

MIDDLE SCHOOL HANDBOOK FOR ATHLETICS



COASTAL GEORGIA MIDDLE SCHOOL CONFERENCE

CONFERENCE BY-LAWS

REVISED-8/1/2025

INTRODUCTION

The Athletic Program for Middle School Athletics will operate under the following:

- 1) Middle School Constitution & By Laws
- 2) Any areas not covered in the Middle School Constitution & By Laws will revert to the GHSA Constitution & By Laws same general policies as the high school
- 3) State Standard policies that regulate middle school athletics.

The purpose of the middle school athletic program is to orient our middle school students to the competitive experiences of team play in interleague play. While participation is open to every athlete, all coaches need to be sensitive to individuals who may be cut from the program and those who may have limited play. The team concept should be taught, in that even the people on the bench have a role to play in the success of the team. That does not mean that every player has to play in every game, but that each player should know their role on the team and that their role is key to the success of the team. Good communication with the participants and their parents should help alleviate complaints in regard to playing time. Each child is important to the team, but the team is more important than any one individual. Coaches should use good judgment in making cuts and/or deciding on playing time for students. When the game is either under control or out of control, efforts should be made to clear the bench. A coaching decision must be made to determine at what point that may take place; that is why you are called "coach".

The league will be called the Coastal Georgia Middle School Conference and has been formed with the following school systems as members: Glynn County, Camden County, McIntosh County, and St. Francis Xavier for volleyball only.

Please take the time to familiarize yourself with the by laws and rules of the league and the overall policies of our athletic conference to ensure compliance.

Objectives of Participation

1. Physical, mental and emotional growth and development
2. Acquisition and development of special skills in activities of each student's choice
3. Team play with the development of such commitments as loyalty, cooperation, fair play and other desirable social traits
4. Directed leadership and supervision that stresses self-discipline, self-motivation, excellence and the ideals of good sportsmanship that make for winning and losing graciously
5. A focus of interest on activity programs for student body, faculty, and community that will generate a feeling of unity
6. Achievement of initial goals as set by the school in general and the student as an individual
7. Provision for worthy use of leisure time in later life, either as a participant or spectator
8. Participation by the most skilled that will enable these individuals to expand possibilities for future vocational pursuits

COMMUNICATION:

1. All Camden County Coaches should communicate through their school AD who will communicate with their County AD. If there is an issue, Coach Coffey will contact the Glynn County AD to discuss the issue. No Camden County Coach should ever call the Glynn County AD.
2. All Glynn County Coaches should communicate through their school AD who will communicate with the County AD. If there is an issue, Coach Waters will contact the Camden County AD to discuss the issue. No Glynn County Coach should ever call the Camden County AD.

Section I. Membership

- A. The region consists of 6 schools: Glynn Middle, Jane Macon Middle, Needwood Middle, Risley Middle, St. Francis Xavier, McIntosh Middle, Camden Middle, and St. Mary's Middle.
- B. Admission into the region requires a 2/3 majority vote by each region school.
- C. The conference champion and runner up in each sport will be presented trophies after the championship games are played.
- D. All school employees will be allowed into games for free as long as they have their **Faculty ID Card** or proper identification. Only the employee may enter for free.
- E. GHSA passes will be accepted at all conference events and contests.
- F. Glynn County VIP Passes will be accepted at any GCSS home events and contests.

Section II. Officers

- A. Steve Waters, Assistant Superintendent for Glynn County Schools, will serve as the Conference President.
- B. Welton Coffey, Athletic Director for Camden County Schools, will serve as the Conference Vice President.
- C. Each school will be represented by the school athletic director or the school principal at all meetings and for all votes.
- D. Region President's duties include:
 - 1. Coordinate meetings
 - 2. Complete schedules
 - 3. Correspondences
 - 4. Organize playoffs and trophies
- E. The Region President does not receive a salary.

Section III. Region Meetings/Dues

- A. Region/Conference meetings will be called as needed.
- B. Meetings will be held at the athletic offices of the Glynn County School System.
- C. The athletic director or principal from each school needs to be present at each meeting. If the athletic director/principal can not attend the meeting, then a representative from that school needs to be present.
- D. Any changes in the region by-laws will require a 2/3 vote by the region athletic directors/principals. Representatives for the athletic director may vote.
- E. Schools should pay yearly conference dues. The dues for each school for the 2025/2026 school year are \$250 per school. All checks should be made out to the Glynn County Schools Athletics Department. All dues are due by September 1 of the current school year.

Section IV. Players Eligibility/Discipline/Travel/Equipment

- 1. Students are allowed to participate in interscholastic athletics as long as they meet conference requirements and stay in good standing with the school and athletic conference.
- 2. The league will allow 6th graders to participate in all sports except football and baseball.
- 3. To be eligible to practice, participate, or try out for a sport or activity, a student must be enrolled full time in grades 6-8 inclusive to the school seeking eligibility for that student. The student must be in regular attendance and attending classes full time at the school seeking eligibility.
- 4. Exception=**Requirements for Home School Students to participate...**

Senate Bill 42-Dexter Mosely Act

Home School Students in grades 6-12 can take part in Extracurricular Activities in the Glynn County School System. Home School Students must provide at least 30 days' notice before the first day of semester they plan to enroll to the Principal of the school, the Executive Director of Athletics, and the Executive Director of Student Services that includes a written notice of intent to participate in specific activities.

Extracurricular activities are defined in the bill as those activities which:

- are public school-sponsored activities in which students take part on a voluntary basis
- do not offer or provide school or course credits
- are generally conducted outside regular school hours, or if conducted in whole or in part during regular school hours, are at times agreed to by the participants and approved by a school official
- are managed and operated under the guidance of a teacher, other school employee, or other adult approved by a school district
- examples include but are not limited to intramural and interscholastic athletics; band, chorus, and other musical activities; drama and other theatrical activities; and clubs and organizations as defined in 20-2-705(a)

Participation includes tryouts; off-season practice, rehearsal, or conditioning; summer and holiday practice, rehearsal, or conditioning; in-season practice, rehearsal, or conditioning; and all exhibitions, contests, and competitions, including scrimmage, preseason, regular season, postseason, and invitational.

The home school student must meet all the following requirements in order to participate:

- At least 30 calendar days before the first day of the semester in which a homeschool student will enroll in a qualifying course, a parent or guardian of the student must provide to the principal of the resident school and to the superintendent of the school district:
 - written notice the student intends to participate in one or more specified extracurricular or interscholastic activities
 - a copy of the student's most recent annual progress assessment report, as provided in 20-2-690(c)(8), along with written verification from the home school instructor that the home school student is currently receiving a passing grade in each course, is maintaining satisfactory progress toward advancement, and meets the requirements for participation in the specified activity
 - A qualifying course is one facilitated by the resident school system
 - By a virtual option per 20-2-319.4
 - By a dual credit course
 - By an on-site course required for participation in designated activities
- The district is funded for a 1/6 segment of the school day or the block equivalent
- The home school student enrolls in and attempts to complete one qualifying course for each semester he/she wishes to participate in an eligible activity
- The student meets established age, academic, behavioral, conduct, disciplinary, residence, zoning, and other rules and requirements applicable for all students for participation in the selected activity and provides any supporting documentation required by the school
- The student abides by the same code of conduct and disciplinary measures and transportation policies as students enrolled at the school who are participating in the activity
- The student completes the tryout process or equivalent required for all students for participation in the activity and provides any supporting documentation required by the school

- The student is selected for the activity if there is a competitive selection process

A student who withdraws from a public school to be homeschooled shall be ineligible for participation in any extracurricular or interscholastic activity for 12 months from the date of the declaration of intent to homeschool.

No public high school which receives QBE funding shall participate in, sponsor, or provide coaching staff for interscholastic activities conducted under the authority of, the rules of, or scheduled by any athletic association that does not consider home school students meeting the above requirements eligible for play.

Home Schools Students wishing to participate in athletics or any extra-curricular activity in the Glynn County School System must participate for the school they are zoned to attend. Home School Students may not play for a school outside of their zoned district.

5. A student is not eligible if they turn 16 prior to or during the year while in middle school regardless of grade.
6. Students cannot be placed or retained. Students must pass classes from the previous semester in order to be eligible.
7. Students have three years of middle school eligibility. (includes transfer from another school)
8. Each participant cannot fail more than one CORE class or High School Credit Course for the semester preceding participation. If an athlete fails 2 or more core classes, they are not eligible. Connection classes and all other classes are handled on the school level by school administration.
9. Student athletes in the 8th grade are not allowed to play on the High School Sub Varsity Team in Glynn County.
10. Students may not participate in the regular season or playoff games unless they have been a regular playing member of the team they represent. For example, a student may not play JV softball all season and come back and play for the middle school in the playoffs or regular season. To be eligible to compete in middle school, students should play for that team all year long.
11. A student is not eligible if they are considered a migrant student. A migrant student is any student who changes schools after enrolling in 6th or 7th grade without making a bona fide family move as defined by the GHSA. Consistent with the Georgia High School Association (GHSA) definition of “**bona fide move**”, if the student moves simultaneously with the entire parental unit or persons he/she resided with at the former school, and the student and parent(s) or persons residing with the student live in the established attendance zone of the new school, the student may be considered for eligibility at the receiving school.
12. School Attendance is required for half of the school day of any athletic activity which the student wishes to participate in. This means the student must be present for 4 hours.
13. Anyone wishing to participate in athletics at any Middle School must have adequate insurance, either private or through the school and must have a signed concussion form and

physical examination before he/she can participate (try out or practice) in any athletic event. The school and athletic department are not responsible for any medical bills related to participation in athletics.

FORFEITING ACHIEVEMENTS AND QUITTING A TEAM

In an effort to promote athletic participation, and at the same time eradicate the negative side effects of quitting, all students are granted an initial grace period for try-outs in any sport. Students may feel free to try out during the first two weeks of any athletic season to determine whether or not they are committed to play and practice for an entire season.

If, at the end of the two-week grace period and prior to the date of a sport's first game or contest, the student decides that he or she is not prepared to make a seasonal commitment, then the student may choose to leave that particular program in good standing with the Athletic Department. However, should a student stay with a particular sport after the grace period has ended and at some later point in the season decides to quit, the student will face athletic probation. This means that an athlete is not allowed to participate in another sport during the same school year unless the athletic director is willing to justify and recommend the probationary athlete's participation. Supportive evidence of the probationary athlete's sincerity and desire to participate as well as his or her commitment to successfully complete the entire athletic season must be demonstrated by the probationary athlete. The decision to allow the athlete to participate must ultimately be based on what is best for the athletic program as well as the student athlete.

Should a student athlete be granted a second opportunity to participate in another sport, the consequences for quitting again will be severe. A student athlete who quits a second time will automatically be disqualified from participation in the athletic program for one school year. This policy applies to all athletes in each grade.

If a student athlete is dismissed from the team due to disciplinary action by the coach of his/her sport, then the athlete may appeal to the athletic director and principal for reinstatement to the team. Again, the final decision must ultimately be determined in regard to what is best for the athletic program as well as the student.

If an athlete is ejected from a game for any reason, he/she will be suspended for the next game. Other factors may warrant further disciplinary action by the Athletic Department and/or the individual school.

Students who get in trouble at school and are placed in ISS cannot play in any athletic contest while in ISS. Any student that is suspended home may not participate while suspended home and they will be suspended for one game or more when they return to school. The school administration has the right to suspend kids for more than one game if they choose. Any student that is suspended home two times during a season should be removed from the team.

The Athletic Department or individual school reserves the right to discipline an athlete for any infraction that is deemed to be detrimental to the athletic program.

The possession and use of illicit drugs and the unlawful possession and use of alcohol is wrong and has serious and harmful effects on the physical and mental well being of students. With that in mind, any athlete with possession of drugs/alcohol is subject to dismissal from the athletic program.

Equipment

When an athlete is issued equipment, he/she is responsible for the upkeep and maintenance of that equipment. This includes uniforms. If it is lost, stolen or defaced in any way other than normal wear and tear, then the athlete is financially responsible for said equipment.

The return time of all equipment is one week after the final contest of the season.

Travel

All athletes will travel with his/her team to all events. They will also return with the team unless the head coach is notified by a parent or legal guardian of substitute transportation. This permission must come before the team departs and must be in written form. Players may be released to parents after a contest and after notifying the head coach. Failure to comply with this rule may lead to suspension from the team. This rule may be different in each county.

Uniforms

Uniforms are purchased by the Glynn County School System. Parents or boosters on the middle school level cannot purchase uniforms for the teams to compete in.

Section V. Schedules

- A. The Region President will create a master schedule for each sport.
- B. Member schools must play a region schedule in all sports if they have a team. Failure to do so will result in a one-year suspension from the region unless approved by the region.
- C. Teams are required to play the games as scheduled by the region president. Any changes in day or time must be agreed upon by both schools and by the region president. Teams **can not** add any games to the schedules provided by the league President.
- D. Begin Dates are provided for each sport that give the first dates of practice. "Official" practices should be held within these dates.
- E. All schedules are clearly marked and state that the highest seeds in the regular season games will be the home teams in the playoffs.
- F. Teams cannot play/scrimmage out of conference games in the regular season unless they are on the master schedule to begin the season. This assures that all teams in the league will play the same number of games.
- G. Teams may practice/play/scrimmage teams in conference or out of conference during the summer months.

Section VI. Rules Covering Sports

The following sports are currently sanctioned by the Conference and should follow all conference rules and guidelines.

FALL	WINTER	SPRING
Football/Cheer	Soccer	Baseball
Softball	Wrestling	Track
Volleyball	Basketball/Cheer	
Cross Country	Golf-First Tee Program	

- 1) Tie Breakers for all conference standings will be determined by the following:
 - **Any time a tie can be broken using Head to Head results, we will always invoke and use the Head to Head Results.**
 - In case a tie cannot be broken with Head to Head Results, the conference will use the following:
 - Two Way Tie: Point differential by the tied teams in their games with each other.
EXAMPLE: Team A defeats Team B 38-35. Team B defeats Team A 36-34. Team A has scored 72 points and they have given up 69 for a plus 5 differential. Team B has scored 71 points and has given up 72 points for a differential of minus 1. Team A would be the higher seed.
 - Three Way Tie: Point Differential between the three tied teams in their games with each other.

EXAMPLE: Team A defeated Team B 42-12, team B defeated Team C 35-21, and Team C defeated Team A 14-6, then we would use the point differential between the three tied teams. Team A has 48 points and has given up 26, so their point difference is plus 22. Team B has 47 points and they have allowed 63, so their point difference is minus 16. Team C has 35 points and they have allowed 41 points, so their point differential is minus 6. Team A clearly has established the highest seed through point differential, and they will be placed in

the highest seed. The two tied teams that are left will then revert to head to head competition first. If a tie still cannot be broken, they will use point differential to break the two way tie that remains.

- Point Differential is used to break ties between the tied teams in their games with each other to a maximum of 25 points per game.
 - Any tie that cannot be broken by Head to Head or Point Differential among the tied teams will revert to point differential in all conference games.
 - If there is a three way tie, once we use point differential to break the three way tie, we will revert back to head to head (see # 1) with the two remaining teams.
- 2) No jewelry is allowed during competition for any sport.
 - 3) A coach or player ejected from a game must sit out the next game on the schedule. **NO EXCEPTIONS OR APPEALS!** If a coach or player is ejected from a game, those schools involved are required to notify the Region President the following day. If the coach or player is ejected during the last scheduled game of the year (regular or post-season play), they are required to sit out the first game on the schedule of the following school year. **NO EXCEPTIONS or APPEALS?**
 - 4) Gates at all middle school events should not exceed \$5.00 per person.
 - 5) Most locations will post the games on Go Fan and accept cash or check at the gate.
 - 6) The conference director will set start dates for practice each year.
 - 7) **OFFICIALS:** If certified officials are not present 15 minutes after the start time of a game, the following options should be taken:
 1. The coaches can agree to reschedule the game on the next available date.
 2. The coaches agree to play the game with a reduced number of certified officials. The game will still count as a region game.
 3. The coaches or school staff can officiate the game as long as both teams agree before the game. The game will count as a region game.
 4. If coaches are unable to reach a decision, they must contact the athletic directors from both participating schools in order for them to make the decision.
 5. Teams may play with one certified official present as long as both coaches agree before the game.
 6. All regular season games should be completed by 9:00 p.m. Playoff games do not apply.

NOTE: All coaches are aware that there is a shortage of officials in athletics and we may have to begin games without officials or with less officials than we would like.

Restrictions on Practice-

Voluntary TEAM workouts and voluntary conditioning may take place anytime during the school year.

Coaches may work with skills/fundamentals with 4 players per coach during the off-season in the school year.

Dates are set for tryouts and mandatory practices by the Conference President and Vice President.

Mandatory practice dates are established for each activity and schools shall not conduct or allow an **illegal practice**.

(a) The **beginning of each school year** is designated as August 1st.

(b) Illegal practices are defined as making a practice mandatory outside of the designated mandatory practice dates. (not including summer)

(2) Once the **end of the season comes about and you play your last game**, teams cannot hold practices for the remainder of the school year. Teams can do 4 on 1's, workouts, and conditioning.

(3) **During the summer** (i.e., between the ending of one school year and the beginning of the next) the only restrictions on practices and competition are that all activities must be strictly voluntary, and the **"Dead Weeks"** must be observed, as follows: Schools are prohibited from participating in voluntary workouts, camps and/or clinics, weight training or competitions during the dead weeks (Sunday through Saturday) each summer.

(4) It is illegal for a team to go to a competitive or instructional camp or clinic during the school year.

(a) If the event is held out of season, it would constitute an illegal practice.

(b) If the event is held in-season, it would involve illegal coaching.

(c) Boys and girls teams in the same sport are considered the same activity.

(d) This prohibition does not apply to the summer months.

(5) Neither coaches, former coaches (including community coaches), nor any other school personnel shall suggest, require, or otherwise **attempt to influence students** to participate in or practice for a sport outside the GHSA-Middle School designated season.

(6) The following activities are **examples of illegal practices**:

(a) interscholastic try-outs, scrimmages or practice competitions out of season (excludes summer)

(b) practices involving alumni or students who presently are not eligible at the member school at any time in the school year

(c) practices against a non-school team at any time in the school year

(d) mandatory practices of any kind outside the season designated by the league President.

*Effective May 1, 2016: Schools may have **tryouts for Fall Sports** that are limited to a maximum of five consecutive school days between May 1 and the last day students are in school. Students participating must be enrolled at that school.*

Section VIII.-Game Managers at Middle School Games

The home team is responsible for having a game manager at each home game. The game manager should be a principal or someone the principal designates that is a certified staff member. The game manager will always introduce themselves to the officials prior to the game and they will be responsible for crowd control and handling any issues that may come up during the course of a game.

Each school should provide an adult to keep the game clock and the score.

Cross Country-

1. Middle School Cross Country will compete in the Fall each year and is open for students in grades 6-8.
2. Students must compete in a minimum of three meets in order to qualify for the championship meet.
3. For the first four meets, runners should be able to complete the course in 45 minutes or under. Runners that cannot run the course in 45 minutes should not be submitted in the meet.
4. For the championship meet, the top 10 runners from each school should be submitted into the meet. Schools may not enter more than 10 runners per school team for the championship match only.
5. The course will be 3.1 miles ***approximately***.
6. The top 2 girls and top 2 boys teams at the Championship Meet will receive trophies.
7. The Top 10 Girls and top 10 Boys at the Championship Meet will receive medals.
8. Rogelio Quintanar from Q Running Company will be the Conference Cross Country Meet Director. All questions should be directed to the Meet Director.

REVISED 5.21.25

Football

A. For all conference games, each school is required to have a minimum of three officials certified by a governing body. It is recommended that all games have four certified officials.

B. Quarters will be 8 minutes in length with at least 8 minutes for halftime. Halftime can be shortened if both teams and the officials agree.

C. Playoffs-

- The top four schools will compete for the conference championship. The #1 seed will host the #4 seed and the #2 seed will host the #3 seed. The highest seeded team will be home and will access the home locker room as well as the home sideline.
- The highest seeded team after the semi finals will host the championship game.
- No smoke or any material that may damage turf may be used for either team when they are entering the field for the championship game.
- Teams are allowed to play in one jamboree. Certified officials must be present.
- Any rules not covered in the region by-laws will revert back to the GHSA White Book.
- When a game is stopped and a winner cannot be determined, any replay will begin from the point of interruption. A game is considered "Official" once the game reaches halftime.
- Game Cancellation – Safety of our student athletes is our utmost importance. It will be at the discretion of the Principal/Coach/AD whether a game should be canceled due to weather. This could affect all sports. Remember the weather may be good at your site, but bad at the other school. Any canceled game must be made up on the next available date. If the game is not made up it will count as ½ win and ½ loss for each team.
- Once a game begins, the officials are in charge of any decisions concerning canceling a game. The officials should work with the School AD to determine and make decisions.

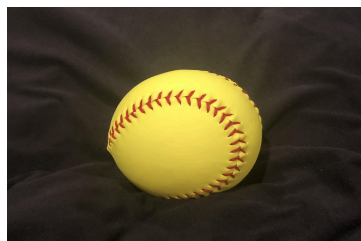
SPRING FOOTBALL Spring Football practice is allowed at each school in the month of April or May. Spring Practice is limited to 10 school days. Players can condition (running & weights) year around. Remember, all participants must have a physical and insurance form on file before they can participate in conditioning or Spring Football.

FOOTBALL OVERTIME:

We will use the GHSA overtime rules in our middle school football games.

Softball

- A. Fastpitch softball will not use the FLEX rule. (TABLE THE RULE)
- B. In fastpitch softball, the softball used will be 12". It must be a .47 core ball.
- C. The base distance will be 60' apart while the pitching rubber will be placed 43' from home plate.
- D. Each game will be a six-inning game.
- E. Run rule will be used in region play and in all playoff/championship play:
- a. 12 runs after 3 innings
 - b. 10 runs after 4 innings
 - c. 8 runs after 5 innings
- F. Each game must be officiated by certified fast pitch officials.
- H. All weekday games will begin at 5:00.
- I. Any rules not covered in the region by-laws will revert back to the GHSA White Book.
- J. A game is considered complete after the completion of 4 complete innings.
- K. When a game is stopped before it becomes a legal game, it is considered to be "no contest" and any replay will begin from the first inning.
- L. When a game is stopped after it becomes a legal game (4 complete innings) and a winner can be determined, the game is completed.
- M. When a game is stopped after it becomes a legal game and a winner cannot be determined, any replay will begin from the point of interruption.



N. Game Cancellation – Safety of our student athletes is of our utmost importance. It will be at the discretion of the Region President & Principal/Coach whether a game should be canceled due to weather. This could affect all sports. Remember the weather may be good at your site but bad at the other school. Any canceled game must be made up at the next available date. If the game is not made up then it will be counted as a ½ win and ½ loss for each team. The officials are in charge of suspending or postponing games once the game begins.

O. Play-Offs

The top 4 teams will advance to the playoffs.

The Highest seeded team in the playoffs will always be the home team. That is why we have a regular season.

The playoff games will be hosted by the higher seeds at their homefield. The Championship Game will be played at the High Schools homefield of the highest seeded team in the championship game.

Softball Extra Innings-All games & playoffs.

If the game is tied after six, extra innings will start with a runner on 2nd base. This will be the person who made the last out in the previous inning. Please talk with coaches and umpires before the game so that this is known by both teams prior to the start. This will take place each extra inning until a winner is determined

Baseball

1. Any rules not covered in the middle school league by-laws will revert back to the GHSA White book.
2. Pitchers are limited to a maximum of:
 - 8 innings in a day or 12 innings in one week
3. Each game will be a six-inning game.
4. Run rule will be used in region play and in all playoff/championship play:
 - a. **12 runs after 3 innings**
 - b. **10 runs after 4 innings**
 - c. **8 runs after 5 or more innings**
5. A game is considered complete after the completion of 4 complete innings.
6. When a game is stopped before it becomes a legal game, it is considered “no contest” and any replay will begin from the first inning.
7. When a game is stopped after it becomes a legal game and a winner can be determined, it is a completed game.
8. When a game is stopped after it becomes a legal game and a winner cannot be determined, any replay will begin from the point of interruption.
9. The baseball used should be an A1030 or an A1010 Wilson ball. The A1010 Blemish are acceptable.
10. Each game should be officiated by two officials certified by a governing body.
11. Pitching distance is 60 feet while the distance between bases will be 90 feet. This is GHSA Length for Grades 7 and 8.
12. Only 7th & 8th graders can participate in middle school baseball.
13. **Players may use a -3 or a -5 drop bat...the bat does not have to be a bbcor bat.**
14. Steel cleats are allowed in region play **unless playing on turf.**
15. No Extra Hitters are allowed in Conference Play.

Game Cancellation – The Safety of our student athletes is of our utmost importance. It will be at the discretion of the Region President & Principal/Coach whether a game should be canceled due to weather. This could affect all sports. Remember the weather may be good at your site but bad at the other school. Once the umpires take the field, they are in charge.

Play-Offs

The top 4 teams will advance to the playoffs.

The Highest seeded team in the playoffs will always be the home team. That is why we have a regular season.

The playoff games will be hosted by the higher seeds at their homefield.

The Championship Game will be played at one of the High School Fields of the highest seeded team in the championship game.

Extra Innings-

If the game is tied after six, extra innings will start with a runner on 2nd base. This will be the person who made the last out in the previous inning. Please talk with coaches and umpires before the game so that this is known by both teams prior to the start. This will take place in each extra inning until a winner is determined.



Basketball

1. Each game should have two GHSA registered officials.
2. All officials must sign the scorebook.
3. Starting game times should begin between 5:00 and 6:15 (ASAP after the girls game) on days preceding a school day, unless the two schools reach an agreement.
4. If the officials are late for a game, the coaches of both schools must agree to any change in warm-up time, length of halftime, and length of quarters **BEFORE** any games start. Both boys' and girls' coaches need to be involved in this decision.
5. Warm Up time before games and in between games will be 10 minutes.
6. Playing time – Six minute quarters will be played with **5** minute halftimes.
7. Home team or higher seeded team will wear white jerseys unless agreed otherwise.
8. All regular rules of basketball apply.
9. The first Overtime is 2 minutes in length. If the game reaches a 2nd overtime or longer, the overtime period will be 1 minute in length.

Basketball Championships

The two Championship Games will be played at the home high school of the highest girls or boys seed (see schedule) entering the tournament. The championship must be played at a high school gym.

For the two championship games, the home team will provide the official book. The official book must be kept by an adult with no exceptions.

MERCY RULE:

- *Any time a team is up by 30 points, the next quarter will be shortened to a five minute running clock. You must finish the quarter you have begun before the Mercy Rule goes into effect.*
- *For example, if a team goes up by 30 points half way through the second quarter, we will finish the second quarter just like we started it. However, the third and fourth quarters will have 5 minute running clock quarters.*
- *Must be up by 30 at halftime, or 20 at the start of the 4th quarter for the Mercy Rule to be in effect.*

Soccer:

1. Conference matches are limited to 20 minute halves with a 5 minute halftime.
2. Each game must be officiated by one official certified by a governing body. If the officials do not show, please revert to the by-laws. (Prefer Two Officials at All games)
3. If there is a tie after the end of regulation in the regular season, the game will be considered a tie.
4. In case of a tie in the Semi Finals or Championship, we will follow the rules below:
 - one 10 minute overtime period
 - Penalty Kicks
5. When a game is stopped and a winner cannot be determined, any replay will begin from the point of interruption. A game is considered official after the first half is completed.
6. Any rules not covered in the region by-laws will revert back to the GHSA By Laws.
7. Game Cancellation –Safety of our student athletes is of our utmost importance. It will be at the discretion of the Principal/Coach whether a game should be canceled due to weather. This could affect all sports. Remember the weather may be good at your site but bad at the other school. Any canceled game must be made up on the next available date. Once the game begins, the officials are in charge of the action and all decisions.
8. The top four teams will advance to the playoffs.
9. In the playoff games only, we will play 25 minute halves with a 5 minute halftime.

Play-Offs

The top 4 teams will advance to the playoffs.

The Highest seeded team in the playoffs will always be the home team. That is why we have a regular season.

The playoff games will be hosted by the higher seeds at their homefield.

The Championship Game will be played at the high school homefield of the highest seeded team in the championship game

Track and Field

- Meets should begin at 4:00 or 4:30 PM unless an agreement is reached otherwise. All middle school meets will be held on Wednesdays.
 - Scott Revels is the coordinator for all middle school track meets in Glynn County. He coordinates the meets with the High School Coaches at each High School.
 - All coaches from each school should be prepared to assist in the timing and judging of events if needed by the host. A track and field coordinator will be appointed by the Region president to be the official director of each meet.
 - When judging field events, the following procedure should be used when marking throws on the shot put and discus: judges should mark the first throw for each participant and then only move the marks when their throws beat their previous attempts.
 - Each school is permitted to enter 2 participants in each event for the region meet. An athlete can only run in one of the following:
 1. 2 field events, 1 running event, 2 relays
 2. 1 field event, 2 running events, 2 relays
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- Any rules not covered in the region by-laws will revert back to the GHSA White Book.
 - Meet Cancellation – Safety of our student athletes is of our utmost importance. It will be at the discretion of the Principal/Coach whether a meet should be canceled due to weather. This could affect all sports. Remember the weather may be good at your site but bad at the other school. Meets will be made up, if at all possible.

Cheerleading

- Cheerleading carries a large financial cost. Please be aware that our coaches do all that they can to keep the cost down as much as possible. Our staff is always willing to break the fee up into payments, but it is still expensive.
- Cheerleading tryout dates are set by the schools coach and principal and should be approved by the Executive Director of Athletics.
- Cheer squads cannot exceed 18 in number. Each school has the option of choosing how many girls are on the cheer squad.
- All cheerleaders are expected to cheer at all football games and basketball games. Those months are from August until the end of March.
- All cheerleaders must have a current physical on file and must have their own insurance. These must be on file in the school office before they try out, practice, or perform.
- All cheerleaders must be eligible according to conference academic standards.
- Students must be enrolled at a school or pre-enrolled in order to try out for that school's cheerleading team.
- Summer camps and clinics are allowed and are optional.
- Out of season practices may be held in preparation for tryouts only. Once tryouts are complete, no practices may be held until school is out. Practices for tryouts are limited to five consecutive school days per school.
- Taunting and aggressive cheers of any kind should/will not be tolerated and should be addressed by game management.
- In accordance with the National Federation of High School Spirit Rules, during a basketball game free throw, cheer spirit teams from the opposing team: (a) yell negative taunting comments during the free throw; (b) encourage their crowd to yell and stomp on the bleachers during the free throw; (c) yell "rebound" before the opposing athlete is handed the ball for the free throw. RULING: (a) and (b) are illegal; (c) is legal
- Cheerleaders should never antagonize another cheer team and try to incite cheer battles during games. Cheerleaders should also not repeat cheers from the opposing cheer squad. Sportsmanship is of the utmost importance and should always be the primary goal of each cheer team. Cheerleaders should cheer for their team and not against the other team or the other cheer team.

Volleyball

Volleyball is played under the rules of the National Federation of Volleyball except for the following rules that pertain to the conference.

A match will consist of the best two out of three sets. The first two sets shall be 25 points and a team must win by two points. The third set shall be 15 points and a team must win by two points.

All servers must serve Overhand Serves in COMPETITIVE PLAY. An overhead serve is a serve that is above the shoulder. Any serve below the shoulder is considered an underhand serve. The penalty for an underhand serve is a loss of point and a side out.

All volleyball matches must have at least one certified official that is officially dressed. The home team can provide line judges.

All home teams are responsible for the payment of officials. GCSS Athletics will pay for home matches in Glynn County.

The end of the year tournament will be seeded based on your regular season conference record.

The Volleyball Championship Tournament will consist of the top four teams at the end of the regular season. The tournament will be hosted at the high school gym of the number one seed entering the tournament. The tournament must be at a high school gym.

In the regular season, if teams and coaches agree, they can play a "FUN" set(s) after the match has been decided to allow players to get into a game setting that do not get much playing time.

WRESTLING

Wrestling formats, rules and procedures will be determined by the Camden High School, Brunswick High School, and Glynn Academy High School Coaching staff.

Conference Wrestling Rules

1. Wrestling takes place each year in the winter, usually in the months of November and December.
2. Middle School scoring will follow the new GHSA adjusted scoring system for individual matches and boundary lines.
3. In the sport of wrestling, weight classes are determined in order to keep matches as fair as possible. You're put in a group with other wrestlers of roughly your own weight in order to keep people from having too much of a physical advantage. Weight classes are used in every level of wrestling, including middle school competition. In amateur wrestling, there is no governing body like there is for high school sports -- which is governed by the National Federation of High Schools, or NFHS. Because of this, each middle school conference determines what the weight classes will be for students competing at the middle school level.
4. In a unanimous vote of all Middle School Athletic Directors, all wrestlers will be weighed in when they arrive at the meet. (Exception: Call Out)
5. All wrestlers should report to the mat on time and dressed. A 1 point penalty could be assessed.
6. An adult from each should be the official scorer/timekeeper whenever possible. The home team should have an adult as the official scorekeeper. When possible, the time should be visible.
- 7. A certified official should officiate every match.**
- 8. MS Weight Classes must be consistent regardless of match location:
75,80,90,100,110,120,130,140,150,160,180,210, HWT (285 max)**
- 9. Weigh-ins: We will be having a .9 allowance for the weight classes, for example, (75.9, 80.9, etc.)**
- 10. Failure to abide by conference weight classes will result in not being allowed to host matches in future years.**

If your team does not have a student in a weight class, that match is considered a forfeit. Once the match is over, coaches will match up the kids that did not wrestle due to forfeit in the safest manner in an exhibition match to make sure all wrestlers get on the mat. Weight classes are *subject to change*. Coaches should weigh their participants before every match and report the weights to the opposing coach.

In general, the GHSA and NFHS rules for wrestling will be enforced with few exceptions.