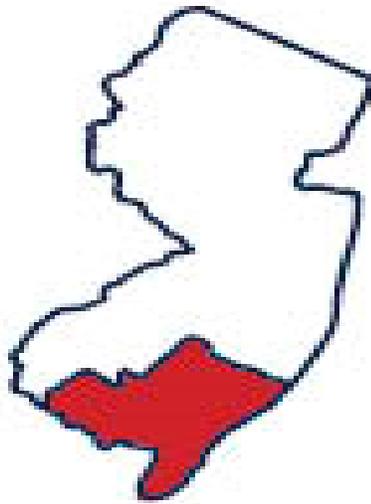


Cape-Atlantic League



CONSTITUTION

BY-LAWS

RULES AND REGULATIONS

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CONSTITUTION

ARTICLE I: NAME

The Organization Shall Be Known As the **CAPE - ATLANTIC LEAGUE**.

SECTION 1: To foster and develop amateur athletics among member schools.

SECTION 2: To supplement the physical education program of the member schools by making a practical application of the theories of physical activities.

SECTION 3: To promote uniformity in the arrangement and control of athletic contests.

SECTION 4: To protect the mutual interests of the member schools through the cultivation and promotion of the ideals of good sportsmanship and their relation to the development of character and good citizenship.

SECTION 5: To uphold the Constitution, By-Laws, Rules and Regulations of the New Jersey State Interscholastic Athletic Association.

ARTICLE II: PHILOSOPHY AND GOALS

SECTION 1: To foster and develop amateur athletics among member schools.

SECTION 2: To supplement the physical education program of the member schools by making a practical application of the theories of physical activities.

SECTION 3: To promote uniformity in the arrangement and control of athletic contests.

SECTION 4: To protect the mutual interests of the member schools through the cultivation and promotion of the ideals of good sportsmanship and their relation to the development of character and good citizenship.

SECTION 5: To uphold the Constitution, By-Laws, Rules and Regulations of the New Jersey State Interscholastic Athletic Association.

ARTICLE III: MEMBERSHIP

SECTION 1: Schools eligible for membership in this League must be Public, Private, or Parochial secondary institutions (9-12) and members of the N.J.S.I.A.A. Membership shall also include the middle schools

of eligible institutions, known as the Atlantic Cape Cumberland league (ACCL), whose objectives, philosophies, and regulations are governed by said organization's constitution which is in accordance with NFHS and NJSIAA's rules, regulations, and by-laws.

SECTION 2: Application for membership shall be submitted to the League and be voted upon by the membership. A two-thirds (2/3) majority vote is necessary for admission. As per NJSIAA, acceptance is mandatory; however, terms of membership may be dictated.

SECTION 3: Each member school's governing body will pass a resolution approving membership in the League by July 30 of each year.

SECTION 4: Member schools desiring to withdraw from the Cape Atlantic League must give written notice two (2) years in advance of July 1 of the effective year of withdrawal. To withdraw in less than the two (2) year period, the schools must receive the unanimous approval of all member schools.

SECTION 5: The Cape Atlantic League will accept Partial Membership from schools outside the Cape Atlantic League for individual sports. The school must formally request membership in the desired sport in writing to the President of the Cape Atlantic League by Oct 30, for Fall Sports, Winter Sports by Jan 30, and March 30 for Spring Sports for the following 2 year cycle. Upon receiving the request the President will notify the membership and present the application to the membership for a formal vote. A two thirds (2/3) vote in favor of the application of member schools present at the meeting is required for approval. This approval will be for a two year cycle only. The application process for partial member must be renewed for each scheduling cycle. The fee for the membership is \$150.00 per sport.

SECTION 6: **Administration of the League**

A. Any time realignment takes place in the Cape-Atlantic League, it will be done by NJSIAA guidelines. These guidelines may include but not be limited to school enrollment, strength of program (wins/losses), geography, balance of non-publics and/or traditional rivalries.

1. Eliminate Division where possible in all sports.
2. Base conferences on school enrollment; football and basketball may use additional alignment criteria. Two Conferences: American and National.

3. Keeping schools with partnered gender sports (i.e. baseball & softball; or soccer, track etc) with the same conference
 - a. Move the next largest non –public; keeping gender together. In some cases imbalances may remain.
 - b. When an imbalance in conferences occurs move the next largest public (keeping genders together).
 - c. If more than ten (10) teams in a conference exist and it creates a league schedule number of games that conflicts with NJSIAA regulations, than a division may be necessary. A minimum of four teams is needed
for a division to exist; as per By-Laws, Article XI, Section I.
4. Three Conferences (American, National & United) for Boys & Girls Basketball.
5. The league will ensure the continuance of Thanksgiving Day football rivalries whenever possible.

- B. In reference to football, a realignment committee will create a football schedule. The committee is empowered to submit a mandatory football schedule. Members of the committee will be designated by the League (Ex. one Athletic Director from each conference, a non-public Athletic Director, At large (Principal) and a member from the Executive Committee.
- C. In reference to basketball: A League Champion will be determined from the following format: There will be an eight (8) team play-off format. The top two teams in each conference will qualify. Additionally, there will be two wild card teams selected by the re-alignment/play-off committee.
The seeding of the eight teams that qualify for the play-offs shall be determined by the re-alignment/play-off committee. The highest seed is the home team.
- D. The figures to be used will be the official Fall enrollment figures submitted to the County Superintendent's Office for all students in grades 10-12. All handicapped/classified students and shared time students must be included in the total enrollment. All shared time students shall be counted as a whole students, except Vo-Tech Schools which will count them as .5, as per NJSIAA Guidelines. The principal of each school will send a copy of their report to the vice-president by October 16. Each school will be notified of all enrollment figures by the vice-president within five school

days after receiving them. This will serve as notice to any school as to its possibility for realignment. The above date may be adjusted due to varying state deadlines.

- E. A school is permitted to use anticipated enrollments figures in the event of an added or subtracted sending district for the purpose of alignment.
- F. In the event that a member school experiences extraordinary circumstances; which may include, but not be limited to; sending district that will result in an increase or decrease in enrollment in relation to the official Fall enrollment figures submitted to the County Superintendent's Office for all students in grades 10-12, the affected school will submit their anticipated enrollment figures along with the official enrollment figures. The anticipated enrollment figures will be used by the NJSIAA and the Cape Atlantic League to determine the appropriate group classification and league re- alignment.

ARTICLE IV: FINANCES

SECTION 1: Each member school shall be assessed as provided in the By-Laws.

SECTION 2: Administration of the finances of the League shall be the duty of the Treasurer in conjunction with the League and its Officers.

SECTION 3: A yearly external audit of the finances of the Cape Atlantic League may be conducted by a Certified Public Accountant, selected by the League. An annual report of this audit shall be submitted to every member school.

ARTICLE V: ADMINISTRATION

SECTION 1: The officers of the League shall consist of a President, Vice President, Secretary and Treasurer all of whom shall be elected from the Athletic Directors of the member schools. The term of office for all officers will be a period of two (2) years. Elections shall take place at the April meeting, and the elected officers will take office at the September meeting. The duties of the officers shall be as provided in the By-Laws.

SECTION 2: The Executive Committee shall consist of:

President
Vice President
Secretary
Treasurer
*Three (3) Superintendents
*Three (3) Principals

*One (1) At-Large Parochial Representative or (*His/Her designee who must be a School Administrator or Athletic Director.) Each county shall have one (1) Superintendent and one (1) Principal to be selected at the respective county meetings. The At-Large Parochial representative shall be selected by the Principals of the Parochial schools. The duties of the Executive Committee shall be as provided in the By-Laws. (Article II)

SECTION 3: Each member school will have one (1) vote on all League matters. The Principals of the member schools will be the official voters. He/She may delegate his/her vote to the Director of Athletics/designee.

SECTION 4: Monthly meetings of the League will be held August through June. Special meetings can be convened by the President of the League. Meetings will be held in a central location.

SECTION 5: Amendments to the Constitution, By-Laws, and Financial Affairs shall be voted on only at the October, January, and April meetings. These meetings should be attended by the principals and Athletic Directors of the member schools. All votes at these meetings shall be by roll call.

SECTION 6: A quorum for all League meetings will consist of the attendance of at least one-half (1/2) of the member schools.

SECTION 7: A copy of the minutes of all League meetings shall be sent to each athletic director of member schools within ten (10) days following the meeting. The time of call to order and the time of adjournment are to be part of the minutes. The athletic director will provide copies of the minutes to his/her principal and superintendent.

SECTION 8: The League Rules and Regulations can be voted on by the Athletic Directors.

ARTICLE VI: SPORTS/CHAMPIONSHIPS

SECTION 1: The Cape Atlantic League will recognize any sport - when requested - provided that a minimum of five (5) of the schools enrolled in the league sponsor that sport. If, however, a team is a member of another league and a new sport would be one short of the league requirement, the teams in the CAL would be recognized by the league and the team(s) outside the CAL would have the option of a two year grace period to insure stability in the CAL before being required to join.

SECTION 2: The League will award trophies and/or awards in such sports as deemed advisable, and determine division championships, when, in the judgment of the membership, it is deemed feasible and possible. Qualifications for the determination of division championships shall be stated in the By-Laws. (Article XI)

ARTICLE VII: AMENDMENTS

SECTION 1: Any member school of the League may initiate an addition, deletion or any change in the Constitution or By-Laws, by submitting such proposals in writing, to each member school at least two (2) weeks prior to the October, January, or April meeting.

SECTION 2: All additions, deletions or changes in the Constitution or By-Laws must be approved by a two-thirds (2/3) vote of the membership at the October, January or April meetings. A roll call vote shall be necessary.

SECTION 3: When a proposal by a member school has been rejected or accepted by the membership, the school will be notified in writing within thirty (30) days.

SECTION 4: Deletion, addition or changes to the Rules and Regulations may be approved anytime by a majority vote of Athletic Directors.

BY-LAWS

ARTICLE I: DUTIES OF THE OFFICERS

SECTION 1: The duties of the President shall be:

1. He/she shall have the power to call and preside over meetings of the league.
2. He/she shall prepare and present an agenda for and attend all Meetings of the League, and be and ex-officio member of its committees. The written agenda shall be mailed to all member schools one week in advance of the meeting.
3. He/she shall handle all public and press relations of the League or make arrangements for same to be handled.
4. He/she shall be empowered to rule on the interpretations of the Constitution, By-Laws, and Rules and Regulations of the League, subject to membership confirmation at the next meeting of the League.
5. He/she shall be empowered to appoint committees.
6. He/she shall perform such other duties as the membership directs.
7. He/she shall receive a stipend of \$1,000.00 per year.

SECTION 2: The duties of the Vice President shall be:

1. He/she shall exercise all the powers of the President in the absence of the President.
2. He/she shall be responsible for the collation of the "All-Star" selections.
3. He/she shall be responsible for the press releases of the "All-Star" selections.
4. He/she shall oversee all committees.
5. He/she shall prepare and distribute copies of the Constitution, By-Laws, and Rules and Regulations and any revisions thereof, to the member schools.
6. He/she shall perform duties delegates by the President.
7. He/she shall receive a stipend of \$750.00 per year.

SECTION 3: The duties of the Secretary shall be:

1. He/she shall handle all correspondence of the League.
2. He/she shall prepare and distribute to the membership, via the Athletic Director of each school, the minutes of all meetings within ten (10) calendar days of each meeting.
3. He/she shall receive a stipend of \$750.00 per year.

SECTION 4: The duties of the Treasurer shall be:

1. He/she shall administer the financial affairs of the League under the direction of the Executive Committee and shall render to each school a current financial statement at each meeting.
2. He/she shall prepare an annual budget in concert with the Executive Committee to be submitted at the June Meeting each year.
3. He/she shall receive a stipend of \$750.00-per year.

SECTION 5: The duties of the Composite Scheduler shall be:

1. He/she shall be responsible for all composite scheduling of all League contests. (1a) The League will forward a schedule by the Scheduler to all member schools. For the Fall- Dec1, Winter- Feb1, Spring- April 1
2. He/she shall receive a stipend of \$500.00 per year.

SECTION 6: The duties of the Banquet Committee Chairperson shall be:

1. He/she shall insure all necessary arrangements for every CAL function (i.e. Monthly meetings, all-star banquets conducted after each season, including date, location, menu, program, awards, etc.
2. He/she shall receive a stipend of \$500.00 per year.

SECTION 7: The duties of the Web Master shall be:

1. He/She shall maintain the Official Cape Atlantic League Web site, to include the Constitution, All Stars, links to schedules, playoff brackets.
2. He/She shall receive a stipend of \$500.00 per year.

ARTICLE II: DUTIES OF THE EXECUTIVE COMMITTEE

SECTION 1: The Executive Committee or a simple majority of the Executive Committee, shall meet at the call of the President and shall conduct such business as may be necessary or useful for gathering information in the interests of the League.

SECTION 2: The Executive Committee shall supervise the financial affairs of the League.

SECTION 3: The Executive Committee shall offer advice and assistance in the preparation of the annual budget and shall be responsible for the annual audit.

SECTION 4: The Executive Committee shall conduct such hearings as required and stated in the By-Laws.

SECTION 5: Any member of the Executive Committee with a ten (10) month contract involved in Executive Committee meetings after the close of their school year, will be paid a stipend of \$50.00 per diem.

ARTICLE III: ANNUAL DUES

SECTION 1: Member schools shall pay annual dues of \$625.00.

SECTION 2: Annual dues become payable at the beginning of each school year and must be remitted to the Treasurer by November 1st each year.

ARTICLE IV: ELIGIBILITY OF ATHLETES

SECTION 1: A student, to be eligible for participation in the interscholastic athletic program at a member school, must be enrolled in that school or satellite school of that district, and must meet all the eligibility requirements of the New Jersey State Interscholastic Athletic Association.

ARTICLE V: CONTRACTS

SECTION 1: A. Individual changes to the Master Schedule are to be completed as follow: Fall- May 1, Winter- May 1, Spring- May 1. This will constitute a binding contract between all member schools for two (2) years.

B. Any deviation from the standard varsity scheduling procedures must be submitted in writing to the League for approval (i.e. Independent status, time change and level change).

C. If a member school is not participating in the Cape-Atlantic League schedule for championship purposes, then Cape-Atlantic League games will be considered JV level, unless otherwise approved by the membership.

ARTICLE VI: GRIEVANCE PROCEDURES

SECTION 1: The Principal and Athletic Director of the school filing a grievance must file the grievance, in writing, to the President within thirty (30) days from the time the school knew or should have known of its occurrence.

SECTION 2: The President shall convene a meeting of the Executive Committee within five (5) school days after receiving the written grievance. The party filing the grievance may appeal to the body of the CAL or President and request a meeting with the Executive Committee.

SECTION 3: The Executive Committee shall be empowered to conduct hearings relative to any grievance filed by a member school.

SECTION 4: The member school filing the grievance has the right to have representation at the hearing in order to present the grievance. The representative or representatives will not be present for the decision making part of the hearing.

SECTION 5: No Executive Committee member will sit as a member of the hearing body when the grievance involves his/her school or district. In this event, the President shall appoint a substitute or substitutes to the Executive Committee for the purpose of said hearing.

SECTION 6: A copy of the Executive Committee's decision shall be sent to the school, who filed the grievance, within ten (10) school days after the hearing has been held.

SECTION 7: Decisions of the Executive Committee, relative to the grievance, may be appealed to the League and/or the NJSIAA pursuant to its Constitution and By- Laws.

ARTICLE VII: PROTESTS

SECTION 1: In support of good relations, when it is felt that a violation of NJSIAA or League Rules and Regulations has transpired, the Principal and Athletic Director of the school claiming the violation, shall notify the Principal and Athletic Director of the school against which the violation shall have been claimed. It is desirable that the problem be settled at that level. Protests against alleged violations of contracts, accepted standards of good sportsmanship, or of the Constitution, By-Laws, and Rules and Regulations of this League, must be reported in writing by the Principal or his/her designee to the League President or designee within three (3) school days from the time of such violation, with a copy to the alleged violator. Protests based upon on official's judgment of the playing rules, will not be honored.

SECTION 2: Any complaint or suspected violation by a member school or schools, verbal and written, shall be investigated by the Officers. If the Officers determine that the complaint is valid, it shall hold a hearing and assess a penalty, if required, within four (4) school days after receipt of the complaint. The Officers shall then report to the league.

SECTION 3: The Executive Committee or Officers may initiate procedures on its own motion.

SECTION 4: All complaints and protests will be handled according to the Hearing Procedures as stated in Article IX of the By-Laws.

ARTICLE VIII: INCIDENT REPORT

SECTION 1: All verbal and/or physical altercations including players/coaches and ejections reports to the NJSIAA must be forwarded to the league President within seventy-two (72) hours of the date of such incident.

SECTION 2: In the case of an unreported incident, the President will send a letter to the Principal and Athletic Director, and other relevant personnel of the school (s) involved. This will give the school (s) an opportunity to handle the problem. The Principal or Athletic Director must respond in writing within ten (10) days upon receipt of the letter, indicating how the problem was addressed. If necessary, a hearing will be conducting and penalties assessed as per Articles IX and X of these By-Laws. The President may forward copies of all correspondence to the Executive Committee.

ARTICLE IX: HEARING PROCEDURES

SECTION 1: The Officers of this League shall be empowered to conduct hearings relative to any complaints or protests launched by any member school against another member school, and/or upon its own motion.

SECTION 2: No Executive Committee member will sit as a member of the hearing body when the complaint or protest involves his/her school. In this event, the President shall appoint a substitute to the Executive Committee for the purpose of said hearing.

SECTION 3: A copy of the Executive Committee's decision shall be sent to both parties within ten (10) school days after the hearing has been held.

SECTION 4: Decisions of the Executive Committee relative to penalties, protests and complaints may be appealed to the League and/or NJSIAA pursuant to its (NJSIAA'S) Constitution and By-Laws, Article XIII.

SECTION 5: CAPE ATLANTIC LEAGUE APPEALS ASSESSMENTS

Any member school and or agent, servant, or employee thereof and or other person or entity which institutes an unsuccessful appeal or petition or complaint or cause of action or claim before the Cape Atlantic League, the New Jersey State Interscholastic Athletic Association, the Commissioner of Education, or the Department of Education or the State Board of Education and/or the Courts of the State of New Jersey or the United States, including administrative courts, challenging the Constitution of the Cape Atlantic Conference and/or rules and regulations of the Cape Atlantic Conference and/or any actions of the Executive committee and/or a decision as a result of a controversy or dispute either prior to or after having exhausted the internal protest and/or appeal procedures of the conference itself, shall assume and be responsible for and be assessed the full cost of such litigation and/or proceedings, including all costs which may include counsel fees, filing fees, reproduction and transcript costs, stenographer costs and fees, appearance fees, expenses of any Cape Atlantic League officers or members, expenses of witnesses, postage, telephone and any other costs to the league included in said litigated proceedings and matters as a result of the appeal and/or legal actions filed by the member school or party instituting same be it by way of filing an appeal, petition, complaint and/or other claim and cause of action.

PAYMENT:

At the conclusion of any unsuccessful litigation brought by a member school or party, the Cape Atlantic Executive Committee shall determine and transmit the Statement of Costs and Counsel Fees to the unsuccessful member school or party. Payment by the litigation member school must be made within sixty (60) day of said Notice.

REFUSAL OF PAYMENT:

Any member school which does not make full payment of the costs and fees within sixty (60) days shall be deprived of all rights to earn any division, conference, league championship status in all sports. Any agent, servant, employee or other person or entity who refuses payment will be refused admittance to any and all Cape Atlantic League contests, banquets, or any other function sponsored by the Cape Atlantic League or one of its member schools. The prohibition shall continue until and unless the full amount of costs and counsel fees is paid to the Cape Atlantic League, with interest at prevailing rates assessed beginning sixty (60) days after the rendering of such costs and counsel fees. Further refusal of payment may result in action as the Executive Committee in its discretion shall determine.

ARTICLE X: PENALTIES

Penalties shall be assessed by the League for infractions of the League Constitution, By-Laws or Rules and Regulations and shall include but not be limited to:

SECTION 1: PROBATION;

- A. The probationary period for a member school shall be one (1) year from the date of the violation.
- B. Where a violation occurs in a specific sport, the Executive Committee may apply the period of probation to that sport only.
- C. During the probationary period a school may play its regular schedule in sports, but the team as a whole shall not be eligible for any League awards in the sport involved in the probation.

SECTION 2: SUSPENSION;

- A. Under such terms and conditions as the League shall by resolution provide.

SECTION 3: EXPULSION;

- A. Under such terms and conditions as the League shall by resolution provide.

SECTION 4: FORFEIT OF GAMES;

- A. Under such terms and conditions as the League shall by resolution provide.
- B. Any team who does not notify the League President in writing prior to the first official practice day of that season will forfeit any varsity game they are not prepared to play.

SECTION 5: FORFEIT OF CHAMPIONSHIP RIGHTS;

- A. A school may be required to forfeit championship rights by resolution of the League.

SECTION 6: COACHES/PLAYERS;

- A. After a hearing, coaches or players may be suspended permanently or temporarily for violation of the Constitution, By-Laws or Rules and Regulations of this League, or for violations of the rules of good sportsmanship, or the rules of a particular game and may be prohibited from receiving individual League awards.

B. COACHES CONDUCT;

1. Any coach using profanity, obscene gestures, excessive harassment, or any motions or actions that could be described as unsportsmanlike or inciting the crowd, may be subjected to Article X, Section 6-A.
2. A coach found guilty of physical abuse against an official, coach, player or spectator shall be adjudicated under Article X, Section 6-A of the By-Laws.
3. Coaches conduct and administration of duties shall follow in accordance with all Cape Atlantic League, N.J.S.I.A.A., National Federation, New Jersey School Boards, New Jersey Administrative Code and N.J.S.I A.A. 18:A Rules, Regulations, Constitutions and By-Laws.

ARTICLE XI: CHAMPIONSHIPS

- SECTION 1:
- A. A League (Cape Atlantic) Champion will be determined from the two (2) Conference champions by a play-off, where possible (scheduling). Awards (type to be determined), will be given for Division, Conference and League Championships.
 - B. Basketball - 3 Tier Alignment - Each team plays twice in their conference. There will be mandatory cross-overs against teams not in the conference. Additionally, cross-overs will be assigned by the league on a rotating basis.

SECTION 2: METHOD OF DETERMINING CHAMPIONSHIPS;

- A. Every member of the League that participates in a sport must play every other member of its composite schedule to qualify for a League championship.
- B. All Cape Atlantic League contests shall be played. Failure to complete a regular season contest shall result in a forfeit.
- C. **The criteria to be used to determine Division champions are:**
 - 1. Best record in Division (Intra-Division), if a tie remains;
 - 2. Best record against each other (winner on field), if a tie remains;
 - 3. Inter-Conference, if a tie remains;
 - 4. Remains a tie.
 - 5. For playoff sports, the following additional criteria will be used to determine a championship.
 - A) Rose Bowl Rule, the team with the most recent appearance in the sports' championship game shall be eliminated, (the Rose Bowl Rule). If neither team appeared in the Championship then;
 - B). Coin Flip

(Note: when champion is selected by A or B, both teams will be recognized as co-division champions and receive a trophy at the awards banquet.

D. **The criteria to be used to determine Conference Champions (or Division champions where divisions exist) are:**

1. Best overall Conference record of Division champions. If a tie remains; If no Divisions are in the Conference, the best overall conference record decides championships.
2. Head to head competition between the two schools. If a tie remains;
3. Remains a tie.
4. Basketball playoff participants will be determined by the Seeding Committee.
5. For playoff sports, the following additional criteria will be used to determine a champion.
 - A) Playoff, when possible, as per NJSIAA rules and regulations. (Previously scheduled regular season contests must be completed), if not;
 - B) Rose Bowl Rule, if not;
 - C) Coin Flip

(Note: when champion is selected by B or C, both teams will be recognized as co-conference champions and receive a trophy at the awards banquet. In A, only the winner will be recognized.)

(CLARIFICATION): In determining overall conference record, two division champions with the same number of losses and ties will be considered as having the same record, despite one team having more wins than the other due to differing division sizes (i.e. 12- 0-1 same as 13-0-1). Head to Head record determines the conference champion.

E.	1.	<u>Possible CAL play-off sports</u>	<u>CAL non play-off sports</u>
		Boys / Girls Tennis	Football
		Boys / Girls Cross Country	Wrestling
		Field Hockey	Boys / Girls Track
		Boys / Girls Soccer	
		Volleyball	
		Boys/ Girls Basketball	
		Boys/Girls Swimming	
		Baseball	
		Softball	
		Golf	
		Boys / Girls Lacrosse	

2. Number of Possible Championships by Sport:

Football	1 in each Conference (2)
Field Hockey	1 in each Conference (2) 1 in League (1)
Boys Soccer	1 in each Conference (2) 1 in League (1)
Girls Soccer	1 in each Conference (2) 1 in League (1)
Girls Tennis	1 in each Conference (2) 1 in League (1)
Boys Cross Country	1 in each Conference (2) 1 in League (1)
Girls Cross Country	1 in each Conference (2) 1 in League (1)
Girls Volleyball	1 in League (1)
Wrestling	1 in each Conference (2)
Boys & Girls Swimming	1 in each Conference (2) 1 in League (1)
Boys Basketball	1 in each Conference (3) 1 in League (1)
Girls Basketball	1 in each Conference (3) 1 in League (1)
Baseball	1 in each Conference (2) 1 in League (1)
Softball	1 in each Conference (2) 1 in League (1)
Boys Track	1 in each Conference (2)
Girls Track	1 in each Conference (2)
Boys Tennis	1 in each Conference (2)

	1 in League (1)
Golf	1 in each Conference (2) 1 in League (1)
Boys & Girls Lacrosse	1 in League (1) 1 in Division (1)

ARTICLE XII: STRIKE PROCEDURES

In the event that a strike or other job action occurs at a member school, the decision whether or not to continue the athletic program is the responsibility of the administration of that school. The safety, security, and welfare of all coaches, student-athletes, and spectators involved must be the primary factor in reaching that decision. Further, the decision to play or not play must be made by 12 noon for weekday games and 12 noon Friday for weekend games. When a contest must be postponed due to the above situation, it is to be rescheduled as per NJSIAA rules and regulations. If a postponed game cannot be rescheduled prior to the end of the regular season, a forfeit shall be declared.

ARTICLE XIII: AWARDS

SECTION 1: The League will provide an official championship trophy in each sport, as per Rules and Regulations, Article XVI, to the winning school. These shall be permanent trophies.

SECTION 2: A. There shall be awards for "ALL-STAR FIRST TEAMS" as provided for in Article XVI in Rules and Regulations.
 B. The league can also recognize other wards such as, but not limited to; a male and female scholar- athlete, well as male and female Joe Clements Athletic Achievement Award in each conference as chosen by athletic directors.

SECTION 3: A. The Cape Atlantic league shall provide an All-Star Sports Banquet at the end of each of the three (3) sports season.
 B. Tickets to the All-Star Sports Banquet are to be allotted to each Cape Atlantic League school as follows:

Athletic Director	1
All Star Athlete	1
All Star Athlete's Parents	2

All Star Athlete's Coach	1
Superintendent	1
Principal	1
BOE Member	1

ARTICLE XIV: COACHES CODE OF CONDUCT

The function of a coach is to properly educate students through participation in interscholastic competition. The interscholastic program is designed to enhance academic achievement and should never interfere with opportunities for academic success. All children should be treated as though they were the coach's own and their welfare shall be uppermost at all times. In recognition of this, the guidelines for coaches listed below have been adopted by the NFICA Board of Directors.

1. The coach must be aware that he or she has a tremendous influence, either good or bad, in the education of the student athlete and thus, shall never place the value of winning above the value of instilling the highest desirable ideals of character.
2. The coach must constantly uphold the honor and dignity of the profession. In all personal contact with the student athlete, officials, athletic directors, school administrators, the state high school athletic association, the media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.
3. The coach shall take an active role in the prevention of drug, alcohol and tobacco abuse and under no circumstances should authorize or condone their use.
4. The coach shall promote the entire interscholastic program of the school and direct his or her program in harmony with the total school program.
5. The coach shall be thoroughly acquainted with the contest rules and is responsible for their interpretation to team members. The spirit and letter of rules should be regarded as equally important. The coach shall not try to seek an advantage by circumvention of the spirit or letter of the rules.
6. Coaches shall actively use their influence to promote sportsmanship by their spectators, working closely with cheerleaders, pep club sponsors, booster clubs, and administrators.
7. Contest officials shall have the respect and support of the coach. The coach shall not indulge in conduct which will incite players or spectators against the officials. Public criticism of officials or players is unethical.
8. Before and after contests, rival coaches should meet and exchange friendly greetings to set the correct tone for the event.
9. A coach shall not exert pressure on faculty members to give athletes special

consideration.

10. It is unethical for coaches to scout opponents by any means other than those adopted by the league and/or state high school athletic association.

ARTICLE XV

SPECTATOR CODE OF CONDUCT FOR ATHLETIC EVENTS

Spectators have an important role in the success of an athletic program. If the program is going to be successful, spectators must encourage good sportsmanship, courteous treatment of visitors and absolute respect under all conditions.

- Enthusiastically encourage your team.
- Refrain from negative or irritating remarks, booing and taunting. Be Positive!
- Accept all decisions made by officials.
- Remain in the stands while play is in progress.
- Do not throw objects on the playing surface.
- Follow state regulations that prohibit noisemakers, signs and banners.
- Applaud outstanding play by either team.
- Be a positive role model.

Remember that it is a privilege to attend and participate in high school athletic contests. Negative behavior will not be tolerated and may lead to ejection from the event and loss of privilege to attend and participate in future athletic contests.

ADOPTED: OCTOBER 31, 1984

AMENDED: NOVEMBER 30, 1999

AMENDED: January 5, 2007

AMENDED: September 9, 2009

AMENDED: October 26, 2010

AMENDED: October 2011

AMENDED: October 2013

AMENDED: February, 3 2015

RULES AND REGULATIONS

OUTSTANDING RULES FOR EACH LEAGUE SPORT

To be presented to each coach for better understanding and uniformity. All sports are governed by the National Federation of State High School Association rules and the New Jersey State Interscholastic Athletic Association Constitution and By-Laws.

Listed below are rules of the Cape-Atlantic League and should be adhered to, by all League members.

STATEMENT:

It is strongly recommended that, to prevent injury and promote safety, mouthpieces be worn in all sports, where not required by National Federation rules.

I. VARSITY FOOTBALL

- A. Half-times are fifteen (15) minutes in duration. In a special situation, (such as Homecoming), the home team may request a twenty (20) minute halftime.
- B. The visiting Band performs before the game. The home Band performs at half time. If the visiting band chooses to perform before the game, they will start twenty (20) minutes before the start of the game and be off the field five (5) minutes before the start of the game.
- C. The home team should provide space for opponents to take film and spot with communications devices.
- D. A championship is awarded on the basis of the best conference record. Should a tie remain- head to head record will determine champion.
- E. There is no play-off in football.
- F. **Game film/video exchanges only within the league.** Scouts pick up film as per mutual agreement of the school, no later than Sunday, 7:00 pm. From the 4th game on, Film/Video exchanges will be that of any 2 previous games and be of equal quality as determined by the coaches. Updated Roster should accompany the exchange.

For the 1st game, opponents will exchange their last 2 scrimmages.

For the 2nd game, when both opponents have played a game, they will exchange their final scrimmage and their 1st game. However, if one team has played a game but their 2nd game opponent has not, the exchange for that game will be the last 2 scrimmages of both teams.

For the 3rd game, when both opponents have played 2 games, they will exchange those 2 games. However, if one team has played 2 games and their 3rd game opponent has only played 1 game (due to an open date/or a postponement), the exchange for that game will be both teams final scrimmage and the game film/video from the same week that both teams played. Any additional change will be by unanimous approval conference coaches.

G. National Federation Rules shall be followed regarding color of jerseys.

H. **Procedure for Suspended Football Games**

1. Games interrupted/suspended beyond anyone's control, e.g. electrical storms, torrential rains, and the like. All games to be continued will be at the site of the interrupted game unless otherwise agreed upon by competing schools.

2. If both schools agree, the game will be a completed game or the game will be continued from the point of interruption, but no later than Tuesday of the following week.

3. All Cape –Atlantic League suspended football games will be continued from the point of interruption no later than Tuesday of the following week (Monday if either team is scheduled to play on the following Friday). If the schools cannot agree on the date, the game will be continued on the Monday following the game at 3:00pm. When the home site has lights, the game shall be played at 4:00pm or a mutually agreed upon time by both schools.

JUNIOR VARSITY FOOTBALL

- A. No seniors. Unless prior approval
- B. No varsity offensive or defensive starters of the previous Saturday.
- C. Deviation from "A" & "B" by mutual agreement of Athletic Director and Coach of each school, prior to the date of the contest.
- D. Ten (10) minute quarters.
- E. American Conference - Monday same site of varsity - same jersey as Varsity.
National Conference - Monday, same site as varsity - same jersey as Varsity.

FRESHMAN FOOTBALL

- A. No second year freshman may participate. Unless prior approval.
- B. Ten (10) minute quarters.
- C. Deviation from A and B by mutual agreement of Athletic Director and Coach of each school, prior to the date of the contest.
- D. No varsity offensive or defensive starter of the previous Saturday.
- E. American Conference - Thursday, opposite site as varsity same jersey as Varsity.
- F. National Conference - Thursday, opposite site of varsity same jersey as Varsity.

II. CROSS COUNTRY

- A. Participants must be in the uniform of their school, and footwear must be worn.
- B. Any runner leaving the course is to be disqualified from the race.
- C. Host responsibilities include, but may not be limited to; providing a map of the course (pre-season meeting), having course appropriately marked for meets, and allowing visiting teams ability to review course at meets.
- D. All pre-meet activities must be completed ten (10) minutes before the starting time.
- E. Girls and Boys will compete at the same site on the same day, whenever possible.
- F. Schools wishing to run on opponents' course should call in advance for permission.

III. FIELD HOCKEY

- A. As per federation rules.
- B. Overtime exists in Varsity games. One 10 minute period. Golden Goal or Sudden Death. If a goal is not scored during the 10 minutes of overtime the game remains a tie.
- C. Thirty (30) minute halves for freshman/JV when times permits.
- D. No one player can play more than 3 halves in one (1) day.

IV. BASKETBALL

- A. No player can play more than five quarters in one (1) day or no more than fifteen (15) quarters in one (1) week. The head coach is responsible for the enforcement of this rule. (Exception - NJSIAA Rules and Regulations, Rule 4, Section 6, 8).
- B. Length of quarters.
 - 1. Varsity - Eight (8) minutes
 - 2. Junior Varsity - Eight (8) minutes
 - 3. Freshman - Eight (8) minutes
- C. Elapsed Time between Games:
For any contest scheduled in the evening on a school day, the JV game will be played first. The Varsity game will follow by fifteen (15) minutes. A lesser amount of time may prevail with mutual agreement.
- D. Home management shall provide safe access to officials' separate dressing area.
- E. Only uniformed players are permitted to warm-up in the period prior to and at half-time of the game in which they participate.
- F. Cheerleaders must be seated on the bleachers during the game, except for time outs.
- G. The home site Athletic Director should make provisions for the visiting fans to sit behind the visiting team's bench, in order to help maintain crowd control.

V. WRESTLING

- A. As per federation rules.
- B. Weigh-in for Varsity and Junior Varsity wrestlers must be at the official time established by the host school.

VI. BASEBALL

- A. The home team completes warm up prior to 3:30 PM. The visiting team shall have the use of the field from 3:30 to 3:55 PM. (Twenty-five (25) minutes). At 3:55 PM, umpires and coaches go over ground rules. (Time frame applies to non 4:00 PM games).
- B. All Cape Atlantic League games are seven (7) innings.
- C. Base coaches must be in appropriate uniform as per National Federation rules.
- D. Ground rules should be reviewed with the umpires and visiting coach upon arrival.
- E. Sub-Varsity - 2-1/2 hour rule - speed-up rules.
 - 1. Each team is allowed one minute to change from their offensive to defensive positions.

2. The pitcher is allowed five warm-up pitches between or at the start of each half inning. (The umpire may allow the pitcher more warm-up pitches when relieving an injured player or if the weather dictates warm-ups.)
3. The pitchers has a ten-second time limit to throw a pitch or make a baseball play (i.e., pitch-out, pick-off) once he receives the ball from a teammate. If the pitcher exceeds the ten second time limit, the umpire will call a ball.
4. The batter has ten seconds to set up in the batter's box once the pitcher receives the ball. If the batter exceeds the ten second time limit, the umpire will call a strike on the batter.
5. When there are two outs in an inning, the catcher may be substituted for on the bases by a player currently not in the game. This runner substitution does not pencil in the player as a substitute for the catcher, thus allowing the substitute to enter the game for a position player.
6. Only one conference per inning is allowed between a coach and his/her offensive team.
7. The defensive team must throw the ball directly back to the pitcher after an out is made.
8. Each team is allowed a ten minute pre-game infield-outfield practice.

F. Courtesy runners for catchers and pitchers are permitted per Federation rules.

G. Run rule - as per Federation.

VII. SOFTBALL

- A. Same as Baseball
- B. Same as Baseball
- C. Base Coaches must be in appropriate coaching attire.
- D. Same as Baseball
- E. Same as Baseball.
- F. Same as Baseball
- G. Run Rule – as per Federation.
- H. Softball- Tie Breakers- as per International Tiebreaker rule, which starts in the 10th inning.

VIII. GOLF

- A. Championship decided by percentage of won & lost (medal play). Dual meet competition.

- B. Each team will play six (6) players and count their four (4) lowest scores. The team with lowest total, wins. In case of a tie in such situations, the fifth player counts; if still tied, the sixth player counts; if still tied, it remains.
- C. All golfers carry their own bags. No pull carts, caddies or electric carts.
- D. All players play in order of their ability. In case of absence, each player moves up a position.
- E. Maximum of seven (7) players per match. Maybe adjusted by home rule.
- F. All score cards must be attested.
- G. Coaches should impress upon their players the proper etiquette on the golf course.
- H. Conversation between players and spectators is prohibited. Spectators shall remain thirty (30) yards behind the players while on the course and in competition. Coaches are responsible for enforcement of this rule.
- I. Dress Code: As per Course Regulations and /or USGA
- J. All pre-match activities must be completed ten (10) minutes before starting times.
- K. As per NJSIAA, a golf course is the sole authority in determining the method of play regarding summer or winter rules. Teams should be prepared to play a match by either method.
- L. All matches shall be played as per USGA rules. In particular, matches suspended before 5 completed holes shall not be considered official matches and must start as a new match.
- M. All electronic devices must be powered off and stored in the bag or the player will be disqualified.

IX. TENNIS - BOYS/GIRLS

- A. Each coach shall establish his/her line up, in writing, before the first match begins. The coach is obligated to present his/her strongest line up, in proper order, at the time and place the match is played. Challenge sheets verifying this line up must be presented to the opposing head coach before the match begins. This means that the Best Player Present at this time must play First Singles, the next best play Second Singles, and the next best plays Third Singles, with the remaining members of the squad. Two (2) Doubles Teams are to be selected with the stronger doubles combination playing First Doubles and the weaker playing Second Doubles. When a line-up change takes place, the breaking of the Doubles combinations is optional after the first (1st) Interscholastic meet. The Penalty for non-compliance is a forfeit, as per USTA Rules.
- B. A team may not forfeit First or Second Singles. If First or Second Singles players are absent, singles players must be moved up.

Third Singles may be forfeited in order to keep both Doubles teams intact. If a team has seven (7) players, it may not forfeit any position. Team line ups shall be determined by challenge matches to establish a proper team ladder. The results of these matches and the team line up, along with subsequent line up changes, must be substantiated in writing and be available on request by the opposing coach. Challenge matches are permitted throughout the season. Arbitrary changes in line up positions due to injury, illness, discipline, and the like, are not permitted. Position changes must be based on challenge matches.

C. **Stacking;**

The NJSIAA regulation in regard to line-ups is quite clear, i.e., "The Best Player" present, at the time and place of the match, plays #1, second best #2, and third best #3. From the **remainder** of the squad, the two doubles teams will play with the better being #1 and the other #2. The absence of a regular 1st, 2nd or 3rd singles player does not necessitate the breaking of the doubles teams, unless the absence is for prolonged period of time. "Stacking" occurs when a player is deliberately played out of order. Proving that a line up is "stacked" can sometimes be difficult. The proof can not be subjective; it must be based on evidence, either verbal or written. We assume Coaches are honorable and when questioned will give honest answers. Players, competitive in nature, will often provide results of challenge matches. Newspaper reports of scores by line up and comparison of players and scores is helpful. "Stacking" is a most serious offense which could result in censure of the coach and school, or forfeiture of matches. It is recommended that Athletic Directors review their school's tennis line up to prevent any such problems.

Attention: is called to the first paragraph (A) "Best Player Present", infers that a team can leave better players home – must play best players present in uniform, in order of strength.

- D. As per NJSIAA, a coach must have his/her challenge sheets present at each match. Penalty for failure is a forfeit.
- E. CAL championship meet host school must have a minimum of five (5) courts.

X. TRACK - BOYS/GIRLS

- A. Dual meet competition - The maximum number of participants from each school shall be five (5) for all events.
- B. Whenever heats are run times will prevail.
- C. Standardization of Order of Events as Follows:

BOYS MEETS

1. Long Jump -----At same time start: Javelin; Shot Put; Discus
(except where a facility problem dictates otherwise - notice of this must be made to opposing teams prior to the meet.)
2. Pole Vault
3. 400 IH
4. 100 M
5. 1600 M -----High Jump Starts
6. 400 M
7. 110 HH
8. 800 M
9. 200 M
10. 3200 M
11. 1600 (mile) Relay
12. Triple Jump- Open Pit

GIRLS MEETS

1. Long Jump-----At same time start: Javelin; Shot Put; Discus.
(except where a facility problem dictates otherwise - notice of this must be made to opposing teams prior to the meet.)
2. Pole Vault
3. 400 LH
4. 100 M
5. 1600 M -----High Jump Starts
6. 400 M
7. 100 IM
8. 800 M
9. 200 M
10. 3200 M
11. 1600 (Mile) Relay
12. Triple Jump- Open Pit

ATTENTION: Failure to abide by the order of events as listed shall result in forfeiture of the meet.

NOTE: RELAY RACES

1. A school may enter more than one relay team in a dual meet.
2. Only one (1) team may score.
3. The additional team (s) must be clearly designated (example: different color jersey) as the non-scoring team (s).
4. If a member of any of the relay team commits an infraction the entire school's relay teams would be disqualified.

5. The referee has the sole authority to limit the number of relay team entries if it's determined that the outcome of the relay race could decide the final score of the meet.
6. Only participants for the next event should be in the infield.
7. If permissible under Track Rules and Regulations, each school, at its discretion, may, by mutual agreement, run extra events at their track.
8. If a school has a pole vault pit at its home site and travels to a site that has no pit, it will receive points provided it brings its poles and designates the competitor (s) (counts as a participated event).
9. Only the qualifying Standards for the CAL Individual Championship is acceptable.

XI. SOCCER

- A. As per federation rules.
- B. All pre match activities must be completed ten (10) minutes before starting time.
- C. Length of time for sub varsity games will be two, Thirty Five (35) minute halves unless otherwise agreed upon.
- D. Overtime exists in Varsity games. Two 10 minute periods. Golden Goal or Sudden Death. If a goal is not scored during the 20 minutes of overtime the game remains a tie.
- E. No one player can play more than 3 halves in one (1) day or no more than 9 halves in one (1) week.

XII. SWIMMING

- A. All pre meet activities must be completed ten (10) minutes before starting time.
- B. A minimum of two (2) officials assigned per dual meet.
- C. Schools without a swim team may enter a swimmers in the CAL Individual Championship Meet if they achieve the qualifying times.
- D. Swim Suits – per federation rules.
- E. The CAL Individual Swimming and Diving Championships Meets will be called The “Frank Forde Individual Swimming and Diving Championships.”

XIII. LACROSSE BOYS/GIRLS

1. **Girls Lacrosse**- Maximum Games- Play 18 games plus one tournament, plus the State tournament or 20 games plus the State tournament.
 2. Length of Games:
 - a. Varsity: 25 minute halves
 - b. JV: 25 minute halves (if time allows or mutual agreement among coaches).
 3. Mercy Rule:
 - a. Both levels: Winning by 10 goals or more in the 2nd half
 4. Starting Times:
 - a. Varsity :4 :00
 - b. JV : to follow Varsity
 5. Overtime:
 - a. Varsity: 6min., 2- 3minute periods. Not Sudden Victory. Play full 6 minutes. If still tied, winner will be decided by 6 minute Sudden Victory until a winner. Stop clock, Switch ends after each 3 minute segment.
-
1. **Boys Lacrosse**- Maximum Games- Play 18 games plus one tournament, plus the State tournament or 20 games plus the State tournament.
 2. Length of Games:
 - a. Varsity: 12 minute quarters
 - b. JV: 8 minute quarters (unless agreed amongst coaches to shorten halftime).
 3. Mercy Rule:
 - a. Both levels: Winning by 12 goals or more in the 2nd half
 4. Starting Times:
 - a. Varsity :4 :00
 - b. JV : to follow Varsity
 4. Overtime:
 - a.. Varsity: Sudden victory played in 4 minute periods each until winner.
 5. Playing Time:
 - a. There is no NJSIAA or NFHS rule that governs that maximum number of quarters that a player may play in a day or week.

XIV. GIRLS VOLLEYBALL

- A. As per federation rules.

XV. ALL STAR SELECTION PROCESS

A. Definition of All-Star

1. Specific skill competencies in their sport.
2. Attitude - a behavior reflected in practice as well as under game conditions. Behavior in response to coaches' and officials' directions.
3. Sportsmanship - Respect for the safety and well-being of opponents, teammates, and spectators. Respect for rules of conduct in relation of officials and opponents.
4. Any potential nominee with two or more disqualifications from an event/game/scrimmage, will negate any nomination and not be eligible for the privilege of being awarded All Star designation for the current season. This includes all league Sponsored awards ie. Clements, Campo, Byrnes, Lewis.
5. Athletic Directors must notify office, in writing, of any intent to appeal exigent circumstances, within 48 hours upon notification of disqualification.
6. Leadership - demonstrates behavior that provides direction in a verbal or non-verbal fashion, by example.

B. Nomination Procedure

1. The standard CAL nomination and selection ballot shall be used.
2. The athletic director in charge of each sport will determine whether nominations will be submitted prior to or at the voting meeting. In either case, nominations may be modified at the meeting by any coach present.
3. Nominations will be for 1st and 2nd team. Nominations may be adjusted at the selection meeting prior to voting. Participation is required in 50% of CAL contests at the nominated position (except pitchers). Diving will mandate participation in a minimum of three (3) Cape Atlantic League batch meets.
4. Relay teams will be nominated by school name only. The coach of the selected team will supply the four names.

C. Selection Meeting

1. All head coaches must attend (or have a delegate) at each All-Star meeting.
Only 1 representative from the school will be permitted in the meeting.
2. If a representative from any member school is not present, the president of the league will forward a letter to the superintendent, principal and athletic director of that school.
3. The Athletic Director in charge will be present at the meeting and he/she will resolve any disputes. He/she will receive a stipend of \$30.00. (Site Manager - \$50.00) When a Chairperson is late to an All-Star meeting

and/or unprepared for the meeting the person will not receive a \$30.00 stipend.

4. If a coach is 15 minutes late he or she is not allowed to vote unless they call an officer or athletic director in advance. Coaches may vote for their own athlete if any coach is absent or late to the meeting.

D. Voting

1. Each attending school will have one coach or representative in the room and one vote.
2. Discussion of nominee, not to exceed two minutes, when discussing CAL athletic accomplishments. Other accomplishments may be presented within two minutes.
3. Coaches may not vote for their own athlete, except when all schools are not represented. At that time coaches may vote for their own athlete. **Rationale: By a coach not attending the meeting a potential vote for every athlete is compromised. Therefore, voting for one's own athlete takes the place of the absent coach potential vote.**

- 4 All voting will be by ballot and the athletic director in attendance will tally all voting and **results must be posted and accessible when completed.**

5. There will be one vote when coaches are voting by position/criteria Highest - 1st Team, next highest 2nd team. There will be two votes when voting for team ranked sports. The first vote will be taken to attain 1st team all-stars and second vote will be taken to attain second team all star teams.

E. Voting System

All voting will be done on a ranking basis, either by team or position, as listed below. The higher the number, the higher the rank value. (e.g. rank of 5 = 5 pts., 4 = 4 pts., etc.). **The maximum number of rankings will be 10. Rationale: More than 10 rankings would benefit the school who has multiple nominations, and therefore hinders a school who has less nominations.**

1. **Team Ranked Sports:** First vote is for 1st team All -Stars, vote again for 2nd team All-Stars. Basketball: Rank players with 10 being the highest and 1 being the lowest. Seven 1st team members, Seven 2nd team members by adding 2 wild cards per 1st and 2nd team all-stars. Cross Country - Rank players with 10 being the highest and 1 being the lowest. Eight 1st team members, Eight 2nd team members, by adding 1 wild card per 1st and 2nd team all-stars.

Golf - Rank players with 10 being the highest and 1 being the lowest. Seven 1st team members, Seven 2nd team members, by adding 1 wild card per 1st and 2nd team all-stars.

Volleyball – Rank players with 10 being the highest and 1 being the lowest. Seven 1st team members, Seven 2nd team members, by adding 1 wild card per 1st and 2nd team all-stars.

Note: For Golf and Cross Country, an All-Star formula may be substituted upon unanimous approval by the coaches.

2. Position Ranked Sports:

Soccer, Field Hockey, Baseball, Softball, Tennis, Football, Lacrosse - Rank at each position by number of nominations (maximum ten) to select top player; i.e., 12 shortstop nominations = Rank 10 to 1, 5 Catcher nominations = Rank 5 to 1.

Example: When one or more players are nominated from a specific school, the numerical rank shall be one less than the total maximum of ten at each position.

Example: 8 outfielders nominated with 2 from a specific school, the ranking is 6 to 1 with the 3 highest votes for the top 3 outfielders becoming 1st team all stars and 4 through 6 becoming 2nd team all stars

3. Criteria Sports: Track, Wrestling, Swimming

a) Undefeated = undefeated in all scheduled conference contests at the nominated position (undefeated against opponents including your own teammates).

b) Coaches vote (as per above rank system).

c) CAL individual Championships are considered as an added event in all-star criteria. Can not hurt an athlete if they do not participate.

4. Ties - There shall be none. Coaches shall present honest and accurate facts and re-vote until a tie is broken. Coaches cannot leave the meeting until a tie or discrepancies are resolved. No protests.

5. Before any coach of the group leaves, the Athletic Director must verify the votes by posting the final results with the group present. In addition, any procedural error must be reported within 48 hours to the President.

F. Confidentiality and publication of results

1. Procedures and results of the meeting are strictly confidential for a minimum of 48 hours.

2. There will be no media personnel at the meeting.

3. It is the responsibility of the Athletic Director in attendance

to compile the results and forward them to the Vice President of the CAL. He/she will release all results to the news media.

G. Awards

1. A plaque shall be awarded to all 1st team selections at the seasonal banquet.
2. League second team certificate shall be presented by the individual schools.

H. Team Selections

1. There will be a first team, a second team, and an honorable mention.
2. Honorable mention will be selected by coach - not voted - and will be limited as follows:
Basketball/Cross Country/Golf/Tennis/Volleyball - 2
Lacrosse/ Wrestling/Soccer/Field Hockey/Baseball/Softball - 3
Football/Track/Swimming – 4
3. In Tennis a doubles team will be considered as one honorable mention and Track and Swimming a relay team will be considered as one honorable mention.

Number of All- Stars

1. An All-Star team will be selected by each conference (total 2), except in Football and Basketball (3).
2. The actual number of athletes on an all-star team will be limited to the actual number of participants on that team during a contest and will be as follows:

Basketball	4
Cross Country	7
Golf	6
Tennis	3 singles, 2 doubles
Track	19 (4 max in relays)
Wrestling	14
Volleyball	7
Soccer/Field Hockey	11 (1 goalie and 10 others divided into three lines. Number in each line

determined by coaches, with a maximum of 5 on any one line.)

Baseball/Softball

11 - 2 pitchers, 1 catcher, 3 outfielders, 4 infielders, (not by position) and 1 DH/Utility (BB) and DP/Flex (SB).

Football

17 - 8 Offense:
Minimum

Requirements:

2 O Lineman
1 Quarterback
1 – receivers
1- running back

8 Defense:
Minimum

Requirements:

2 D Lineman
2 LB
2 DB

1 – Kicker/Punter

Swimming

21 - (4 max in each relay)

Lacrosse:

Boys Lacrosse: 10 players and goalie-
Girls Lacrosse: 11 players and goalie-
5 per line w/1 goalie

1. Additionally, each team, 1st and 2nd ,will receive an additional wild card selection (except Football) to be chosen by the coaches' discretion and the procedure they agree upon.

Clarification:

Football, receives one on offense and one on defense.

Basketball receives two wild card selections.

A relay or doubles team may be used as the wild card.

XVI. ADMISSIONS

- A. Adults \$3.00
- B. Students (W/I.D.) \$2.00

- C. Senior citizen \$2.00, however, a school's Board of Education ticket policy super cedes CAL ticket policy.
- D. Admission will be charged for the Cape Atlantic League Basketball Championship only. Approval of the league is necessary to charge admission for any other league championship based on special circumstances.
- E. Athletic Passes
 - 1. A .Each Cape Atlantic League school will receive Administrative passes for the following:

Superintendent	Principal
Asst. Superintendent	Vice Principals
Business Administrator	Athletic Directors
School Board members	
 - B. These passes will be good for inter-school games only, and are restricted to bearer and one (1) guest.
 - C. These passes will be non-transferable.
 - D. The Athletic Director should submit his/her school's request for these passes at the September meeting.
 - 2. Each school receives six (6) Cape Atlantic League Coaching passes for scouting. These passes will be marked according to season.
 - 3. Each school has its own Faculty passes. These passes will be good for inter-school games only. These faculty passes are restricted to bearer and one (1) guest.
 - 4. South Jersey Coaching passes will be honored at Cape Atlantic contests.
 - 5. Both NJSIAA and Cape Atlantic League Gold passes will be honored at all Cape Atlantic League Contests, except for Cape Atlantic League Championship events. Gold passes may be issued to any coach with ten (10) years experience, one year experience per school year, even if he/she coaches three (3) sports during a year.
 - 6. Home rule prevails for non-Cape Atlantic League contests and Christmas tournaments.

XVII. PLAY- OFFS

- A. Cape Atlantic League Play-offs will take place in those sports as defined in Article XI, Section 2-E of the By-Laws.
- B. Fees
 - 1.Site managers will be paid \$50.00 per event.
 - 2.Auxiliary workers will be paid at school district rate.
 - 3.Security/Police will be paid at district/police rates.
 - 4.Neutral Trainers will be paid \$50.00 per event.

5. Officials fees will be paid as per state guidelines and by CAL vouchers.
- C. In all CAL play-offs, the official assignor will be responsible to assign officials in accordance with each school's non-preferred list.
 - D. The site manager of the designated home team will be responsible to make all game arrangements such as official (payment of officials), trainer, home team, etc.
 - 1. The sites for play-off games will rotate yearly between conferences:
 - Even Year - National
 - Odd Year - American
 - 2. Basketball Play-offs site will be determine by the league.
 - 3. Swimming play-offs site will be determine by the league. Swim site must have electronic timing and six lanes
 - E. Admission - To be designated by the host school.

XVIII. AWARDS

- A. Team trophies will be awarded in each sport, as per By-Laws, Article XI, C and D.
- B. First team All Star selections will receive awards, as per Rules and Regulations, Article XIII, G.
- C. Second team will receive Certificate, as per Rules and Regulations Article XIII, G.
- D. The league will verbally recognize team/individual champions from the NJSIAA sectional level and above in any NJSIAA sport at the appropriate all-star banquet. It is the responsibility of each school's athletic director to submit the names of their champions.
- E. Additional awards may be added by the league. Ex. Byrnes Award (fall), Dave Lewis Iron-Man Award (winter), Joe Clements Award (Spring). Criteria for awards to be determined by Coaches/Athletic Directors.

XIX. POSTPONEMENTS

- A. All Cape Atlantic League contests must be made up on the first school date when both teams are not scheduled for a Cape Atlantic League game (next available date.) A school is not required to play four conference league contests per week. A team will not be required to play four days in a row or during the weekend. This rule applies whenever any two CAL teams play within the conference.
- B. The exceptions to "A" will be if a conflict and/or violation develop with regard to State and/or Federation regulations, or Senior Prom, National Honor Society, and or senior class trip.
- C. Controversies may require officers to review appeals.

- D. In the event of a school violating the Rules and Regulations on Postponements, the Executive Committee possesses the power to assess penalties under Article X Penalties, in the By-Laws.
- E. Contests between any CAL conference schools, take precedents over games involving out of league or CAL Non-Conference schools. Exceptions to this may be sought using the panel in Item C above.

XX. OFFICIALS

- A. All officials for all sports must be assigned from NJSIAA approved lists of registered officials.
- B. Self-contracting of officials by members schools for Cape Atlantic League contests is prohibited.
- C.
 1. The four (4) and one (1) rule is in effect for all sports, except basketball. Each school may designate four non-preferred officials at any site and one non-preferred at a particular site. This designation must be made in writing to the officials' boards prior to the first regularly scheduled game. There are to be no additions to this list once the season begins. All lists should be sent to a designated league officer.
 2. In football, in addition to the four and one rule, verbal justification for blackballing an official more than two years will be given to the assignor, if requested. Further, chapter evaluations of officials will be made available to the leagues or individual schools upon request.
 3. In basketball each school may designate five (5) non-preferred officials at any site. Three of these officials must change each year. Two may be permanent. All other conditions above apply.
- D. Playoff officials - Rules and Regulations - XV, C.
- E. Failure of officials to Arrive - Rules and Regulations - XXII, E.F. No person shall be assigned as an official at a CAL varsity contest if that person has an affiliation with a school competing in said contest as a staff member, parent, or booster member. The NJSIAA recommends – district personnel not officiate athletic events, unless they are at least 10 years removed from the district.

XXI. COACHES MEETING

- A. There will be mandatory pre-season coaches meeting of each sport.
- B. Meetings of coaches of each sport will be held at the conclusion of each season (All Star Meeting)
- C. The meetings in "A" and "B" will be scheduled by the League and conducted by a Director of Athletics appointed to the duty.
- D. Recommendations from the coaches meetings will be referred to the Directors of Athletics and acted upon at the next regular Cape Atlantic

- League meeting.
- E. The Athletic Director in charge for each sport shall receive a stipend of \$30.00. (Site Manager - \$50.00).
 - F. The league will send a letter to the principal of any coach not in attendance.
 - G. The league will provide financial assistance to the CAL Trainers totaling \$120 for annual C.E.U. training.

XXII. TIMERS AND SCORERS

- A. At all indoor varsity, (except for volleyball) contests and wherever Federation rules require, it is mandatory to have a non-student, adult timer.
- B. Non-compliance to "A" will be referred in writing to the Cape Atlantic League officers by the visiting team.

XXIII. LEAGUE SCHEDULES

- A. It is recommended that the Master Scheduler adhere to the following timetable concerning the distribution of Cape Atlantic League schedules:
Fall Schedules - Completed and distributed by December 1st meeting.
Winter Schedules - Completed and distributed by February 1st meeting.
Spring Schedules - Completed and distributed by April 1st meeting.
- B. All teams shall start and end their schedule as indicated by NJSIAA and the Cape Atlantic League. Failure to do so shall result in a forfeit.
- C. The League Scheduler is responsible to schedule varsity contests. Schools without varsity programs will be required to hand schedule sub-Varsity. Additionally, any varsity program that drops to a sub-varsity program prior to the start of the regular season will have to hand schedule their sub-varsity events.
- D. Scouting/Filming is permitted by any school in any sport at any time during scrimmages and games. Scouting during practices is not permitted.**
- E. Individual changes to the Master Schedule are to be completed as follows:

Fall - May 1st
Winter- May 1st
Spring - May 1st

XXIV. STARTING TIMES

- A. If a Cape Atlantic League School has a problem with starting times, it can work out its problem on an individual basis. Any deviation from a school starting time will require a written request to CAL Officers.
- B. Home rule shall prevail. Definition: Beginning in the 2007-2008 Athletic year, a school can establish a start time of an athletic contest at their site, provided their athletic schedule is established between the following time lines:
 - 1. **Fall Schedule**- Complete and distributed -December meeting. Individual changes to the master schedule by May 1st.
 - 2. **Winter Schedule**- Complete and distributed-February meeting. Individual changes to the master schedule by May 1st.
 - 3. **Spring Schedule**- Complete and distributed-April meeting. Individual changes to the aster schedule by May 1st
- C. After these deadlines, any request of an opponent to change the scheduled contract, home rule does not apply both schools would have to agree to the schedule change.
- D. In the event a team arrives late for a game, a maximum 25 minutes warm-up time will be allowed.
- E. In the event that officials fail to arrive for a contest, every effort should be made to secure officials and play the game, as per NJSIAA guidelines. The responsibility for playing or postponing the game rests with the Athletic Director/Principal of the host school. In the event that neither Athletic Director, nor Principal is present, the game is to be postponed 30 minutes after the CAL scheduled start time.
- F. For a list of CAL Starting Times and Locations- See CAL Site Directory for further details.

XXV: SIGNS, NOISEMAKERS, ETC.

- A. No signs or artificial noisemakers, i.e., tape recorders, radios, horns, bells, etc., will be permitted at any CAL game. This does not include official school banners or pep bands. Home teams have the option of providing music for pre-game warm-ups. The visiting team does not have that option. At half-time, cheerleaders may be permitted to perform dance routines with the approval of the home athletic director.
- B. It is permissible to have signs prior to contests for student-athletes to run through. These signs are to be positive in nature.

XXVI: PRESEASON MEETINGS

- A. The League sponsors pre-season meetings with the agenda of these proceedings to focus on; rules interpretation (sport specific), proper sportsmanlike behavior and may feature a guest speaker.
- B. The league recommends each member school to conduct a sportsmanship meeting prior to the beginning of each season.

XXVII. CAL INDIVIDUAL TOURNAMENTS

- A. Tournaments will be conducted in the following sports:

Girls Tennis	Boys Tennis
Boys Cross Country	Golf
Girls Cross Country	Boys Track
Swimming (Boys & Girls)	Girls Track
- B. Sites on a volunteer basis with adequate facility.
- C. Entry Fee & Awards
 - 1. Determined by host school to cover costs of officials, site manager, trainer, security, awards, etc. Site manager is compensated \$50/event/day & \$30 for any seeding meeting.
 - 2. No fee for host school.
 - 3. Any profit from admission or surplus goes to the league.
 - 4. Concession money goes to host school.
 - 5. T-shirts may be purchased for participants but funds used must not be entry fees, and may include corporate sponsors.
 - 6. Medal/Trophy will be awarded as per director of the tournament. **Examples of minimum CAL standards listed below:**
 - Tennis - 1st & 2nd Singles; 1st & 2nd Doubles
 - Cross Country - Top 10
 - Golf- Top 3
 - Swimming, Track- 1st, 2nd, 3rd (Gold, Silver, Bronze.)
- D. Number of Entrants
 - 1. Criteria based on Cape-Atlantic competition only. Sports applicable - Swimming, Tennis, Track, XC and Golf. Done by Qualifying Standards.
 - 2. Participation is voluntary.
 - 3. Seeding by coaches- meeting – Tennis.
 - 4. Additional Criteria
 - A. Tennis- 60% won- loss record. 1st Singles and 1st Doubles are automatically eligible.
 - B. Cross Country: Minimum Top 7- (Criteria up to

Tournament Director.

C. Golf (Criteria up to Tournament Director)

D. Track/Swimming & Diving - Criteria up to
Meet Director

E. All-Stars

CAL Individual Championships are considered as an added event
in all-star criteria. Cannot hurt an athlete if they do not participate.

APPENDIX: CONFERENCE ALIGNMENT