

SKYLAND CONFERENCE

BY-LAWS

ORIGINAL COMMITTEE MEMBERS

Mr. Radano – Hillsborough High School
Mr. Shillito - Franklin High School
Mr. Baly – Watchung Hills Regional High School
Mr. Weigner – Bridgewater-Raritan High School
Mr. Patti – Voorhees High School
Mr. Hopek – North Hunterdon High School
Mr. Hughes – Hackettstown High School
Mr. Swetnam – Warren Hills Regional High School
Mr. Schneebeli – Belvidere High School
Mr. LaPorte – South Hunterdon High School

REVISED: - FEBRUARY 1, 1990

ADOPTED: March 5, 1990

REVISED: December 13, 1991

APPROVED: January 27, 1992

REVISED: July 7, 1992

APPROVED: March 12, 1993

REVISED: October 12, 1994

APPROVED: September 20, 1995

REVISED: June 3, 1998

APPROVED: August 24, 1999

REVISED: July 5, 2001

REVISED: January 23, 2002

REVISED: January 16, 2003

APPROVED: February 25, 2003

REVISED: November 19, 2003

APPROVED: April 21, 2004

REVISED: July 21, 2006

REVISED: July 17, 2007

REVISED: August 19, 2008

APPROVED: September 24, 2008

BY-LAW PROCEDURES

All business brought before the Conference must be presented by a member school at a regularly scheduled meeting of the Conference.

Appointments of chairpersons to the various sports within the Conference shall be for the entire school year and appointed annually.

All newly accepted schools must have their schedules adjusted to the Conference schedule within two (2) years after their acceptance date to the Conference.

Noisemakers and pep signs are not permitted at any Conference indoor sponsored athletic events. Pep signs are not permitted at outdoor sponsored events.

It shall be the responsibility of each Director of Athletics to insure that there are no disruptions of pre-game or during-game activities at Conference athletic events.

All Conference activities may (in their scoring procedures) have the opportunity to make correctable/clerical errors within a 48-hour period.

All pre- and post-season coaches meeting dates will be established at the August Conference meeting.

Approval of Master Schedules by the Scheduling Committee will be recorded with the Secretary and will serve as the Master Schedule of the Conference.

NJSIAA and County schedules take precedence over any Conference schedule.

Conference contests take precedence over independent contests in scheduling at all levels for rescheduling postponed contests if no date can be agreed upon.

Conference schools will be issued Conference Athletic Admission Passes good for all Conference athletic events.

Coaches are responsible for their team members and spectators at visiting facilities. Directors of Athletics are to be contacted immediately if their school, as visitors, misuses or abuses the home school facilities and/or does not cooperate in controlling spectators and team members.

One signature, the Conference Treasurer and/or President, is required for signing Conference checks.

If a Director of Athletics finds it impossible for his school to be represented at a Conference meeting, he/she shall inform the President by phone prior to the meeting and

make every attempt to send a representative.

The agenda for Conference meetings should be sent to all schools in advance of each meeting. It is also recommended that a yearly activities calendar be established for all Conference activities.

All recommendations or suggestions regarding by-law revisions from Conference Sports Committee meetings will be reviewed on a two (2) year cycle beginning with the 2006-2007 school year.

Indoor Conference regulations should be posted in all gymnasiums and enforced.

In all Conference freshman events, only freshmen shall participate unless mutually agreed upon by all schools involved in advance.

All Conference contests, meets, matches, etc. in all sports at all levels sponsored by the Conference, must be played. Contests may only be cancelled by mutual agreement. (Should one school opt to play the scheduled contest, it must be played.) Forfeits will be awarded should a team refuse to play.

All minutes of Conference meetings are to be sent to member schools prior to next meeting date.

The proper "chain of command" should be followed by all conference member schools when involved in disputes and/or controversies. The coaches involved should resolve the matter. If it cannot be resolved, the Directors of Athletics should resolve the matter. If this fails, the administrative heads of the involved schools should resolve the matter. Finally, if all the above procedures fail, the schools involved should follow procedures as outlined in the Constitution.

Whenever a member school finds it necessary to notify a spectator in writing that they are banned (as a spectator) from a school athletic event, that person shall be banned from the events of all member schools until the conclusion of that school year.

It will be the policy of the Skyland Conference to allow all level teams (Varsity, J.V., Freshman) in all sports to have fifteen (15) minutes of warm-up time prior to any/all athletic contests. The fifteen (15) minutes will begin upon the team's arrival on the playing field. Wrestling has ten (10) minutes warm-up for each team.

Any official who shows up for a contest without proper notification of a postponed/ cancelled contest will be paid.

The admission price for all Skyland Conference games will be home rule.

A complete rating of preferred, acceptable, and non-acceptable officials should be collected by the chairperson of each respective sport or Director of Athletics and given to the Conference Assignor.

Starting times for all conference contests are at the discretion of each member school (Board of Education/Home rule). Non-traditional starting times in all conference contests must be mutually agreed upon.

Bands/sound system are permissible at Skyland Conference contests/games as long as they are under competent adult supervision and are only played at appropriate times and do not interfere with the conduct of the events.

Schools must be represented at all pre-season/post-season coaches meetings. It is recommended that the sport chairperson send an agenda to member schools prior to said meeting.

Any school in violation of Sport By-Laws will be reported to the President of the Skyland Conference.

Coaches should meet in pre- and post-season meetings for the purpose of communication and the selection of an all conference team.

All Star selections will be in accordance with the Skyland Conference Constitution.

Officials working contests alone are to receive a check and ½.

Adopted June 5, 2007

Divisional Proposal Procedure

Any proposal for changes to the present Skyland Conference Divisional Alignment for all sports must follow the procedures listed below:

A Coach and/or Athletic Director will present their proposal at the Post Season Meeting for that sport.

If presented by a Coach, the proposal must have the approval of that school's Athletic Director.

The Athletic Director from the school presenting the proposal must notify the Chairperson of the sport at least two days prior to the meeting and request it be added to the meeting agenda.

The proposal must be available in written form and copies must be available for each coach in attendance.

If the Coach/Athletic Director still wants to continue the process after the Post Season Meeting, a copy of the proposal must be mailed to each Skyland Conference Member School no later than the next school day.

A vote on the proposal will be taken 30 days after being presented at the Post Season Meeting via e-mail.

The Chairperson of the sport will conduct the vote through e-mail.

Only the schools that are effected by the proposal will vote. Schools voting on the proposal must be identified therein. All other schools will receive the proposal for informational purposes only.

Schools will be given seven (7) days to e-mail their response to the Chairperson.

If the proposal is approved by 50% from the schools that are effected, it will then be voted

on by all Skyland Conference Athletic Directors at the next regularly scheduled Skyland Conference Meeting.

If the proposal is approved, it will be implemented by the Skyland Conference during the next available two (2) year cycle.

Adopted June 5, 2007

Schedule Change Procedure

Proposals for schedule changes must be presented by an Athletic Director at a regularly scheduled Skyland Conference Athletic Director's Meeting.

The Athletic Director must request through the Skyland Conference President that the proposal be added to the next or specifically requested meeting agenda and must appear on that agenda before it can be presented.

The proposal will be distributed in written form at the meeting to each school in attendance. The Athletic Director will be expected to give a brief overview of the proposal at this time. Schools not in attendance will receive the proposal by mail. The proposal must be sent out to the schools no later than the next school day.

The proposal will be voted on at the next Skyland Conference Meeting.

If approved, it will go into effect for the next available two (2) year cycle.

FOOTBALL BY-LAWS

Member schools that field freshmen football teams shall play their games on Fridays, unless mutually agreed upon to do otherwise.

Member schools that field junior varsity football teams shall play their games on Mondays unless mutually agreed upon to do otherwise.

Freshmen and junior varsity games shall be played at the opposite site of the varsity game.

When freshmen and junior varsity games are played consecutively on Mondays, the junior varsity game shall be played first.

The procedure on postponed games shall be as follows:

The contract should be honored for the specific time of day or evening that the game was to be played.

A game postponed from Friday should be rescheduled for Saturday if available.

A Friday or Saturday game may be rescheduled on a Sunday, if available, and with mutual agreement.

If b is not agreed upon, the game must be played on the Monday or Tuesday following the postponement.

In the event a game is to be rescheduled for Sunday, it shall start no earlier than 2:00 PM.

If a team or teams are involved in the NJSIAA football playoffs, the scheduled Thanksgiving Day game shall be moved to the Saturday following Thanksgiving unless mutually agreed upon.

The coaches' post season meeting shall be held on the Monday following the final NJSIAA playoff game.

In a game type football scrimmage, it is recommended that there be a full complement of officials.

The home school shall provide a blackboard, chalk, (or whiteboard and marker) and eraser for the visiting team to use for pregame and halftime meetings.

Teams of officials rather than individuals, shall be assigned, wherever possible, by the Conference Assignor for all varsity contests.

The game film to be exchanged shall be recorded on DVD. Two games shall be traded with the receiving school having the choice of games that they would like to obtain. It is not necessary to return the DVD. Week 1 opponents shall receive a recording of the most recent scrimmage. Week 2 opponents shall receive a recording of the most recent scrimmage and the Week 1 game. In instances where one team of Week 2 opponents does not play Week 1 that school shall provide a recording of its two most recent scrimmages in exchange for the most recent scrimmage and Week 1 game.

The exchange of game film shall be done within 24 hours of the completion of the last game played by either opponent.

The last scrimmage for each team may be scouted and/or video scouted by all schools within the conference.

All division teams shall be limited to the number of players as described in the Skyland Conference Constitution. Honorable mention shall be limited to a maximum of one (1) player per school

Coaches may nominate and vote for their own players and nominate players from other schools for all division selection.

6.	The Skyland Conference Championship Meet will be rotated alphabetically through
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GYNMASTICS BY-LAWS

1.	NJSIAA Rules and Regulations will be followed.
2.	National Federation of High School Sports rules and regulations will be followed and a rulebook must be available at all competitions.
3.	JV competitions will be held simultaneously to varsity competitions and will rotate two events ahead of varsity; beam, floor, vault, bars. Only one official will be assigned to JV competitions.
4.	The Conference title will be awarded based on regular season record. Gymnastics teams belonging to both the Skyland Conference and The South Jersey League have designated their second competition as the Skyland Conference meeting.
5.	Individual and meet champion team titles will be awarded at the Skyland Conference Championship Meet.

6.	The Skyland Conference Championship Meet will be rotated alphabetically through host schools. The Skyland Conference will provide awards for the meet.
7.	The selection of All-Conference teams will be based on the average of two conference scores for the AA and individual events. The top three AA gymnasts will be chosen, as well as the top two scorers for each event. Girls chosen for the AA are eliminated from individual event selection.
8.	NJSIAA officials that are alumni of Skyland Conference schools may not serve as judges until six (6) years after graduation.
9.	Coaches may nominate and vote for their own players and nominate players from other schools.

CROSS COUNTRY BY-LAWS

There shall be unlimited entries on the varsity squad competing in the regular season meets. In the Conference meet, the number for the varsity will be limited to seven (7).

There shall be no limit to the number in JV or freshman races.

All dual meets shall START at 4:00 p.m. unless prior knowledge indicates that the visiting team will be late.

Teams have the option of walking the course prior to meet time. The host school shall provide a guide.

In the Conference meet, ribbons will be given to the top 20 JV and freshmen.

6. Coaches may nominate and vote for their own players and nominate players from other schools.

SOC CER BY-LAWS

It is strongly recommended that the teams be located on the opposite side of the field from the spectators.

It is recommended that a scoring table for each game be provided by the home school along with a sounding device for substitutions.

The length of halves for conference games shall be:

Varsity	40 minutes
Junior Varsity	40 minutes
Freshman	40 minutes

In the event of a tie at the end of regulation time, two (2) ten-minute sudden victory periods will be played for varsity only. Freshman and junior varsity squads will play two (2) five-minute sudden victory periods. Coaches of all levels should remind the officials of this by-law prior to the start of the game.

After daylight saving time all games must begin at 3:30 pm.

Coaches may nominate and vote for their own players and nominate players from other schools.

FIELD HOCKEY BY-LAWS

When a varsity field hockey game ends with the score tied the following guidelines will be followed:

Prior to the start of overtime, there shall be a five-minute intermission.

The officials shall meet with the team captains for the coin toss. The home team captain shall call the coin in the air. The winner of the coin toss chooses whether or not to take possession of the ball.

Varsity teams will play “**Two Ten-Minute Sudden Victory Overtime Periods**”. The teams do not change goals. The overtime period will include a “reduced player procedure of seven-on-seven.” The overtime is considered over when a goal is scored or the time has expired.

Junior varsity hockey games shall be scheduled after the varsity games, unless otherwise mutually agreed upon.

At the conclusion of JV and Freshman contests, if the score remains tied, there will be **one** (1) 5-minute overtime sudden victory period played. If a tie exists at the conclusion of this period the contest will remain tied.

After daylight saving time Varsity games will be at one site and the JV games at the opposite site at 3:30 pm unless mutually agreed upon. Freshmen will be played the following day.

As to field conditions for hockey, it is the coach’s responsibility to make the Directors of Athletics aware if fields are not properly lined or cages illegally constructed.

Coaches may nominate and vote for their own players and nominate players from other schools.

TENNIS BY-LAWS

Refer to NJSIAA Rules and Regulations.

Coaches must have a copy of these rules and regulations at each match.

Coaches may nominate and vote for their own players and nominate players from other schools.

VOLLEYBALL BY-LAWS

1.	JV matches will be played first, followed by the Varsity with a 5-minute intermission before warm-up begins.
2.	Home team supplies all volleyballs for warm-up and matches.
3.	The warm-up will be the 5-5-2 method with home team beginning the first five (5) minutes, followed by the visiting team five (5) minutes, and finishing with both teams serving together for two (2) minutes. The JV will also follow this method.
4.	Coaches may nominate and vote for their own players and nominate players from other schools.

BASKETBALL BY-LAWS

Schools having and playing freshmen basketball games shall play these games at home on the same day that the varsity and JV are at home with the same school. Exceptions will be granted. (Example: Boy/Girl doubleheaders)

Two(2) sets of officials shall be used for all varsity and junior varsity games within the Skyland Conference. Exception would only be in the case of an emergency.

Game officials should not be selected to officiate at a school or in a game in which the school they are affiliated with is participating, except in an emergency.

No contest will start prior to contest time.

In all gymnasiums used for Skyland basketball games, spectators and cheerleaders are not allowed to stand under the baskets.

There is to be no shooting at baskets by any non-uniformed players prior to any Skyland basketball games or at half-time.

The home team is responsible for providing basketballs/water for both teams during warm-ups.

Only the last scheduled scrimmage of your opening day opponent may be scouted or video taped.

Coaches may nominate and vote for their own players and nominate players from other schools.

WRESTLING BY-LAWS

Junior varsity matches shall precede varsity matches unless otherwise mutually agreed upon by the competing schools.

Within the Skyland Conference, weigh-ins will begin one (1) hour to the start of the first scheduled meet (Varsity or J.V.)

Weigh-ins must be conducted in accordance with the National Federation Rule Book. (The weigh-in shall proceed through the weight classes beginning with the lowest weight class). A contestant who, for whatever reason cannot step on the scale(s) at the time of his weight class shall weigh in immediately upon the completion of the 285 lbs. Class. At this time, weigh-ins are concluded for the team(s). A contestant may step on and off the scale(s) three (3) times to allow for mechanical inconsistencies in the scales. During this brief time off the scales, activities that promote dehydration are prohibited.

The scale that will be used for the weigh-ins shall be available for weight check by the visiting team a maximum of one-half ($\frac{1}{2}$) hour prior to the scheduled start of weigh-in.

The host school shall inform their opponent of the earliest time their facility will be available. Schools shall not arrive prior to the time stated by the host school.

It will be the responsibility of the host school to advise opponents of their introduction procedures prior to the scheduled contest. Once the junior varsity contest is concluded, warm-ups for the varsity match will begin using the following procedure: All warm-ups must be completed five (5) minutes prior to the starting time of the varsity match. Each school will be allowed ten (10) minutes maximum for warm-ups. Each school shall use the score clock for this purpose.

Coaches may nominate and vote for their own players and nominate players from other schools.

SWIMMING BY-LAWS

All cheers will be appropriate in nature.

All Federation rules will be in effect.

Coaches may nominate and vote for their own players and nominate players from other schools.

SOFTBALL/BASEBALL BY-LAWS

If a game is called after five (5) or more completed innings with the score tied, the game will be recorded as a tie game.

Two (2) carded officials are to be assigned to each varsity contest and an attempt should be made to have similarly qualified officials for JV and freshmen games. If only one (1) official shows for varsity game, the game will be played.

Visiting teams will have the field for 15 minutes for infield practice from the time the team steps on the field (after stretching, throwing, bathrooms, etc.).

Coaches may nominate and vote for their own players and nominate players from other schools.

GOLF BY-LAWS

Schools must meet all members in their Division twice to be eligible for a Division championship.

Should a tie exist in the Divisional standing at the completion of the dual meet season, the tiebreaker is based on head to head competition among the tied teams. If they are still tied, there will be co-champs.

The Skyland Conference shall sanction a golf tournament as an Invitational medalist tournament with medals to the top ten (10) places in each division and two (2) extra medals in case of ties. There will be a team championship for this tournament also. During the medalist tournament an individual or individuals may enter from a school that doesn't sponsor a team.

Skyland Conference golf play shall consist of six (6) players per team with the total stroke score of the top five (5) players to count in determining the winning team (the lowest total score wins).

If a tie exists at the completion of the match, the tie is broken at the next lowest medalist. Example: match ties at #5, then go to #6. If a tie still exists after player #6, reference will be made to 2008 NJSIAA Golf Regulations – Section 7, Article 2.

The winner of the match will be the team with the lowest total strokes of the number of players agreed upon by the conference and/or school as set forth in their contract. In case of a tie, one (1) stroke will be deducted from the low medalist's team score: If the low medalist is tied, the second lowest individual score will determine the winner, and so on until the tie is broken.

Four-somes are to be used for dual and quad matches and three-somes for triangular matches.

All local club rules must be observed.

Appropriate dress (no jeans, T-shirts, football jersey type shirts, sweatshirts) including shirts with a collar must be worn (turtleneck is acceptable). Shorts are acceptable per golf course regulations.

At the beginning of each match each player must show their ball for identification purposes.

Lost balls are to be limited to a five (5) minute search.

Double par rule will be in effect during team matches. It will not be in effect during medalist tournament.

Winter rules are to be used at all courses. A ball may be moved a maximum of six (6) inches.

All violations or infraction of rules are to be called immediately at the point of infraction.

without a provisional ball, two (2) strokes penalty – no distance on lost or out of bounds ball.

Playing the wrong ball two (2) stroke penalty and replacement of proper ball at approximate lie.

Grounding the club in a sand trap two (2) stroke penalty.

Carrying rakes into a trap will be permitted to speed up play.

Local rules on club throwing.

Local rules on spectators will be followed.

No coaching will be permitted during the match.

Each group shall verify their score at the end of each hole. Each individual should announce his/her score upon leaving the green and prior to going to the next hole.

If the course is closed or conditions render it unplayable and both coaches agree upon this, the match will be postponed. If unfavorable weather conditions cause a temporary stoppage of play, both teams must wait at least one half (1/2) hour before resuming play.

If, due to inclement weather or some other emergency, a match is concluded prior to the completion of nine (9) holes, the team scores will be based on the total number of holes that all six (6) team members have completed for both teams with a minimum of five (5) holes to have been played.

All girls will go off of established ladies tees. If a course has no ladies tees, the girls must tee up from one (1) tee in front of the men's established tees.

Teams should be allowed to practice before the match if time permits. Both teams should be given the opportunity to warm-up if the other team has been hitting balls.

Any golfer that uses any form of tobacco or other illegal substances will automatically be disqualified and their score will not count in that match. The next lowest score will then be

added to the other four (4) in totaling the final team score.

Honorable mention will be limited to a maximum of one (1) player per school.

Coaches may nominate and vote for their own players and nominate players from other schools.

TRACK BY-LAWS

The 400 Intermediate Hurdles will be run as the first running event and the Long Jump, Javelin and Pole Vault will be the first field events.

A Skyland Conference Invitational Relay meet will be held and a champion declared.

The scoring system is applicable in both Individual and Relay championships.
10-8-6-4-2-1 point system with all seeding to be done by cards on the day of the meets.

Awards for the Conference Invitational/Relays shall consist of medals – top six (6) places.

In the long jump/triple jump there will be three (3) jumps per competitor in double dual, four (4) jumps in just boy/girl meet.

Double Dual meet – 2nd heat can displace for third place.

Starting height for girls' pole vault will be 6 feet, boys' 9 feet or as agreed upon by the coaches.

Starting height for girls' high jump will be 4 feet, boys' 5 feet or as agreed upon by the coaches.

Coaches may nominate and vote for their own players and nominate players from other schools.

BOYS LACROSSE BY-LAWS

Should the visiting team arrive late, 15 minutes will be allowed for warm-up and the start of the game delayed. Junior varsity will be played simultaneously if fields and officials are available, otherwise the JV game will be played after the conclusion of the varsity game.

Officials will be assigned by the representative of the NJILL.

Coaches may nominate and vote for their own players and nominate players from other schools.

All-Conference selection process should be in conjunction with the All-State selection process.

GIRLS LACROSSE BY-LAWS

Coaches are responsible for their team members and spectators at visiting facilities. Director of Athletics are to be contacted immediately if their school, as visitors, misuses or abuses the home school facilities or does not cooperate in controlling spectators and team members.

Varsity games will start at 4:00 PM. Should the visiting team arrive late, 15 minutes will be allowed for warm-up and the start of the game delayed. Junior varsity will be played simultaneously if officials are available. (Otherwise, the JV game will be played after the conclusion of the varsity game.).

Rules of the game, field description, etc. are those of the US Lacrosse.

Tiebreaker rules are in accordance with NJSIAA rules and regulations.

CHEERLEADING BY-LAWS

The U.C.A. Competition Rule Book will be used for the Skyland Conference Cheerleading Competitions.

A minimum of three (3) scoring judges will be secured for Skyland Conference Competitions (divisional or finals) from Universal Cheerleaders Association – UCA.

Teams must have a minimum of twelve (12) participants and a maximum of thirty (30) participants to be eligible for either a divisional or league championship. Any team with fewer or more than the above mentioned number of participants may participate in only an exhibition fashion at the divisional competition. No varsity exhibitions are allowed at the finals.

Both the Raritan and Delaware divisions will potentially have an **ALL GIRLS CATEGORY** or a **CO-ED CATEGORY** for competition. The **ALL GIRLS CATEGORY** – will be a team comprised of all girls. The **CO-ED CATEGORY** – will be any team with one (1) or more boys participating on their competition squad. There must be five (5) teams competing in a category for a championship to be determined. Teams performing in a category that has less than five (5) teams involved will be doing an exhibition only. The top three (3) teams from each division will advance to the finals.

Each squad will have **two (2) minutes and thirty (30) seconds** to demonstrate their cheerleading style and expertise. Timing will begin with the first movement, voice, or note of music, whichever comes first.

Each squad's presentation must include at least one (1) cheer or sideline chant. If a squad uses music in its presentation, the musical portion must not exceed **one (1) minute and thirty (30) seconds**. (NO PENALTY for exceeding the time limit).

Participants must start in the competition area with at least one foot on the ground. Squads may line up anywhere inside the competition area. The competition area will be minimum of 54'x42'. A **two-point deduction per scoring judge** will be assessed each time a cheerleader steps out of the competition area while competing at both the divisional and finals competitions. **NOTE:** Any mat larger than 54'x42' may be used and no penalties will be assessed unless a cheerleader steps off the mat. NHSCC MAT SIZE – MINIMUM 54' X 42' – 9 STRIPS.

All introductions (tumbling, entrances, chants, spell-outs, etc.) are considered part of the routine and are timed as part of the performance. There should not be any organized exits or other activities after the official ending of the routine.

Stoppage of a performance: If, in the opinion of the **SITE MANAGER**, a squad's routine is interrupted because of failure of competition equipment (exclusive of music), facilities, or other factors attributable to the competition rather than squad, the squad affected should stop the routine. The squad will be allowed (only with approval of the site manager) to present its routine from the beginning. The site manager has final say in the decision. In the event that an injury occurs and it is serious enough to cause a stoppage, the respective team has a choice to forfeit or to start over without the injured cheerleader.

ICE HOCKEY BY-LAWS

NJSIAA and NFHS rules will be followed for Ice Hockey games.

An adult must be present at all times in the penalty box/scorers box during the game.

Once both teams have entered the ice, a ten (10) minute warm-up time will begin prior to the start of the game.

Ice cuts will be restricted to the intermission between the second and third periods of the game.

In the event that one team is ahead by ten (10) goals at any time after the end of the second period, the game will end.

The home team is responsible for all game pucks.

Coaches may nominate and vote for their own players and nominate players from other

schools.

FENCING BY-LAWS

1. School hosting meet or tournament is responsible for having site ready to fence and house other schools. This entails:
 - a. Strip surface is suitable and clean – swept and mopped. (not carpet)
 - b. Strip is regulation size, including run off on ends for *all* meets. (See rule book for size.)
 - c. Reels must be secured, away from team bench. Fencers are NOT to stand on or near reels to keep them in place.
 - d. Team “bench” of some kind (chairs, bench) are provided next to the strip for the visiting and opposing. Teams are to stay SEATED on team bench while fencing is going on.
 - e. Seating for spectators will be provided.

2. Coaches and captains are to shake hand and thank officials at end of meet.

3. Mentoring of new officials will be done at meets – either in discussion between bouts (being mindful of keeping meet running), or having new officials officiate after meet is decided (followed by discussion at end of meet.) with an aim to raise the proficiency of directors as well as to discover new officials.

4. NJSIAA rules which differ from USFA along with USFA rulebook will be at scorers table at all meets.
5. Meet protest (over officiating) must be put in writing and sent to Molly James. She will forward them to the Officials Association Co-chairs for review.
6. Visible score will be maintained at all meets – so spectators, coaches, players can see the score.
7. ALL SAFETY REGULATIONS – (including, but not limited to proper bib, correct jacket, complete plastron, regulation length socks) WILL BE ENFORCED AT ALL COMPETITIONS. This is a grave matter. THERE CAN BE NO EXCEPTIONS FOR ANY REASON!

BOWLING BY-LAWS

	1.	The Conference will follow the rules of the American Junior Bowling Alliance as per the NJSIAA.
	2.	There will be six (6) bowlers per team, three (3) on each pair of lanes.

	3.	Each set of lanes is a match in itself.
	4.	A match is based on 15 total possible points with one additional point for total wood to break ties.
	5.	All matches will be scored by scratch scores, no handicaps will be included. Season ending records should reflect 10 Conference W/L for boys and 8 Conference W/L for girls.
	6.	Record is kept by cumulative matches.
	7.	All scores will be faxed to the Conference bowling secretary the next morning.
	8.	There will be no smoking, drinking, profanity or unsportsmanlike conduct by student bowlers or coaches.
	9.	2006-2007 Conference bowling secretary is:
		Frank Mazzariello @ Immaculata
		Fax number: 908-218-7765
		The secretary's stipend is \$65.00 per team

ATHLETIC TRAINING BY-LAWS

1. Each member school, or member school's athletic department, will send out a medical information sheet to all competing schools. This information sheet will include:
 - A. The member school's athletic trainer's name or medical personnel.
 - B. The school's team physician's name or school medical examiner's name.
 - C. The school's Director of Athletics' name.
 - D. Services provided by the school or athletic trainer (water, ice...)Emergency contact numbers. (AD, Athletic Trainer, Athletic department, pagers...)
Hospital used for emergency cases.
Ambulance service currently utilized by athletic department.

The athletic trainer on staff will be registered with the New Jersey State Board of Medical Examiners. Athletic trainer must have up to date registration certification.

The athletic trainer will be governed by the rules and regulations set forth in the by-laws developed by the "Athletic Training Practice Act." Statutes and Regulations Governing the Practice of Athletic Training: State Board of Medical Examiners. Article 2B. 45:9-37-45 through 45:9-37-50.

In the event of multiple injuries, a simple medical evaluation triage technique will be used to determine order of injury treatment.

The sponsoring school's athletic trainer will evaluate and treat both the home and visiting teams in the absence of the opposing team's athletic trainer.

With multiple home contests, the athletic trainer coverage will be determined by the incidence of catastrophic injury rates for the competing athletic teams. (ARNHEIM & PRENTICE: 2000).

	<u>FALL</u>	<u>WINTER</u>	<u>SPRING</u>
	HIGH RATE	FOOTBALL	WRESTLING
			LACROSSE
B			

		GYMNASTICS	ICE HOCKEY	
G	MODERATE	SOCCER G/B	BASKETBALL G/B	LACROSSE
		FIELD HOCKEY	CHEERLEADING	
	VOLLEYBALL B	VOLLEYBALL G	FENCING	
	LOW	CROSS COUNTRY	TRACK G/B	TRACK G/B
		TENNIS G	SWIM G/B	TENNIS B
				GOLF

Injuries sustained by a visiting team's athlete will be documented and reported to the visiting team's athletic trainer as soon as possible following the incident. Please use attached form.

The conference athletic trainer will hold a beginning and end of the year meeting. These meetings will be held in September and in June respectively. Meeting times and places will be determined at the previous date. Current issues and concerns will be addressed at this time. **ALL ATHLETIC TRAINERS ARE ENCOURAGED TO ATTEND.**

All home varsity football contests will have the following individuals present for coverage: an athletic trainer, team physician, and EMS.

All other athletic coverage will be either on the field by the athletic trainer or with direct contact from the field to the athletic trainer.

SKYLAND CONFERENCE VISITING TEAM INJURY REPORT

Athlete's Name:		Date:	
High School:		Grade:	
Sport:		Injury Site:	
		R	L
History:			
Objective Findings: (Inspection, Palpation, Mobility and Special Tests)			

