

ATHLETIC RULES AND REGULATIONS

ALL TEAMS MUST HAVE SHIRTS WITH NUMBERS ON THEM TO COMPETE IN ANY COMPETITION.

UPDATE effective Conclave 2023: The Sweetheart may play in any team sport and will always have first right of refusal to participate. There can be no more than two Sweetheart Court members on the athletic court or field at a time; except for 3 on 3 basketball, where the team will consist of one Sweetheart Court member and two DeMolays.

1. **Unsportsmanlike Conduct:** Any player or advisor evicted from an athletic competition for unsportsmanlike conduct is automatically suspended from further competition in that sport. The DeMolay and his advisor must meet with the State Athletic Director before he can compete in any further athletic events. The decision of the State Athletic Director may be appealed to the State Executive Officer.
2. All Chapters must wear matching jerseys. No football jerseys of any type shall be worn. T-shirts, Under Armor, or basketball type sleeveless shirts are the only choices of acceptable jerseys. Legal numbers must appear on at least either the back of the jersey with numbers on the front being optional. Numbers on the back must be at least 4" tall. Numbers on the front, is applicable, must be at least 2" tall.
3. A Chapter Advisor or an adult with written approval from the Executive Officer must be present for a Chapter to compete in any athletic event.
4. Late registration for athletic events: Due to scheduling of facilities and referees. Late registration will be at the sole discretion of the Director of Athletics. The decision of the Director of Athletics may be appealed to the Executive Officer.

REGISTRATION FORMS: In case of an emergency, it is the responsibility of the Chapter Advisor or designated adult to have a copy of the individual Registration form AT ALL ATHLETIC EVENTS.

BASKETBALL 3 on 3

1. All games will be played under the rules as stated in the current rule book of the National Federation of High School Athletic Associations.
2. Games will consist of two (2) 20-minute running halves, with the clock stopped only for time outs. Game balls will be furnished.
 - a. Each team will have three (3) time outs per game.
 - b. Clock stops only in the last minute of the half for foul shots.
3. Jump Ball
 - a. Only Jump Ball is at Game Start
 - b. Possession rotated on tied up balls.
 - c. The team in line for the next possession gets the ball in the second half.
4. Foul Shooting (to speed up game)
 - a. If basket made if fouled while shooting add the basket plus point for the foul
 - b. If basket missed when fouled while shooting
 - c. If shot was 3-point attempt shoot one free throw if made counts as 3 points
 - d. If shot was 2-point attempt shoot one free throw if made counts as 2 points
5. On missed free throw, the ball is live, if the ball hit the rim
6. Turnovers – it is not necessary for referee to manage ball on turnover. Team gaining possession after a turnover can inbound and advance the ball without referee handing the ball to them.
7. Rosters will be limited to ten (10) players who are registered at Conclave and may include your Sweetheart. Failure to field five (5) eligible players at game time will result in a forfeit. All players must wear jerseys with the legal numbers. There are no exceptions to this rule.
8. GAME TIME IS FORFEIT TIME. THERE WILL BE NO EXCEPTIONS.
9. THERE WILL BE NO PROTESTS. THE DECISIONS OF THE OFFICIALS WILL BE FINAL.
10. The age divisions for the basketball competition are as follows:
 - a. Junior Division - age 12 through age 16.
 - b. Senior Division - age 17 through age 20
 - c. Ages are determined as of the date of the last day of the Conclave.
11. Juniors may play on senior teams, but they then become ineligible for play on junior teams.
12. Chapters cannot enter both a "3 on 3" team and a "5 on 5" team in the same age division.
13. It is strongly recommended that all players wear mouthpieces to protect their dental work.

BASKETBALL 5 on 5

14. All games will be played under the rules as stated in the current rule book of the National Federation of High School Athletic Associations.
15. Games will consist of two (2) 20-minute running halves, with the clock stopped only for time outs. Game balls will be furnished.
 - a. Each team will have three (3) time outs per game.
 - b. Clock stops only in the last minute of the half for foul shots.
16. Jump Ball
 - a. Only Jump Ball is at Game Start
 - b. Possession rotated on tied up balls.
 - c. Team in line for next possession gets ball in second half.
17. Foul Shooting (to speed up game)
 - a. If basket made if fouled while shooting add the basket plus point for the foul
 - b. If basket missed when fouled while shooting
 - i. If shot was 3-point attempt shoot one free throw if made counts as 3 points
 - ii. If shot was a 2-point attempt shoot one free throw if made counts as 2 points.
 - c. On missed free throw, the ball is live, if the ball hit the rim
18. Turnovers – it is not necessary for the referee to manage the ball on turnover. Teams gaining possession after a turnover can inbound and advance the ball without the referee handing the ball to them.
19. Rosters will be limited to ten (10) players who are registered at Conclave and may include your Sweetheart. Failure to field five (5) eligible players at game time will result in a forfeit. All players must wear jerseys with the legal numbers. There are no exceptions to this rule.
20. GAME TIME IS FORFEIT TIME. THERE WILL BE NO EXCEPTIONS.
21. THERE WILL BE NO PROTESTS. THE DECISIONS OF THE OFFICIALS WILL BE FINAL.
22. The age divisions for the basketball competition are as follows:
 - a. Juniors - ages 12 through 16
 - b. Seniors - ages 17 through 20
 - c. Ages are determined as of the date of the last day of the Conclave.
23. Juniors may play on senior teams, but they then become ineligible for play on junior teams.
24. Chapters cannot enter both a “5 on 5” team and a “3 on 3” team in the same age division.
25. It is strongly recommended that all players wear mouthpieces to protect their dental work.

TENNIS - SINGLES AND DOUBLES

26. The current rules of the U.S. Tennis Association will be in effect.
27. Players must be registered at Conclave and have an entry form on file. Players must furnish game balls. Champions will be determined by a single elimination tournament.
28. One set match in preliminaries. Two out of three sets in the championship match. The first player to win six (6) games wins the set. No ad scoring will be in use.
29. GAME TIME IS FORFEIT TIME. NO EXCEPTIONS.
30. The age divisions for Tennis are as follows:
 - a. Juniors - ages 12 through 16
 - b. Seniors - ages 17 through 20
 - c. Ages are determined as of the date of the last day of the Conclave.
31. Chapters may enter 1 doubles team per division.
32. Competitors will be responsible for calling lines during their match.

VOLLEYBALL

33. All games will be played under the rules in the current rulebook of the National Federation of High School Athletic Associations.
34. Games will consist of rally scoring to 15 points. A team must win by a margin of at least two points. All matches, including the championship match, will be best two out of three games.
35. Rosters will be limited to 12 players and may include your Sweetheart. All players must be registered at the Conclave and the Chapter must have an entry form on file.
36. GAME TIME IS FORFEIT TIME. THERE WILL BE NO EXCEPTIONS.
37. NO PROTESTS WILL BE ALLOWED. THE OFFICIAL'S DECISION WILL BE FINAL.
38. Age divisions for volleyball are as follows:
 - a. Juniors - ages 12 through 16

- b. Seniors - ages 17 through 20
- c. Ages are determined as of the date of the last day of the Conclave.

DODGEBALL

OVERVIEW

1. The decision of the sport official and supervisor on rule interpretations, policies, and procedures is final.

TEAM COMPOSITION

39. Games are 6 on 6.
40. Roster size is unlimited, but only six (6) will be active players on the court at a time.
41. All teams must have at least four (4) players to start a match and continue playing a match in the event of injury, disqualification, or ejection.
42. Having only three (3) players at game time will result in a default; having only two (2) or less will result in a forfeit.
43. Substitutes may elect to be active or inactive for a game. Active substitutes shall line up along the sideline at the team's return cone.
44. They will be permitted to enter the game on a catch-and-return.
45. Inactive substitutes shall remain away from the return area and will not be permitted to join the catch-and-return line for that game.

UNIFORMS & EQUIPMENT

1. Appropriate gym footwear must be worn. Cleats, boots, sandals, and flip-flops are not permitted.
2. Hats and any other headwear that has a hard bill or creates a knot-like protrusion are not permitted.
3. Jewelry will NOT be worn by any participant during dodge ball. This jewelry consists of any visible rings, watches, necklaces, earrings, studs, bracelets, and any other similar jewelry. Taping of jewelry is not permitted. Only medical alert bracelets are permitted.
4. Following a team warning, any player from a warned team in the game found to be wearing prohibited equipment (jewelry, etc.) will be ruled out for the game. They may not re-enter for a subsequent game until the jewelry is removed.
5. Dodge balls will be provided at the game site.
6. Each court will have its own color of dodge balls.
7. Only the designated color of dodge ball may be used on that court in the event of dodge balls ending up on other courts.

GAME RULES

1. The playing area shall be the normal volleyball court. Court lines are out-of-play. Out-of-play areas include anything outside the volleyball court including walls, curtains, and the ceiling. Basketball goals & supports are out-of-play except during a regeneration attempt (see below). Spectators and substitutes are out-of-play.
2. Dodge balls that hit out-of-play areas are immediately dead.
3. Active players shall try to always remain inside the volleyball court unless leaving the court to actively retrieve a dodge ball. Players cannot be put out while out retrieving a dodge ball. However, a player can be ruled out by an official if he/she intentionally positions him/herself out-of-bounds or does not return to the court when directed by an official.
4. The object of the game is to put out all members of the opposing team.
5. To start a game, three (3) dodge balls will be placed on the 3-meter line of the volleyball.
6. Court on each team's side of the court. The six (6) active players for each team will start with a foot on the end line of the volleyball court (inside or outside of the court). At the referee's signal, players can run and retrieve the dodge balls from their respective 3-meter line and begin play. Balls may be thrown immediately after retrieval.
7. A player is out when:
 - a. a player is hit anywhere at or below the shoulders (including clothing) by a dodge ball that is thrown by an active opposing player and that has not touched the floor or an out-of-play area / structure and that is not subsequently caught by an active member of the player's team, unless the player is out-of-bounds actively retrieving a ball.
 - b. A player throws a ball that is legally caught (before any deflections) by an active member of the opposing team.
 - c. a player intentionally ducks or positions his/her head to contact a ball.
 - d. a player commits an illegal throw.
 - e. a player jumps or moves out of bounds (outside the volleyball court boundary lines) while attempting to dodge a ball.
 - f. a player touches any part of the opposing team's side of the court during ball retrieval.
 - g. When a player is put out, he/she shall line up in the team's catch-and-return line along the designated sideline in the order in which they were put out. If in possession of a dodge ball, he/she may toss or roll it to a teammate or place it on the court.
8. An illegal throw occurs when:
 - a. the thrower throws a ball which intentionally or unintentionally hits an opponent in the head (before any deflections).
 - b. the thrower steps out-of-bounds during a throw.
 - c. The thrower releases the ball after crossing the mid-court line; a player may follow through after a throw and cross the mid-court line.
 - d. the thrower kicks, strikes, or spikes a dodge ball toward an opponent.
 - e. For each illegal throw, the thrower is ruled out, the ball is immediately dead (cannot be caught or put anyone out).
9. A deflection occurs when a thrown ball hits off an opposing player or airborne ball and remains in the air.
10. All dodge balls are live and can put people out until they touch the ground or any other object that is out of play and become

- dead. A thrown dodge ball may deflect off multiple players, effectively putting out multiple opponents with a single throw.
11. A player may grasp a dodge ball and use it to deflect a thrown dodge ball away. If the ball is dropped during the deflection, the player who was holding the dodge ball is out. If held, the deflector is not out and remains active.
 12. A thrown dodge ball that is legally caught by a member of the opposing team while they are still in play and before it has struck an out-of-play area, the floor, or a player will result in the thrower being declared out AND the return of the first teammate in the catch-and-return line for the team. If that team has less than six (6) active players on the court, there are no stored catch-and-return credits.
 13. A ball that deflects off another airborne ball can be caught to put out the thrower. A ball that deflects off a player and is subsequently caught by that player, (before deflecting off a different player or object), the thrower is also put out. Catch-and-return applies in each case.
 14. A legally caught ball that has deflected off a teammate(s) and is caught by another teammate, saves the originally hit player(s) from being out. In this case, the thrower is NOT out, and there is NO catch-and-return for the catching team.
 15. The retrieval of dodge balls that leave the in-play area is limited to those players who are active in the game and have not yet been put out.
 16. Active players may leave the court at any time to retrieve balls for their team without penalty.
 17. Once out-of-play and actively retrieving a ball, the player is not eligible to be put out.
 18. Players shall return to the court immediately once they have retrieved the ball. Any delay deemed excessive by the official can result in the player being called out.
 19. Players may not go across the mid-court line (and the mid-court line extended out from the court) for any reason.
 20. A player may reach across the mid-court line and grasp a ball but may not touch the opposing team's side of the court with any part of their body during retrieval.
 21. Team members in the catch-and-return line shall not interfere with game play. Team members in the catch-and-return line may deflect balls back into play but shall not move around the court to assist with ball retrieval. Spectators and inactive participants shall not help retrieve balls for their team and must allow easy access to the active players to retrieve dodge balls.
 22. The team in the lead or behind cannot hold all of the live balls for more than five seconds. In the event of stalling, the game official may stop the game and have the dodge balls redistributed evenly among each team before play is resumed.
 23. Teams at any time can regenerate their squad to the allowable number of six (6) players on the court by making a basket with a dodge ball in the hoop located at the back of the opponent's zone. Balls may hit any part of the basketball hoop or supports and still go through the basket to count. Any ball (thrown or deflected) that hits any part of the basket or support and/or goes through hoop, becomes dead, and cannot be caught for an out or hit a player for an out. Air ball shots may be caught for an out.

GAME TIME & SCORING

1. Each match will consist of the best of 2 out of 3 games, tournament style, single elimination.

AGE DIVISIONS FOR DODGE BALL ARE AS FOLLOWS:

1. Juniors - ages 12 through 16
2. Seniors – ages 17 through 20.
3. Ages are determined as of the date of the last day of Conclave of the present year.

5 ON 5 PASSING FLAG FOOTBALL RULES

FIELD DIMENSIONS

1. Field Length--45 yards long
2. Field Width--160 feet (60 feet to hash mark, 40 feet between)
3. End Zone--10 yards deep.

STARTING OF THE GAME

1. A central timekeeper will be designated. All games will begin and end on this person's instructions. He will also announce the time remaining at the 10, 5, and 2-minute mark.
2. The first Chapter listed in Tournament Bracket will be Visiting Team.
3. Visitors will have their first possession. The home team will have first possession in the 2nd half.
4. NO PLAYER WILL BE ALLOWED TO PARTICIPATE WITHOUT SHIRTS OR MOUTHPIECES.
5. All teams will have jerseys (white/dark jersey, t-shirt, etc.). No football jerseys of any type shall be worn. T-shirts, Under Armor, or basketball type sleeveless shirts are the only choices of acceptable jerseys.
6. Visitors will always align their team on the right side of mid field. Home will always align their team on the left side of mid field.
7. Ball is always placed on the right hash mark when at the 45-yard line.
8. Referee will announce/post score before each offensive possession begins.

MOVING THE BALL

1. Offensive Plays Must All Be Passes! (No Run plays or Kicking/Punting)
2. Field is marked at 15-yard intervals with cones. (3 first downs without a penalty would result in a touchdown)
3. Possession always begins at the 45-yard line at the right hash mark. Officials must enforce hash mark placement of the ball, in accordance with NCAA rules, once the ball has been advanced.
4. No penalty will be assessed more than the 45-yard line. On an unsuccessful or successful offensive play from the 45-yard line resulting in an offensive penalty: The ball will be returned to the 45-yard line and THE NEXT SUCCEEDING PLAY WILL BE FORFEITED. I.e., 1st down will become 2nd down; 2nd down will become 3rd down; and 3rd down will result in a turnover.
5. Offenses always move in the same direction.
6. No "Double Passes" are allowed.
7. Once a forward pass has been thrown, a backward pass (lateral) is allowed.

8. Should a swing pass not cross the LOS and a defensive player tags the ball carrier behind the 45-yard line, it is a safety.
9. Snapper will position the ball within 3 seconds at the next scrimmage spot. (Delay of game if not set)

SPECIAL RULES

1. No blocking.
2. Receiver/Ball carrier is legally down when touched with one or both hands. (Excessive force by shoving, pushing, or striking a blow will be penalized by automatic first down and 5 yards. Expulsion of a player(s) if ruled unsportsmanlike & flagrant).
3. Fumbles are dead balls at the spot with the last team retaining possession. A muffed snap is not a fumble/dead ball. The 4.0 second count remains in effect on snaps.
4. Two delays of game penalties in the same possession results in a turnover.
5. Any offensive penalty on the extra point tries results in a turnover.
6. The QB is allowed 4.0 seconds to throw the ball. The Official timekeeper starts a stopwatch on the snap of the ball from center and stops the watch as soon as the QB releases the ball.
7. If the release is under 4.0 seconds, the play goes on.
8. If the timekeeper sees that the clock has exceeded 4.0 seconds, he waits until the play is over (the play is not blown dead), then brings the ball back to the original line of scrimmage with loss of down. (The timekeeper will be an official or coach from a team that is not playing)
9. All penalties will be marked off on a 4 second count EXCEPT for pass interference.
10. Defensive Pass Interference is the same as the NCAA rules. (Automatic 1st down & spot foul up to 15 yards)
11. Responsibility to avoid contact is with the defense. There will be NO chucking, deliberate bumping, or grabbing. These actions will result in a spot foul and 5 yd. penalty "tacked on" at the end of the play.
12. Offensive pass interference is the same as the NCAA rules. (15-yard penalty)
13. Interceptions may be returned ("no blocking" rule applies). If an interception is returned beyond the 45-yard line (the offensive origination point) it is a touchdown and point after attempt should ensue. The teammates of the person who intercepted the ball may trail the runner to be in position to take a backwards pass. They may not block for or screen for the runner.
14. The offensive team is responsible for retrieving and returning the ball to the previous spot or the new scrimmage spot in a timely fashion. Failure to do so can result in a delay of game penalty.
15. The offensive center is not an eligible receiver (teams must have a center). The ball must be snapped from the ground between the snapper's legs. (Mirror the game of football)
16. The center will be responsible for setting or re-positioning the Referee's bean bag at the line of scrimmage. On change of possession, the team moving to offense will ensure the bean bag gets to the new scrimmage line. (Centers on both teams responsible).
17. No taunting or "trash talking." (5-yard penalty & expulsion if flagrant).
18. The offense must gain at least 15 yards in the first 3 or less plays or the defense takes over. (There is no kicking). Four down territory occurs only after offense proceeds to or inside the 15-yard line cone (third quadrant).
19. Fighting: the player(s) involved will be ejected from the game and tournament. If a team fight occurs, the teams involved will be ejected from the Tournament! Throwing a punch will be disqualification for that Chapter.
20. Any dead ball foul on a play that results in the defense getting the ball and it is unable to be penalized back to the 50-yard line will result in a loss of down penalty. The defense, now the offense, would be starting play with 2nd down.
21. There will be an area referred to as the tackle box that extends 3 yards on both sides of the center and extends 3 yards deep into the backfield. No eligible receiver may align within the tackle box.

SCORING

1. 6 points for TD
2. 1 point for PAT from 3-yard line, 2-point PAT from 10-yard line.
3. 2 points if a defending team returns a PAT back across the 45.
4. Field referee and game manager keep official score.

TIE BREAKER

1. After coin flip to determine first possession, teams will alternate 4 down series from the 15-yard line.
2. A winner is determined when one team scores during its possession and the other does not. (Federation rules).
3. If a second overtime period is necessary, each team must then go for two points on the conversion attempts.

TIME

8. 20-minute halves (continuous clock for each half-see: "starting the game").
9. No time outs. (Exception: Injuries. Both games on the Field will halt until player(s) can be removed as soon as safety dictates).
10. 10-minute half-time/10 minutes between games.
11. 5 on 5 tournaments require that all games start/end at the same time.
12. Teams must be on site and ready to play when scheduled.
13. If a team(s) are late and cannot start when the tournament officially starts, they will begin play with whatever time is left on the tournament clock – not to exceed 10 minutes of 1st half.
14. Forfeiting will occur after 10 minutes of the 1st half.
15. Injury time outs may reduce the amount of time between halves and/or between games to maintain the game schedules.

SECONDARY COVERAGES

1. Coverage will be the choice of each participating team.

SQUAD MEMBERS

1. Maximum of Fifteen (15) players per team
2. Squad members must be from same Chapter (No Composite Teams without approval of Athletic Director)
3. All Squad Members Must Active DeMolays and/or members of the Chapter Sweetheart Court.

OFFICIALS

1. 3 - Referee; Field Judge; Back Judge
2. Timekeeper: A designated official will keep the 4 second clock.
3. May use 2 officials if necessary.

COACHES

1. No high school coach may serve as a coach or stand with the team on the sideline.
2. Each team must have a coach/Advisor accompany it to any/all events to serve as a chapter administrator on duty for their Chapter. This individual is responsible for the action of those representing his Chapter.
3. All team coaches will wear an identifying tag for clarification purposes. A team may not have more than four (4) coaches on the sideline.

TEAM AREA

1. No team shall have additional athletes on the sideline or in the team tent partially dressed in a team uniform. (Exceeding the maximum of 15 that are listed on the roster)
2. The Team Zone will be an area on the sideline where only team members may be during game play. This will be the area from the 15-yard line to the 30-yard line. Players and coaches may not be out of the Team Zone during game time.

FAN SEATING

1. Fans MUST sit behind their team when they are playing. However, after the contest, they must relinquish their position to the fans of the team scheduled to play.
2. Fans may not sit behind someone else's team during a contest.