

EXCELLENCE IN ATHLETICS

Bay State Conference

Sport-Specific Rules

TABLE OF CONTENTS

1. All-Sport Rules	13. Boys Swimming Rules
2. Athletic Trainers' Guidelines	14. Indoor Track Rules
3. Field Hockey	15. Wrestling Rules
4. Girls Swimming Rules	16. Ice Hockey Rules
5. Football Rules	17. Baseball Rules
6. Soccer Rules	18. Boys & Girls Lacrosse Rules
7. Boys and Girls Cross Country Rules	19. Girls Golf Rules
8. Boys Golf Rules	20. Boys Volleyball Rules
9. Girls Volleyball Rules	21. Softball Rules
10. Cheerleading and Dance Rules	22. Outdoor Track Rules
11. Basketball Rules	23. Boys and Girls Tennis Rules
12. Girls Gymnastics Rules	24. Rugby

Page numbers are omitted above because this document reflows to the paper size and printer used at export; use your PDF viewer's page list or bookmarks to navigate.

1. All-Sport Rules

The following rules should be followed by each Bay State Conference sport unless defined in the sport-specific rules. Regarding scheduling guidelines, in addition to what is below, see Article X of the BSC Constitution.

1. All contests will be played using NFHS rules with MIAA and BSC modifications, unless defined in sport-specific rules.
2. All MIAA rules and modifications will be adhered to at all levels for all sports.
3. Starting times will be 4:00pm unless otherwise noted, adjusted according to late dismissal times, field availability and lighting. No games may start prior to 3:30pm on school days unless mutually agreed upon (Fall daylight savings time: 3:15pm will be the league standard at the appropriate date).
4. For late bus arrivals, teams will have 20 minutes to warm up from when the bus arrives at the facility, but shall not start earlier than the scheduled start time. For stacked games, Varsity teams will have 10 minutes to warm up if starting after the scheduled start time.
5. Board-certified officials will be used in all contests whenever possible. Guidelines for reassignment of officials in cases of shortage: at the varsity level (unless specific sport rules dictate otherwise), if at least half the number of certified assigned officials are present, the game will be played. At the sub-varsity level, if no officials are present, the game will be played under the supervision of both coaching staffs. Sub-varsity officials may be reassigned to work the varsity game; however, every effort should be made to leave the sub-varsity official at their assigned game. Number of officials assigned to each sport and level: Varsity 2 (football = 5); Sub-Varsity 2 (recommended). Adult timekeepers should be used whenever possible; the home scorebook is the official scorebook.
6. Postponement policies: see Article X, Sections 7 and 8 of the BSC Constitution.
7. Pre- and post-season meetings will be held in all sports, prior to the first contest. A coach or designee must be in attendance at these meetings.
8. It is recommended that a media representative be selected for each sport, responsible for compiling league standings in that sport and reporting to all media outlets. Coaches are responsible for calling scores into the media, and must update records and standings with the BSC media representative.
9. The official ball will be listed in sport-specific BSC rules.
10. Uniforms and equipment: all home teams will wear the appropriate color jersey according to NFHS rules; exceptions must be BSC-approved.
11. The early dismissal of teams for BSC competition is at the discretion of each school.
12. No member of an athletic staff will engage in scouting of an opponent's practice session. Pre-season scrimmages may be scouted by consent of participating schools.
13. Ticket prices are home rule with BSC recommendations.
14. Coach and Student Disqualification Forms: it is recommended that all coaches carry MIAA game disqualification forms. The home team is responsible for completion of the form by the game official, and must present the completed form to the home athletic director within twenty-four hours.
15. All athletic teams must be accompanied by an adult school representative (approved by the school), who must remain with the team throughout the competition.
16. Authorized video-taping is allowed by all BSC schools in all sports, unless specific sport rules dictate otherwise.
17. If an official arrives at the contest site without prior notification, and the contest is subsequently postponed or suspended, the official will receive one-half fee.
18. Coaches should not shake hands with players; they shall shake hands with each other and monitor players at a convenient distance.

2. Athletic Trainers' Guidelines

1. A BSC Athletic Trainer's Directory is provided to each member school in order to better facilitate communications relative to areas concerning sports medicine.
2. All athletic trainers should regularly communicate with the opposing athletic director and coaches prior to games between the two schools. Specifics should include: any taping of opposing players; any specific medical problems of opposing players (allergies, bee stings, asthma, etc.); supplying ice and water; relaying information of injured players, especially if the player needs/requires hospitalization; and arranging game-site coverage.
3. Athletic Directors should keep the trainer directory in order to arrange game coverage if a school does not have a trainer on site. The trainer will provide information if an injured athlete warrants an insurance claim.
4. An athletic trainer must be in attendance at all BSC Championship events, BSC meets, and BSC Cheerleading and/or Dance competitions, as required by NFHS rules.
5. Return-to-play, per MIAA Rule 56: the athletic trainer and the team doctor have the final say on players returning to play after an injury; neither a coach nor an official shall make this decision.
6. Rule 56 point-of-emphasis, per Massachusetts Senate Bill 2469 (concussion law): athletic trainers and coaches must complete concussion education; schools must develop pre-participation forms wherein student-athletes and families may provide head-injury history; any student-athlete suspected of or diagnosed with concussion by a licensed medical professional must be removed from a practice or contest; school and/or medical staff must notify parent(s); a student-athlete suspected of or diagnosed with concussion may not return to participation without written authorization from a licensed physician, licensed neuropsychologist, certified athletic trainer, or other qualified and licensed medical professional.

7. School-to-school communication will occur to support Rule 56 notification policies (e.g. host school AD and/or LATC will communicate to visiting school AD and/or LATC regarding diagnosed or suspected head injury to a visiting student-athlete). Schools must be in compliance with Massachusetts Senate Bill 2449, requiring schools to provide an AED on the premises and at any school-sponsored athletic event, by July 1, 2018.

3. Field Hockey

BSC All-Sport Guidelines should be followed. Amendments and exceptions listed below.

1. All-Sport Rules / Schedules follow Article X of the BSC Constitution.
2. Default start times: Varsity 4:00pm, JV to follow; Frosh 4:00pm.
3. The varsity game is to be played first, then the junior varsity game, unless mutually agreed upon.
4. Time of halves, weather permitting: Varsity 30 minutes; Junior Varsity 25 minutes, running time.
5. The Conference provides field hockey officials for all games.
6. The home team will be the official scorer and official timer.
7. A tie game shall stand; no overtime.
8. Substitution: any player may leave a game and return any number of times on that team's free hit or corner, except during the first five minutes of a varsity game.
9. No one may play more than two halves of the varsity and junior varsity contests combined.
10. All coaches are reminded to instill characteristics of good sportsmanship in their players, and that proper language is to be used at all times.

4. Girls Swimming Rules

BSC All-Sport Guidelines should be followed. Amendments and exceptions listed below.

1. All-Sport Rules / Schedules follow Article X of the BSC Constitution.
2. Default start times: Varsity 4:00pm, JV to follow; Frosh 4:00pm.
3. Each school that sponsors swimming will compete against other BSC schools once in a season. BSC meets are usually scheduled on Tuesdays and Fridays, but remain dependent on the availability of officials; meet times/dates vary widely due to use of private pools. Every attempt is made to avoid conflicts between schools that use the same facility — the schedule is adjusted so that two teams sharing a home facility do not have home meets scheduled on the same date, which causes some variance in schedules annually.
4. If a team does not have divers, it forfeits the points to a team that does; points are based on the actual number of divers (covered under NFHS Rule 9). When a host facility does not have adequate pool depth along with a diving board, a stanchion and a fulcrum meeting NFHS Rule 9's requirements, the diving event will not be conducted — either at another site meeting these requirements, or the host team forfeits diving points for each diver with a legitimate dive sheet that the visiting team brings to the meet.
5. The Bona Fide Team Member Rule must be reviewed and understood by all coaches and athletes.
6. All schools shall submit liability binder insurance to each pool in the league.
7. Every effort will be made to hold the Conference Meet prior to the cut-off date each season.

5. Football Rules

BSC All-Sport Guidelines should be followed. Amendments and exceptions listed below.

1. All-Sport Rules / Schedules follow Article X of the BSC Constitution.
2. Each school will play all divisional opponents. The default day and time for Varsity contests is Friday at 6:00pm; sub-varsity games are played at the opposite site as Varsity contests, on the subsequent Saturday, unless mutually agreed upon. The default for Thanksgiving Day games is 10:00am. Other date or time changes may be necessary, and are allowed, due to holidays, field problems, SATs, PSATs, or DST.
3. Varsity periods shall be 12 minutes in length (10 minutes for sub-varsity).
4. There shall be 5 officials and a game clock operator appointed by the league assignor for each game.
5. A league football game called off on Friday must be rescheduled for the following Saturday; on Saturday, for the following Sunday; on Sunday, for the following Monday; on Monday, by mutual consent of the Athletic Directors.
6. If a junior varsity game is called off on Monday, it shall be canceled for that game week, or played later in the season.
7. Exchange of game tapes: videos of the last two games will be uploaded to Hudl by noon the day after the most recent game.

8. Only Captains are to be at midfield at the coin toss; everyone else will be on the sidelines.
9. Inclement Weather Rule: the home team may rule its field unplayable, eliminating the need for the visiting team to travel. If the home team feels the field is playable and asks the visiting team to travel, the visiting team is obligated to do so unless at least two other Bay State Conference games have already been called off; in that case, the visiting team may refuse to play and the game must be rescheduled. Once both teams arrive at the field, the two Athletic Directors shall check the field and decide on a course of action. If one team wants to play and the other does not, the two-or-more-postponements standard above applies; if there are not two other postponements and one team refuses to play, the other team may ask the Conference to award a forfeit.
10. Participants may play in only one junior varsity or freshman game during any week; game participation should not exceed the equivalent of one full game each week. Exception: rather than cancel a sub-varsity game, a school may use other sub-varsity players within reason.
11. A tie-breaker will be played in all BSC varsity football games, consistent with NFHS and MIAA overtime procedures.
12. No still pictures or video-taping may be taken for scouting purposes, except as allowed by league-authorized tape exchange.
13. In games suspended at the discretion of the officials due to light failure or other uncontrolled reasons, the team that is behind has the option to call the game “over” or pick it up at that point on the next available date.

6. Soccer Rules

BSC All-Sport Guidelines should be followed. Amendments and exceptions listed below.

1. All-Sport Rules / Schedules follow Article X of the BSC Constitution.
2. Default start times: Varsity 4:00pm, JV to follow; Frosh 4:00pm. The BSC plays boys' varsity and junior varsity soccer at one site and girls' varsity and junior varsity soccer at the opposite site on every scheduled date.
3. Freshman B/G Soccer: scheduled on dates when varsity and junior varsity are not scheduled to play, following the same schedule as varsity/JV boys' and girls' soccer where possible.
4. There shall be at least two board officials assigned to all Varsity games.
5. Official time will be kept by the officials on the field.
6. The BSC Champions (divisional) will be determined by the best Won-Lost Record, using 2 points for a win, 1 point for a tie, and 0 points for a loss.
7. Junior Varsity games will be played with a minimum of seven players, at equal strength (7v7).
8. Varsity games will be 40-minute halves with no overtime. Sub-varsity games shall be 35-minute halves with no overtime.

7. Boys and Girls Cross Country Rules

BSC All-Sport Guidelines should be followed. Amendments and exceptions listed below.

1. All-Sport Rules / Schedules follow Article X of the BSC Constitution.
2. Default start times: Varsity 4:00pm.
3. Both genders run at the same site on the same day; each school runs against all other schools once. The schedule consists of 3 dual meets and 4 tri-meets. Meet sites change every year; tri-meet sites rotate through a three-year cycle. Particular attention is paid to the dates of large invitationals and state meets when scheduling. A meet consists of a varsity boys' race, a varsity girls' race, and either separate junior varsity races by sex or a single combined co-ed race for junior varsities. The order of varsity races alternates yearly. The junior varsity race precedes the varsity races, unless conditions dictate otherwise.
4. Course maps are maintained electronically and should be updated at preseason meetings if necessary.
5. Order of races for Dual/Tri/Quad Meets: a combined Junior Varsity heat is contested first (visiting coaches call ahead with expected participation numbers). Varsity Boys and Girls races follow JV and alternate each year in order of start — Boys first in even-numbered years, Girls first in odd-numbered years.
6. BSC Conference Meet: typically the last Saturday in October, with the order of events following the same yearly rotational basis by gender as dual/tri/quad meets. Officials are arranged by the host school and the AD-in-charge of the sport. Registration: coaches email rosters (full name and year of graduation) to the meet director, who provides race numbers, pins and quick score sheets. Tabulation of team scores for meet champions is “unofficial” and not recognized by the BSC. Adopted in 2011: teams may enter a maximum of 10 runners in the Varsity heat of the BSC Championship Meet.
7. League Representative to News Media: call or email every week before noon on Sunday with all results; all coaches must call meet results into media outlets.
8. Each team will determine its course length as long as it does not exceed rule length.
9. Although not mandatory, it is recommended to have at least one official assigned by each school.
10. Tri-meets or more will be scored on a dual-meet basis.
11. Scoring of races is by the two-man displacement method. A shutout score is 15–50. In case of a tie, the sixth and seventh runners determine the score.
12. The BSC Champions (divisional) will be determined by the best Won-Lost record in the overall dual/tri/quad meet schedule.

13. The home team is responsible for marking the course so there is no question as to direction; the finish line must be well defined, by a line or easily identifiable stakes or markers. Adequate time should be allowed for visiting teams to tour and become familiar with the course before a meet.
14. Any individual not staying within the prescribed limits of a course shall be disqualified, unless they have retraced their steps from the point of infraction.
15. The home team is responsible for providing adequate spotting along the course where needed, such as dangerous intersections, blind crossings, heavily traveled roads, etc.
16. Runners shall be handed a stick or card showing their placing as they cross the finish line.

8. Boys Golf Rules

BSC All-Sport Guidelines should be followed. Amendments and exceptions listed below.

1. All-Sport Rules / Schedules follow Article X of the BSC Constitution.
2. Default start times: Varsity & JV 3:30pm.
3. All contests will be played using USGA rules with MIAA and BSC modifications.
4. Starting times will be 3:30pm unless otherwise noted.
5. Scheduling: once-around schedule beginning Fall '10, using the same order as football. The schedule is much more compressed due to the early MIAA cut-off date; three matches per week is commonplace. Home course restrictions drive the schedule.
6. Nine holes constitute a completed match. If play must be suspended due to darkness, only points scored to that point count; each group must play a minimum of 5 holes.
7. No officials are assigned to matches.
8. There is no official match ball, but it must conform to USGA rules.
9. Championship (divisional) will be determined by best overall league Won-Lost record.
10. **Match Format:** a team shall consist of 8 players and 2 alternates. Scoring is determined by the Stableford Scoring System (March 2014): the top eight players for each team are designated and play in the match proper; each player's Stableford Score is added to find the team's Stableford Score; the team with the highest score wins the match (a tied match is recorded as a tie). Points are awarded for each hole, to each player, per USGA-recommended values plus 1 point: Albatross (three under par) 5 points; Eagle (two under par) 4 points; Birdie (one under par) 3 points; Par 2 points; Bogey (one over par) 1 point; Double Bogey or higher (two or more over par) 0 points.
11. Teammates playing in the same group may give each other advice (as partners would in best-ball match play). To maintain pace of play, coaches will encourage all players to pick up their ball after reaching a double bogey's worth of strokes on any given hole; no putts will be conceded unless a player has reached that number of strokes. Unless otherwise arranged, only the 8 visiting players and their coaches will play. In the event of inclement weather, the home team shall communicate with the visiting team by 1:00pm. Teams must follow USGA rules at all times except as modified by local rules, and must show consideration for club members and property. Golf matches consist of nine holes; order of match play: #1–4 must play in their respective positions, all other players may be placed in any remaining position. Preferred lies are allowed in any area cut to fairway height or less, including approaches and collars of greens. No electronic devices of any kind are allowed on the course, with the exception of range finders. Golf shirts are compulsory at all matches; no jeans or t-shirts — improperly dressed players are not allowed to play. No caddies are allowed during play. Two or more players from each team compete in the Bay State Conference Match, at a course determined by the host; each school supplies one sleeve per player. The individual champion is awarded the Robert "Bobby" Crook Trophy. The first-place team is awarded the Dan McKenna Memorial Trophy, displayed at their school for the year. Starting time is determined by the hosting course. If play must be suspended due to darkness, only points scored to that point count. The all-star format is determined by the coaches and the golf subcommittee.

9. Girls Volleyball Rules

BSC All-Sport Guidelines should be followed. Amendments and exceptions listed below.

1. All-Sport Rules / Schedules follow Article X of the BSC Constitution.
2. Default start times: Varsity 4:00pm, JV/Frosh to follow.
3. NFHS Women's Rules shall be used, with MIAA modifications. All varsity matches are 3 out of 5 games, played to 25 points using rally scoring; the 5th varsity game is played to 15 points. Junior Varsity (and any sub-varsity) matches are best 2 out of 3, played to 25 points using rally scoring.
4. Order of competition: afternoon games, Varsity first, sub-varsity second; evening games, sub-varsity first, Varsity second (order may change by mutual agreement of both schools).
5. The home team must provide two individuals for the score table: a scoreboard operator and a score-sheet keeper, plus "libero" tracking.
6. Both teams must provide score sheets and line-up sheets.
7. Each team will provide linespersons to assist officials, situated one at each "left back corner" of the court.
8. An official volleyball net shall be provided, with a strip of white tape at either end over the sideline; antennas must also be used.

9. A multi-colored ball must be used for all BSC contests.
10. Both sub-varsity matches must have at least one assigned official.

10. Cheerleading and Dance Rules

BSC All-Sport Guidelines should be followed. Amendments and exceptions listed below.

1. All-Sport Rules / Schedules follow Article X of the BSC Constitution.
2. Cheerleading and Dance are governed by the MSSAA (Massachusetts Secondary Schools Administrators Association).
3. Each member school that offers Cheerleading and Dance during the Fall and/or Winter seasons must register with the MSSAA and be sanctioned for competition.
4. The Bay State Conference supports Cheerleading competitions twice per year (Fall and Winter).
5. The Bay State Conference supports Dance competitions once per year (Winter).
6. All competitions will be conducted using NFHS Spirit rules with MSSAA and BSC modifications.
7. All MSSAA rules and modifications will be adhered to at all levels for Cheerleading and Dance.
8. BSC competition dates will be determined based on the date of the Regional competition for Cheerleading.
9. All BSC schools that offer Cheerleading and/or Dance must compete at the competition during that season.
10. Dance teams and Junior Varsity Cheerleading team(s) wishing to perform as an exhibition during the Fall and Winter seasons must inform the Athletic Director in Charge of Sport.
11. Coaches have recommended 8 certified line judges and a penalty judge to be assigned by the MSSAA for competitions; as few as four certified line judges and a penalty judge are capable of scoring a competition.
12. Trophies (places) will be awarded to the top three place finishers.
13. Pre- and post-season meetings will be held; a coach or designee must be in attendance.
14. All-Star Nominations: each school competing in a BSC Championship competition may select one All-Conference Selection and one Honorable Mention for recognition at the BSC competition.

11. Basketball Rules

BSC All-Sport Guidelines should be followed. Amendments and exceptions listed below.

1. All-Sport Rules / Schedules follow Article X of the BSC Constitution.
2. Start times: Freshmen 3:45pm, JV 5:00pm, Varsity 6:30pm; varsity teams have 10 minutes for warm-ups, sub-varsity games 5 minutes; halftime break is 5 minutes for sub-varsity, 10 minutes for varsity (may be changed by mutual consent).
3. An adult timer will be used in all Varsity games.
4. If the freshman game starts after 4:15pm, two 20-minute halves will be played with running time, except the last 2 minutes of each half.
5. Freshman teams should be dressed on arrival: 7-minute warm-up, 5-minute halftime.
6. Any sub-varsity league game that goes to overtime will play a 4-minute overtime period; first team to score wins.

12. Girls Gymnastics Rules

BSC All-Sport Guidelines should be followed. Amendments and exceptions listed below.

1. All-Sport Rules / Schedules follow Article X of the BSC Constitution.
2. Default start times: Frosh 3:45pm, JV 5:15pm, Varsity 6:30pm.
3. **Order of Events:** Uneven Bars, Balance Beam, Vaulting, Floor Exercise. The BSC preference is split judging — Uneven Bars and Vault take place simultaneously, with one gymnast waiting for the other team to dismount; the final events, Balance Beam then Floor Exercise, run with judges together and teams alternating competitors. If split judging is not desired by one or both coaches, or only one judge is available, the order is Uneven Bars, Balance Beam, Vault, and Floor Exercise. The choice to split judging is made by the coaches.
4. Entries: six participants may be entered in each event; two participants may compete in the all-around.
5. Scoring: the top four scores in each event count toward the team total.
6. Scoring set-up: the home school provides a “score table” for meet scoring, accommodating the master scorer for both teams. Officials write scores on a “score slip” sent to the head table via a meet runner (following a team with a score sheet and recording flashed scores is not appropriate).

7. Home team expectations: 2 chairs for judges, 1 runner for scores, 1 score indicator, and proper safety/landing mats (4-inch mats recommended); each team provides its own score sheet and scorekeeper.
8. Judges are assigned by the Commissioner, two per meet if available (one is allowable); judges must sign all score sheets.
9. Teams should arrive one hour before competition for warm-up (minimum 30 minutes in case of delay); warm-up time/order may be altered by coaches' agreement. A two-minute touch is allowed on the floor exercise immediately before competition on that event.
10. Each coach is responsible for calling in results to the Boston Globe and Boston Herald, and to the league coordinator, before Sunday.
11. **BSC Meet Format:** each team is allowed 6 entries per event, including two all-around competitors. There is a team score, and the top-performing team is recognized at the meet.

13. Boys Swimming Rules

BSC All-Sport Guidelines should be followed. Amendments and exceptions listed below.

1. All-Sport Rules / Schedules follow Article X of the BSC Constitution.
2. If a team does not have divers, it forfeits the points to a team that does; points are based on the actual number of divers (covered by NFHS Rule 9).
3. The Bona Fide Team Member Rule must be reviewed and understood by all coaches and athletes.
4. All schools shall submit liability binder insurance to each pool in the league.
5. The Conference Meet will be held each season prior to the cut-off date, over two separate days: the first for diving and the 500 freestyle, the second for all other events.

14. Indoor Track Rules

BSC All-Sport Guidelines should be followed. Amendments and exceptions listed below.

1. All-Sport Rules / Schedules follow Article X of the BSC Constitution.
2. Default start times: Varsity 4:00pm.
3. Typically, seven meet dates are requested and provided at the Reggie Lewis Center. The first five dates are scheduled against divisional opponents; the sixth is scheduled for an open invitational; the seventh is reserved for the Conference Meet. In the event of cancellations, the first rescheduling priority is completing the dual-meet schedule, and the second is preserving the Conference Meet.
4. Meets are held at the Reggie Lewis Center; times are announced at the league meeting. Junior Varsity meets are established at the pre-season meeting.
5. Respect the facility — no food or drink allowed; observe all Reggie Lewis Center rules. Use barrels provided to dispose of debris.
6. No spikes allowed in dual meets; ¼" pyramid spikes allowed in Championship meets only.
7. Use the side entrance only (New Dudley St.) for bus/team drop-off.
8. Order of Events and Number of Entries: gender order for running events rotates yearly. Order: Oval; 1 Mile (5); 1000M (5); 600M (5); 300M (3); 2 Mile (3); 4x200M Relay (scoring event as of 2013–14; heats of 4 unless under 35 minutes remain in the meet block, then heats of 6); 4x400M Relay; JV oval races (Miles 15 minutes prior to Varsity start, others at conclusion of relays, time permitting); Straightaway/Field; High Jump (3, alternate jumpers, 5-Alive Rule, B/G simultaneous per MIAA standards); Shot Put (4, B/G, alternate gender order by meet block); Long Jump (3, G/B, 3 attempts, alternate gender order by meet block — scoring event beginning 2010–11); 55M Hurdles (4, at conclusion of HJ, JV heats follow V); 55M Dash (4, JV heats follow V).
9. Entry limitations and false-start rule: maximum 2 running events + 1 field event, or 2 field + 1 running (voted 2016); a relay counts as a running event; no 2 running events greater than 400M. Preferred lanes for 300M/4x2/4x4: 6,5,4,3,2,1 (300M dual format: Team A in 6,4,2, Team B in 5,3,1). One false start results in disqualification.
10. Conference numbers assigned via LYNX/Hy-Tek (approved 2004); all rosters submitted electronically before the season with names, years of graduation, and bib numbers; bib numbers worn on front (Hy-Tek) plus hip numbers (LYNX); entries submitted on cards with event, school, competitors and bib numbers clearly printed, one card per team per event, runners listed by preferred lane placement, field-event athletes by flight order. Mile entry cards must be submitted on arrival; all other entry cards submitted by the start of the preceding event.
11. Rules of note: school uniforms strictly follow the National Federation rule, with disqualification for non-conformance; the NFHS Jewelry Rule was eliminated effective 2014–15 (officials retain discretion on safety issues); one coach per team may assist in tracking laps for the 2-mile run; athletes must refrain from diving onto mats at the end of straightaway races or be subject to disqualification; coaching from the infield is a rules violation, with warnings/disqualifications enforced.
12. League representatives for news media: the Commissioner calls in results and standings to the Globe and Herald; coaches call in dual-meet results to local papers; the Hy-Tek operator posts performance lists online.

13. Conference Meet: minimum 2 entries per event, including automatic qualification for any athlete meeting the lowest MIAA Division standard (2011), plus 3 Wild Cards per team; order of events follows MIAA format. Entries via Direct Athletics must use exact times/distances (no rounding) to ensure proper seeding; non-BSC performances are allowed for seeding. Participation limits for individuals are consistent with MIAA format (any three events, as of 2013–14).
14. BSC Indoor Track assigned bib-number ranges: Braintree 1–99; Milton 200–299; Needham 400–499; Wellesley 500–599; Framingham 600–699; Natick 700–799; Newton North 800–899; Walpole 900–999; Brookline 1000–1099; Weymouth 1100–1199.

15. Wrestling Rules

BSC All-Sport Guidelines should be followed. Amendments and exceptions listed below.

1. All-Sport Rules / Schedules follow Article X of the BSC Constitution.
2. Default start times: Varsity 4:00pm.
3. Weighing-in of wrestlers: schools may weigh in wrestlers at their home school on the day of the meet, only during the 60-minute period immediately prior to the beginning of the academic school day. For matches beginning after 3:00pm on a non-school day, a single 60-minute weigh-in period between 6:00am and 12:00 noon is allowed; a wrestler who makes weight at the earlier weigh-in is allowed an additional three pounds at the match-site weigh-in. Any wrestler failing to make weight at the earlier weigh-in must make scratch weight at the site weigh-in; actual weights will be recorded. Home management shall, each year prior to the first home meet, have the weigh-in scale certified and officially sealed. A 2-lb allowance applies during weekday meets.
4. Where the referee is required to be there one hour before a varsity match, all JV matches should be completed before the start of the varsity match. A JV match held on the same date as the Varsity match, officiated by the same official, will be conducted as 3 two-minute periods.
5. Meet Management: Quad Meet (all BSC teams) — flip for order of matches. Tri-meet (all BSC teams) — flip for order of matches. Tri-meet (2 BSC and 1 non-league) — BSC must compete first unless mutually agreed upon by coaches.

16. Ice Hockey Rules

BSC All-Sport Guidelines should be followed. Amendments and exceptions listed below.

1. All-Sport Rules / Schedules follow Article X of the BSC Constitution.
2. Default start times: Varsity 4:00pm, JV to follow; Frosh 4:00pm.
3. Games will start at times determined by the home team and the ice facility they use.
4. All games are 3 fifteen-minute periods; pregame warm-up time is 5–7 minutes.
5. Overtime will follow the MIAA procedure for regular season: 4-on-4 for 5 minutes.
6. There shall be two board officials assigned to both Varsity and Junior Varsity games.
7. All pucks used must be black in color.
8. The Championship will be determined using two points for a win, one point for a tie, and zero points for a loss.
9. The home team will be responsible for: ice rental; an adult timer; a doctor, LATC or EMT (required for all varsity contests, strongly recommended for sub-varsity); and a Game Administrator present at all Varsity games.
10. All-Star Selection: amended 5/31/17 (see Article 11, Section C of the BSC Constitution's all-star rules).

17. Baseball Rules

BSC All-Sport Guidelines should be followed. Amendments and exceptions listed below.

1. All-Sport Rules / Schedules follow Article X of the BSC Constitution.
2. Default start times: Varsity 4:00pm, JV to follow; Frosh 4:00pm.
3. NFHS rules will be used, with the MIAA DH rule.
4. The home team should begin infield warm-ups 30 minutes prior to the start of a game; each team is allotted 10 minutes for warm-ups. If a team arrives late, the game will begin twenty minutes after the bus arrives.
5. Two umpires each for Varsity and Sub-Varsity games are desired. Varsity games must be played with a minimum of one umpire; sub-varsity games must be played even if no umpires are present (coaches will umpire). The Varsity may bring up one umpire from the JV game if two JV umpires are present. When only one umpire is present, that umpire works behind the plate.
6. Night games may be played if mutually agreed upon by both teams.
7. Coaches are to provide duplicate cards showing the batting order; one to the umpire, the other to the opposing team.
8. Suspended games will be played to completion on the next available date.

9. Coaches are to select an All-Star Team as set by the BSC Constitution criteria.
10. All JV games shall be played to completion and not stopped because the Varsity game ends.
11. Varsity games are seven innings in length; a postponed game shall be played on the next available date (the first date both teams are open). Sub-varsity games are also seven innings. When rescheduling, teams do not need to play 4 games in a row or 5 games in a week.
12. If the home team has a facility available for a weekend make-up date, the game must be played. Sunday is not considered a playing date unless mutually agreed by both schools.
13. The “hidden ball play” is accepted for Varsity games only.
14. Teams are allowed the option of using uniformed coaches to coach the bases in league play (2014).
15. Schools may move scheduled games off Prom days; consent of both schools is required to reschedule the game for the day after the prom.
16. Lights may be turned on to complete a game if the coaches agree prior to the game.
17. If the Varsity Coach is ejected, a school-approved coach must be present within 15 minutes for the game to continue, or it will be called a forfeit.
18. Games shall not be moved to an earlier date in anticipation of poor weather, creating an unfair competitive advantage. If umpires are available for all games to move, all schools have the option to move, or the league may vote.
19. Varsity coaches must be in full game uniform for all games.
20. The official ball shall be the MIAA ball or equivalent.

18. Boys & Girls Lacrosse Rules

BSC All-Sport Guidelines should be followed. Amendments and exceptions listed below.

1. All-Sport Rules / Schedules follow Article X of the BSC Constitution.
2. Default start times: Varsity 4:00pm, JV to follow; Frosh 4:00pm.
3. Sub-varsity games will not go to overtime.

19. Girls Golf Rules

BSC All-Sport Guidelines should be followed. Amendments and exceptions listed below.

1. All-Sport Rules / Schedules follow Article X of the BSC Constitution.
2. Default start times: Varsity 3:30pm.
3. All contests will be played using USGA rules with MIAA and BSC modifications.
4. Starting times will be 3:30pm unless otherwise noted.
5. Nine holes constitute a completed match. If play must be suspended due to darkness, only points scored to that point count; each group must play a minimum of 5 holes.
6. No officials are assigned to matches.
7. There is no official match ball, but it must conform to USGA rules.
8. Championship (divisional) will be determined by best overall league Won-Lost record.
9. **Match Format:** a team shall consist of 6 players and 2 alternates. Scoring is determined by Head-to-Head Match Play; coaches assign their top four players in order in the four groups playing the match. Teammates playing in the same group may give each other advice (as partners would in best-ball match play). To maintain pace of play, coaches will encourage all players to pick up their ball after reaching a double bogey's worth of strokes on any given hole; no putts will be conceded unless a player has reached that number of strokes. Unless otherwise arranged, only the 6 visiting players and their coaches will play. In the event of inclement weather, the home team shall communicate with the visiting team by 1:00pm. Teams must follow USGA rules at all times except as modified by local rules, and must show consideration for club members and property. Golf matches consist of nine holes; order of match play: #1–4 must play in their respective positions, all other players may be placed in any remaining position. Preferred lies are allowed in any area cut to fairway height or less, including approaches and collars of greens. No electronic devices of any kind are allowed on the course, with the exception of range finders. Golf shirts are compulsory at all matches; no jeans, t-shirts or shorts — improperly dressed players are not allowed to play. No caddies are allowed during play. Two or more players from each team compete in the Bay State Conference Match, at a course determined by the host; each school supplies one sleeve of golf balls per player. The individual champion and first-place team are each awarded a trophy, the team trophy displayed at their school for the year. Starting time is determined by the hosting course. If play must be suspended due to darkness, only points scored to that point count. The all-star format is determined by the coaches and the golf subcommittee.

20. Boys Volleyball Rules

BSC All-Sport Guidelines should be followed. Amendments and exceptions listed below.

1. All-Sport Rules / Schedules follow Article X of the BSC Constitution.
2. Default start times: Varsity 4:00pm, JV/Frosh to follow.
3. NFHS Men's Rules shall be used, with MIAA modifications. All varsity matches are 3 out of 5 games, played to 25 points using rally scoring; the 5th varsity game is played to 15 points. Junior Varsity (and any sub-varsity) matches are best 2 out of 3, played to 25 points using rally scoring.
4. Order of competition: afternoon games, Varsity first, sub-varsity second; evening games, sub-varsity first, Varsity second (order may change by mutual agreement of both schools).
5. The home team must provide two individuals for the score table: a scoreboard operator and a score-sheet keeper, plus "libero" tracking.
6. Both teams must provide score sheets and line-up sheets.
7. Each team will provide linespersons to assist officials, situated one at each "left back corner" of the court.
8. An official volleyball net shall be provided, with a strip of white tape at either end over the sideline; antennas must also be used.
9. A multi-colored ball must be used for all BSC contests.
10. Both sub-varsity matches must have at least one assigned official.

21. Softball Rules

BSC All-Sport Guidelines should be followed. Amendments and exceptions listed below.

1. All-Sport Rules / Schedules follow Article X of the BSC Constitution.
2. Default start times: Varsity 4:00pm, JV to follow; Frosh 4:00pm.
3. The home team should begin infield warm-ups 30 minutes prior to the start of a game; each team is allotted 10 minutes for warm-ups. If a team arrives late, the game will begin twenty minutes after the bus arrives.
4. Two umpires must be assigned per Varsity game, one per JV game. If only one umpire shows for the varsity game, and upon agreement of both coaches, the JV umpire is brought up as the second umpire (requiring JV coaches to officiate their own game). Lineup cards must be presented to the umpire-in-chief when reviewing ground rules.
5. Anyone warming up the pitcher prior to the start of a half-inning must wear a mask, helmet and throat guard; this includes coaches and parents.
6. A freshman team short of players may use sophomores, who may play in both the freshman and junior varsity games; prior notification of the opponent is required.
7. All fields must have a backstop for all varsity games and, if possible, fences in front of the benches.
8. The home team shall have the fields marked with foul lines, batter's boxes, and an 8' pitcher's circle; coaches' boxes should also be provided.
9. No new inning will begin after 5:45 in JV and freshman games.
10. Stealing will be allowed at all 3 levels of competition; coaches of freshman teams should refrain from stealing after they go up by 10 or more runs.
11. A 10-run "slaughter" rule is in effect after 4½ innings at all levels (amended 6/5/09). In seven-inning games, a game is terminated after the completion of five at-bats for the team that is behind, if the team in the lead is ahead by ten or more runs. After the middle of the fifth inning and beyond, once the home team establishes a ten-run margin, the game is terminated immediately. If the visiting team goes ahead by ten or more runs in the top of the sixth or seventh inning, the home team is allowed to bat in their half of the inning; if the home team reduces the margin below ten runs in that half-inning, the game continues to its normal completion or until the ten-run rule is re-established.
12. By unanimous vote of the Athletic Directors, upon recommendation from the coaches, all Varsity games ending in a tie will be played until there is a winner; home-rule "lights out" will prevail.
13. All suspended games are played from the point of suspension, not re-played; there is an option for the losing team to call the game.
14. The MIAA recommends installation of safety bases and a double first base.

22. Outdoor Track Rules

BSC All-Sport Guidelines should be followed. Amendments and exceptions listed below.

1. All-Sport Rules / Schedules follow Article X of the BSC Constitution.
2. Default start times: Varsity 4:00pm.

3. Track and Field events are contested per NFHS rules, with MIAA and BSC modifications. Equipment/uniform notes: non-rubber discus only; 4K (girls) and 12# (boys) shot puts must be stamped; javelins must have a stamp/label identifying compliance with 1999 rule specifications; maximum ¼" spikes on all tracks and runways; teams should bring 2 tape measures and 3 starting blocks to away meets and check with the opposing coach regarding extra hurdles/bars; uniforms must be school-issued with school name/insignia/colors.
4. The BSC Assignor of Officials for Outdoor Track assigns a minimum of two certified officials per dual meet and three per tri-meet; each school contracts and pays for its own additional officials for home and away meets. The Conference contracts 4 officials and a timing system for the Conference League Meet, with each school assigned and paying for one official. Dual meets run with 8 officials (home school pays all officials); if a school is short, sufficient advance notice must be given so additional officials can be contracted. The starter should be the best official of the eight available. The Conference League Meet runs with 14 certified officials plus 1 assistant per field event (each school supplies one assistant in one gender of one field event); as above, sufficient advance notice must be given in the event of a shortage.
5. Order of Events, Starting Heights and Varsity Participation Limits for Dual/Tri-meets (updated 3/12/13): running events begin at 4:00pm, Varsity followed by JV — B/G 2 Mile Run (unlimited, alternating years); 110M High Hurdles (4); 100M Hurdles (4); 100M Dash B/G (3); Mile Run B/G (unlimited); 4x100M Relay B/G; 400M Dash B/G (3); 400M Hurdles B/G (4); 800M Run B/G (unlimited); 200M Dash B/G (3); B/G 2 Mile Run (unlimited, alternating years); 4x400M Relay B/G. Field events also begin at 4:00pm (a 10-minute rule applies for athletes returning to a field event from a running event): Long Jump/Triple Jump — regardless of pit availability, Boys order is LJ/TJ and Girls order is TJ/LJ (6); High Jump — girls followed by boys (6), starting heights Girls 4'2" (up 2" to 5', then 1" thereafter), Boys 5'2" (up 2" to 6', then 1" thereafter, with adjustments for odd/even-inch MIAA qualification standards); Shot Put — boys followed by girls (6), girls' 4K shot marked; Discus — girls followed by boys (6), non-rubber discus only; Javelin — girls followed by boys (6), 1999-rule javelins with stamp. Maximum of 2 running events and 1 field event, or 1 running and 2 field events, for any individual athlete; no 2 running events greater than 400M for any individual athlete.
6. Conference Championship Meet: typically scheduled within a week of the MIAA cut-off date; start time may be adjusted to avoid AP testing and/or other conflicts; order of events coincides with MIAA format (2011), following State Meet rules (adopted 2011, e.g. any 3 events as of 2014). Team participation limits: 2 per event, plus automatic Conference Meet qualification for any athlete meeting the lowest MIAA Division standard (2011), plus 3 Wild Cards per team.
7. Awards — All-Star Selection: amended 5/31/17 (see Article 11, Section C of the BSC Constitution's all-star rules). At the post-season meeting, coaches select a maximum of 32 girls and 32 boys for first-team all-conference honors.

23. Boys and Girls Tennis Rules

BSC All-Sport Guidelines should be followed. Amendments and exceptions listed below.

1. All-Sport Rules / Schedules follow Article X of the BSC Constitution.
2. Default start times: Varsity 4:00pm, JV to follow.
3. All matches will be best 2 of 3 sets; no officials are assigned to BSC matches.
4. Each team consists of first singles, second singles, third singles, first doubles, and second doubles.
5. Each match is worth one point.
6. The first team to win three points is the winner.
7. A set consists of six games; the winner is the first player to reach six games with a two-game advantage (e.g. 6–4). In the event of a tie (e.g. 6–6), a twelve-point tie-breaker is played, won by the first player to reach seven points with a two-point advantage (e.g. 10–8).
8. In the event of doubleheaders or weather, a pro-set format may be used by mutual consent.