O.C.I.A.L

CONSTITUTION AND BY-LAWS

Revised: October 2023

ARTICLE I: LEAGUE NAME

The name of this league shall be the Ocean County Intermediate Athletic League (O.C.I.A.L.).

ARTICLE II: GOALS

The purpose of this league is:

- a. To hold participants to educational standards during each athletic season.
- b. To promote good sportsmanship.
- c. To promote the physical and emotional development of the participants through athletic competition.
- d. To promote good interschool relations.
- e. To equalize athletic opportunities by standardizing rules of play, and classifying for competitive purposes, the schools which are members?

ARTICLE III: MEMBERSHIP

SECTION 1: Member schools of the league are as follows:

Russell O. Brackman School (Barnegat)

Central Regional Middle School

Carl W. Goetz School (Jackson)

Lacey Township Middle School

Lakewood Middle School

Lake Riviera Middle School (Brick)

Manchester Township Middle School

McAuliffe School (Jackson)

Memorial School (Point Pleasant Boro)

Pinelands Regional Middle School

Southern Regional Middle School

Toms River Intermediate East

Toms River Intermediate North

Toms River Intermediate South

Veterans Memorial Middle School (Brick)

<u>SECTION 2</u>: All member schools accepting membership in the league shall adhere to its rules and regulations.

<u>SECTION 3</u>: New schools wishing to join the league or member schools wishing to withdraw from the league or add or delete teams shall notify the league president in writing.

ARTICLE IV: ADMINISTRATION

SECTION 1: Each member school shall have a representative authorized by the Principal of that school. The representative will attend the general meetings of the league and have the authority to vote on issues which govern the league. The Principal of each member school shall file with the league the name of the authorized representative using the form provided by the league. Any changes in a member school's representative shall also be filed by the Principal using the (same form.) A list of all league representatives shall be distributed among the member schools in a League Directory. It is the responsibility of each representative to insure that the rules and regulations of the league are adhered to within his/her school and that all pertinent league information is distributed among coaches in their schools.

SECTION 2: There shall be a general meeting of all member schools three times a year, one meeting prior to the beginning of each season. At the third and final meeting of the year, the representatives will elect officers to serve on the Executive Committee for a term of one year. The Executive Committee shall consist of a president, vice-president, secretary/treasurer, and three at-large members, one from each conference. The at-large members will vote on matters only in the event that an officer's school is involved in a matter to be voted on. In such cases, the officer(s) of the school involved will abstain from voting. The Executive Committee shall render decisions on league matters in accordance with the rules and regulations of the league and will inform the general membership of its actions at the next general meeting.

<u>SECTION 3</u>: The president shall be empowered to appoint committees in each respective season for the purpose of assisting in the compiling of win/loss records, contacting the press, coordinating All-Star games and contacting the league secretary with season records.

ARTICLE V: FINANCES

At its general meeting, the league will determine the annual league fees, based on the number of teams, to be paid by each member school. It will also determine the amount of expenditures to be paid out during the year. The secretary/treasurer is authorized to collect and disburse funds as deemed necessary. A written financial statement will be presented by the secretary/treasurer at each general meeting. A checking account shall be maintained by the secretary/treasurer in the name of the league, requiring the signature of both league president and secretary/treasurer.

ARTICLE VI: CONFERENCES

The league will be divided into three conferences for all sports except football and B/G volleyball. The conferences for any sport may be changed to two conferences based on total number of teams, transportation issues, and fair competition. The conferences will be assigned based on enrollment figures as recorded on the Department of Education's State Aid Form. A copy of such form will be provided to the league upon request prior to the annual meeting in May. Enrollment figures used to align conferences will include those students in grade seven and eight, regardless of whether a school allows other grade levels to participate in athletics. A member school shall be aligned in the same conference in all sports in which it fields a team.

ARTICLE VII: SCHEDULING

Scheduling of contests will occur after the general meeting before the beginning of each new season. It is the responsibility of each member school to have a representative attend the scheduling meeting. Meetings for fall sports shall be held in May. The meetings for winter sports shall be held in September. The meetings for spring sports shall be held in January. Member schools must play conference opponents the required number of times in a season as stated in the by-laws. The playing of non-conference opponents is optional in all sports, however, once scheduled; all efforts should be made to play the non-conference contest. At the scheduling meetings, contests with conference opponents must be scheduled as a first priority and non-conference secondly.

ARTICLE VIII: CONFERENCE CHAMPIONSHIPS

In each sport, a first plaque will be awarded in each conference. Only the won-loss-tie results in conference play will be used to determine the order of finish. In the event of identical records, the schools will share that place finish. In the event of points earned (2 points for a win and 1 point for a tie) equals a tie the team with the most wins will be awarded the championship. There will not be play-offs in any sport. Schools may enter tournaments on a voluntary basis, but such tournaments shall have no bearing on league standings.

ARTICLE IX: ELIGIBILITY

<u>SECTION 1</u>: Participants in the league must not have reached the age of 15 prior to September 1st.

SECTION 2: No student shall be eligible for middle school athletics after the expiration of 3 consecutive years following his/her first entrance into the 6th grade or 2 consecutive years following his/her first entrance into 7th grade (those school districts that only allow 7th and 8th grades to participate). This rule is the responsibility of each school district within the O.CI.A.L to enforce. If circumstances arise where a superintendent of a district, principal and coach are going to be in violation of this rule, an easement (waiver) has to be filed with the league. If the easement is not granted and the school continues to violate the by-laws, they will be in jeopardy of forfeiting games, matches and/or

championships. The rule is also aimed at maintaining a uniform progression among all member schools and equalizing competition within these schools.

<u>SECTION 3</u>: Each member school shall develop its own standards of eligibility regarding academics and behavior with emphasis on academics being a priority.

ARTICLE X: PRACTICE

<u>Section 1</u>: Each member school shall not begin practicing a sport before the following dates:

- a) Fall Sports August 15th
- b) Winter Sports November First Monday or Thursday after Teachers Convention (Thursday election years)
- c) Spring Sports March 1st

<u>Section 2</u>: Violations of Sections 1 will cause for possible forfeit of games, matches and/or championships

ARTICLE XI: PENALTIES

Member schools found to be in violation of the rules and regulations of the league, as determined by the Executive Committee may have penalties levied against them. The penalties may include:

- 1. letter of reprimand
- 2. forfeiture of contests
- 3. forfeiture of place in standings
- 4. probation
- 5. suspension
- 6. expulsion

ARTICLE XII: DISPUTES

SECTION 1: Every attempt to solve a dispute between member schools should first be taken by the schools involved. If the coaches cannot reach an agreement, then the league representatives from the schools involved should try to resolve it. If it is still in dispute, then the league representatives should contact the league's dispute chairmen to intervene. The dispute chairman will make every attempt to resolve the dispute by talking to all parties involved. Only after the above attempts have failed will the president convene a meeting of the Executive Committee to settle the issue by a majority vote. There will always be three members of the Executive Committee voting on the issue. An Executive Committee member whose school is involved in the dispute will abstain from voting and be replaced by the at-large member from the opposite conference. The president, during this process, may demand of the parties involved, a written or verbal report detailing the nature of the dispute and the steps already taken in an attempt to resolve the dispute. The president may also demand that the

parties involved be present at the meeting. The president may also call for an account of the dispute from any available personnel he deems helpful – officials, witnesses, etc.

The decision of the Executive Committee is final and binding and is not appealable.

<u>SECTION 2</u>: Disputes must be brought to the attention of the league's dispute chairman within 48 hours of the alleged dispute, otherwise they will not be considered.

<u>SECTION 3</u>: A protest or dispute based on an official's judgment or interpretation of the playing rules shall not be considered.

ARTICLE XIII: OFFICIALS

SECTION 1: Certified officials are to be used for all league contests.

<u>SECTION 2</u>: The rate of pay will be that of sub-varsity games unless otherwise negotiated between the league and the official's organization. When only one official, instead of two, work the contest, they should be paid the prevailing varsity fee.

<u>SECTION 3</u>: In the event officials do not show up for a scheduled contest, the event is to be rescheduled for a later date at the same site. Teams must wait 30 minutes from the scheduled starting time before the contest is postponed. It is the host school's responsibility to hire certified officials and to confirm with the officials the scheduled event. Every possible attempt should be made by the host school to avoid postponements due to lack of officials.

ARTICLE IX: UNIFORMS

Every attempt should be made to have participants in the same uniforms with appropriate numbers where necessary. Schools with home and away uniforms are to wear their light-colored uniforms at home and darker ones away. If schools show up for a contest wearing the same color uniform and the official requests a change be made, it is the home team's responsibility to make the change. It is understood at this level of athletic competition, that it is not always possible to have all participants in the same uniforms and no penalties will be levied against a team who cannot outfit a team in the same uniforms.

ARTICLE X: SPORTSMANSHIP

In the excitement of athletic competition, it is possible to have emotions overshadow sound, responsible judgment. To foster the educational values of athletics, it is imperative that the principles of good sportsmanship be displayed at all times by those involved – players, coaches and spectators. Coaches

should exemplify sportsmanlike conduct as he/she is a role model for the players as well as the spectators. No profanity or improper language should ever be used by the participants, especially the coach. Host schools are responsible for the behavior of spectators and should adopt policies to insure proper conduct at its athletic events. It is the responsibility of the league representatives to ensure the principles of good sportsmanship are followed. The following guidelines are recommended:

THE COACH

Realizing that the coach is a role model for his/her players, he/she is expected to set a positive example of sportsmanlike conduct. The coach is responsible for instilling in his/her players the value of good sportsmanship in athletic competition.

The coach...

- 1. Treats own players and opponents with respect, never running up the score on an obvious weaker opponent.
- 2. Inspires in the athletes a love for the game and the desire to compete fairly.
- 3. Disciplines those on the team who display unsportsmanlike conduct.
- 4. Respects the judgment and interpretation of the rules by the officials.
- 5. Exercises self-control at all times, setting the example for others to follow.
- 6. Understands the educational value of athletics is more important than the outcome of a contest.
- 7. Knows he/she is a teacher and the athletic arena is a classroom.

THE PLAYER

The Player...

- 1. Treats opponents with respect.
- 2. Plays hard, but plays by the rules.
- 3. Exercises self-control at all times.
- 4. Respects officials and accepts their decisions without gesture or argument.
- 5. Wins without boasting, loses without excuses, and never quits.
- 6. Respects the property of others and authority of those administering the competition.
- 7. Puts the good of the team above personal gains.
- 8. Respects the judgment and strategy of the coach, and does not criticize players or coaches for the loss of a contest.
- 9. Always remember it is a privilege to represent the school and the community.

THE SPECTATOR

The spectator...

- 1. Attempts to understand and be informed of the playing rules.
- 2. Appreciates a good play, no matter who makes it.
- 3. Cooperates with and responds enthusiastically to cheerleaders.

- 4. Shows compassion for an injured player; applauds positive performances; does not heckle, jeer, or distract players; and avoids the use of profanity and obnoxious behavior.
- 5. Respects the judgment and strategy of the coach, and does not criticize players or coaches for the loss of a contest.
- 6. Respects the judgment of officials and does not respond negatively to their calls.
- 7. Respects the property of others and the authority of those administering the contest.

<u>SECTION 1</u>: A blatant display of unsportsmanlike conduct should be reported by the opposing coach, in writing, to the league president and his/her representative. Upon receipt of such a report, the league president will contact the school's representative to discuss a plan to prevent such conduct from occurring attain. An accumulation of three reports shall result in disciplinary action being taken as directed by the Executive Committee. A blatant display of unsportsmanlike conduct which would warrant filing a report would include:

- a. Running up the score.
- b. Racial slurs among participants or spectators.
- c. Fighting among participants.
- d. Vandalism to school property.
- e. Ejection of a coach for unsportsmanlike conduct.

A copy of the report shall be sent to the league representatives from both schools and shall be kept on file by the league president.

<u>SECTION 2</u>: The ejection of a player or coach from a contest shall result in a one-game suspension for that player or coach. The suspension shall be enforced in the next scheduled contest. The official shall notify the athletic director or principal of the ejection the next school day, who in turn, shall notify the league president. If the official fails to notify the school of the ejection, the enforcement of the suspension is optional on the part of the school administration/coach.

<u>SECTION 3</u>: Award banners will be presented annually by the League to the member school, in each conference, who consistently demonstrated the best sportsmanship in all sports. The voting is to be done by the head coaches in all sports. The league representative will poll all head coaches in his/her school and bring the results to the annual meeting. Coaches may not vote for their own school. The award shall be called the Paul Strunk Sportsmanship Award.

SECTION 4: The league will award two sportsmanship awards to two representatives (1 boy and 1 girl) from each school at the end of the year. The award will be named the Christie Pearce Sportsmanship Award. Each school will provide the name of the two individuals prior to the May meeting and a certificate will be provided as well as a \$25.00 gift card.

ARTICLE XVI: Rules and Regulations

The O.C.I.A.L should follow the Shore Conference, NJSIAA and National Federation rules in all situations not covered by the O.C.I.A.L By-Laws.

SOCCER

Red Division	Blue Division	White Division
Goetz	Central	Barnegat
TR Int. East	Lacey	Lakewood
TR Int. North	Lake Riviera	Manchester
TR Int. South	McAuliffe	Point Boro
Southern Reg.	Veterans Memorial	Pinelands

<u>Number of games:</u> Each school shall play conference opponents twice. Only conference opponents will figure into conference championships. Scheduling of non-conference opponents is optional. Failure to play conference games will result in forfeiture of the unplayed games.

Games Per Week Not more than a total of three (3) soccer games may be played per week beginning with the week of the start of the regular schedule (this includes inter school scrimmages, regular games, postponed games, and tournament games), but games may not be played on three (3) consecutive days. You may play one four game week during the season.

<u>Length of games</u>: The official game shall consist of two 25 minute halves. There will be <u>no overtime</u>, the game results will be recorded as a tie. An extra 20 minute quarter shall be played for the purpose of developmental play for those who saw little or no playing time in the official game.

At least one certified official must be present. The rate of pay is that of high school sub-varsity, NJSIAA rules apply, unless otherwise adopted by the league.

The ejection of a player or coach from a contest shall result in a one game suspension for that player/coach and shall be enforced in the next scheduled game.

The home team coach is to report the result of all conference games on the google report within 48 hours of the contest.

All attempts will be made to play an All-Star Game at the completion of the season.

CROSS COUNTRY Blue Division

White Division

Central	Goetz	Barnegat
TR Int. East	Lacey	Lakewood
TR Int. North	Lake Riviera	Manchester
TR Int. South	McAuliffe	Point Boro
Southern Reg.	Veterans Memorial	Pinelands

<u>Number of Meets</u>: Each school shall play conference opponents once. Scheduling of non-conference opponents is optional. At the scheduling meeting, conference opponents are to be scheduled first. Failure to play the minimum number of contests shall result in forfeiture of the unplayed contests.

Number of Meets per week: A student shall be permitted to participate in a maximum of three (3) meets per week. Under no circumstances may a student compete on three (3) consecutive days even when a postponed meet is worked into the schedule.

NJSIAA rules apply, unless otherwise adapted by the League.

The cross country race shall be 1 ½ miles long.

Red Division

The home team coach is to report the result of all conference games on the google report within 48 hours of the contest.

BASKETBALL

Red Division	Blue Division	White Division
Central TR Int. East TR Int. North TR Int. South Southern Reg.	Goetz Lacey Lake Riviera McAuliffe Veterans Memorial	Barnegat Lakewood Manchester Point Boro Pinelands

<u>Number of Games</u>: Each school shall play conference opponents twice. The scheduling of non-conference games is optional. At the scheduling meetings, conference opponents are to be scheduled first. Failure to play the minimum number of games will result in forfeiture of remaining games.

<u>Games Per Week:</u> Not more than a total of three (3) basketball games may be played per week beginning with the week of the Start of the Regular Schedule, but games may not be played on three (3) consecutive days. You may play one four-game week.

<u>Length of Game</u>: The official game shall consist of four 6 minute quarters. If the game is tied after regulation, overtime periods of 3 minutes shall be played until there is a winner. A developmental or JV game shall be played prior to the official game. The B game shall consist of two 6 minute quarters or four 6 minute quarters. The B game shall be played with all the same rules as the official game

At least one certified IAABO official is to be present. The rate of pay will be negotiated by the league and the official's chapter and schools will be notified of the rate of pay at the scheduling meeting. NJSIAA rules apply unless otherwise adapted by the League.

The home team coach is to report the result of all conference games on the google report within 48 hours of the contest.

The ejection of a player or coach from a contest shall result in a one game suspension for the player/coach and shall be enforced in the next scheduled game.

All attempts will be made to play an All-Star Game at the completion of the season

WRESTLING

Red Division Blue Division White Division

Central Goetz Barnegat

TR Int. East	Lacey	Lakewood
TR Int. North	Lake Riviera	Manchester
TR Int. South	McAuliffe	Point Boro
Southern Reg.	Veterans Memorial	Pinelands

<u>Number of Matches</u>: Each school shall play conference opponents once. Scheduling non-conference matches is optional. At the scheduling meeting, conference opponents are to be scheduled first. Failure to play the minimum number of contests will result in forfeiture of the remaining contests.

Matches per week: A team may not schedule nor may a wrestler participate in more than four weigh-ins per week.

The home team coach is to report the result of all conference games on the google report within 48 hours of the contest.

NJSIAA rules apply, unless otherwise adapted by the League.

The ejection of a player or coach shall result in a one-match suspension of that player/coach and shall be enforced in the next scheduled match. Refer to Article XIV for ejection procedures.

Weight classes will be:

70,75,80,85,90,95,100,105,110,115,120,126,132,138,144,150,158,170,185, HWT (275 max)

There will be a one pound allowance on Dec. 15th and on Jan. 15th. Example: 85lbs on Dec. 15th goes to 86lbs, on Jan. 15th – finishes at 87 lbs

A wrestler is only allowed to move up <u>one weight</u> class from exact weight on weigh-in form.

Example: Wrestlers weigh in at 82.5 lbs. Wrestlers can go 85lbs or 90lbs.

Before each match, coaches will exchange lists of their weighed-in wrestlers, with no more than 3 wrestlers per weight class.

BASEBALL

Red Division	Blue Division	White Division
Central	Goetz	Barnegat
TR Int. East	Lacey	Lakewood
TR Int. North	Lake Riviera	Manchester

TR Int. South Southern Reg.

McAuliffe Veterans Memorial Point Boro Pinelands

<u>Number of Games</u>: Each school shall play conference opponents twice. Scheduling of non-conference opponents is optional. At the scheduling meeting, conference opponents are to be scheduled first. Failure to play the minimum number of games will result in forfeiture of the unplayed games.

At least one certified umpire must be present.

NJSIAA rules apply, unless otherwise adapted by the League. The 10 run rule is in effect after 5 innings. Games will be 6 innings ONLY, Extra innings = 1 out, Runner on 2nd base, B games time limit= 2 hours or 6 innings whatever comes first.

The ejection of a player or coach from a game shall result in a one game suspension for the player/coach and shall be enforced in the next scheduled contest.

The home team coach is to report the result of all conference games on the google report within 48 hours of the contest.

All attempts will be made to play an All-Star Game at the completion of the season.

SOFTBALL

Red Division	Blue Division	White Division
Central	Goetz	Barnegat
TR Int. East	Lacey	Lakewood
TR Int. North	Lake Riviera	Manchester
TR Int. South	McAuliffe	Point Boro
Southern Reg.	Veterans Memorial	Pinelands

<u>Number of Games</u>: Each school shall play conference opponents twice. Scheduling of non-conference opponents is optional. At the scheduling meeting, conference opponents are to be scheduled first. Failure to play the minimum number of games will result in forfeiture of the unplayed games.

The home team coach is to report the result of all conference games on the google report within 48 hours of the contest.

At least one certified umpire must be present. NJSIAA rules apply, unless otherwise adapted. The 10 run rule is in effect after the fifth inning.

NJSIAA rules apply, unless otherwise adapted by the League. The 10 run rule is in effect after 5 innings. Games will be 7 innings, Extra innings = 1 out, Runner on 2nd base, B games time limit= 2 hours or 7 innings whatever comes first.

The ejection of a player or coach from a game shall result in a one game suspension for the player/coach and shall be enforced in the next scheduled game. Refer to Article XIV for ejection procedures.

All attempts will be made to play an All-Star Game at the completion of the season.

TRACK & FIELD

Red Division	Blue Division	White Division
Central	Goetz	Barnegat
TR Int. East	Lacey	Lakewood
TR Int. North	Lake Riviera	Manchester
TR Int. South	McAuliffe	Point Boro
Southern Reg.	Veterans Memorial	Pinelands

<u>Number of Meets</u>: Each school shall play conference opponents once. Scheduling of non-conference opponents is optional. At the scheduling meeting, conference meets are to be scheduled first. Failure to play the minimum number of contests will result in forfeiture of unplayed contests.

The home team coach is to report the result of all conference games on the google report within 48 hours of the contest.

The ejection of a player or coach from a contest shall result in a one meet suspension for that player/coach and shall be enforced in the next scheduled contest.

Number of events: Four total events per participant. Entries can be divided: 3 running and 1 field or 2 running and 2 field, or 4 field events, but only 3 running events per participant.

At least one certified official must be present and it should be the starter. NJSIAA rules apply, unless otherwise adapted by the League. Uniforms should be the same whenever possible, but it is understood at this level, that dressing all squad members alike is not always possible and a team is not penalized if all members are not dressed alike. Undergarments such as tee shirts or compression shorts worn by relay teams must be the same color.

All participants are to be in the bleachers whenever possible, except on-deck runners.

The order of events is as follows and cannot be altered by either team:

- 1. Hurdles Boys 110 meters at 33" Girls 100 Meters at 30".
- 2. 100 meter
- 3. 1600 meter
- 4. 400 meter
- 5. 400 meter relay
- 6. 800 meter
- 7. 200 meter
- 8. 1600 meter relay

Field events – as many simultaneously as possible:

High Jump Shot Put (8 lbs. for boys and girls) Discus (1.6 k. for boys and 1.0 k. for girls) Long jump

There is to be unlimited heats and scoring can come from any heat, but coaches should have their best runners in the first heat. The emphasis is on participation, so the number of entries cannot be restricted. This varies from the high school rule of only 5 entries per event. It is the host school's responsibility to inform the officials who are working the meet that the number of entries in our league is unlimited. Schools not in compliance with this rule should be brought to the attention of the league president.

FIELD HOCKEY

Red Division	Blue Division	White Division
Central	Goetz	Barnegat
TR Int. East	Lacey	Lakewood
TR Int. North	Lake Riviera	Point Boro
TR Int. South	McAuliffe	Pinelands
Southern Reg.	Veterans Memorial	

<u>Number of Games</u>: Each school shall play conference opponents twice. Scheduling of non-conference opponents is optional. At the scheduling meeting, conference meets are to be scheduled first. Failure to play the minimum number of contests will result in forfeiture.

<u>Games per Week</u>: Not more than a total of three (3) field hockey games may be played per week beginning with the week of the start of the regular schedule, but games may not be played on three (3) consecutive days. You may play one fourgame week.

<u>Length of games</u>: The official games shall consist of two 20 minute halves. There will be no overtime. The games results will be recorded as a tie. An extra 20 minute quarter shall be played for the purpose of development play for those who saw little or no playing time in the official game.

At least one certified official must be present. The rate of pay is that of high school sub-varsity, NJSIAA rules apply, unless otherwise adopted by the league.

The ejection of a player or coach from a contest shall result in a one game suspension for that player/coach and shall be enforced in the next scheduled contest.

The home team coach is to report the result of all conference games on the google report within 48 hours of the contest.

All attempts will be made to play an All-Star Game at the completion of the season.

FOOTBALL

Barnegat Southern Regional Pinelands Regional Lakewood

<u>Number of Games</u>: Each school shall play conference opponents once. At the scheduling meeting, conference meets are to be scheduled first. Failure to play the minimum number of contests will result in forfeiture of unplayed contests.

Practice: Practices can not start before August 15.

NJSIAA rules apply, unless otherwise adapted by the League.

Volleyball (Girls and Boys)

Girls Divisions

Red DivisionBlue DivisionCentralBarnegatLakewoodLaceyTRIEPinelandsTRINSouthernTRIS

Boys Division

Red Division
Barnegat
Central
Pinelands
Southern
Lakewood

<u>Number of Games</u>: Each school shall play conference opponents at least twice. Scheduling of non-conference opponents is optional. At the scheduling meeting, conference opponents are to be scheduled first. Failure to play the minimum number of games will result in forfeiture of the unplayed games.

<u>Length of games</u>: The official games shall consist of a best of 3 format up to 25. Play will continue until there is a 2 point difference at 25. An extra best of three format to 25 (with play continuing until there is a 2 point difference at 25) for the purpose of development play for those who saw little or no playing time in the official game.

At least one certified referee must be present. The rate of pay is that of high school sub-varsity, NJSIAA rules apply, unless otherwise adopted by the league.

The ejection of a player or coach from a contest shall result in a one game suspension for that player/coach and shall be enforced in the next scheduled contest.

The home team coach is to report the result of all conference games on the google report within 48 hours of the contest.