

LITTLE FIR LEAGUE HANDBOOK

MISSION STATEMENT

The purpose of the Little Fir League is to promote the spirit of athletic competition between member schools with an emphasis on sportsmanship, teamwork, participation and development of basic skills. To this end, coaches, referees and league members will model appropriate behavior during all league activities.

WITHDRAWAL DURING COMPETITION

- A. If a coach removes his/her team from competition prior to completion of That competition, it shall be considered a gross act of unsportsmanlike Conduct.
- B. In such a case, the offending school shall forfeit the contest and an Administrator of the responsible school shall write a letter of explanation And/or apology to both the LFL and the opposing school.
- C. The offending school shall be responsible for either transportation expenses or officials' fees of the opponent... whichever is applicable.

LITTLE FIR LEAGUE BY-LAWS

Article I – League Expenses/Due

- A. The League Treasury will remain at one school until it becomes necessary to move it to another.
 - 1. League dues will be waived for the school functioning as the treasury. Amended 10/21/15
- B. The cost of hosting a tournament, jamboree or district track meet will be shared equally among all participating teams. Allowable costs will include referees, plaques, ribbons and supplies purchased for the purpose of putting on the event
- C. **Little Fir League annual dues shall be paid on or before September 25 of a current school year. The League Treasury will be responsible for remittance of league dues. League dues will be \$100.00 per year.**
- D. The Little Fir League will pay, the school hosting the district Track Meet, the sum of \$25 per school attending. This cost may be raised or lowered from year to year as seen fit by the league Athletic Directors. **(2014)**

Amended 2017; Revised April 2021

Article II – Order

League meetings shall be conducted on a formal basis, with Robert’s Rules of Order being used as a guideline.

Article III – Committees

The President may appoint any committee, when he/she deems it necessary, or the league may direct that a committee be formed. ***The accepting of a new member school or team will require a vote of a simple majority of the membership present at that time. They will decide if a new member is to be accepted. (Revised 2019) The league may be rebalanced at that time. (Amended 8/20/19*** All committees shall be ad hoc.

Article IV - Meetings

Meetings will be held in August, October, February and May. The first meeting of the year will be scheduled at the discretion of the League President, during the last week of August. There shall be at least one week’s notice, with an agenda included, before each meeting.

Article V – League Chairmanship

League Chairmanship/President is to be passed from school to school alphabetically and any school refusing to take their turn will be dropped from the league and the next school will take the chairmanship duties. Duties include conducting the meetings, resolving disputes between schools, and the responsibility of ordering the awards for tournaments and the District Track meet as stated in Article XVIII of this document.

Article VI – Scheduling

- A. Assignments for setting up schedules will be made at the May meeting. All members will share responsibility.
- B. Starting time for all games and meets will be 4:30 p.m. unless, the competing teams agree on a change in advance.

- C. Schools unable to meet their commitments for a game or meet, will immediately contact the opposing school involved and forfeit the contest or reschedule at a mutually agreeable date.
- D. LFL Score Center – the home team head coaches will be responsible for reporting the scores on the day of the game (or by 9:00 a.m. the next morning) for football, volleyball, boys basketball and girls basketball. The league president and sport chairs shall have the duty of informing athletic directors if coaches fail to report scores in a timely manner. The results of any cross country or track meets will be reported to athletic.net.

Article VII – Sport Declaration of Intent

- A. Schools must declare their sports programs in advance.
 - 1. Fall sports at the May meeting.
 - 2. Winter sports at the August meeting.
 - 3. Spring sports at the October meeting.
 - 4. **Schools unable to commit to all league activities, including Tournaments (excluding preseason jamborees), for any given Reason may be included in the league schedule. However these Games will not count as wins or losses for determining league standings and Tournament placement.**
Schools failing to declare on the designated dates will be dropped from those league schedules and will have to schedule as independents. They will not be allowed to schedule at league meetings.

Article VIII – League Games, Jamborees and Tournaments

- A. **B Team** jamboree/tournaments (“friendlies”) and district track meets are to be rotated within the divisions. School not having facilities must be willing to host or co-host at another member’s facility. Failure to do so may result in dismissal from the league.
- B. **A Team** tournaments for league championships are to be hosted by the #1 team in each division, alternating each year between the northern and southern divisions
- C. Teams not belonging to the Little Fir League cannot participate in the league district tournaments, and meets with the exception of wrestling due to the few numbers of wrestling teams in our league.
- D. Schools that field a single team consisting of 7th/8th grade players must compete at the **A Team** level, unless coaches are in agreement to other arrangements.

- E. Teams may use 8th graders to complete a B Team roster. Players in the 6th and 7th grade may play on the A Team roster. Players should be designated for either A or B Team play – including tournament play. A-Team players should not play at the B-Team Tournament – and vice versa. **If an athlete is needed at a lower level, he/she should be the least skilled “A” level player.** (Amended June 2013)
- F. Ejection Policy:
1. If a coach/player is ejected from a contest they will be suspended for the remainder of that contest and the next.
 2. The player must sit in the stands or if supervision is an issue they may sit on the bench but they will not interact with their team.
 3. The coach must not be in “sight or sound” of the contest or the contest is forfeited. A school certified coach would continue, if none was available the contest is forfeited.
 4. If the ejection occurs in the last contest of the season the coach/player will be suspended from the first contest of the next season, this does not include jamborees or a preseason scrimmage with another team.
 5. It shall be the responsibility of the Athletic Director of the school which incurred the ejection to complete a report of what happened and send it to the League Chairman/President within two days. The League Chairman/President will inform the other Athletic Directors of the ejection.
 6. There is no appeals process in place. The call made on the field by the onsite official is final. (Amended February 2020)

Article IX – League Standings

- A. Play-offs in case of a tie:
1. Schedule makers will leave room for play-offs, in case of ties, to determine eligibility for the league tournament.
 2. Site of play-off will be determined by a coin flip conducted by league chairperson, if possible, or an appointed disinterested party if the league chairperson cannot be impartial.
 3. For all play-offs, the following format will be followed.
 - a. All play-offs would be at neutral sites, unless otherwise agreed. The host school will make all arrangements and charge an admission of \$2.00 for adults and \$1.00 for school age kids the gate will be returned to the treasurer and officials and game management bills will be paid. All concession profits belong to the host school.

Amended 2017; Revised April 2021

B. First Place Ties

1. In case of a two way tie for first:

- a. The record between two teams would be considered as the first tie breaker for seeding into the district tournament.
- b. A play-off between the two teams would be used second to determine first and second seeds into the tournament. That play-off would occur the Tuesday or Thursday before the district tournament (first available date).

2. For a three way tie, a coin flip will be used, with the odd man getting the #1 seed. The other two teams would play on the Tuesday if open, or Wednesday previous to the district tournament if Tuesday already has a league game scheduled, to determine the #2 seed.

C. Second Place Ties:

1. Two-way tie for second would use the same procedure as the procedure for a two-way tie for first.
2. For a three-way tie for second, a coin flip would be used, with the odd man drawing the bye and the other two playing on Tuesday if open, or Wednesday if Tuesday already has a league game scheduled. The loser of that game would then play on Wednesday or Thursday, by mutual agreement of the schools, against the team that had drawn the bye for the right to be seeded second in the tournament.

D. Football Tie-Breaker plan for which a play-off game is not possible.

1. Two (2) schools: The school which won the contest between the two schools involved in the tie will represent the division as champion.

2. Three or more schools:

- a. Head to head competition between the tied teams.
- b. Record vs. the highest placing opponents in descending order with the team that defeated a higher placing opponent receiving the highest available seed.
- c. Auzzie system: Both positive and negative numbers based on the following:
 - i. Each team in each game they play in conference will accumulate up to a plus or minus 14 points. If Team A beats Team B 24-10 then Team A receives +14 Auzzie points, while Team B receives -14 Auzzie points. If Team A beats Team B 14-10, then Team A receives +4 points and Team B receives -4 points. There is no advantage to beating a team by more than 14 points. The team with the most Auzzie points is awarded the higher position. A forfeit will be considered a +14 Auzzie points for the winning team and a -14 Auzzie points for the team that forfeits.

E. The host teams will alternate between North and South Divisions.

F. Other play-off procedures will be dealt with in league meetings.

Article X – Coaching Certification & Grievance Procedure

- A. Each school will have a management plan in effect concerning home athletic events. That plan should address use of facilities by teams and crowds, crowd control and responsibility for managing the crowd, administration or staff available to deal with complaints by teams or fans, treatment and protection of officials, use of emergency vehicles, security and other areas of potential concern at games.
- B. All Head coaches shall achieve certification in the following areas: NFHS Fundamentals of Coaching, (head, assistant and volunteer coaches, must complete the following), Concussion Recognition and Management Training, NFHS Heat Illness Prevention, Anabolic Steroids and Performance-Enhancing Substance Training, Spirit Safety Clinic (cheerleading and Dance/Drill coaches), Heads Up Football (football coaches only)
- C. All coaches will have a background check, and adhere to any school policies such as safe school requirements.
- D. In the event of a dispute that cannot be resolved at the contest, the following steps to resolution will be followed:
1. The athletic directors of the two schools will attempt resolution of the issue.
 2. If the problem is not resolved at level one, the superintendents of the two schools, along with the athletic directors, will try to resolve the problem.
 3. If there is no resolution at level two, the league chairman will meet with the above mentioned school officials and will end the dispute.

Article XI – Out of Resident District Athletic Participation

- A. Athletes must participate in their resident school district's sport program.
- B. Exceptions to Section A:
1. If the student's resident school does not have a sport program in the Activity he/she wishes to participate, the athlete may choose to Participate in another school's program with the following restrictions:
 - a. The student will participate at the closest geographical school to the district in which they reside.
 - b. The receiving school notifies the league chair and his opponents before the start of league play.

- C. Adopting new members into the league. A simple majority vote of the members present at that time will decide entry. The league may rebalance at that time.

Article XII – Transgender Student Policy

- A. A female-to-male transgender student athlete who is not taking hormone treatment related to gender transition may participate on a boys team or a girls team, but once the transgender student selects the gender on which the student wishes to participate, the student thereafter must consistently participate on teams of that gender in all sports for the duration of their middle school career.
- B. A male-to-female transgender student athlete who is not taking hormone treatment related to gender transition may participate only on a boys' team.
- C. A female-to-male transgender student athlete who is taking medically prescribed testosterone for the purposes of gender transition may participate only on a boys' team.
- D. A male-to-female transgender student who is taking medically prescribed hormone treatment for the purposes of gender transition may participate on a boys' team at any time, but must complete one year of hormone treatment related to gender transition before competing on a girls' team.
- E. **Definitions.** For the purposes of this policy, the following definitions apply:
1. "Transgender" refers to an individual whose gender identity does not match their assigned birth gender.
 2. "Gender identity" refers to one's inner concept of self as male or female.
 3. "Transition" refers to the process by which a transgender person lives consistently with his or her gender identity.
- F. **Process.** A student athlete who has completed, plans to initiate, or is in the process of taking hormones as part of a gender transition shall submit the request to participate on a sports team to the athletic director of the student's school and to the OSA when the decision to undergo hormone treatment is made. The request shall include a letter from the student's physician documenting the student's intention to transition or the student's transition status if the process has already been initiated. This letter shall identify the prescribed hormonal treatment for the student's gender transition and the date the hormone treatment was initiated. The Executive Director shall make a determination whether the student is eligible to compete under the above criteria.
- G. **Appeal.** The decision of the Executive Director may be appealed to the Executive Board.

H. Confidentiality. All discussions among involved parties and required written supporting documentation shall be kept confidential.

Article XIII – Football Rules

A. 140/150/155 pound weight limit rule.

1. There is a 140 pound weight limit on all offensive & defensive backs (8-man) and 150 pound weight limit (1st weigh-in) and 155 pound weight limit (2nd weigh-in) for 11-man including ends who would carry the ball on an end around, reverse or catch a pass behind the line of scrimmage. The end must meet the weight limit rule previously stated to receive a pass beyond the line of scrimmage.(amended 8/20/19) In some circumstances a player over the weight limit may advance the ball (fumbles & interceptions). In these situations, the play is live and shall stand. Any violation of this rule shall result in an unsportsmanlike conduct penalty (15 yards). Revised 8/26/09.
2. All players subject to the weight limit rule will be weighed each game day by the coach, signed by the school athletic director or designee and may be emailed to the opposing team. 8-man teams will be weighed at the beginning of the season at the jamboree.
3. Stickers must be worn by any player over the weight limit. Violation of this rule will be an “unsportsmanlike conduct” – 15-yard penalty.
4. Teams with 8 or less players may play 6-man football.
5. Weight limit rules do not apply to 6-man teams.
6. THE NO KICK RULE:

A. KICK MODIFICATIONS:

1. Options for the team that wins the coin toss will be to defer choices OR choose to go on either offense or defense OR choose the goal that team will defend. The team on offense will start 1st and 10 at their 35-yard line anywhere between the hash Marks. The game clock will start on the snap.
2. Following a score, the non-scoring team will put the ball in play 1st and 10 at their 35-yard line after the opponents PAT. The game clock will start on the snap.
3. Following a safety, the ball will be placed on the team B 45-yard line, 35-yards from the Team A 20-yard line. Anywhere between the hash marks. The game clock will start on the snap.
4. Following a touchback, the ball will be placed on the Team B 20-yard line anywhere between the hash marks. The game clock will start on the snap.

B. PUNT MODIFICATIONS:

1. The receiving team will put the ball in play 1st and 10 at the succeeding spot 25-yards from the previous spot

anywhere between the hash marks. If the previous spot is on or inside the Team B 45-yard line, the ball will be placed at the Team B 20-yard line. The game clock will start on the snap.

2. Note: Field goal attempts and PAT's by placekicker will be conducted under NFHS Football Rules in all situations. Revised 5/8/19

- B. It was agreed that NO high school students would be used to officiate Middle School football games.
- C. If a team is ahead by 30 points they must play their reserves until their lead is less than 30 points. After a 35-point lead is established, the clock will continue running. After a 45-point lead is established, the game will be called.
- D. Time of play for Quarters:
 - 1. Teams will play four 8-minute quarters.
 - 2. The coaches before the first game should agree upon the time of extra quarters.
- E. Fifth Quarter:
 - 1. If a team cannot play an extra quarter, they are to inform the other team BEFORE the game.
 - 2. The 5th quarter will consist of two 5-minute halves (running time) for a total of 10 minutes. Each team will be on offense and defense for a total of 5 minutes. The ball will be spotted on the 30-yard line. To begin the series of downs, the offensive team will have the ball the entire 5 minutes. The ball will be re-spotted at the 30-yard line when one of the following occurs: a touchdown, interception, fumbles recovery or failed 4th down attempt. Fumbles and interceptions are live and can be returned. There will be no punts or kickoffs during the 5th quarter. There will be an un-timed try for point after touchdown.
- F. Coaches are allowed on the field and in the huddle during the 5th quarter.
- G. In case of a tie, use the Kansas plan twice, if necessary. If the tie remains, it remains a tie.
- H. An intermediate size football is legal.
- I. The “no-stunt” rule in football will be as follows:
 - 1. The linebackers must stay 2 yards back from the line of scrimmage until the ball is snapped, unless, their opponent has the ball inside their own 10 yard line.
 - 2. If a linebacker is on the line of scrimmage, he must be in the down position.
- J. Players who turn 15 on or before Aug. 31 will not be eligible to compete in middle school football.

- K. One point will be awarded for a successful conversion after a touchdown for rushing or passing.
- L. Two points will be awarded for a successful conversion by kicking.
- M. Penalty Summary: Penalties will be assessed using National Federation Guidelines.

Article XIV – Volleyball Rules

- A. Referees should be adults
- B. Teach proper substitution procedure to team members
- C. Official rules apply, concerning double hits, foot faults, and palming.

Volleyball rules continued

- D. Special “gym rules” should be clearly understood by all participating teams.
- E. It is assumed that two full matches (7th & 8th grade) will be played unless prior notification is made.
- F. **Nets should be NFHS regulation height of 7 ft. 4 1/8 inches at the center; if possible (Amended 8-18-11).**
- G. Serving line is moved in five feet for **B team** games; however no 8th grader may serve from this line.
- H. The participation limit will be a match and a game.
- I. **Teams may use 8th graders to complete a B Team roster. Players in the 6th and 7th grade may play on the A Team roster. Players should be designated for either A or B Team play – including tournament play. A-Team players should not play at the B-Team Tournament – and vice versa. If an athlete is needed at a lower level, he/she should be the least skilled “A” level player. (Amended 8-18-11).**
- J. OSAA officials or qualified personnel need to be used for the tournaments.
- K. Trophies will be awarded to the top two 8th grade teams in the tournament.
- L. If possible the A-Team Volleyball tournament will be held on the Saturday following the last week of league competition.
- M. Participation – Coaches are encouraged to play all of their participants. It is understood that the opportunity to participate is more important at this level than wins or losses.
- N. **Scoring for volleyball matches: Rally Scoring System! Point Every Serve.**
 - 1. **B team match – Best 2 out of 3 games to 25 points, if necessary, a third game to 15 points. Games must be won by two points and there is no cap in the scoring.**
 - 2. **A Team match – Best 2 out of 3 games to 25 points. All games are to 25 points with no cap in the scoring (Amended 8-26-04).**

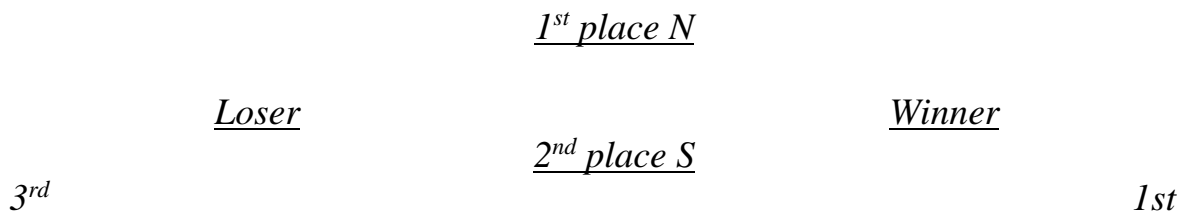
O. Libero can be used in LFL play. Coaches can monitor their own Libero fairly. (August 21, 2012).

(Tournament diagram will be the same as basketball – shown below in Article XIV)

Article XV – Basketball Rules

- A. Length of game:
 - 1. All Little Fir Leagues games will be 7 minutes in length. (amended 12/16/14)**
 - 2. Over time periods will be 3 minutes in length.(amended 12/16/14)**
- B. A five (5) quarter limit per player is allowed per National Federation and OSAA rules. Exception – league tournament.
- C. Defenses: Either man-to-man or zone can be used.
- D. Press: Can be used at any time, but only until a team is ahead by ten (10) points.
- E. Participation – Coaches are encouraged to play all of their participants. It is understood that the opportunity to participate is more important at this level than wins and losses.
- F. Officials should be adults if at all possible. If a high school student is used as an official then he/she must officiate with an adult.
- G. All league games for 7th and 8th grade girls will use an intermediate ball (official 28.5 size). **Boys will use a regular size basketball 29.5 at all levels.**
- H. 3 point goals are allowed and counted at both levels, boys and girls, if gyms have legal 3-point line markings.**
- I. If possible the A Team tournament will be held on the Saturday following the last week of league competition.
- J. Teams may use 8th graders to complete a B Team roster. Players in the 6th and 7th grade may play on the A Team roster. Players should be designated for either A or B Team play – including tournament play. A-Team players should not play at the B-Team Tournament – and vice versa. If an athlete is needed at a lower level, he/she should be the least skilled “A” level player. (Amended 6-11-13).**

Tournament Diagram:



1st place S

Loser

Winner

2nd place N

Article XVI– Wrestling Rules

- A. OSAA National rules apply at all meets; includes hair and fingernail restrictions.
- B. The following are the weight classes that have been used in previous years:
70 76 83 90 98 106 114 122 130 138 148
158 169 180 Heavyweight (maximum 250 lbs.)
- C. Coaches should make every attempt to make sure that everyone wrestles a match at each scheduled contest. Keep in mind weight and ability differences.
- D. Wrestlers will be required to make weight at the District Tournament. If any wrestler does not make weight, they will be placed in the next weight division. Wrestlers may wrestle in one weight division above the actual weight at any time.

Article XVII – Track and Field Rules

- A. Order of events: Field Events: Boys high jump, discus and javelin / Girls long jump, triple jump and shot / Boys long jump, triple jump and shot / Girls high jump, discus and javelin.

Javelin to be used in competition is the Finnflyier 450 gram (Adopted 8/20/19)

Running events: Girls race first then boys. Heats will be run slow to fast.

100m hurdles

4x100 relay

1500m run

100m dash

400m dash

800m run

200m dash

Sprint Medley relay (100m, 100m, 200m, 400m non-scoring and Not a district event)

The Little Fir League uses the OSAA track Handbook as a guide for all rules except as listed in items C-F below. See track appendix in back of this handbook for individual event information. **It is the duty of the Athletic Director to make sure that the track coach and meet officials are aware of the following rules.**

B. Event Rules:

1. Hurdle spacing:
 - a. **Start to first hurdle** – 13meters. Between hurdles – 8 meters.
 - b. Hurdle height, boys and girls – 30”.
2. Shot: 8 pound for boys and **6pound shot for girls (August 21, 2012)**
Three puts per entrant or as directed by meet director.
3. Discus: Same size and weight as high school girls. **Three throws per entrant or as directed by meet director.**
4. Javelin: The javelin may not have any tape or alterations. There must be a designated practice area. **Three throws per entrant. High school rules apply. (Turbo long Tom 500g)**
5. Triple jump: **Three jumps per entrant or as directed by meet director.**
6. Long Jump. **Three jumps per entrant or as directed by meet director.**
7. High Jump:
 - a. Boys start at 3’ 9”’, then 4’, 4’3’, 4’6’, 4’ 8”, 4’10”, 5’, etc.
 - b. Girls start at 3’ 4”’, then 3’ 6”’, 3’ 8”’, 3’ 10”’, 4’, 4’ 2”’, 4’ 4”’, etc.

8. False starts:
 - a. The starter will issue one warning the second false start will result in disqualification. **(Proposed clarification: first warning to the field second false start –disqualification)**

C. Entries:

1. There is no limit on entries in any event-however the Hy-Tek or meet software program must be set to score only three entrants from one team.
2. In a relay race each school must have one designated team (A team) that can score points. Other relay teams from that school i.e. - B, C, D, etc. may be entered on athletic.net. Hy-Tek or software program needs to be set to limit only one relay team per school to score.
3. An athlete may enter four events. Coaches may want to limit participation for the 1500m race, 800m race and possibly the 400m race.

D. District Meet:

1. The district track committee comprised of the athletic directors and the district meet host will determine schedule and entry limits (suggested 4 per school) for the district meet. Entry limits should be set at the beginning of the season so that coaches can prepare for the district meet.
2. The host school will receive a \$25 per team entry fee as a fund raiser. This fee will come from the Little Fir League treasury as referenced in Article I – League Expenses/Due Section D. Hosting the District meet will be voluntary, the non-hosting schools will provide whatever help is needed.

E. Other:

1. **Entries need to be entered on athletic.net two days (one day if meet is on Tues.) prior to the meet.**
2. Meet results need to be up loaded on athletic.net on the same day as the meet.
3. League meets need to be fully officiated by the host and co-hosts. Visiting coaches should be prepared to help at exchange zones only. Co-hosts need to recruit help from their parents and be available to do whatever is necessary to run the meet.

Article XVIII – Awards and Trophies

- A. All team championships and co-championships (boys and girls) will receive a plaque for 1st place and 2nd place. The sportsmanship plaque will be awarded based on the vote of the participating coaches and the input of the meet host. Plaques will be awarded for football, volleyball, wrestling, basketball, and track which will include gender and year achieved. Plaques will be provided by the Little Fir League.
- B. The league will award an individual award achieved at the district track meet as follows- 1st place in an event will receive a medal. For those placing 2nd, 3rd, 4th, 5th, and 6th a ribbon will be provided by the league.
- C. If at the end of the football season there is a tie for first place a determination will be made. If the win/loss record is the same, the team that won in a head to head contest will be declared the champion otherwise both teams will be declared the co-champions. The league President will make this decision upon consultation with the involved athletic directors.
(Amended 2014).