each team is responsible for providing their own first aid equipment.

Section 4 *Insurance*

Insurance coverage for participating students is required.

Section 5 *Protests – Regular Season/Tournaments*

Protests may be made on situations that are detrimental to the safety of participants or rule enforcement, but NOT on the judgment calls of officials. The following steps are needed when a protest arises.

- A. Protesting coach needs to notify the opposing coach and/or officials upon becoming aware of the alleged infraction at the event.
- B. If protests cannot be resolved, the coach will notify the AD the following day.
- C. The two athletic directors need to discuss the matter prior to a written protest to the President.
- D. Contact must be made to the Conference President within 24 hours by the AD of the protesting coach. Followed by a formal written protest.
- E. A written protest will be sent to the Conference President within 24 hours after the verbal protest if the conflict cannot be resolved.

The EVC members will review the protest and their decisions will be final. The decision will be determined by a simple majority of those members who respond within a timely manner.

Warm-up time will be 10 minutes from the time of arrival at the playing court or field. The home AD will notify the officials of the time limit.

Games are expected to start on time as scheduled. Every effort should be made to notify your opponent if you will be late. Failure to begin a game within thirty (30) minutes of scheduled start time, without prior notice may constitute a forfeit, with notice may constitute a no decision. Where either school finds it impossible to meet a scheduled contest, it must notify the other school. Any postponement or cancellation of a contest must be by mutual consent. The host school may cancel games if inclement weather is occurring at their site.

Section 7 *Teams Arriving Late to Contests*
Teams arriving late will have ten (10) minutes to warm up.

Section 8 *Sideline / Dugout Designation*
Home team will determine the bench location of visiting team(s)

Article XI **Officiating**
Section 1 *Officials*
The host school district shall provide officials for each game.

Section 2 *Payment of Officials*
Official(s) shall be paid for regular season games by their host school/district.

Section 3 *Coaches as Officials*
Coaches of a particular sport should not be involved in the officiating of that sport except through mutual consent of the schools involved.

Section 4 *Conduct/Performance of Officials*
An official shall be expected to perform in accordance with recognized standards and manuals developed for officiating. Included therein is knowledge and interpretation of the rules, mechanics, personal appearance, and physical conditioning.

Officials must uphold honor and dignity in all personal conduct and relations with the student athletes, coaches, AD's, school administrators, colleagues, and the public.

Article XII **Game Rules**
The rules for boys and girls sports shall be the same rules as those governing the National Federation of State High Schools UNLESS OTHERWISE DESIGNATED BY THE EVC.

Article XIII Seasons of Sports

Section 1 Conference Schedules

A schedule of the East Valley Conference will be made for the following sports: Boys and Girls Volleyball, Boys and Girls Soccer, Cross Country, Boys and Girls Basketball, Girls Softball, Wrestling, Baseball, Track and Field, and Flag Football.

Section 2 1st Season Sports (August - October)

Baseball	Conference Schedule, Conference Tournament
Girls Volleyball	Conference Schedule, Conference Tournament
Flag Football	Conference Schedule, Conference Tournament

Section 3 2nd Season Sports (October -December)

Girls Softball	Conference Schedule, Conference Tournament
Boys Basketball	Conference Schedule, Conference Tournament
Cross Country	Conference Schedule, Conference Meet

Section 4 3rd Season Sports (January - March)

Boys Soccer	Conference Schedule, Conference Tournament
Girls Basketball	Conference Schedule, Conference Tournament
Wrestling	Conference Schedule, Conference Meet

Section 5 4th Season Sports (March – May)

Girls Soccer	Conference Schedule, Conference Tournament
Boys Volleyball	Conference Schedule, Conference Tournament
Track & Field	Conference Schedule, Conference Meet

Article XIV Tournaments

- A. All teams will make the tournament. Seeding will be determined by the President or designee as follows:
 - 1. Winning percentage (ties will be counted as 50% win and 50% loss; or .5 points)
 - 2. Head-to-head competition (if only two teams have identical records)
 - 3. Coin flip (or blind draw if more than two teams are tied)
- B. The top seeds will be designated home teams and will host tournament games.
- C. Trophies will be awarded for tournament play only.
- D. If the top seed is unable to host a game on the scheduled date, the lower seed will become the host site. However, the top seed remains the home team.

Article XV Amendments

All proposed amendments or changes to the EVC Constitution should be submitted to the Conference Secretary to be acted upon by the membership at any time during the year. A **7/12** vote approval of the total EVC membership is needed to amend the Constitution.

BYLAWS: DESCRIPTION OF SPORTS

Bylaw 1

Flag Football (Addendum on page 23)

A. See EVC Football Rules supplement.

B. Tie Breaker

Regular season games and tournament games that are tied at the end of regulation play will be resolved as follows:

1. A toss of the coin will determine who will be on offense first.
2. The ball is placed at the 20 yard line.
3. Each team has 4 consecutive downs.
4. Intercepted passes will be considered a turnover and play is considered live.
5. If the first team scores, the second team still gets a possession
6. Each team will get a maximum of three possessions in overtime during the regular season.
7. After the first possession in overtime teams must attempt a two point try after a touchdown is scored.
8. Play continues until a team wins by score **IN THE PLAYOFFS.**
9. All participants across the EVC are required to wear Game Breaker helmets during practices and games.

Bylaw 2

Boys and Girls Soccer

Official Rules: The official rules for soccer shall be the current edition of the National Federation Rules for Soccer (with exceptions listed below).

A. Goal size is 23' 4" to 24' – modified football goal post installations acceptable.

B. The game shall be played in two equal halves of 30 minutes or 15 minute quarters as determined, by the hosting Athletic Director. 2-3 minute water breaks between each session and a 5 minute water break during half-time. In regular season play, if a game ends in a tie, there will two 5 minute overtimes. No shoot outs.

C. Play should be stopped by the referee when a player is injured. The referee should stop the game when neither team is in an offensive scoring situation.

D. Only one official is required.

E. Home team will supply balls (minimum 3) throughout tournament. Home team will also supply ball boys/girls (minimum 3).

- F. In tournament play only: in the case of a tie, two 5-minute overtimes will be played. Half-time between overtimes will be two (2) minutes. If still tied after second overtime, a shoot-out will take place. The shoot-out will consist of five (5) penalty kicks taken, per team, by different players who are on the field at the conclusion of the second overtime period. If still tied, a shoot-out will go to sudden death penalty kicks, also by different players who were on the field at the conclusion of the 2nd overtime period.

Bylaw 3

Cross Country (2020-2021 GIRLS will run first followed by the BOYS)

- A. The course distance will be 1.8 - 2.1 miles for both boys and girls.
- B. Participation in the EVC conference meet is unlimited.
- C. A minimum of 5 runners is necessary to complete the event to score as a team.
- D. To be eligible to compete in the EVC championship meet athletes must have competed in ½ of all of the meets in which they were eligible.

Bylaw 4

Girls and Boys Volleyball

- A. A schedule among divisional teams will be established.
- B. In accordance with National Federation rules, hair ribbons may not be worn during games.
- C. In accordance with NFHS rules, a leather volleyball is to be used along with a seven (7) foot, four (4) inch net height for girls and a seven (7) foot, eleven (11) 6/10" net height for boys, and a ten (10) foot spike line.
- D. Only one official is required during the regular season.
- E. Teams will adhere to a 5-5 warm-up routine with visiting team at the net first.
- F. Rally scoring will be used. The first two games will be to 25. The third game, if necessary, will be to 15.
- G. A net serve that lands in the opponent's court is a legal serve.

Bylaw 5

Boys and Girls Basketball

- A. A regulation men's size ball will be used for boys and a regulation women's ball (28 ½") will be used for girls.
- B. There will be four (4) – six (6) minute quarters.
- C. No restrictions on which uniform numerals are legal.
- D. Spandex shorts under the uniform are permissible. However, in accordance with National Federation rules, hair ribbons may not be worn during games.
- E. Basketball games must have two (2) officials unless otherwise decided upon by the host AD.
- F. The full court press is allowed in all four periods in conference and tournament play. Coaches should be sensitive to point differentials when applying a full court press. In conference play no full court press is allowed when up by 20 points or more.

- G. The three (3) point rule is in effect in both conference and tournament play.
- H. Overtime: One three minute overtime period is added until a winner is determined. Each team is allowed one timeout during the overtime period and timeouts do not carry over into additional overtime periods.
- I. Mercy Rule – When at the conclusion of the third quarter, or any point thereafter, when a point differential of 30 more points is reached, a running clock shall be instituted for the remainder of the game, regardless of the score with the following exceptions:
 - Timeouts
 - Any injury (clock stopped by officials)
 - Technical fouls

Bylaw 6

Wrestling

- A. Each school will field one team based on weight classification only. All additional matches will be exhibition matches only and not count toward team score.
- B. All three periods are to be one (1) minute in length plus one minute sudden death in conference and tournament matches.
- C. Regular season matches that end in a tie, will remain a tie.
- D. A wrestler may wrestle in a PE type uniform and any flat rubber-soled shoes.
- E. Headgear is required. Each contestant with braces or who has a special orthodontic device on his or her teeth, shall be required to wear a tooth and mouth protector. A tooth and mouth protector (intraoral) shall include an occlusal (protecting and separating the biting surfaces) and labial (protecting the teeth and supporting structures) portion and cover the teeth and all areas of the braces or special orthodontic device with adequate thickness. This would include upper and lower teeth if devices are present on both. It is recommended that the protector be properly fitted and:
 - Constructed from a model made from an impression of the individual's teeth and braces or special orthodontic device.
 - Constructed and fitted to the individual by impressing the teeth and braces or special orthodontic device into the tooth and mouth protector itself.
- F. Seventeen (17) weight classes constitute a full team.
- G. Super heavyweight - If both schools have wrestlers over 225 pounds, no more than a 25-pound differential will be allowed; it will count in scoring of dual (2) or tournament meets (4).
- H. The day prior to each wrestling match, the Athletic Director/designee must verify and sign off on their school's "official weigh in" form. Copies of official weigh-in forms of every conference match MUST be furnished by EVERY AD at the conference tournament-seeding meeting.

- I. All decisions pertaining to the bracketing of the conference tournament will be decided at the seeding meeting and will be ABSOLUTELY FINAL.
- J. One official is required.
- K. At the EVC Tournament, a wrestler will be seeded based on his/her record in the weight class he/she is wrestling in the tournament. If a wrestler wrestles an equal number of times at two or more weights during the regular season conference matches, his/her tournament weight is determined by the last weight at which he/she wrestled. A wrestler may move up one weight class ONLY above his/her current weight during regular season and tournament play. Wrestling down a weight class by intentionally cutting weight is absolutely forbidden. AD's are responsible for all documentation of wrestlers' matches during the season. Documentation of said matches is required at the conference tournament-seeding meeting.
- L. The EVC discourages the cutting of weight for any wrestler at any time.
- M. EVC WEIGHTS:

73#	104#	154#
78#	111#	167#
83#	118#	180#
88#	125#	200# Heavyweight max.
93#	133#	201# - 225# Super Heavyweight max.
98#	142#	(25# maximum differential on weights over 225)

At mid-season (date determined at January AD meeting) each weight class will be allowed one additional pound at weigh-ins. For tournament play, each weight class will be allowed two additional pounds at weigh-ins.

In order for points to be earned at the Conference Meet, a weight class must have participants from 4 member schools. When team points are not awarded in any weight class, individual wrestlers will be awarded medals.

- N. Weigh-Ins at Tournaments
 - Weigh-ins will start two (2) hours before the tournament begins and will end one (1) hour before the tournament starting time. Exceptions can be made at the discretion of the Tournament Director. Athletes are limited to one opportunity to weigh-in.
- O. Protest – Tournaments
 - 1. At the EVC tournament, NO protest of an official's judgment call will be permitted.
 - 2. Protests regarding rule interpretations WILL be permitted.
 - 3. A successful protest is NOT penalized by any team point deduction.
 - 4. A second unsuccessful protest is penalized by a two (2)-point team deduction.

5. The tournament committee's decision is FINAL. The committee will consist of EVC Host A.D., EVC president and official scorer.

Bylaw 7

Baseball

- A. No metal spikes. Plastic cleats are permitted. A pre-game inspection by the game official will take place. If a player is found in metal cleats after the pre-game check, the player will be called out if up to bat. If found to be wearing metal cleats once on base after a hit or a walk, or while on defense, the player will be called out. Players found to be wearing metal cleats will also be disqualified from the remainder of the contest.
- B. Wooden, composite, and aluminum bats may be used.
- C. The EVC will follow MLB's Pitch Smart guidelines as adopted by the Arizona Interscholastic Association.

Age	Daily Max (Pitches in Game)	Required Rest (Pitches)				
		0 Days	1 Days	2 Days	3 Days	4 Days
7 - 8	50	1-20	21-35	36-50	N/A	N/A
9 - 10	75	1-20	21-35	36-50	51-56	66+
11 - 12	85	1-20	21-35	36-50	51-65	66+
13 - 14	95	1-20	21-35	36-50	51-65	66+
15 - 16	95	1-30	31-45	46-60	61-75	76+
17 - 18	105	1-30	31-45	46-60	61-75	76+
19 - 22	120	1-30	31-45	46-60	61-75	76+

A team representative for each team will be responsible for keeping track of the opponent's pitch count. This will be recorded in the scorebook of the opposing team at the end of the game. Scorebooks will be reviewed to verify the number of pitches by individuals during tournament play. Coaches must make them available to opposing coaches, AD's and the EVC President.

- D. 7th GRADE: Pitching distance shall be 54'; base paths shall be 80 feet. 8th GRADE: Pitching distance shall be 60' 6"; base paths shall be 90 feet.
- E. Distance from home to second shall be 113 feet, 1-1/2 inches.
- F. Players that start a game may be substituted for one time and be permitted to return to the game (this includes the pitcher). Players must bat in their original position.
- G. A team may use a designated hitter.
- H. A team may use a 10th player as the AH, or may choose to bat up to all roster members, if they so choose. Coaches may use a free substitute runner for the pitcher and the catcher.
- I. Adult coaches may occupy both base coaching boxes.
- J. It is recommended that the home team should provide two qualified umpires. The plate umpire must umpire from behind the plate and is not to call the game from behind the pitcher's mound.

- K. The game shall be six (6) innings. The umpire in charge shall use his own judgment about sufficient light for continuing a game. A complete game will be when three (3) complete innings are played. Each team must bat three (3) times unless the home team is ahead after 2 ½ innings. In the event that a game is called due to insufficient light during an incomplete inning, the final score reverts back to the score during the previous complete inning.
- L. There will be no more than ten (10) runs per team at bat per inning or three (3) outs. A game will be called if one team is leading by ten (10) runs at the end of four (4) innings. This will apply to both the regular season and tournament play.
- M. 7th grade games are to be scheduled on the same day and at the same time as the 8th grade game unless other arrangements are made.
- N. The coaches of each team shall make out two lineup cards for each game, one for the opposing coach and the other for the umpire. These lineup cards shall be exchanged before the beginning of the game.
- O. No new inning will begin after one (1) hour and forty-five minutes from the beginning of the game. Extra-inning tiebreakers will not be played during regular season games. In conference tournament play when the game is tied and over the over the one hour forty-five, (1:45), limit, extra innings will be played. If, in the event the game was still tied after extra innings and could not be completed that evening for whatever reason, the EVC President MUST be notified immediately. The tied teams should be prepared to travel to the tournament site the next evening to complete the game. The EVC president will make the final decision regarding completion. Participating tournament teams will be required to supply four (4) game balls.

Bylaw 8

Girls Softball

- A. Games will be six (6) innings (both 7th & 8th grades).
- B. No metal spikes. Plastic cleats are permitted. A pre-game inspection by the game official will take place. If a player is found in metal cleats after the pre-game check, the player will be called out if up to bat. If found to be wearing metal cleats once on base after a hit or a walk, or while on defense, the player will be called out. Players found to be wearing metal cleats will also be disqualified from the remainder of the contest.
- C. A leather ball will be used for games, furnished by the home team.
- D. Use 60 feet bases. Pitcher rubber distance is 40 feet for 7th and 8th grade is 43 ft.
- E. Adult coaches may occupy both base coaching boxes.
- F. A team may use a 10th player as the AH, or may choose to bat up to all roster members, if they so choose. Teams may use a designated hitter.

Teams ARE NOT permitted to use the DP/FLEX rule. Coaches may use a free substitute runner for the pitcher and the catcher.

- G. The game may be six (6) innings. The umpire in charge shall use his own judgment about sufficient light for continuing a game. A complete game will be when three (3) complete innings are played. Each team must bat three (3) times unless the home team is ahead after 2 ½ innings. No new inning will begin after one (1) hour and forty-five minutes from the beginning of the game. Extra-inning tiebreakers will not be played during regular season games. In the event that a game is called due to insufficient light during an incomplete inning, the final score reverts back to the score during the previous complete inning.
- H. There will be no more than ten (10) runs per team at bat per inning or three (3) outs. A game will be called if one team is leading by ten (10) runs at the end of four (4) innings. This will apply to both the regular season and tournament play.
- I. In conference tournament play when the game is tied and over the one hour forty-five, (1:45), limit, extra innings will be played. If, in the event the game was still tied after extra innings and could not be completed that evening for whatever reason, the EVC President **MUST** be notified immediately. The tied teams should be prepared to travel to the tournament site the next evening to complete the game. The EVC President will make the final decision regarding completion. Participating tournament teams will be required to supply two (2) games balls.

Bylaw 9

Boys and Girls Track and Field

- A. There will be one (1) scoring heat per running event for the regular season EVC Meets. All heats are to be timed and communicated with the participating schools.
- B. Participants are limited to four (4) events in each meet.
- C. All schools are required to use labels with first and last names during regular season meets.
- D. Dual-meets schools may run as follows:
 - (a) three runners per scoring heat
 - (b) the number of heats will be determined by the number of entrants
 - (c) when possible fill the lanes to include as many athletes
 - (d) high jump will be limited to 9 entrants
- E. Tri-meets schools may run as follows:
 - (e) two runners per scoring heat
 - (f) the number of heats will be determined by the number of entrants
 - (g) when possible fill the lanes to include as many athletes
 - (h) high jump will be limited to 9 entrants
- F. Non-scoring running heats will take place after scoring heats.
- G. Shoes must be worn, with spikes no longer than ¼”.
- H. There is no height or weight classification, only age.

- I. In the event of a false start, it will be charged to the field. A second false start by any runner in that heat, will result in a disqualification to that runner.
- J. Field Events (2020-2021 GIRLS will run first followed by the BOYS)

BOYS EVENTS

Long Jump
High Jump
(4.2)

GIRLS EVENTS

Long Jump
High Jump
(3.8)

During regular season meets, high jumpers are encouraged to enter at their most challenging height.

Shot put 8 lbs.
Discus 1.0 kilo

Shot put 6 lbs.
Discus 1.0 kilo

- K. Order of Running Events

BOYS EVENTS

75-meter low hurdles (HS track marks will be used)
8.5 meters between hurdles
13 meters to first hurdle

GIRLS EVENTS

75-meter low hurdles (HS marks will be used)
8.0 meters between hurdles
13 meters to first hurdle

100 meter dash
1600 meter run
400 meter relay
400 meter dash
800 meter run
200 meter dash
1600-meter relay

100 meter dash
1600 meter run
400 meter relay
400 meter dash
800 meter run
200 meter dash
1600-meter relay

- L. East Valley Conference Meet:

1. All schools are limited to a maximum of two (2) entrants per lane event. Those are the 100, 200, and 400-meter dashes and the 75-meter hurdles.
2. The 800 and 1600 meter and all field events are limited to a maximum of three (3) entrants per school.
3. Each team is allowed one team per relay.
4. Heats for the lane races will be seeded by times, according to the formula in the rulebook. Finals will be seeded by places and next fastest times—based on the number of entries and heats.
5. Each team is allowed to enter 2 participants, per gender, in the high jump. Starting heights for conference competition will be 4'2" for girls and 4'8" for boys.

6. Names and times are to be given to the host of the EVC Track meet ten (10) days prior to the meet.
7. All coaches must remain in the stands during the EVC meet or that school's athletes may be disqualified.
8. Each school may have only two participants entered in the high jump.
9. Participants must compete in at least 1/2 of the regular season meets in which they were eligible.

M. Protest – Tournaments

1. Any protest over an event must be made within thirty (30) minutes after the event.
2. NO videotape or photograph review will be permitted as part of a protest.
3. A decision on all protests will be given no later than thirty (30) minutes after conclusion of the meet.
4. The tournament committee is made up by the starter, president, and the EVC host A.D.

Bylaw 10

Pom and Cheer

- A. RULES/REGULATIONS - official rules for spirit line (Cheer/Pom & Mat Maids) shall be those of the current edition of the National Federation Spirit Rules book and EVC Bylaws.
- B. Pom & Cheer athletes must meet ALL eligibility requirements stipulated in Article IX in the EVC Constitution.

EVC FLAG FOOTBALL RULES
2019-2020
Revisions by Tip of the Spear

Games shall be played under EVC Policies, Rules and Regulations. The official has the authority to rule promptly and in the spirit of good sportsmanship on any situation not specifically covered in these rules.

PRE-GAME

MEETING: Officials and coaches will confer prior to each contest to assure compliance with these rules.

COIN TOSS: The winner of the pre-game toss shall have the choice of:

- a.) starting on offense from the 20 yard line (the other team has choice of which goal to then defend) or
- b.) defense of a choice of goal or
- c.) defer.

At half-time the coin toss loser or team that deferred the pre-game toss shall have their choice. If the deferring team chooses the ball, the other team will choose which goal they will defend.

EQUIPMENT

PLAYING FIELD: The field shall be a rectangular area with lines and zones as shown (see diagram on last page). Goal lines must be marked by flags, cones, or an equivalent. Length- 80 yards Width- 160 feet

SHOES: tennis shoes or soft molded cleats must be worn. **Metal cleats will not be allowed!**

UNIFORMS: Hard surface padding such as shoulder pads or hip pads may not be used. Forearm pads are also illegal. Shirts designed to be tucked in should be tucked in their shorts or pants at all times. The official will warn the player(s) first and then if the problem continues they will penalize the team 5 yards. Both teams shall confer prior to a game if colors are not of a contrasting nature. The home team should have "pennies" available as needed. Game Breaker helmets are required for all participants.

BALL: The official ball for games shall be an intermediate size football. Teams may use a runner to bring their game ball into the game when possession changes.

FLAGS: Flag belts must be manufactured and designed for the game of flag football. Teams must wear flag belts that have 3 flags that are attached to the belt and have a clip that holds the belt onto the player.

1. Teams are not to alter the flags in any manner.
2. Flags are not to be less than 15 INCHES in length from the top of the belt.
3. Flags must be a contrasting color from the pants or shorts that are worn.

DOWN AND ZONE MARKERS: Home team shall provide a down/line of scrimmage marker and a first down zone cone and the people to staff these positions.

PLAYERS

NUMBER OF PLAYERS: The game of flag-football is played with (9) man teams.

SIDELINES: Players and coaches must stay inside the 20 yard line areas, 3 yards away from the sideline.

PENALTY: A 5-yard penalty is given for this infraction.

SUBSTITUTIONS: Substitutions are unlimited; however, no substitutes shall enter during a down. Hideouts (Example: trick play where a player stands near the sideline) are illegal.

PENALTY: 10 yards and loss of down (unsportsmanlike conduct)

PLAYER STANCE: No player is permitted to use a 3 or 4 point stance. Players must always start in a two-point stance.

TIME FACTORS

TIME: Playing time shall be four (4) twelve (12) minute running quarters.

CLOCK STOPPAGE: The clock is stopped for all:

- a. Time-outs
- b. Touchdowns and during extra points.
Only during the last two minutes of the half and of the game for:
- c. A dead ball (i.e., incomplete pass, fumble, out-of bounds)
- d. Penalties

CLOCK STARTS: On the ensuing snap from scrimmage.

TIME KEEPER: One of the two officials should keep the time on the field.

TIME OUTS: Two (2) timeouts per half of (1) minute time-out are allowed. Time-outs from the first half may not be carried over to the second half. Time outs may only be called by the captain on the field or a coach. An official may grant time outs for heat/safety related water breaks.

SCORING

TOUCHDOWN: Six (6) points

CONVERSION (EXTRA POINTS):

One (1) point if the team elects to start from the two (2) yard line and crosses the goal line.

Two (2) points if the team elects to start from the five (5) yard line and crosses the goal line.

**The try for an extra point or points is made either by running or by passing the ball into the end zone. No kicks are allowed.

SAFETY: Two (2) points awarded to the defensive team. That team will also gain possession of the ball beginning at their 20 yard line. It is a safety when an offensive player causes the ball to go behind his goal line and it becomes dead in his team's possession.

PUNTING/KICKS

DECLARING PUNTS: All the 4th down punts must be declared and neither team may cross the line of scrimmage until after the ball has been kicked. The punter has 5 seconds to kick the ball.

(1) USE OF HANDS: Once the ball is punted, players on the receiving team may use their hands to block, while players on the kicking team may use their hands to defeat blocks. All contact made with the hands must be between the waist and shoulders, on the front of the opposing player. Illegal use of the hands to the defender's head/neck area or use of the shoulder/head in contact must be penalized as unnecessary roughness.

PENALTY: 10 yard loss from the spot of the foul

DOWNED BALL: Punted ball is declared dead at the spot on the field where it first hits if it is not fielded by a return man. There is no penalty for kicking the ball out-of bounds.

OFFENSE

FLAGS: Flags shall be worn by all nine (9) players on offense.

PENALTY: The official will warn the player(s) first and then if the problem continues they will penalize the team 5 yards.

L.O.S. OFFENSE: There must be five (5) players on the line of scrimmage on offense. The center must be flanked by a blocker on each side. These three linemen are not eligible receivers.

HUDDLE TIME: Teams have thirty (30) seconds to put the ball in play from the time the official spots the ball.

OFFICIAL SNAP: In order to begin a play from the line of scrimmage, the ball must be snapped from between the legs of the center.

DOWN PER ZONE: A team has four (4) scrimmage downs to advance the ball to the next zone (20 yards).

STARTING YARD LINE: The ball starts at the 20-yard line and time begins with the first snap of the ball.

DOWNED/DEAD BALL: In all cases, any ball that hits the ground is ruled dead. A fumble constitutes a dead or downed ball.

QUARTERBACK SNEAKS: A quarterback can not run up the middle if snap is taken from under center (no quarterback sneaks.) A quarterback may run up the middle from a shotgun formation.

CENTER SNEAKS: Are not legal.

BALL CARRIERS: Ball carriers are to avoid contact and not create contact. The ball carrier shall strive to avoid the defense by agility. Any attempt by the ball carrier to run over, charge straight arm or steer his blockers shall be illegal.

PENALTY: 10 yards from the point of the infraction/loss of down/possible disqualification from the game.

SPINNING: Spinning is allowed, but the ball carrier must have one foot in contact with the ground at all times.

HURDLING: Hurdling is not permitted. The ball carrier must have one foot in contact with the ground at all times.

DIVING: Diving is the act of the ball carrier attempting to advance the ball by diving through the air over a defensive player. No player may dive to advance the ball.

EXAMPLE: It is illegal for the ball carrier to dive over the first down or goal line to gain the first down or to score

PENALTY: 10 yards from the infraction/loss of down.

SPEARING: A ball carrier may not run with his head down, i.e. as a battering ram.

PENALTY: 10 yards.

DOWNED RUNNER: A ball carrier is down when the flag is pulled off by an opponent. When flags are accidentally lost, the ball is down on the spot where the flag fell off. When the ball carrier releases the ball and his flags are pulled, he is no longer an eligible receiver.

PROTECTING THE FLAG: The ball carrier cannot protect his flags by guarding, backing up, or holding the flag.

PENALTY: 10 yards from the spot of the foul and a loss of down.

USE OF HANDS:

(2) **LINE OF SCRIMMAGE:** The three linemen (non eligible receivers), on the line of scrimmage, may use their hands to block between the waist and shoulders, on the

front of the defensive player. Illegal use of the hands to the defender's head/neck area or use of the shoulder/head to block must be penalized as unnecessary roughness.

PENALTY: 10 yards and loss of down

(3) **BLOCKING IN SPACE:** Offensive players may use their hands for blocking behind the line of scrimmage and up to 5 yards beyond the line of scrimmage (to be defined as the "Contact Zone"). Offensive players who engage in contact, within the "Contact Zone", may continue to use their hands beyond 5 yards until separation occurs or until the end of the play. When separation between the offensive and defensive players occur beyond the "Contact Zone", the offensive player must revert to screen blocking for the remainder of the play. Within the "Contact Zone", hands must engage between the waist and shoulders, on the front of the defensive player. Offensive players who initiate contact past the 5 yard "Contact Zone" must be penalized as unnecessary roughness.

PENALTY: 10 yards and loss of down

Illegal use of the hands to the defender's head, neck, back or use of the shoulder/head to block must be penalized as unnecessary roughness.

PENALTY: 10 yards and loss of down

(4) **SCREEN BLOCKING:** The blocking shall be a type of body screening with the blocker in an upright position. Any rough tactics, such as attempting to run over or batter down an opponent, must be penalized as unnecessary roughness.

PENALTY: 10 yards and loss of down

(5) **ILLEGAL CONTACT:** Any contact other than mentioned above is illegal. **EXAMPLES:** Blocking below the waist, "Pancake Blocks" (offensive player cannot land on top of the defensive player) or driving/throwing an opponent into the ground. Engaging in contact beyond the "Contact Zone" is also prohibited.

PENALTY: 10 yards and loss of down

FORWARD PASS: A forward pass may be thrown by the team which has put the ball in play from the line of scrimmage. There may be more than one legal pass during a down but each must be thrown from behind the line of scrimmage. The passer is declared down if his flag is withdrawn by a defensive player before he releases the ball.

PASS RECEIVING: A receiver needs to have only one foot in bounds when catching a pass.

DEFENSE

FLAGS: All nine (9) players must wear flags on defense. If a player intercepts a pass and has inadvertently lost his flags, the ball will be down on the spot where the flag fell.

L.O.S. PUNT DEFENSE: There must be five (5) defensive linemen on the line of scrimmage during a punt.

USE OF HANDS:

(6) **LINE OF SCRIMMAGE:** Defensive players on the line of scrimmage may use their hands to engage the offensive player between the waist and shoulders but, not make contact to the opponent's face/neck area. Defensive players rushing the Quarterback may not "bull rush" or engage down the middle of the offensive player. Illegal use of the hands to the head/neck area or players attempting a "bull rush" must be penalized as unnecessary roughness.

PENALTY: 10 yards from line of scrimmage

(7) **"CONTACT ZONE":** Defensive players within the "Contact Zone" may use their hands to engage the offensive player between the waist and shoulders but, not make

contact to the opponent's face/neck area. Players who engage in contact, within the "Contact Zone", may continue to use their hands past the 5 yard "Contact Zone" until separation occurs or the end of the play. When separation between the defensive and offensive players occur beyond the 5 yard "Contact Zone", the defensive player may no longer use their hands to engage.

(8) **INTERCEPTION:** After an interception, players may not use their hands to block. However, body screening is permissible.

PENALTY: Ball ruled dead at spot of the foul

(9) **ILLEGAL CONTACT:** Any contact other than mentioned above and pulling the flag is illegal. **EXAMPLES:** holding offensive players, grabbing the arm of the ball carrier, tripping & roughing the quarterback (includes making contact to the head/neck area, contact with intent to knock player to the ground) are all causes for unnecessary roughness.

PENALTY: 10 yards from the spot of the foul/down remains the same.

PREMATURE FLAG PULLING: Premature flag pulling by the defense on purpose, in the judgment of the officials, carries a 10 yard un-sportsman-like penalty and down is played over. The penalty may be refused by the offense and the gain may be taken. **NO DEFENSE ZONE:** There can be no defense player lined-up on the line of scrimmage between the following zones: one (1) yard on each side of the offensive center and 3 yards in front of the center.

PENALTY: 10 yards from line of scrimmage

PUSHING: Pushing a ball carrier out of bounds is illegal. **If the first defensive man between the ball carrier and the goal line is guilty of the above violation, the ball carrier shall be given the score he would have attained if he was not fouled

PENALTY: 10 yards from the spot of the foul.

PASS INTERFERENCE: A 10 yard penalty will be assessed from the original line of scrimmage and an automatic first down.

NO FLAG BELT: In a case where the ball remains alive and is acquired by a player without a flag belt, the ball is down where the player gained possession.

TIE BREAKER

Regular season and tournament games that end in a tie will be resolved as follows: An untimed overtime will be played. A toss of the coin will determine who will be on offense first. The ball is placed at the 20 yard line. Each team has 4 consecutive downs. Intercepted passes will be considered live and can be returned. If the 1st team in possession scores, the other team will also gain a possession starting at the 20 yard line and receive 4 downs. If the game remains tied, each team will gain a 2nd and 3rd possession (if needed) and must attempt a two point try after touchdowns. During the regular season each team will have a maximum of three possessions of the ball during the overtime period. **DURING THE PLAYOFFS** possessions will continue until a team wins by score.

OFFICIATING

(10) **CONTACT:** The "USE OF HANDS" as described in the previously mentioned sections are the only permissible forms of contact. Officials have the right to enforce contact violations.

NO CONTACT: There is no contact in regards of hitting with the shoulder or tackling. Officials have the right to enforce this concept.

UN-SPORTSMAN-LIKE CONDUCT: Any un-sportsman-like conduct (spiking, throwing the ball into the air, or language that is deemed as not appropriate by a player on or off the field of play) is not allowed. This also includes parents/fans of the players that are on the sidelines. Any flagrant or un-sportsman-like actions may lead to disqualification.

PENALTY: 10 yards from the point of the infraction or 10 yards on the next possession if a score was made.

QUICK WHISTLE: If either official inadvertently blows their whistle before the ball becomes dead the following apply:

a) Behind the line of scrimmage or when the ball is in the air, the play is dead and starts over.

b) Beyond the line of scrimmage, the ball is dead where it is when the whistle is blown. The offense has a choice to replay the down or take the spot.

LOSS OF FLAGS: It will be up to the officials to determine if a receiver's flag was pulled prematurely. If so, the official may assess a penalty. Otherwise, the ball will be ruled down where the flag fell.

FOOTBALL RULINGS ON VIOLATIONS AND PENALTIES

<u>VIOLATIONS</u>	<u>PENALTY</u>	<u>DOWN</u>	<u>ENFORCED FROM</u>
OFFSIDES (ENCROACHMENT)	5 YARDS	SAME	L.O.S
DELAY OF GAME	5 YARDS	SAME	L.O.S.
DEFENSE HOLDING	10 YARDS	SAME	S.O.F.
ILLEGAL BLOCK	10 YARDS	SAME	S.O.F.
ILLEGAL USE OF HANDS	10 YARDS	SAME	S.O.F.
STRAIGHT ARM, CHARGING, SPEARING, PROTECTING THE FLAG	10 YARDS	L.O.D.	S.O.F.
HIDEOUT	10 YARDS	L.O.D.	S.O.F.
PUSHING OUT OF BOUNDS	10 YARDS	SAME	S.O.F.
UNNECESSARY ROUGHNESS	10 YARDS	SAME	S.O.F.
UNSPORTSMANLIKE CONDUCT	10 YARDS	SAME	S.O.F.
ROUGHING PASSER	10 YARDS	SAME	S.O.F.
INTENTIONAL KICKING A FREE BALL	10 YARDS	SAME	S.O.F.
HURLING OR DIVING	10 YARDS	L.O.D.	S.O.F.
ILLEGAL FORWARD PASS	5 YARDS	L.O.D.	L.O.S.
CLIPPING OR TRIPPING	10 YARDS	SAME	S.O.F.
OFFENSIVE PASS INTERFERENCE	10 YARDS	L.O.D.	L.O.S.
DEFENSIVE PASS INTERFERENCE	10 YARDS	A.F.D.	L.O.S.

KEY: L.O.S. -- LINE OF SCRIMMAGE
 S.O.F. -- SPOT OF FOUL
 L.O.D. -- LOSS OF DOWN
 A.F.D. -- A FIRST DOWN

FIELD DIAGRAM, CENTER ZONE DIAGRAM W BLOCKERS ON EACH SIDE

Tip of the Spear Revision

Tip of the Spear has been asked by CUSD to review the EVC Flag Football rule book from 2018-2019 and offer suggestions to benefit the EVC in three areas: Safety, Education & Performance.

Safety: The following revisions have been made to reduce collisions and contact to the player's head/neck area. By increasing overall safety throughout the EVC, Tip of the Spear believes Flag Football participation will see an increase.

Education: The biggest issue Tip of the Spear noticed when reviewing the original play book was how vague the rules regarding use of hands were. The following revisions have been made

to clearly define what is acceptable contact and where contact can occur on the field.

Rules for contact on the line of scrimmage and in space are now more clear and not open to interpretation.

Performance: Many of the Flag Football players in the EVC will go on to play tackle football in high school. The following revisions provide players an environment to better understand the game of football. Allowing limited hand contact will better prepare them for the final evolution of the game.

Notes

1. The phrase "players may use their hands to ward off the blockers" is very vague and speaks to only the Punt team and not what the receiving team is allowed to do with respect to the use of hands. This phrase makes the assumption that the receiving team can block but does not specify in which manner. Tip of the Spear revised this section to offer specifics and clarity for using hands on both sides of the ball during this change of possession play.

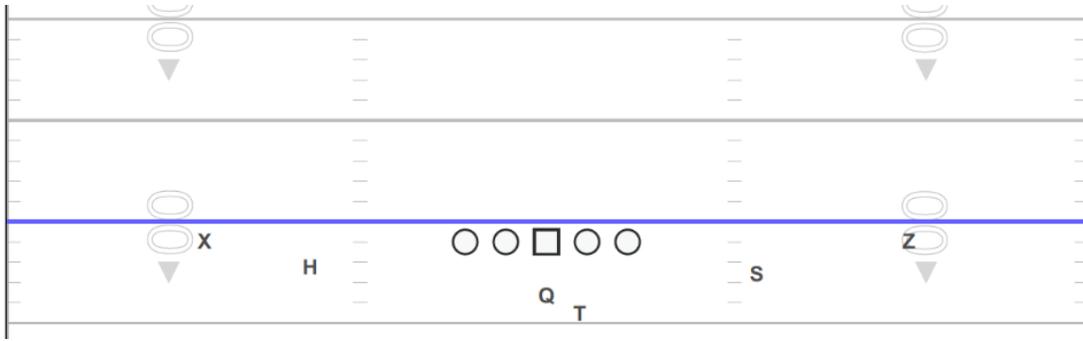
2. Rules for blocking on offense is extremely vague. Use of hands are permitted however, "No jamming (initiating a strike) with arms extended" has led to many coaches to teach blocking on the line of scrimmage to include forearm blocking, which is a safety concern because this promotes inadvertent head contact. Tip of the Spear revised this section to clearly define what contact is allowed on the line of scrimmage. Defensive players have no limitations on engaging with extended arms under the current rules, so offensive players should have the same protections available to them. Tip of the Spear instruction will offer Coaches examples on how players can play safer while using an extended arm on offense and on the line of scrimmage.

3. To further clear up and define allowed contact on offense, Tip of the Spear has defined a specific "Contact Zone" where engaging in contact with the hands is permitted by both offense and defensive players. The "Contact Zone" will be limited to 5 yards beyond the line of scrimmage as well as 5 yards behind the line of scrimmage (see image below).

Offensive players are permitted to engage in contact in this area with the hands only.

Offensive players who engage in contact, within the "Contact Zone", may continue to use their hands beyond 5 yards until separation occurs or until the end of the play. When separation between the offensive and defensive players occur beyond the "Contact Zone", the offensive player must revert to screen blocking for the remainder of the play. This rule addition prohibits players from running beyond 5 yards and making contact with an opponent at high speeds.

"Contact Zone" = Width of the field and 5 yards behind and beyond the line of scrimmage.



4. Change the wording of "Blocking Screening" to "Screen Blocking" which is the act of using one's body to screen a defender from the ball carrier beyond the "Contact Zone".

5. Making specifically clear types of contact, outside the "Contact Zone", that is prohibited.

6. Defensive "Use of Hands" was previously not very clear and was left open to interpretation. Tip of the Spear revised to include specifics for contact on the line of scrimmage and within the "Contact Zone". Defines permissible contact for defensive linemen during pass rush and prohibiting "bull rush" to reduce risk of injury.

7. Defines allowed contact for defensive players within the "Contact Zone".

8. An interception is a quick change of possession play. Eliminating blocking with the hands by the intercepting team will reduce risk of injury, especially to players unaware of the change of possession.

9. Adding additional illegal contact situations, including specifics related to roughing the quarterback.

10. Defining clear language for officials to rule on legal and illegal contact.

Tip of the Spear believes the above revisions to the EVC Flag Football Rule Book will help improve player safety by clearly defining the limited contact allowed. Coaches, Players & Officials will no longer be left to interpret vague contact rules. Contact and use of hands are now clearly defined and will be enforced by Officials more consistently. Coaches can confidently teach skills related to hand contact that will easily translate for players who go on to play high school football.