

Grade		Max. No. of Scrimmages	Max. No. of Contests
BASEBALL			
7	7 innings	2	20
8	7 innings		
7-8	7 innings		
7-8-9	7 innings		
9	7 innings		
Conferences, leagues, and/or participating schools, by mutual agreement prior to the start of a Contest, may decide not to play extra innings in the event of a tie score.			
BASKETBALL			
7	4 - Six (6) minute quarters	2	22
8	4 - Six (6) minute quarters		
7-8	4 - Six (6) minute quarters		
7-8-9	4 - Eight (8) minute quarters		
9	4 - Eight (8) minute quarters		
Conferences, leagues, and/or participating schools, by mutual agreement prior to the start of a Contest, may decide not to play extra periods in the event of a tie score.			
CROSS COUNTRY			
7	3200 meters	2	16
8	3200 meters		
7-8	3200 meters		
7-8-9	3200 meters		
9	3200 meters		
FIELD HOCKEY			
7	2 - Thirty (30) minute halves	2	18
8	2 - Thirty (30) minute halves		
7-8	2 - Thirty (30) minute halves		
7-8-9	2 - Thirty (30) minute halves		
9	2 - Thirty (30) minute halves		
Overtime periods are not permitted at the junior high/middle school level of competition.			
FOOTBALL			
7	4 - Eight (8) minute quarters	2	10
8	4 - Eight (8) minute quarters		
7-8	4 - Eight (8) minute quarters		
7-8-9	4 - Ten (10) minute quarters		
9	4 - Ten (10) minute quarters		
Overtime periods are not permitted at the junior high/middle school level of competition.			
GOLF			
7	9 Holes	2	18
8	9 Holes		
7-8	9 Holes		
7-8-9	9 Holes		
9	9 Holes		
Conferences, leagues, and/or participating schools, by mutual agreement prior to the start of a Contest, may decide not to conduct a playoff in the event of a tie score.			
BOYS' LACROSSE			
7	4 - Eight (8) minute quarters	2	18
8	4 - Eight (8) minute quarters		
7-8	4 - Eight (8) minute quarters		
7-8-9	4 - Ten (10) minute quarters		
9	4 - Ten (10) minute quarters		
Conferences, leagues, and/or participating schools, by mutual agreement prior to the start of a Contest, may decide not to play overtime periods in the event of a tie score.			
GIRLS' LACROSSE			
7	2 - Thirty (30) minute halves	2	18
8	2 - Thirty (30) minute halves		
7-8	2 - Thirty (30) minute halves		
7-8-9	2 - Thirty (30) minute halves		
9	2 - Thirty (30) minute halves		

Conferences, leagues, and/or participating schools, by mutual agreement prior to the start of a Contest, may decide not to play overtime periods in the event of a tie score.

Grade		Max. No. of Scrimmages	Max. No. of Contests
SOCCER			
7	2 - Thirty (30) minute halves	2	18
8	2 - Thirty (30) minute halves		
7-8	2 - Thirty (30) minute halves		
7-8-9	2 - Thirty (30) minute halves		
9	2 - Thirty (30) minute halves		
Overtime periods are not permitted at the junior high/middle school level of competition.			

Grade		Max. No. of Scrimmages	Max. No. of Contests
SOFTBALL			
7	7 Innings	2	20
8	7 Innings		
7-8	7 Innings		
7-8-9	7 Innings		
9	7 Innings		

Conferences, leagues, and/or participating schools, by mutual agreement prior to the start of a Contest, may decide not to play extra innings in the event of a tie score.

		Max. No. of Scrimmages	Max. No. of Contests
SWIMMING AND DIVING			
	None	2	18
TENNIS			
	None	2	18

TRACK AND FIELD			
Track Events and Order of Competition			
	2		16
(7th, 8th and 9th Grade Girls and Boys)			
	3200 m Relay	400 m Relay	
	100 m Hurdles	300 m Hurdles	
	(Girls: 10-33" Hurdles)	(Girls: 8-30" Hurdles)	
	110 m Hurdles	(Boys: 8-33" Hurdles)	
	(Boys: 10-36" Hurdles)	800 m Run	
	100 m Dash	200 m Dash	
	1600 m Run	3200 m Run	
	400 m Dash	1600 m Relay	

NOTE: The distance, number of and height of hurdles in all hurdle events are maximums and may be modified by conferences or leagues or by mutual agreement of participating schools.

Field Events			
(7th, 8th and 9th Grade Girls and Boys)			
	High Jump		
	Pole Vault		
	Long Jump		
	Triple Jump		
	Shot Put		
	(Girls' shot shall weigh 6 lbs. [2.744 kg].)		
	(Boys' shot shall weigh 8 lbs., 13 ozs. [4 kg].)		
	Discus Throw		
	(The discus shall weigh 2 lbs., 3.27 ozs. [1 kg] and have the following minimum and maximum dimensions:		
	Diameter 7 1/8 - 7 1/4 ins. [180-182 mm] with a thickness of 1 1/2 - 1 5/8 ins. [37-39 mm] at the center and 1/2 - 1/4 in. [12-6 mm] from the outer edge which shall be rounded with a radius of 1/4 in. [6 mm]. The discus shall have a core 2 ins. [50 mm].)		
	Javelin Throw		
	(The javelin shall meet all IAAF specifications for girls' competition.)		

TRACK AND FIELD (Continued)

Participation Limitations

7th, 8th, and 9th grade students may compete in a maximum of four events, including relays.

Conferences, leagues, and/or participating schools, by mutual agreement prior to the start of a Contest, may delete track and/or field events but may not add and/or modify track events (except hurdle events) and/or field events or modify the order of track events.

Grade		Max. No. of Scrimmages	Max. No. of Contests
VOLLEYBALL			
7	Best 3-out-of-5-game rally scoring format match	2	22
8	Best 3-out-of-5-game rally scoring format match		
7-8	Best 3-out-of-5-game rally scoring format match		
7-8-9	Best 3-out-of-5-game rally scoring format match		
9	Best 3-out-of-5-game rally scoring format match		

Conferences, leagues, and/or participating schools, by mutual agreement prior to the start of a Contest, may modify the match format.

WRESTLING

7-8-9	A student is permitted to wrestle up one weight classification above that for which the student's actual stripped weight qualifies that student to wrestle.	2	22
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Junior High/Middle School weight classifications are:

75 lbs	105 lbs	145 lbs
80 lbs	110 lbs	155 lbs
85 lbs	115 lbs	165 lbs
90 lbs	122 lbs	185 lbs
95 lbs	130 lbs	210 lbs
100 lbs	138 lbs	250 lbs

Length of bouts shall be four and one-half minutes divided into 3 periods of 1½ min. - 1½ min. - 1½ min.

Conferences, leagues, and/or participating schools, by mutual agreement prior to the start of a Contest, may decide not to wrestle an overtime period in the event of a tie bout score.

Section 7. Inter-District Championship Contests.

There shall be no Inter-District Championship Contests for junior high/middle schools nor shall junior high/middle school students compete in Inter-District Championship Contests, except that tenth grade students of a four-year junior high/middle school may participate as representatives of their school in District and Inter-District Championship Contests.

Further, seventh, eighth, and ninth grade students competing at the senior high school level shall, for purposes of this rule, be considered to be in the senior high school.

ARTICLE XX

AMENDMENTS

Section 1. Majority Approval Necessary.

Amendments to these By-Laws must be approved by a two-thirds majority of the PIAA Board of Directors.

Section 2. Non-Substantive Amendments.

The Executive Director is authorized to make technical, typographical, spelling, and grammatical changes to the PIAA By-Laws, Policies and Procedures, and/or Rules and Regulations in order to assure editorial continuity with substantive changes approved by the Board of Directors, and to delete provisions which have become obsolete.

GLOSSARY

ALTERNATIVE SCHOOL: A school formed as a result of a special program jointure, as established by the School Boards of two or more public school districts and approved by the Pennsylvania Department of Education, which enrolls high-risk students or students who previously dropped out.

ATHLETIC DIRECTOR: The individual having direct supervisory responsibility of interscholastic athletics at a school.

ATHLETIC EVENT: PIAA member schools may participate in four types of Athletic Events: (1) Practice; (2) Inter-School Practice; (3) Scrimmage; or (4) Contest. Each of these terms is defined in this GLOSSARY.

ATHLETIC PERSONNEL: A Coach, Athletic Director, or other employee or representative of a school's athletic department, Team(s), or sports program regardless of whether such person is in a paid or voluntary capacity.

AUTHORIZED MEDICAL EXAMINER: A licensed physician of medicine or osteopathic medicine, a physician assistant certified, or either a certified registered nurse practitioner or a school nurse practitioner, who is under the supervision of a licensed physician of medicine or osteopathic medicine.

BOARD OF APPEAL: A panel composed of at least five-members of the Board of Directors convened pursuant to ARTICLE VII of the PIAA Constitution.

BOARD OF DIRECTORS: The Board of Directors of the Pennsylvania Interscholastic Athletic Association, Inc.

CALENDAR WEEK: Sunday through Saturday

CHARTER SCHOOL: An independent public school, which is organized as a non-profit corporation, established and operated under a charter from the local School Board.

COACH: A person (including volunteer high school alumni, professional athletes, and citizens of the community) engaged, either for an entire season or any part thereof, by a school to provide Coaching to a Team.

COACHING: The provision of instruction, training, conditioning, and/or direction to a Team, for the purpose of developing athletic abilities and skills.

COMBINATION TOURNAMENT: A Multiple School (Dual) Event in each of the NFHS weight classes in which individuals initially move from round to round as an interscholastic wrestling Team (pools) or advance based on Team results culminating in the wrestlers' placement on an individual bracket with advancement from that point based on individual results.

CONSIDERATION: Consideration consists of cash, items which are the equivalent of cash, items which are a representation of value, and items which have intrinsic value other than those permitted under Section 3 of ARTICLE II.

CONTEST: An event in which individual students or Teams represent their schools in an athletic competition against individual students or Teams representing one or more other schools, which does not meet the definition of an Inter-School Practice or a Scrimmage.

CYBER CHARTER SCHOOL: An independent public school, which is organized as a non-profit corporation, established and operated under a charter from the Department of Education, in which the school uses technology to provide a significant portion of its curriculum and to deliver a significant portion of instruction to its students through the Internet or other electronic means.

DISTRICT: An incorporated or unincorporated entity responsible for the administration of interscholastic athletics within the jurisdiction as provided for in ARTICLE V, Section 1, of the PIAA Constitution.