

LALSAC Handbook

Updated October 2016

Table of Contents

	LALSAC Purpose Statement.....	2
	LALSAC Sportsmanship Code.....	2
I.	Duties of Officers and Positions.....	3
II.	Website.....	3
III.	Elections.....	4
IV.	LALSAC League Activities.....	4
V.	League Eligibility.....	4
VI.	League Membership.....	4
VII.	Co-oping Guidelines	5
VIII.	Meetings.....	5
IX.	Sports Committees.....	6

Addendum

Softball.....

Basketball.....

Volleyball.....

Track.....

A. LALSAC Statement of Purpose

LALSAC Purpose Statement

The LaCrosse Area Lutheran School Athletic Conference (LALSAC) exists to train our youth through unique learning experiences in athletics while developing their spiritual, intellectual, physical, social, and emotional skills and values in the light of their continuing discipleship and spiritual growth. The league shall foster an environment where team play, cooperation, unity, and fair play are priorities that are guided by God's Word.

B. LALSAC Sportsmanship Code

LALSAC Sportsmanship Code **(to be read at various tournaments)**

We appreciate your positive support of our tournament.
We thank you for respecting officials, participants, and coaches.

Acts of misconduct will not be tolerated and may result in your immediate removal.

We would like to remind all fans to remain seated during the game. Please stay out of doorways and off of the floor except during time outs and the end of the quarters.
Remember that good sportsmanship begins with you!

Remember that you are not only representing yourself, your family, your school, but you are representing your Lord.

I. DUTIES OF OFFICERS and POSITIONS

A. The President

1. Calls and presides over meetings.
2. Sets the agenda with the secretary and distributes it with notice of the next meeting date.
3. Oversees sport/sub committee work by regular communication with the chairman of each sub committee. Primary area of importance include:
 - Regular and tournament scheduling set by the spring meeting
 - Officials scheduled as needed
 - Trophies, ribbons, and awards prepared in advance of events
 - Looks for “major” changes that need to be brought before the League (see VIII C)
 - Oversee all other sub committee responsibility as listed in the addendum
4. Sets up sub-committees as they are needed. Each subcommittee should consist of at least 3 Athletic Directors.
5. Appoints an audit committee at the spring meeting.
6. Reports to the Principals’ Conference regularly.
7. Approves purchases by the league.
8. Assists in determining all cancellations of tournaments.

B. The Secretary

1. Assists the President in setting the Agenda and the distribution of it with notice of the next meeting of meeting date.
2. Keeps minutes from all league meetings and sends minutes to each school for the Athletic Director, the Principal, and the LALSAC Website.
3. Assists Website in keeping up to date information.
4. Maintains a current LALSAC history of officers.
5. Maintains an up to date directory of league members.

C. The Treasurer

1. Promptly pays league expenditures.
2. Provides a monthly financial statement of league accounts to the President and Secretary.
3. Provides a current and complete financial report of league accounts at each league meeting.

II. WEBSITE

1. Sanctioned by the league.
2. Keeps league standings and scores.
3. Keeps pertinent information on other events throughout the year.

III. ELECTIONS

The Athletic Directors shall elect a secretary and a treasurer at the first meeting of the school year to a two year term. The nominees for the positions must have had at least two years experience in the league as an Athletic Director. The alternating year a president shall be elected. The male nominees for president must have had at least two years experience in the league as an Athletic Director. At least seven Athletic Directors and the President must be at a meeting to form a quorum.

IV. LALSAC LEAGUE ACTIVITIES

A. League Sports

The following sports shall be sponsored by LALSAC for both boys and girls:

- Softball
- Basketball (A and B)
- Volleyball
- Track

B. League Tournaments

Tournaments are held for softball, A-team basketball, volleyball, and track.

V. LEAGUE STUDENT ELIGIBILITY

- A. Any student 15 years of age before September 1 of a given year is not eligible to compete in any league-sponsored activities for the school year.
- B. No student may compete after graduation from 8th grade.
- C. "A" teams are composed of any individuals meeting the above-listed requirements.
- D. "B" teams are composed of any individuals who are not yet in the 7th or 8th grade, unless other arrangements are made with the opponent in advance.

VI. LEAGUE MEMBERSHIP

School Membership

The following schools participate in the league activities:

- | | |
|-------------------------------|---------------------------------|
| * St. Paul's, Bangor | * St. Paul's, Onalaska |
| * St. John's, Caledonia | * St. John's, Sparta |
| * First Lutheran, LaCrosse | * St. Matthew's, Stoddard |
| * Immanuel, LaCrosse | * St. Paul's, Tomah |
| * Mt. Calvary-Grace, LaCrosse | * Christ-St. John's, West Salem |
| * St. John's, Lewiston | * St. Matthew's, Winona |
| * St. John's, Nodine | |

VII. Co-op Guidelines

- A. A school wishing to co-op with another school must inform the league at the September meeting if they wish to co-op for softball and at the October meeting if they wish to co-op for basketball and volleyball.
- B. Schools wishing to co-op must have already received approval from their school board and principals.
- C. Schools applying to co-op must be doing so because the school does not have enough 6th, 7th, and 8th graders interested to form an A-team in LALSAC sports.
- D. Schools applying to co-op must select the closest school in proximity to their school and work outwards in succession until permission is granted.
- E. Once co-opping has occurred, that school is required to continue to select the same school to continue to co-op with – assuming all of the above conditions have been met.
- F. All co-opping decisions must be approved on a per case basis one meeting before the sports season, except for softball.

VII. MEETINGS

Meeting Schedule

The LALSAC shall hold four meetings per year unless the president and/or LALSAC determines a need for more. Generally, meetings are scheduled:

- * At the beginning of the school year
- * In the fall, prior to basketball beginning.
- * After the basketball season.
- * In spring, prior to the track meet.

VIII. SPORTS COMMITTEES

- A. The LALSAC will maintain a sub committee for each sport. Each school must participate on a committee.
- B. Each committee must maintain a current addendum which includes the duties and responsibilities of their committee.
- C. Each committee must bring to the League any major changes for their sport (i.e. rules, payment for officials, etc). The League President is to be contacted for assistance in determining if a change is “major”.
- D. Each committee membership will be reviewed by the President in the spring meeting.
- E. Listing of schools in sport committees as of October 2016:
 - * Softball- St. John’s, Sparta, First Lutheran, La Crosse, St. Matthew’s, Winona
 - * Basketball- St. John’s, Lewiston,, Christ-St. John’s, West Salem, St. Paul’s, Tomah, St. John’s, Caledonia
 - * Volleyball- St. Paul’s, Bangor, Mt. Calvary-Grace, La Crosse, Immanuel, LaCrosse, St. Matthew’s, Stoddard
 - * Track- St. John’s, Nodine, St. Paul’s, Onalaska

LALSAC SOFTBALL RULES

1. Distance between bases: 60 ft.
2. Pitcher's Mound: Girls – 40 ft. Boys 40 ft.
3. Ten players or minimum 8 to start. Teams are permitted to use as many hitters as they wish.
4. A pitch may not be less than 6 ft. or it is considered a ball. There is no maximum height to the pitch.
5. Red-stitched, yellow, low compression (0.47 core) , softballs should be used for games and tournaments.
6. No stealing is allowed. Runners may go with the swing or cross of the plate. If there is a swing and a miss, the runner is not out if off the base.
7. 15 Run Rule. After the fifth inning, any team losing by 15 or more runs after their half of the inning, is declared the loser, and the game is over.
8. The infield fly rule does apply. If there are less than 2 outs and runners are on 1st and 2nd, or 1st, 2nd, and 3rd, and the batter hits a fly ball which in the opinion of the umpire is an easily catchable fair ball by an infielder, he will declare an, "infield fly," and the batter is out even if the ball drops. Runners may tag up if it is caught, or they may run if dropped, or they may stay on base. Remember, it must be a fair ball.
9. No bunting is allowed.
10. Any legal pitch hitting the plate or the strike rug is a strike.
11. We will use the two strikes – three ball count. (Unlimited fouls are allowed)
12. Bats may be no longer than 34 in. and not more than 2 ¼ in. in diameter at the largest part. Handles must be taped.
13. Games are seven innings long unless extra innings are necessary.
14. A pitcher must start with at least one foot on the rubber and the pivot foot must remain on the rubber until the ball leaves his/her hand.
15. Any foul is an out if traveling above the BATTER'S head and is caught by a member of the fielding team.
16. A starter may re-enter the game once they have been taken from the game. They must re-enter in their original spot in the batting order.
17. No metal spike or screw in spikes allowed.
18. Bats listed on the ASA or LaCrosse Park and Recreation illegal bat lists are illegal bats for LALSAC softball. These will be updated annually.
19. Teams are strongly encouraged to email their scores to softball committee members soon after they are played.

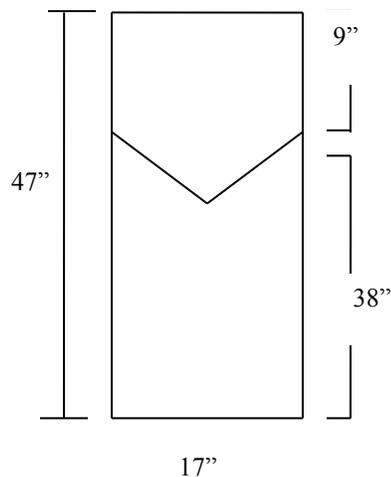
Seeding for the tournament will be:

- a. Head to Head competition
- b. Strength of schedule
- c. Draw out of hat

LALSAC Softball Tournament Rules

1. Game time limit is 1hr.10 min. No new innings will be started after 1 hr.
2. 1 extra batter is allowed or everyone on the bench may bat.
3. All other LALSAC rules apply.
4. LALSAC will provide 2 balls for each field. Provided by Winona this year.
5. Tournament location will be rotated between 1st Lutheran LaCrosse, St. Matthew's Winona, and St. John's Sparta.

Dimensions of the strike mat to be used are as shown:



Updated June 2016

LALSAC BASKETBALL RULES

(LALSAC will follow WIAA basketball rules.)

1. The boys' and girls' A tournaments will be run together on the same weekend. Teams involved in the boys' and girls' tournaments will be seeded according to the number of teams entered into the tournament from one through the last seeded team. The tournament committee will then place each of the teams into a bracket that allows for tournament play.
2. The tournament committee shall keep accurate records of all proceedings. They shall report to the league **prior to** and **following** the tournament on all details. They may make recommendations to LALSAC.
3. No half-time routines by cheerleaders will be permitted during the tournament weekend.
4. The tie-breaker for A tournament seeding will be:
 - a. Head to head competition
 - b. Strength of schedule
 - c. Coin toss
5. All games will have the following half lengths and time outs:
 - a. B team: 11 minutes Two 30 second and Three 45 second Timeouts
 - b. A team: 13 minutes Two 30 second and Three 45 second TimeoutsThis is a one year trial for the 2016-2017 season.
6. Overtime lengths and time outs:
 - a. B team: 2 minutes One additional 45 second timeout
 - b. A team: 3 minutes One additional 45 second timeout
7. Games per night – Girls A and B and Boys A and B games will all be played on the same night unless previously changed.
8. Pressing: Teams are allowed to press at any time on the A levels. B teams may press any time during the game until the lead is 10 or more points.
9. There will be a running clock in the second half for games with a point lead of 25 or more.
 - a. Once started, the running clock remains in effect for the rest of the game.
 - b. The clock will only stop for time outs
 - c. This is for both A and B teams.
10. Coaches are asked to remain seated for the whole game. (seatbelt rule)

LALSAC Volleyball Rules (updated 2012)

The league has adopted NFHS rules with modifications for volleyball this season. Listed below is a summary of the rules that coaches should implement with their teams.

1. Net height is 7' 4 1/8" for boys and girls. Court is 30' x 60'. All Lines are inbounds. The attack line is 10' from the net on either side. Balls contacting the antennae are out. Balls hitting the ceiling on your side of the net are playable if your team has remaining hits. Balls hitting the ceiling and going over are out of play. A player may touch the floor across the center line with hands or feet provided a part of the hand or foot remains on or above the center line. Contact with the floor across the center line by any other body part is illegal.

2. A match shall consist of the best two-out-of-three games. The first team to win two games shall be the winner of the match. The third game shall not be played unless necessary to determine the winner of the match. Rally scoring shall be used where a point shall be scored by the opponent every time a team commits a fault. Games shall be 25 points, and a team must win by two points. A third game would be 15 points. Service shall be determined by a coin toss before the start of the match. The team farthest from Luther will be considered the visitor and call the toss. Winner of the toss shall choose to serve or receive. If necessary, the team not calling the pre-match toss will call another coin toss prior to the third game. Winner of this toss shall choose to serve/receive or the playing area.

3. Teams should start with 6 players. (Contact the volleyball committee for exceptions.) Players shall enter the game as a starter or by substitution - not rotation. Teams are allowed 18 substitutions per game. Substitutes should face the player for whom they are substituting at the side line between the attack line and the net and wait to be acknowledged by the official.

4. The server has 5 seconds to serve the ball overhand or underhand from anywhere behind the back line between the sidelines. All players other than the server must be completely within the court at the time of the serve. A let serve (ball hitting the net and going over) is a live playable ball. Screening the serve is illegal when the ball is served directly over the screen. Defensive players should move to a position where they can see the server.

5. The serve may be received with a forearm pass, overhead pass, set, or dig. The serve may not be blocked. The serve may not be attacked while it is completely above net height.

6. Multiple contacts by a player during one attempt to play the ball are permitted only on any first team hit whether or not the ball is touched on a block.

7. Front-row players may contact the ball from any position inside or outside of the court provided the ball has not completely crossed the vertical plane of the net or the net extended.

Back-row players, while positioned behind the attack line, may contact the ball from any position Inside or outside of the court above or below the top of the net.

Back-row players, while positioned on or in front of the attack line, may not:
participate in a completed block;
attack a ball completely above net height.

8. Legal contact is a touch of the ball by a player's body above and including the waist which does not allow the ball to come to rest or involve prolonged contact with a player's body. A team is allowed 3 hits to return the ball to the opponent's court. Blocks and simultaneous hits by opponents do not count as hits.

LALSAC TRACK RULES

Updated April 2016

1. Regular clothing or track shorts allowed.
2. No spiked track shoes or cleats allowed.
3. No running in stocking or bare feet.
4. No jewelry.
5. Competition shall be in eight categories:
 Boy's categories in grades 5,6,7, & 8 and Girl's categories in grades 5,6,7, & 8
6. All athletes compete as individuals - No divisions and no team trophies.
7. Awarding of ribbons for individual winners will be on the basis of order of finish.
 1st place- blue, 2nd – red, 3rd – white, 4th – yellow, and 5th – green
8. Track & Field Day will be at Luther High School, Onalaska, WI, on 1st Saturday in May.
9. For all team events, ribbons will be awarded for each member of a placing team.
10. Unsportsmanlike conduct by participants or spectators may result in expulsion from the grounds by the track committee.
11. Any athlete may participate in only 5 events in his/her classification. (2 running & 3 field or 3 running & 2 field). One relay does not count as one of the running events. Two relays will count as a running event if students do both the 400 and 800 relays. The tug-of-war does not count as an event. However, no individual may participate in an event below his/her grade level, or in any event more than once.
12. The limit of entries per event from any one school shall be 5 for all events. There will be one relay team per class per school.

13. Running events

If an event is not filled by grade level, it may be filled by a lower grade (e.g. shot, mile, discus, all relays)

A. Distances will be:

1. 100 meter dash (all grades, boys & girls) Prelim 100s – Winner of each heat automatically will make the finals and then lanes will be filled by time (8 lanes)
2. 200 meter dash (all grades, boys & girls)
3. 400 meter dash (all grades, boys & girls)
4. 800 meter dash (all grades, boys & girls)
5. 1600 meter run (all grades, boys & girls)

B. All runners must start with hands and feet behind the starting line.

C. Two signals shall be given:

1. Runners to your mark
2. The gun

A runner shall be placed at the finish line and is considered to have crossed the finish line when any part of the torso of the body crosses the finish line. A person falling at the finish line is not considered to have crossed the line until his entire body has crossed the line.

If more than one heat needs to be run, the eight best times will qualify for the finals. If, due to ties, more than one heat needs to be run, the awards shall be on the basis of the best times in the finals.

Runners shall be disqualified if they foul a fellow runner. No runner may move into a neighboring lane to gain an advantage, except in the 1600 meter run. A fouled runner may run again.

14. Relays – (5-8)

- A. Relays will be run in each class, consisting of 2 boys and 2 girls, 1 boy and 3 girls, or 4 girls. This means that a total of sixteen relays will be run.
- B. Each runner must pass the baton to the succeeding runner within passing lane (20m). The feet of both runners must be within the passing lane when the baton is passed. 4 x 100 is all yellow to yellow. 4 x 200 is red-red, red-red, and yellow-yellow.
- C. In the event that a school is not able to make up a relay team from each class, students from a lower grade may participate in any relay. However, no person shall be allowed to participate in more than two relays and cannot participate in another grade level in the same event.

15. High Jump – (5-8)

- A. All jumpers will take off from one foot.
- B. The participant will have three tries at each height. He is eliminated when he fails on all tries at a given height.
- C. In the event of a tie, the winner will be determined by:
 - 1. Fewest misses at the winning height
 - 2. Fewest total misses throughout the competition
 - 3. Fewest attempts throughout the competition
 - 4. If still tied, both will receive the same award
- D. Starting heights will be as follows:
 - Grades 5, both boys and girls – 3’2” Grade 7, both boys and girls – 3’6”
 - Grades 6, both boys and girls – 3’4” Grade 8, both boys and girls – 3’8”
- E. Heights go up by 2”

16. Softball Throw – (5&6)

- A. The person may throw overhand or underhand, and he/she may throw from a standing or running start.
- B. Stepping on or over the restraining line is a foul and the throw will not be measured, but will count as a throw.
- C. The distance is measured from the restraining line to the spot where the ball first touches the ground.
- D. Each competitor will have three chances to throw if he/she wishes.
- E. Only the five longest throws of the competition need to be marked. All other throws will than be compared to the marked distances.

17. Long Jump – (5-8)

- A. Each competitor will have 3 jumps.
- B. Measurement of the jump will be made from the center of the leading edge of the takeoff board (4” x 8”) to the closest point of the pit touched by a part of the body.
- C. If the foot or any part thereof extends beyond the leading edge of the takeoff board, the jump will not be measured, but will still count as a jump.
- D. In the event of a tie, the winner will be determined by:
 - 1. The second best performance
 - 2. If still tied, it will go to the third best performance
 - 3. If still tied, both will receive the same award

18. Shot Put – (5-8)

- A. A women’s shot (8.8 lbs or 4 kg) will be used and is to be pushed from the shoulder.
- B. Throwing the shot in any way will not be allowed.
- C. Contestants must stay within a 7 ft. diameter circle. Stepping over the circle or falling outside its rim before the shot lands is a foul and disqualifies the throw.
- D. Each contestant is allowed three puts.
- E. In the event of a tie, the winner will be determined by:
 - 1. The second best performance
 - 2. If still tied, it will go to the third best performance
 - 3. If still tied, both will receive the same award

19. Discus – (5-8)

- A. The women’s high school discus (2.2 lbs or 1 kg) will be used at the 7th-8th grade level.
- B. Contestants must stay within a 7 ft. diameter circle. Stepping over the circle or falling outside its rim before the discus lands is a foul and disqualifies the throw.
- C. Each contestant is allowed three throws.
- D. In the event of a tie, the winner will be determined by:
 - 1. The second best performance
 - 2. If still tied, it will go to the third best performance
 - 3. If still tied, both will receive the same award

20. Tug-O-War – (5-8)

- A. Each school may enter only one team, consisting of 8 contestants.
- B. Only the last person on each side may wrap the rope around his hands or body.
- C. **Schools will enter their team the day of the meet.**
- D. Flag is tied in the middle of the rope and centered in a 12 ft. wide restraining area. The team pulling the flag beyond their end of the restraining area shall be the winner.

Duties for LALSAC Track and Field Meet

<u>School</u>	<u>Area</u>	<u>Volunteers Needed</u>	<u>Equipment Needed</u>
1 St. Paul's Bangor	High Jump	3	
2 Christ/St.John's W.Salem	High Jump	3	
3 St. John's Caledonia	Long Jump	2	
4 St. Paul's Tomah	Long Jump	2	
5 St. Matthew's Stoddard	Shot Put	2	
6 St. John's Sparta	Discus	2	Discus, Measuring Tape
7 St. John's Nodine	Softball Throw	2	Softballs, Measuring Tape, Flags
8 St. Paul's Onalaska	Distance Runs	5	
9 Immanuel LaCrosse	Sprints	5	Stop Watches
10 First Lutheran	Sprints	5	
11 St. Matthew's Winona	Tug-O-War	2	Rope
12 St. John's Lewiston	Booth-ribbons	1	
13 Mt. Calvary/Grace LaCrosse	Booth-ribbons	1	
14 Wonewoc	Softball Throw	2	