

# TMSAA SPORTS REGULATIONS

## 2009-10 FOOTBALL REGULATIONS

In football, teams must now follow **NFHS Football Rule 3-1-2 (Mercy Rule)**: Beginning in the second half, if the point differential is 35 points or more, a continuous clock will be used except on scores, time-outs, officials' time-out, and between quarters. If the point differential goes below 35 points, go back to regular timing rules.

## 2009-10 GIRLS' VOLLEYBALL REGULATIONS

In girls' volleyball, regular season and tournament matches will be 2-of-3 games. Games will be played to 25 points with the third game played to 15 points. The format will be rally scoring for all games and each game must be won by 2 points.

### 2009-10 Pre-Game Warm-Ups and Spirit Rules for Cheerleaders during Basketball Games

If a team circles the entire floor during pre-game warm-ups while the jurisdiction of the officials has started, there will be technical foul charged indirectly to the head coach. If a team runs through a team already warming up, a technical foul will be charged indirectly to the head coach.

Also, teams must go to the free throw line area directly in front of their bench during pre-game introductions or during pre-game warm-ups. No team will be allowed around the mid-court circle during or after introductions.

Cheerleaders cannot stand at anytime during the game in the area of the free throw lane extended under the basket.

## 2009-10 BASKETBALL REGULATIONS

In basketball, there is a mandated continuous clock when one team gets a 35-point advantage over its opponent in the fourth quarter. The clock would only stop for shooting fouls, timeouts, injuries, and the administration of technical fouls. The clock will continue to run for the remainder of the game, regardless if the point differential gets closer than 35-points.

### 2009-10 Wrestling Regulations

- Weight Classes:** 76, 83, 91, 99, 106, 113, 119, 125, 131, 141, 151, 165, 185, 225, 250.  
All matches count.
- Match Time:** Varsity and Championship Round Matches, 1-2-2 Minutes  
Junior Varsity and Consolation Round Matches, 1-1-1 Minute
- Other:** Situations and rules will follow the National Federation Wrestling Rules Book.

### 2009-10 TMSAA Baseball Pitching Rule

A pitcher may pitch no more than twelve innings in any one calendar week (Sunday through Saturday) and no more than seven innings in any one day. After pitching four or more innings in any one game, the pitcher must have at least two days rest before he or she can pitch again. (For example, if a pitcher pitches four or more innings any time on Monday, that pitcher would not be able to pitch again until Thursday, etc. If a pitcher pitches to any batter, the pitcher is charged with an inning.) If removed as a pitcher, the player may play any other position.

**THE PITCHING RULE APPLIES TO ALL GAMES PLAYED BY A TMSAA BASEBALL TEAM.**