



APPROVED 2019-20 BOUND FOR STATE TOURNAMENT REGULATIONS

GENERAL and in each specific sport:

Spirit items, signs or flags are prohibited when on a stick or pole more than 12 inches in length.

CHEER

- 1.1 The team must have performed in at least ten (10) **varsity** school events, such as school assemblies, sideline cheerleading, half-time performances, pep rallies, etc.

DANCE/DRILL

1.1 Dance/drill is a team event. A team is defined as being two (2) or more participants.

- 3.4 **With the exception of the Show Category,** if less than four (4) teams compete in a given category at state over a three-year period, that category ~~will~~ **may** be combined with the smallest (meaning the fewest number of competing teams) category the following year. If the numbers in the category increase, the category ~~will~~ **may** be separated in future years.

SOCCER

Both team benches and fans shall be on the same side of the field, with the fourth official positioned on that side between the two teams.

SLOWPITCH SOFTBALL

Pitching distance shall be 46 feet and a 12 inch ball will be used.

SWIMMING & DIVING: 2019-20 Time Standards (Attachment)

TENNIS

Speed Up Rule

The "no ad" rule can be used in case of emergency or inclement weather, but must be determined before each match begins.

The No-Ad Scoring rule takes away the need to win by two points.

- **4 points earned, wins the game**
- **7 points is the maximum points played in a game**
- **1 point earned after the score is 40-40 (deuce) in traditional scoring or 3-3 alternative scoring wins the game**
- **the receiver or the receiving doubles team decides which service court (right or left) to receive serve when 6 points have been played and the game is tied**

VOLLEYBALL

Warm-up time for the first round on the first day of the tournament for each classification will be 20 minutes, **with 8 minutes of shared court time, followed by 6 minutes for the home team, followed by 6 minutes for the visiting team. Hitting or serving the ball into the opponent's court is not allowed during the shared court time.** ~~with 6 minutes for the home team, followed by 6 minutes for the visiting team, followed by 4 minutes for the home team, followed by 4 minutes for the visiting team (home team is the bottom team on the bracket). Warm-up time for all subsequent rounds will be 14 minutes;~~ **with 5 minutes for the home team, followed by 5 minutes for the visiting team, followed by 2 minutes for the home team, followed by 2 minutes for the visiting team**