



DIVISION II MANUAL

League Rules & Regulations for Athletics

Revised~May 19, 2015

Georgia Independent Christian Athletic Association Manual

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GICAA, LLC Manual for Athletic Competition

Division II

General Information

I. History of the GICAA

The GICAA began in 2013. The purpose for starting the GICAA is to promote high school and middle school athletics for students in Christian Schools, Independent Schools, as well as giving opportunities for athletic competition to those individuals who may receive a non-traditional education. Although the GICAA will promote and encourage Christian values, the league will not have any direct affiliation with a particular school, church or any other organization. This will eliminate any conflict of interest problems. All divisions will have the schools and organizations within the division following the same rules. This will level the playing field to ensure that each school or organization will have the same opportunities to reach their highest potential. Nothing will be left vague or subject to interpretation by a third party.

II. The Goal of the GICAA, LLC

The goal of the GICAA is to create an environment where high school and middle school students can compete at their levels yet still be encouraged to grow in their faith. The GICAA understands that its member schools, although they will be competing against each other, are all part of the same team (God's team). The GICAA desires to unite Christ-Centered schools, Independent Schools and Learning Centers who wish to impact and influence their students through athletics. The GICAA member schools will work together to create a competitive athletic environment that honors God at all levels. The GICAA and its members schools should strive to set a Godly example of excellence.

III. GICAA, LLC Core Faith Statements

The primary goal of school athletics should be to teach life lessons and life skills that will equip and prepare our young men and women for the world beyond school athletics. Also, our desire is to provide the very best opportunity for those who wish to play at the next level. Winning is important, but it is not the most important thing. Bringing honor and glory to God in how we play is more important than winning. "It is possible to win a game...yet lose our ability to shine light into a dark world."

Every school, athletic director, coach, team and student should strive to do their very best because God is honored when we give our best to Him. Because of their position, athletic directors, coaches, teams, and athletes carry a great deal of influence and should act accordingly. Coaches hold an enormous amount of influence with their athletes. Therefore, member schools should choose their coaches carefully and prayerfully. Athletic competition can be and should be conducted in a way that brings honor and glory to God and draws people to Him.

If athletic competition is done properly, win or lose, it will promote mutual respect and encouragement from schools, teams and players. If athletic competition divides us and produces discord and strife, then it ceases to be God-honoring. Schools should have the opportunity to compete in a safe environment without unnecessary distractions. Although league parity is almost impossible, teams should have the opportunity to compete on a level playing field.

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IV. Government Infrastructure

The GICAA will have a President, Executive Director, General Manager, Director of Operations and a League Administrator whose sole purpose is to serve the member schools in the association. All forms will be submitted to the league office. The league office will be responsible for the following:

1. Sanction of all rosters
2. Collection of all forms and documents of member schools and organizations
3. Setting Regional and State Tournaments
4. Answering all questions for member schools and organizations
5. Calendar of events

V. School Size and Student Classifications

School sizes and student classifications will be based on the following criteria:

Division I:

Schools that will use only their student body to fill rosters. There will be no AES athletes.

Division II:

Schools that supplement rosters with a limited number of AES athletes in order to have a sports team

Division III:

Open division for pure homeschool programs and schools that supplement rosters with a larger number of AES athletes than allowed for in Division II. Each division can consist of a one (A), two (AA) and three (AAA) classification based on the size of the programs within the division.

VI. GICAA, LLC Committees

GICAA will have three working committees within each division: Executive Committee, Rules Committee, and Dispute Committee.

1. The Executive Committee will comprise of headmasters and/or athletic directors who will look at the overall working of the league.
2. The Rules Committee will consist of representatives from each region within each division. The Rules Committee will discuss, add, or amend rules within the division. A majority decision is needed to change or amend a rule.
3. The Dispute Committee will comprise of a three or more member panel from each division. If a school has a dispute or appeal, the Dispute Committee from another other division will hear the dispute/appeal and a majority decision will determine the verdict. This will avoid any conflict of interest within a division.

VII. Dispute Resolutions

If any dispute arises within the league, it is our hope that the Dispute Committee will be able to resolve the situation with a fair and balanced solution. A school may be dismissed by the GICAA League Office at any time for the following reasons, without going through the Dispute committee:

1. Breaking the rules set out by the GICAA
2. Breaking the playing or safety rules as set out by the National Federation of High Schools
3. Being delinquent on paying league fees
4. Repetitively cancelling games without timely notice or no notice at all
5. Attempting to influence the Dispute Committee
6. Not adhering to the Sportsmanship and Conduct expectations set forth by the GICAA.

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Membership Requirements

I. Membership Entrance Requirements

Admittance in to the GICAA will include filling out an entrance application and sending it to the league office. There is no charge for applying for league membership. Once the application is received, the GICAA will send a representative to your school. If a school meets the requirements and is accepted into the GICAA, all other member schools and organizations within the division will be notified. No member school can begin a new calendar year as a league member if any fees are past due. All past due fees must be current by the date in the sports calendar.

II. Insurance and Liability

All schools or organizations are responsible for insuring their own students. GICAA member schools must complete the Insurance/Liability Waiver found on the website www.gicaasports.com on a yearly basis. There will be a mandatory \$6.00 catastrophic insurance fee per student athlete due by July 1st of each year. This \$6.00 fee will cover the student athlete for all activities he/she participates in during the school year.

III. Forms

Required forms will be available on the league website www.gicaasports.com. Refer to the Calendar of Events for sport specific due dates.

1. Application for Membership
2. Insurance Liability Waiver
3. Statement of Cooperation
4. Officials Association
5. Playing Fields and Venues

IV. Associational Meetings

1. All members are required to attend league meetings.
2. Dates for league meetings are on the sports calendar.
3. Failure to attend required meetings will result in a fine. Refer to Fines and Penalties.

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Fees & Dues

I. Sports Fees

- Refer to the sports calendar on the website for the sports fee due dates.

Fall Sports Fees	Winter Sports Fees	Spring Sports Fees
1 Sport = \$450.00	1 Sport = \$450.00	1 Sport = \$450.00
2 Sports = \$700.00	2 Sports = \$700.00	2 Sports = \$700.00
3 Sports = \$900.00	3 Sports = \$900.00	3 Sports = \$900.00
4 Sports or more = \$1,100.00	4 Sports or more = \$1,100.00	4 Sports or more = \$1,100.00

Fall Sports	Winter Sports	Spring Sports
Football	Girls Basketball	Baseball
Volleyball	Boys Basketball	Softball
Fall Soccer	Girls Swimming	Girls Soccer
Fall Softball	Boys Swimming	Boys Soccer
Girls Cross Country	Shotgun Sports	Girls Golf
Boys Cross Country	Competition Cheerleading	Boys Golf
	Wrestling	Girls Tennis
		Boys Tennis
		Girls Track & Field
		Boys Track & Field

II. Arts & Academic Fees

- Refer to the Arts & Academics Manual on the Arts & Academics website at www.gicaaarts.com

III. Gate Admission Fees

- Ages 5 and under are free for all events
- Schools are allowed to charge a gate fee up to the max value stated in the column below.

Sport/Season	Regular Season	Region Tournament	State Playoffs
Fall Sports (except Football)	Adults up to \$5 max Students up to \$5 max Double Headers - Adults up to \$8	Adults up to \$8 max Students up to \$5 max	Adults \$8 Students \$5
Football	Adults up to \$8 max Students up to \$5 max	N/A	Adults \$10 Students \$7
Basketball	Adults up to \$7 max Students up to \$5 max	Adults up to \$8 max Students up to \$5 max	Adults \$8 Students \$5
Spring Sports	Adults up to \$5 max Students up to \$5 max Double Headers - Adults up to \$8	N/A	Adults \$8 Students \$5

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IV. Region Dues

1. \$25.00 per sport
 - Varsity and Junior Varsity are considered one sport
 - Girls and boys sports are considered separate sports
2. The dues will cover the Region Championship Trophy, Region Runner-up Trophy, and All-Region Awards for that particular sport.

V. Coaches Association Dues

1. The Coaches Association was formed so that all coaches can be involved and participate in clinic and voting procedures.
2. A coach must be a member in order to be nominated for Coach of the Year in his/her sport.
3. Membership Fee = \$25.00 per coach or a maximum of \$150.00 per school

Fines & Penalties

I. Penalty Policies

1. A member school has seven days to pay a fine once they have received the official notification from the GICAA.
2. After seven days, the fine will double.
3. After 14 days past due, all games played will count as a forfeit until the fine is paid.
4. All fines are to be paid in full before a team can participate in the region or state tournaments.

II. Rules and Violations

\$50.00 Fine:

1. Not updating game results to website within three business days
2. Not sending in Technical Foul/Ejection Report after a written warning
3. Late on paying league fees by due date
4. Late on sending rosters to office by due date
5. First offense fine when coach is ejected from game*
6. First offense fine when player is ejected from game*
7. Any fan asked to leave the premises, or acting in a manner subjecting an official to an undue threat by physical or verbal assault will be treated as an ejection and said fan will not be allowed to attend the next game played by their team. If there is a second incident, that fan will be removed for the remainder of the season.

\$75.00 Fine:

Second offense fine when player is ejected from game*

\$125.00 Fine:

Schools must pay league office a fine if they decide to remove a sport after the due date.
All dates can be found in the sports calendar.

\$175.00 Fine:

Second offense fine when coach is ejected from game*

\$250.00 Fine:

A school will be fined when it is NOT represented at a mandatory coaches meeting.

*If a coach or player is ejected from a game, he/she must sit out and cannot attend the next scheduled game. A new game cannot be scheduled in order to prevent a region game sit-out.

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III. Cancellations or No-Shows

1. **\$100.00 Each Fine:** If cancellation is seven days or less before date of the event, the fines are to be paid to the league office and the other school involved.
2. **\$200.00 Each Fine:** Second cancellation of seven days or less in the year, the fine will be paid to both the league office and the other school involved.
3. **\$400.00 Each Fine:** Third cancellation, seven days or less, of the year, the school may face possible expulsion from the association for the remainder of the school year.
4. **\$500.00 Each Fine:** If a school cancels ten days or less of a football game, the school must pay fine to league office and other school involved.
5. If a school cancels within 24 hours of a game, the cancelling school must pay for officials and venue rental expense (if any) up to \$250.00

IV. Failure to Attend State Playoffs/Tournaments

1. First offense: The school will be subject to a \$500 fine.
2. Second offense: The school will be subject to a \$500 fine and forfeiture of participation in the next season's play-offs.

V. Weather and Heat

1. **\$500.00 Fine:** Member school violating the weather and heat provisions can be fined between the amounts stated above and could result in possible expulsion from the GICAA.
2. **\$1000.00 Fine:** Second infraction.

Calendars

I. Sports Calendar

Refer to sports calendar for specific dates for:

1. Fee due date
2. Roster due date
3. Schedule due date
4. Pass list due date
5. Official practice start date
6. Official opening game day
7. Last regular season game
8. Region and State Tournaments/Playoffs
9. Scheduled League Meetings

Schools should consider the GICAA calendar of events when planning school activities during the year.

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II. Legal/Illegal Practice Dates

Legal practice dates are established for each sport and schools shall not conduct or allow an illegal practice. Refer to the sports calendar on the website for sports specific dates.

1. At any given point in time, only one coach in a sport may work with up to three individuals in skill-building drills. Illegal practices are defined as practices involving four or more students participating in extracurricular activity in the presence of, or under the direct or indirect supervision of any coach of the school.
2. Any team practice occurring after the beginning of the school year and before the GICAA official start date for the designated season is an illegal practice.
3. Any practice occurring after the end of the season for that team until the end of the school year for students in that school is an illegal practice.
4. Teams that would like to participate in a national or additional post-season tournament other than the GICAA end-of-season tournament must submit a request to the GICAA office for approval.
5. Schools may have try-outs in the spring for fall sports. Tryouts can be anytime between the months of February through May of the preceding year and are limited to five days.
6. **Any student who participates in any spring practice or tryout must be covered under the GICAA catastrophic insurance policy.**

III. Summer Policy

Summer is defined from the last day of school until fall sports practice begins as posted on the website. Refer to the sports calendar for sport specific dates. The GICAA does not sanction, sponsor, promote, approve or disapprove any individual school's summer activity.

1. Each GICAA school has the right and privilege of choosing the degree and nature of involvement for summer activities which the school takes sole responsibility.
2. Practices, camps, clinics, leagues, etc. may be held during the summer months. Football practices in pads are restricted to Fall starting dates published in the GICAA manual.
3. "Dead Week" must be observed during the week (Sunday through Saturday) in which the Fourth of July falls each year. Schools are prohibited from participating in voluntary workouts, camps and/or clinics, weight training or competitions during the week.

Eligibility

I. Certification of Eligibility

A. Eligibility Reports and Rosters

1. All schools must file an eligibility report that lists all students in the 7th-12th grade with the league office every August. If participating in MS Sports, please include 5th-6th also. All enrolled students listed on rosters must also appear on this report. The due date will be on the sports calendar.
2. In addition to the eligibility report, each school **MUST SUBMIT** a properly certified roster for each sport.

B. Birth Certificates

1. Member schools are responsible for the certification of birth of their students participating in athletic competitions if there is a need for verification.
2. Alternative education students (AES) who are not enrolled into a member school are required to present and turn in a copy of their birth certificate and report card or academic record to the league office for allowance to participate in any of the athletic competitions offered by the GICAA.
3. A student's gender is determined by the gender noted on his/her certificate at birth.

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C. Limits of Participation

1. A student has eight consecutive semesters or four consecutive years of eligibility from the date of entry into the 9th grade to be eligible for interscholastic competition. Eligibility in the 7th grade will be for one year only for varsity. Eligibility in the 8th grade will be for one year only for varsity. In other words, a 7th or 8th grader who participates on the varsity level cannot repeat the 7th or 8th grade and play on the varsity level again in the same grade.
2. A student who turns 19 prior to May 1st preceding the school year of participation will not be eligible to play varsity sports the following school year.
3. A student cannot participate in any athletic contest as a professional under contract.
4. If a student plays one sport at a GICAA member school, then he/she cannot play another sport for a different GICAA member school in Division II or III.

D. Academic Eligibility

1. To be eligible to participate, practice, and/or try out in interscholastic activities, a student must be academically eligible.
2. Students must take three full-time classes in high school to be considered as a full-time enrolled student. If only taking three classes, he/she must be passing all three classes to be eligible to play. If a student is taking four or more classes, he/she can only fail one class in order to remain eligible to participate.
3. If a student is not eligible after the first semester, he/she may be allowed to become eligible at the end of the third nine weeks of the second semester.
4. Students are ineligible for the following year if they are failing more than one subject at the end of the second semester or for the year. They can earn up to two credits during the summer.
5. A student must be taking the appropriate number of subjects each year to be on track to graduate in four years from the school or AES program.
6. Summer school credits are limited to two credits. Cases with extreme circumstances can be appealed to the Dispute Committee and this rule will not have any effect on units schools count toward graduation.

E. Transfer Eligibility

1. A student who transfers from one GICAA member school to another GICAA member school without a legitimate move is ineligible for interscholastic participation for one full calendar year.
2. Any move that is not legitimate and is made for the purpose of creating eligibility will be considered illegal. The student will be ineligible at any GICAA school for a period of one calendar year unless there are extenuating circumstances in which case the Dispute Committee would have to rule on.
3. A legitimate move is defined as the following: The family of the student moves closer to the school to which they are transferring than they were to the school previously enrolled. The new residence must be nearer to the school to which they are transferring than the old residence was.
4. If a parent is a full-time employee of a GICAA member school and changes schools as a coach or full-time employee, then the child of the employee can compete at the new school without losing eligibility. (Full-time employee is considered 20 or more work hours a week)

II. Exchange & Foreign Students

The GICAA recognizes all exchanges programs that are approved through the **Council on Standards for International Educational Travel (CSIET)**

1. Foreign exchange students registered with a CSIET approved program are eligible without appearing before the Dispute Committee if they arrive before September 15.
2. Foreign exchange students registered with a CSIET approved program that arrive after September 15 must appear before the Dispute Committee to be considered eligible. Once approved, as long as they stay at the same high school for consecutive years, they do not go before the Dispute Committee again.

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3. Foreign students that live with family and arrive in this country legally are eligible.
4. Foreign students that arrive in this country legally and are not living with family and are not under an approved exchange program must appear before the Dispute Committee to be considered eligible. Once approved, as long as they stay at the same high school for consecutive years, they do not go before the Dispute Committee again.
5. Please submit all foreign and exchange student's information in writing to the GICAA office along with the student's transcript.
6. If your school is not approved by CSIET and you develop your own Foreign Exchange Program or you have used a different program, you must file any and all paperwork with the GICAA by May 1st of the preceding school year for acceptance or rejection.
7. All foreign exchange students must meet all eligibility requirements as noted in the Eligibility Section.

III. Joint & Dual Enrollment

Students who are jointly enrolled in the GICAA and a local college must meet the following criteria to be deemed eligible:

1. When a student is joint/dual enrolled, he/she must be a full-time student of the member school.
2. Some of the classes taken by the student must be scheduled and taken at the GICAA School.
3. The GICAA School and the college must award the student full graduation credits for jointly enrolled classes.

IV. Alternative Education Students (AES)

The purpose of having AES in the GICAA is to help schools fill their rosters. AES athletes can only be used to fill rosters, not to gain a competitive advantage. The GICAA further believes that all athletes should have the opportunity to participate in a competitive league.

The GICAA will use the definition of the Georgia Accrediting Commission to define home school students or those using some other form of alternative education. The definition provides that students can spend a maximum of 60% of their time at a learning center. A minimum of 40% of their time must be spent studying at home or a place designated by the parents. These students can receive their education through home school groups or cyber schools.

V. Regulation of AES Athletes

A. Birth Certificates

1. Member schools must submit birth certificates and a report card or academic records of all AES athletes to the GICAA by sport specific due date.

B. Eligibility

1. AES athletes and other students considered to be AES athletes will play under the authority of the GICAA and must meet all eligibility requirements as stated in the Certification of Eligibility section.
2. All AES athletes have four years of eligibility beginning in the 9th grade.
3. According to Georgia homeschool regulations, homeschool students must take an appropriate nationally standardized test at the end of their 9th grade year. Once a homeschool student has taken this test in the 9th grade, he/she will have three years left of eligibility in the GICAA.
4. According to Georgia homeschool regulations, homeschool students must take an appropriate nationally standardized test at the end of their 12th grade year. Once a home school student has taken this test in the 12th grade to fulfill graduation requirements, he/she is no longer eligible to play sports for a GICAA school.
5. Students enrolled in less than three full-time classes at a member school are considered AES athletes. Students enrolled in three or more full-time classes at a member school are considered a full-time student.
6. Public school students who attend school at a physical building (out of home) are not eligible to participate with a GICAA member school.

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C. "Home Base" School

1. All Schools and Programs must supply a physical address for their Home Base.
2. An AES athlete will have a "home base" school that he/she will be eligible in for the duration of his/her eligibility.
3. AES athletes must live within a 30 mile radius of the GICAA "home base" school.
4. The "home base" school of the AES athlete must have the parent and student sign the GICAA AES Athlete Agreement (refer to forms on GICAA website). It states that the AES athlete is agreeing to participate in sports and other activities only with that particular school.
5. An AES athlete who transfers from one GICAA member school to another GICAA member school without a legitimate move is ineligible for interscholastic participation for one full calendar year. A legitimate move would be defined as a move outside of the 30 mile radius of his/her "home base" school. This applies to those in the 9th -12th grade and any 7th and 8th graders who participated in a varsity level sport. If an AES athlete becomes an enrolled student at another member school, there will be no requirement to sit out.
6. An AES athlete must meet the admission qualifications of the "home base" school. An AES athlete is not required to go through the admission process of the "home base" school, but he/she should meet the same requirements to be accepted as a full-time student. In other words, the AES athlete must be a student that the school would accept for admission.
7. If a Division II school does not offer a specific sport, the AES athlete can play for another Division II school if it's identified on the AES Athlete Agreement (base school) form before the start of the season. NO ENROLLED student can play for another program at any time.
8. If the Division II Member School becomes a Division I School, that does not allow AES Athletes, then the AES athlete is free to choose another (Home Base) school without penalty of sitting out one calendar year.

D. Rosters

1. Once the final roster is due, NO AES athletes may be added.
2. AES athletes will be noted on a special section of the roster.

VI. AES Roster Limits & Guidelines

**There needs to be six or more teams in a particular sport to separate Division II into A & AA. If a sport does not have a minimum of six teams in each classification, the sport will be played as a Division II-A sport to include Division II-A Rules and Division II-A Roster Limits.

****At NO time can an enrolled student ever be cut from a team to add an AES athlete. If an enrolled student athlete is cut from a team, the eligible number of AES athletes will be reduced at the same rate. ****

**If a sport offers A & AA Classifications, the 50% roster limit will not be in effect for programs playing in AA. ALL OTHER DIVISION II RULES WILL BE IN EFFECT INCLUDING TOTAL ROSTER NUMBERS. **In Football, the maximum AES athletes is eight regardless if it's A & AA.

Division II-A Guidelines: In order to use an AES athlete, a member school must first determine if they do not have enough enrolled students to make a complete roster for a particular sport. If a school does not have enough enrolled students, then they may use AES athletes to fill a roster. The school will be subject to a maximum roster limit which comprises of both the enrolled students and AES athletes as seen below:

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These numbers are for Varsity.

Baseball	17	Softball	17
Basketball	13	Swimming	17
Competition Cheer	17	Tennis	11
Cross Country	7	Track & Field	17
Golf	7	Volleyball	13
Shotgun Sports	7	Wrestling	17
Soccer	17		

8-Man Football - Maximum of 8 AES athletes with a roster limit of 24

Schools must abide by the 50% rule if they have 16 or less players.

11-Man Football - Maximum of 8 AES athletes with a roster limit of 30

Schools must abide by the 50% rule if they have 16 or less players.

AES athletes CANNOT make up the majority of a member schools roster for a sport. Enrolled students must make up at least 50% of the roster. Schools may play at the roster limit or below the roster limits as seen in the next example:

VOLLEYBALL EXAMPLE:

If a school has

1. 13 or more enrolled students on the roster, NO AES athletes may be added to the roster.
2. 12 enrolled students on the roster, 1 AES athlete may be added to the roster.
3. 11 enrolled students on the roster, UP TO 2 AES athletes may be added to the roster.
4. 10 enrolled students on the roster, UP TO 3 AES athletes may be added to the roster.
5. 9 enrolled students on their roster, UP TO 4 AES athletes may be added to the roster.
6. 8 enrolled students on their roster, UP TO 5 AES athletes may be added to the roster.
7. 7 enrolled students on their roster, UP TO 6 AES athletes may be added to the roster.
8. 6 enrolled students on their roster, UP TO 6 AES athletes may be added to the roster.
9. 5 enrolled students on their roster, UP TO 5 AES athletes may be added to the roster.

(AES athletes cannot comprise more than 50% of the roster.)

If a school has an AES athlete on the roster for one year and the following school year it has enough enrolled students to fill their roster, then the AES athlete would still be eligible to play with the school. The AES athlete may continue to play until his/her eligibility expires though the maximum roster limits would be exceeded. This only applies if the AES athlete played in the PRECEDING SEASON with the team and no other AES students may be added. If an AES athlete was on the varsity roster during the 7th and/or 8th grade, he/she would be able to complete 7th, 8th, and high school eligibility.

There are no roster limits of enrolled students for schools not using AES athletes.

Any JV players that play both JV and Varsity must be on both rosters, and they will count toward the enrolled student count on BOTH rosters.

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VII. Virtual Classes

Virtual Classes are considered to be classes that are taken online or by computer. Virtual Class students are considered AES athletes under the following conditions:

1. The virtual class must be an accredited class by GAC, SACS, ACSI, etc.
2. All virtual class students must meet the same academic eligibility standards as enrolled students.

VIII. Other Eligible Students

Students from other private schools may be considered AES athletes and may participate on a limited basis in athletics with GICAA member schools if the following qualifications are met:

1. The member school making the request must have a legitimate numbers problem in fielding a team in that sport.
2. The non-GICAA School cannot offer the any sport in a competitive sports program.
3. The student must be enrolled as a full-time student in the non-GICAA School.
4. The student must live within a 30 mile radius of the GICAA member school.
5. Other eligible students must meet all eligibility requirements as stated in the Certification of Eligibility section.

Undue Influence/Scholarships/Travel Teams

I. Undue Influence

1. Undue influence to persuade a student for athletic purposes offered in the GICAA is not permitted and will result in penalties to that member school. Student may have to forfeit eligibility for one year from the date of enrollment.
2. Undue influence is defined by the GICAA as personal contact by coaches and sponsors in an attempt to persuade transfer by gifts of money, jobs, supplies, clothing, free transportation, free admission to contests, invitations to attend practices and/or games, or free tuition.
3. Reports or accusations of this rule being violated by a school will be investigated and handled by the dispute committee.

II. Scholarships

1. No student will be allowed a scholarship purely for athletic purposes.
2. The league office will determine whether or not a scholarship and/or financial aid is being given for athletic purposes.

III. Travel Teams

A GICAA coach may not coach a non-GICAA team in a competitive setting, **DURING THE SCHOOL YEAR**, which includes any player(s) who participate in the sport he/she coaches at the member school.

Exception: In a situation in which the child or step-child of the coach is the **ONLY** player on a non-school team from the coach's school, the coach would be exempted from this rule.

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Policies and Procedures for Athletic Competitions

I. School Directions

Member schools are required to provide detailed directions to their home facility and/or field where they host games. For any changes in the host location, the member school is responsible for notifying the visiting team and must send updated information to the league office. Host field or facility must meet the requirements stated in the gaming rules and regulations for the respected sport being played. Location details will be available on the website.

II. Season Pass List

Member schools must fill out the seasonal pass list form located on the website. The season pass list includes the Head of School, Assistant Head of School, Athletic Director, Head Coaches and one Assistant Coach per sport. The school will only receive passes for the sports the school participates in with the GICAA. Each pass will admit one person and one guest.

III. Grade Level Requirements

Grade Level Requirements are as follows:

A. Varsity Level

- | | |
|-------------------------------|---|
| 1. All sports except football | 7 th – 12 th grade* |
| 2. 11-Man Football | Age 14 before August 1 st – 12 th grade |
| 3. 8-Man Football | 8 th – 12 th grade** |

*Schools can submit a request to the GICAA league office for approval if a school needs to allow 6th graders to play non-contact varsity level sports. Request will only be considered if a parental signed document is on file with the GICAA.

**8th graders are allowed to play with a stipulation. The school must send a letter to the GICAA from the head administrator, athletic director, and parent stating that the 8th grader is mentally and physically fit to play at the varsity level.

IV. Rosters

A. General Information

1. All rosters will be reviewed and sanctioned by the league office before the season begins.
2. Each school should have a valid, stamped, sanctioned roster from the GICAA in hand for each team during regular season play.
3. At Region Tournaments and State Playoffs, each school must have a copy of the sanctioned roster at every game.
4. If the official roster is not submitted, then the team will be removed from the league.

B. Roster Due Dates

1. Rosters must be submitted by the sport specific due date. There is a date for rosters to be submitted and a date for final rosters. Refer to the sports calendar. Roster forms are located on the GICAA website.
2. Enrolled and newly enrolled full-time students may be added to the roster up to thirty calendar days prior to the last region play date.
3. No enrolled students can be added within 30 days of the last region play date.
4. After the final roster due date, NO AES athletes may be added to the roster.

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5. A school cannot allow an AES athlete to add classes in order to make him/her an eligible enrolled full-time student after the final roster due date.
6. After the final roster due date, any and all roster changes must be handled through the League Administrator at the GICAA.

C. Roster Limitations

1. There are no roster limit restrictions of enrolled students as long as AES athletes are not used.
2. There are roster limits if AES athletes are listed on the roster. Refer to AES Roster Limits and Guidelines.

D. Roster Disputes

1. If an enrolled student participated in an athletic contest during the season and was on the school's eligibility report, but was left off the sanctioned roster, then the school can appeal to the Dispute Committee concerning the eligibility of the individual.

V. Game Contests

1. Scheduled games that have been listed on both schools schedules, for any of the athletic competitions offered will be considered a game contract between those schools. Failure to uphold the contract without notice to a competing school will result in a penalty. Refer to the League Fees and Penalty section for more details.
2. Finalized schedules must be submitted to the league office by the sport specific due date found on the sports calendar.
3. Varsity games for the sports stated in the league competition section must have the latest start times for games. (This applies to basketball only.)
4. Schools must work cooperatively in case of a circumstance that does not allow gameplay for the teams involved and they should re-schedule a game within 48 hours. In case of teams not being able to do so within the time limit, the league office should be contacted.

VI. Game Results

1. Games results must be updated on the GICAA website.
2. Results must be entered within three business days of the game or the school will be subject to a fine. Refer to Fines and Penalties.

VII. Gaming Rules and Regulations

All athletics will be played under the rules and regulations of the National Federation of High School Rules (NFHS) for the specified sport unless changes are adopted by the rules committee. Swimming will use the United States Swimming (USS) Rules and Regulations book. Tennis will use the United States Tennis Association (USTA) Rule Book. Golf will use the United States Golf Association (USGA) Rules of Golf. Shotgun sports will compete under the SCTP (Scholastic Clay Target Program) rule book.

VIII. Equipment

Equipment allowed in sports will also be based from the guidelines listed in gaming rules and the regulation section for the respected sport.

IX. Physicals

GICAA strongly suggests that each member school maintain a current physical on file for each athlete. Schools are encouraged to carry copies of physicals to all games to expedite medical attention for an injured athlete.

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X. Blood policy

Players who are bleeding must be removed from play as an injured player until the medical problem is corrected. Players with blood on their uniform must change or thoroughly disinfect and clean the uniform in order to re-enter the game. Official in charge must approve entrance to the game. Any blood on the playing surface must result in the official calling time out to have the soiled area thoroughly cleaned and disinfected before play can restart.

XI. Concussion Policy

GICAA member schools must abide by House Bill 284, known as the "Return to Play Act of 2013." This act was effective on January 1, 2014. Refer to the GICAA website for all forms and information regarding the concussion policy.

All GICAA schools must provide parents or guardians of every student athlete an information sheet about concussions. A Concussion Acknowledgement Form is located in the Forms section of the GICAA website. The school and parent/guardian must keep a signed copy.

It is mandatory that every coach in each GICAA sport participate in a free, online course on concussion management available at www.nfhslearn.com at least every two years. Each school is responsible for maintaining the participation of its coaches in the concussion management course and must keep a record of those who participate.

Each school must be in compliance with the Georgia law concerning concussions. Every GICAA school should meet with their coaching staff and review the concussion policy prior to the beginning of every season.

It is very important that every administrator, athletic director, coach, parent, official, athlete, and health care professional know the symptoms and steps to take when dealing with student athletes that display signs of a possible concussion. Concussions can be a serious health issue and should be treated as such.

XII. Heat Policy

All member schools shall utilize and be responsible for managing a scientifically approved instrument that measures WBGT at each practice. The following WBGT readings the corresponding activity, hydration, and rest break guidelines apply:

1. Under 82.0 - Normal activities. Provide at least three separate rest breaks each hour of a minimum duration of 3 minutes each during Practice.
2. 82.0 - 86.9 - Use discretion for intense or prolonged exercise. Watch at-risk students carefully. Provide at least three separate rest breaks each hour of a minimum of four minutes duration each during practice.
3. 87.0 - 89.9 - Maximum outdoor Practice time is two hours. For football, students are restricted to helmet, shoulder pads, and shorts during Practice. All protective equipment must be removed for conditioning activities. For all sports, provide at least four separate rest breaks each hour of a minimum of four minutes each during Practice.
4. 90.0 - 92.0 - Maximum outdoor Practice time is one hour. No protective equipment may be worn during outdoor Practice and there may be no outdoor conditioning activities. There must be twenty minutes of rest breaks provided during the hour of outdoor practice.
5. Over 92.0 - No outdoor activities or exercise. Delay outdoor Practice until a lower WBGT reading occurs.

The following guidelines apply to hydration and rest breaks:

1. Rest time should involve both unlimited hydration (water or electrolyte drinks) and rest without any activity involved.

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2. The site of the rest time should be a cooling zone not in direct sunlight, such as indoors, under a tent, or under a shade tree.
3. When the WBGT is over 86, ice towels and spay bottles filled with ice water should be available in the cooling zone and cold immersion tubs shall be available for a student showing signs of heat illness. A cold immersion tub may be anything, including a shower or wading pool that can be adapted to immerse a student in cold water and ice which is available within two minutes travel from an outdoor Practice facility.

XIII. Severe Weather Policy

Schools are encouraged to develop their own Severe Weather Policy. In the event of the threat of severe weather (observed lightning or thunder in the area, or weather bureau-announced tornado warnings or watch) during the course of an outdoor sporting event, the game administrator, official and/or coaches of the competing teams, by agreement, have the authority to suspend the event until non-threatening conditions return. Schools are required to have weather detection devices that give warning if severe weather is in the area.

Tournaments, Playoffs & Awards

I. Region Tie-Breakers

After region play is complete, team standings will be used for seeding for region tournaments or state playoffs. If there is a tie in any sports except for football*, the following tie-breaking procedures will be used in the order as listed below:

1. Head-to-Head
2. Head-to-Head Point/Run/Goal Differential with a Sport Specific Cap
This cap will be the maximum total that will count against the opposing team. The cap is put in place so teams will not run up scores. Example: If a basketball team wins by 35 points, then only 20 points will be credited toward the head-to-head point differential.
 - Basketball Cap 20 points
 - Baseball Cap 10 runs
 - Softball Cap 8 runs
 - Soccer Cap 5 goals
 - Volleyball Head-to-Head - Total number of sets won
3. Common Opponent – Each team must have played the common opponent an equal number of times for this tie-breaker to be considered.
4. If head-to-head point/run/goal differential is the same and both teams agree, they can play another game to settle it or go to the next tie-breaker.
5. Coin toss

*Football Tie-Breakers are listed in the Football Section.

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II. Region Tournaments

Region Tournaments will be held after the end of the regular season in volleyball and basketball.

1. Dates for Region Tournaments will be on the sports calendar.
2. Refer to fees section for admission prices.
3. Officials will be provided by the host school and must be paid from the host school gate.
4. Region Tournament host sites will be decided each school year on a rotating school basis. Regions must agree on host school.
5. Host team facility must meet requirements stated in the guidelines under gaming rules and regulations section for the respected sport.
6. The host facility must have the following adequate facilities to host: four dressing areas, concessions, hospitality room, adequate seating, and ample parking.
7. The host school must be able to provide the following personnel for all games: admission gate workers, official scorekeeper, clock operator, concession workers, game administrator, tournament administrator, proper maintenance personnel, and security. Others recommended are game announcer and medical trainer.

III. State Playoffs/Tournaments/Championships

A. General Information

1. The number of teams qualifying for the state playoffs will be determined by the GICAA at the beginning of the season based on the total number of regions and teams.
2. Officials for the State Playoffs/Tournament/Championships will be assigned or approved by the GICAA.
3. Refer to fees section for admission prices.
4. Only varsity teams participate in the state tournament.
5. Teams qualifying for the state tournament are required to compete.
6. Member schools may be asked to provide volunteers for the State Playoffs.

B. State Location

1. Location and date can be found on the sports calendar.
2. State Championships will be held at a neutral site when possible.
3. The state playoff games will either be at the higher seed, a predetermined host member school, or a neutral site designated by the GICAA. The higher seed will be the home team. If two equally ranked seeds meet, then the bracket will determine who will be the home team.
4. Sites may be subject to change based on agreement from schools participating in the state tournament.
5. In the case of an urgent decision needed, the league office will choose the state tournament location.
6. The facility or field must meet requirements stated in the guidelines under gaming rules and regulations section for the respected sport.

C. State Playoffs Revenue and Expense Information Between Schools and GICAA

1. GICAA will keep all profits from gate and concessions when a state tournament, state playoff or state championship is held at a neutral site. If a state tournament is held at a member school, the

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host school will keep concessions and receive a hosting fee. The GICAA will retain the gate and pay officials expense.

2. When a state playoff contest is held at a member school and the contest is not part of the state tournament or state championship game, then the member school will keep concessions. The gate will be received by the member school from which 20% of the profits will be paid to the GICAA. In addition, the officials will be paid for by the host school.

IV. Trophies, Awards, and Honors

A. Team Trophies

1. The following Team Awards will be given in most sports:
 - State Champion and State Runner-up Varsity
 - Region Champion and Region Runner-up Varsity
2. Region team trophies will be paid out of region dues that will be set, per sport, by the GICAA.
3. These dues will be paid by the member schools at the same time the sports fees are due.

B. Individual Awards

1. All-Region Awards
 - a. Top performing varsity athletes from each region in most sports will be honored with All-Region recognition and placed on the All-Region Team.
 - b. The GICAA will establish the number of players for each All-Region Team per sport based on the number of teams in each region.
 - c. All-Region selections will either be a pre-set number for each region based on how each team finished or will be voted on by the region coaches at a meeting or on a conference call.
 - d. In individual sports (cross country, tennis, golf, swimming, wrestling, shotgun sports, track and field, etc.), individuals will be recognized as All-Region based on how they finish in the Region Championship competition if any is held.
 - e. In team sports (football, basketball, baseball, softball, soccer, volleyball, etc.), coaches will nominate players for the All-Region Team.
 - f. All-Region awards will be paid out of region dues that will be set, per sport, by the GICAA.
 - g. These dues will be paid by the member schools at the same time the sports fees are due.
2. All-State Awards
 - a. Top performing varsity athletes from the entire state in most sports will be honored with All-State recognition and placed on the All-State Team.
 - b. The GICAA will establish the number of players for each All-State Team per sport based on the total number of teams participating in each division.
 - c. In individual sports (cross country, tennis, golf, swimming, wrestling, shotgun sports, track and field, etc.), individuals will be recognized as All-State based on how they finish in the State Championship competition.
 - d. In team sports (football, basketball, baseball, softball, soccer, volleyball, etc.), coaches will nominate players from the All-Region Team for All-State selection.
 - e. An individual must have been selected by the coaches to be on the All-Region Team in order to be considered for the All-State Team.
 - f. The All-State Team will be voted on by the coaches at a meeting or on a conference call.

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3. All-Star Games

- a. If an All-Star game is played, the GICAA, the Rules Committee, and the Coaches Association will establish and set guidelines for an All-Star game for each school year.
- b. They will determine which sports will have All-Star games and how the All-Star players and coaches will be selected.

General Sports Information

I. Sportsmanship

The GICAA places a great emphasis on sportsmanship. Along with our member schools, we want to ensure that our student athletes play in an environment that allows them to experience the very best in athletic competition. In order to accomplish this objective, the league is governed in a manner that always puts the best interest of the student athlete first. The GICAA requires that all schools and players treat each other with proper respect. At no time should a member school humiliate or embarrass another member school by defeating them in a disrespectful manner such as running up the score. All schools can exemplify excellence and compete at the highest level while showing respect to their member schools.

In a member-driven league every school has an essential investment in the GICAA and all should strive to treat each other with the utmost regard while playing their absolute best. We ask that all Athletic Directors, coaches, parents and players promote good sportsmanship and act in a manner that brings glory to God. School administration, Athletic Directors, and coaches should promote this culture within their schools and address any issues that may occur during the season. Our member schools should be proactive in order to prevent any issues that may arise. All game administrators should be aware of and enforce the GICAA standards for good sportsmanship. The GICAA is a competitive league, but our first responsibility will always be to the personal growth and development of the student athlete.

II. GICAA Good Sportsmanship Statement

This statement is to be read before every GICAA game:

“The GICAA and its member schools have made a commitment, to promote good sportsmanship by students, athletes, coaches, and spectators at all GICAA sanctioned events. Please represent your school with the highest regard. Any profanity, degrading comments and intimidating actions directed at officials, competitors, or other spectators will not be tolerated and are grounds for automatic ejection from the event site. Spectators are not allowed to enter the competition area during warm-ups or while the contest is being conducted. Thank you for your cooperation in the promotion of good sportsmanship at today’s GICAA event.”

III. General Code of Conduct

Member schools are always encouraged to use Matthew 18:15-16 as the standing principal for any disputes that may arise, remembering we are one body in Christ with a goal of glorifying our Father in Heaven. If conflict arises between member schools, they must first attempt to work out the issues among themselves. If the issue is not resolved, the schools can ask the GICAA to act as a mediator between the schools to help come to a resolution.

Matthew 18: 15-16 – “If a fellow believer hurts you, go and tell him – work it out between the two of you. If he listens, you’ve made a friend. If he won’t listen, take one or two others along so that the presence of witnesses will keep things honest and try again.”

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IV. NFHS Code of Ethics

Code of Ethics: The function of a coach is to educate students through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student should be treated with the upmost respect and his or her welfare should be considered in decisions by the coach at all times. Accordingly, the following guidelines for coaches have been adopted by the NFHS Board of Directors.

The Coach shall be aware that he or she has as tremendous influence, for either good or ill, on the education of the student and thus shall never place the value of winning above the value of instilling the highest ideals of character.

The Coach shall uphold the honor and dignity of the profession. In all personal contact with students, officials, athletic directors, school administrators, the state high school athletic association, the media and the public, the coach shall strive to set an example of the highest ethical and moral conduct.

The Coach shall take an active role in the prevention of drug, alcohol and tobacco abuse.

The Coach shall avoid the use of alcohol and tobacco products when in contact with players.

The Coach shall promote the entire interscholastic program of the school and direct his or her program in harmony with the total school program.

The Coach shall master the contest rules and shall teach them to his or her team members. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.

The Coach shall exert his or her influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, pep club sponsors, booster clubs and administrators.

The Coach shall respect and support contest officials. The coach shall not indulge in conduct which would incite players or spectators against the officials. Public criticism of officials or players is unethical.

The Coach should meet and exchange cordial greetings with the opposing coach to set up the correct tone for the event before and after the contest.

The Coach shall not exert pressure on faculty members to give student special consideration.

The Coach shall not scout opponents by any means other than those adopted by the league and/or state high school athletic association.

V. Coach Requirements

1. Coaches are required to attend the regional meetings or be fined.
2. Head coaches must be at least 21.
3. No student coaches allowed.
4. All coaches must be dressed in a professional manner with proper school attire.
5. The GICAA suggest that every coach visit www.nfhs.org for rule updates and continued education.

VI. Game Administrator

All schools must assign a Game Administrator for all home games. The Game Administrator must make themselves known to the officials prior to the start of the game. This person should be in administration from the host school. The Game Administrator cannot be involved in any coaching duties for the current contest. All game administrators should be aware of and enforce the GICAA standards for good sportsmanship. The Game Administrator should provide security escorts for officials at all contests.

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VII. Game Book and Clock Operations

Game book and clock operations of varsity games, meets, matches and contests must be done by competent and responsible ADULTS only. They must remain at the scorekeepers table for the entire game. The GICAA recommends that schools abide with NFHS rules that require the official scorer to wear a black-and-white, vertically-striped shirt during basketball games.

VIII. Officials

A. Registration of Officials

1. All officials for varsity athletic contests will be members of an approved official's organization.
2. They must be approved and registered by the GICAA and wear properly officiating apparel.
3. Officials' associations must have a plan for the certification of officials that includes the following:
 - a. Published procedures for registering officials & a system for evaluating performances of officials
 - b. Published guidelines for training officials which must include a rules clinic on all new rules for that year and at least two other (preferably more) rules meetings
 - c. A testing procedure
 - d. The head of the officials association must certify that these requirements are satisfied each year.
 - e. Members must submit a copy of their contract to the GICAA before games begin. The GICAA league office will verify the certification of all officials.

B. Number of Officials

1. Number of officials required for each varsity level regular season region contest, region tournaments, and all state playoffs shall be as follows:

a. Varsity Football 11-Man	5
b. Varsity Football 8-Man	4
c. Varsity Volleyball	1
d. Varsity Basketball	3 (Non-Region – 2)
e. Varsity Soccer	2 (State Playoffs – 3)
f. Varsity Baseball	2 (State Playoffs – 3)
g. Varsity Softball	2
2. Junior Varsity and non-region varsity basketball games may use two officials.
3. GICAA will select the officials used in state championships.

IX. Video

Coaches or anyone associated with a school (parents, fans, etc.) are not allowed to film games in which their member school is not participating, and are expected to refrain from accepting films from unauthorized sources. Coaches are encouraged to trade films with opponents in a professional manner. The GICAA recommends using HUDL.

X. Media

Employees of member schools and or fans are not to make comments to the media which are critical of officials and their calls in a game. All publicity should be in a positive manner.

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XI. Noise Makers

All artificial noise makers including air horns will be banned at all sporting events. Music or band performances are allowed only when the ball is not in play.

XII. Jewelry

No jewelry of any kind will be worn by individuals during games, tournaments, etc.

Specific Sports Information

I. Baseball

A. Baseball General Information and Regular Season

1. All baseball coaches are required to read the following sections of the GICAA manual before the season begins: Fines and Penalties, Calendars, Eligibility, Policies and Procedures for Athletic Competition, Tournaments/Playoffs/Awards, General Sports Information, and the Baseball Section. Coaches are also required to attend the preseason sports meetings.
2. All baseball coaches must read the sportsmanship section of the GICAA manual concerning how to treat other GICAA teams and running up the score on GICAA teams.
3. The beginning and ending dates for practice and competition are on the GICAA sports calendar.
4. The National Federation of High School (NFHS) Rules of Baseball is the official guide of the GICAA. Some exceptions may be listed below.
5. Number of Games: GICAA baseball teams can play 25 regular season games and two tournaments.
6. All GICAA teams must use a NFHS stamped baseball. Host team shall provide game balls.
7. Baseball coaches have the option of wearing a full uniform or baseball pants with school attire.
8. A GICAA School must notify the visiting team if they are using a portable mound. All portable mounds must meet all NFHS dimensions.
9. Courtesy runners are allowed. Participation as a courtesy runner does not constitute entry into the game and does not count as a game played.
10. An intentional walk does not require the pitching of four balls.
11. Only coaches, managers and scorekeepers are allowed in the dugout.
12. Unsportsmanlike Conduct: If a coach or player is ejected from a baseball game, the school must pay a \$50.00 fine, and he must sit out and cannot attend the next previously scheduled game.
13. Pitching Restrictions:
 - a. Pitchers are limited to a maximum 10 innings on any one day.
 - b. Pitchers are limited to a maximum of 14 innings in four consecutive days.
 - c. Fractions of innings will count.
 - d. One pitch counts as a 1/3 of an inning.
 - e. If a pitcher gets one out (1/3 inning) and throws at least one more pitch, then it counts as 2/3 of an inning.
14. Run Rule: A game will end anytime that a team is
 - a. Ten or more runs behind and has completed five or more turns at bat.
 - b. Fifteen or more runs behind and has completed three or more turns at bat.

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15. Tie-Breaker Rule: If after nine innings of play, the region game is tied, the following tiebreaker rule will be used to determine a winning team during the regular season.
 - a. Each half inning thereafter will begin with the final batter from the preceding inning being placed on second base (e.g., if the number 5 batter is scheduled as the lead-off batter, the number 4 batter will be placed on second base).
 - b. Any substitute for this runner must comply with substitution rules.
 - c. Non-region games can end in a tie if the teams are in agreement.
16. Suspended Game Rule (due to weather or darkness):
 - a. A game is deemed regulation or legal once 4.5 innings (5 innings if the home team needs to bat) has been played
 - b. When a region game is stopped before it is deemed regulation, it is considered “no contest” and any replay will begin from the first inning. Non-region games do not have to be completed.
 - c. When a region or non-region game is stopped after it becomes a legal game and a winner can be determined, then it is a completed game.
 - d. When a region game is stopped after it becomes a legal game and a winner cannot be determined, any replay will begin from the point of interruption. Non-region games do not have to be completed.
 - e. In any terminated game, pitching innings will count.
17. Termination of a game due to weather, unplayable conditions, or mechanical failures:
 - a. Umpires must wait at least 30 minutes before terminating a game for unplayable conditions.
 - b. Umpires may halt play for up to two hours when conditions do not allow play to continue.
 - c. The game must be ended when the two hour time has passed. (See Suspended Game Rule)
18. Team Score Reporting: Every team must report their team scores to the GICAA website within 3 business days of the event or be fined \$50. The website is monitored by the GICAA and fines will be issued for not reporting scores on time.

B. Baseball State Play-Offs

1. Read the section in the GICAA Manual about Tournaments, Playoffs, and Awards. It details the state playoff information as well as the revenue and expense information between schools and the GICAA.
2. The number of teams qualifying for the state playoffs will be determined by the GICAA prior to the beginning of the season based on the total number of regions and teams.
3. The format will be the best-of-three games series in each round of the state playoffs.
4. There must be three officials for all state playoff games. Officials for the Final State Championship game series will be assigned or approved by the GICAA.
5. The state playoff games will either be at the higher seed or a neutral site designated by the GICAA. The higher seed will be the home team. If two equally ranked seeds meet, then the bracket will determine who will be the home team. The host team will determine the time of the game, but it must be agreed upon by both teams. The GICAA will set the time if the two teams cannot agree.
6. The higher seed and site host will serve as the home team in Game 1, visitor in Game 2, and home team in Game 3, if necessary. If teams are of equal rank in Game 3, a coin toss will be used to determine which team will be home team.
7. The site host must provide a field with adequate seating. The field must be properly marked at all times. The field must have an outfield fence not less than 280 feet from home plate.
8. A doubleheader is required on the first day of each round of the state playoff series.

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9. The run rule will apply during the playoff games except for the Final State Championship game(s). Seven innings will be required in the Final State Championship games(s). The State Championship games would be considered Game 2 and/or Game 3, if necessary. Game 1 does not require a full seven innings.
10. All playoff games must be played to conclusion either by run rule or culmination with a winner. If a playoff game is ended early due to weather conditions, etc., it will have to be finished before the next playoff game can start.
11. Any school hosting the state playoffs must assume any financial losses if that should occur. Any school not wishing to assume the responsibility may so inform the GICAA office and the lower seeded team will have the option of hosting.
12. Pitching Restrictions in the state playoffs:
 - a. A pitcher will be permitted to throw in 10 innings in any one series. He may throw all ten in one day, or the innings may be broken down over the remaining scheduled games of each series.
 - b. If the series needs to be extended because of weather or other reasons approved in advance by the GICAA Executive Director, an additional two innings may be added for each one-day beyond the regularly scheduled format.
 - c. No pitcher, regardless of the circumstances, may pitch more than 14 innings in any four-day period.
 - d. Any violation of these restrictions will result in forfeiture of game.
 - e. Innings will not be added for days in which games were not scheduled (i.e. Sundays, Graduations, etc.) nor for rainouts prior to the series actually beginning.

II. Basketball

A. Basketball General Information and Regular Season

1. All basketball coaches are required to read the following sections of the GICAA manual before the season begins: Fines and Penalties, Calendars, Eligibility, Policies and Procedures for Athletic Competition, Tournaments/Playoffs/Awards, General Sports Information, and the Basketball Section. Coaches are also required to attend the preseason sports meetings.
2. All basketball coaches must read the sportsmanship section of the GICAA manual concerning how to treat other GICAA teams and running up the score on GICAA teams.
3. The beginning and ending dates for practice and competition are on the GICAA sports calendar.
4. The National Federation of High School (NFHS) Rules of Basketball is the official guide of the GICAA. Some exceptions are listed below.
5. Number of Games: GICAA basketball teams can play 30 regular season games.
6. Varsity games consist of four 8-minute quarters. Junior Varsity games consist of four 6-minute quarters. JV time can be limited if the opposing team arrives late.
7. Playing time limits: A basketball player cannot play more than 6 quarters in one day. A player can exceed the 6 quarter limit in overtime. If a player enters the game for the 7th quarter in one day, then the player is ineligible and the game he/she entered will be a forfeit. Any time a player enters the game during a quarter, this counts as a quarter of playing time.
8. During pregame warm-up, 2nd half warm-up period, and team introductions, the teams cannot run around or through the opposing team's half court. Midcourt circle area is off limits to both teams. Teams must take the shortest, direct path from the locker room to the half-court warm-up area.
9. The GICAA recommends that schools abide with NFHS rules that require the official scorer to wear a black-and-white, vertically-striped shirt.
10. The host school should always provide water for the visiting team. The host school should

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inform the visiting team if warm-up balls will be provided.

11. Mercy Rule: The second half of a game may be reduced to 6-minute quarters with normal timing and scoring rules:
 - a. When the point difference at halftime is 40 points or greater, and the coach of the trailing team requests to have the "Mercy Rule" enforced.
 - b. When the point difference at the beginning of the 4th quarter is 30 points or greater, the "Mercy Rule" will be enforced automatically.
12. Unsportsmanlike Conduct:
 - a. Coaches and Players: Two technical fouls in the same game results in an ejection. If a coach or player is ejected from a game, he/she must sit out and cannot attend the next previously scheduled game.
 - b. Basketball Coaches:
 - 1) Can receive two cumulative unsportsmanlike conduct technical fouls in a season without further increase in sanctions.
 - 2) Third cumulative unsportsmanlike technical will require a \$50 fine from the school and one game suspension to be served the following previously scheduled game. The coach cannot attend the suspended game.
 - 3) Fourth technical mandates a \$100 fine and the coach will not be able to coach anymore for the season.
 - 4) Coaches who coach girls and boys teams will have each team treated separately. Coaches who coach JV and varsity teams of the same gender will be treated as one team, not separately.
 - c. Basketball Players:
 - 1) Can receive two cumulative unsportsmanlike conduct technical fouls in a season without further increase in sanctions.
 - 2) Third cumulative unsportsmanlike technical will result in a one game suspension to be served the following previously scheduled game. The player cannot attend the suspended game.
 - 3) Fourth cumulative unsportsmanlike technical will result in the player being suspended for the remainder of the season.
13. Team Score Reporting: Every team must report their team scores to the GICAA website within 3 business days of the event or be fined \$50. The website is monitored by the GICAA and fines will be issued for not reporting scores on time. All technical fouls, including any bench technical, must be reported.

B. Basketball Region and State Tournaments

1. Read the section in the GICAA Manual about Tournaments, Playoffs, and Awards. It details the Region and State Tournament information as well as the revenue and expense information between schools and the GICAA.
2. All teams will be seeded for the Region Tournament based on their region record. If there are any ties, then the seeding process will defer to the section of the manual about Region Tie-Breakers.
3. The number of teams qualifying for the state playoffs will be determined by the GICAA prior to the beginning of the season based on the total number of regions and teams. The state playoff games will either be at the higher seed, a host member school's gym, or a neutral site designated by the GICAA. If two equally ranked seeds meet, the bracket will determine who will be the home team.

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III. Competition Cheerleading

A. Competition Cheerleading General Information and Regular Season

1. All competition cheerleading coaches are required to read the following sections of the GICAA manual before the season begins: Fines and Penalties, Calendars, Eligibility, Policies and Procedures for Athletic Competition, Tournaments/Playoffs/Awards, General Sports Information, and the Competition Cheerleading Section. Coaches are also required to attend the preseason sports meetings.
2. All competition cheerleading coaches must read the sportsmanship section of the GICAA manual concerning how to treat other GICAA teams.
3. The beginning and ending dates for practice and competition are on the GICAA sports calendar.
4. The National Federation of High School (NFHS) Rules of Spirit is the official guide of the GICAA. Some exceptions are listed below.
5. Number of Games: Competition cheerleading teams can compete in 12 regular season meets.
6. Member schools are encouraged to host regular season meets. The GICAA will advertise meets on their website. Host schools for regular season meets are responsible for all aspects of the meet that will include all area of meet management, reporting scores to the GICAA, and purchasing and issuing awards.
7. No glitter is allowed at regular season meets or the State Meet.
8. A competitive cheerleading team is comprised of a maximum of 24 participates. A team mascot (if used) is included as one of 24 participates.
9. All team members must be dressed in the appropriate adopted school uniform that displays the school identification (i.e., letter, monogram, mascot symbol, etc.) The mascot is exempt from the uniform rule. Uniforms must be modest.
10. Only team members may act as spotters. Non-competitors may not assist during the routine.
11. The competitive routine may include both cheer and dance.
 - a. Tumbling skills are permitted only within the body of the routine.
 - b. Tumbling skills may not be performed as a part of the entrance to or exit from the competitive area.
 - c. Pom-poms are the only props allowed in a competitive routine.
12. The length of the routine shall be a maximum of two minutes and thirty seconds, timed by an official timer.
 - a. The routine must begin within thirty seconds of the head judge's signal. Failure to do so shall result in a five-point deduction for delay of the meet.
 - b. Teams may begin from any position inbounds, and the time of the routine will begin with the first word, musical sound, or movement of any team member.
 - c. The routine ends on the last word, musical sound, or movement of any team member.
 - d. If the routine ends with a pyramid, the final dismount is not timed.
 - e. There is no minimum/maximum time limit for music in the routine.
 - f. If the routine is longer than the allotted time, a deduction of five points for every fifteen second period or portion thereof will be assessed.
13. Each school is responsible for the preparation and presentation of the music in its routine.
 - a. The principal/headmaster must review the music to be used in the school's routine, and must stipulate that the music is in good taste and acceptable for the morals of their community. Each

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school must furnish a high-quality CD of their music. It is recommended that each school bring an identical back-up CD.

- b. Schools are responsible for furnishing their own equipment and music for use in the practice/warm-up area.
14. Competitive Area and Mats:
 - a. The competitive area is a 42'x42' blue cheerleading mat, and the routine must be performed within the boundaries of the competitive area.
 - b. Only coaches, competitors, and officials are allowed in the competitive area.
 - c. Mats must have a minimum thickness of 1 3/8 inches.
 - d. All mats should be placed on the floor horizontally facing the judges.
 - e. Center of the mat should be marked with tape. The floor will be considered out-of-bounds
15. Team Score Reporting: The host school must report the scores from their meet to the GICAA website within 3 business days of the event or be fined \$50. The website is monitored by the GICAA and fines will be issued for not reporting scores on time.

B. Competition Cheer State Meet

1. Read the section in the GICAA Manual about Tournaments, Playoffs, and Awards. It details the State Meet information as well as the revenue & expense information between schools & GICAA.
2. A panel consisting of certified judges will be used. Judges' decisions are final.
3. The key instructions and judges score information is located on the GICAA website under the cheerleading homepage.
4. Winners in the competitions will be determined by the highest point total from the judges after the highest score and the lowest score have been dropped.
 - a. In case of a tie, all judges' scores will be totaled.
 - b. If a tie still remains after all scores have been totaled, all judges will determine the ranking of the tied teams to break the tie.
5. Competitive routines shall be judged according to the following criteria:

<u>Judging Category</u>	<u>Scoring</u>	
Dance	10 points	
Cheer/Chant	10 points	
Creativity	10 points	
Formations/Transitions	10 points	
Showmanship	10 points	
	<u>Degree of Difficulty</u>	<u>Execution</u>
Jumps	5 points	10 points
Pyramids	5 points	10 points
Tumbling	4 points	6 points
Partner Stunts/Tosses	4 points	6 points
	<u>Deductions</u>	<u>Scoring</u>
NFHS rules violations (minor)	-2 points	
NFHS rules violations (major)	-5 points	
Improper uniforms	-5 points	
Falls	-5 points	
Tumbling outside of the routine	-5 points	
Boundary violations	-5 points	

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Delay of meet	-5 points
Sportsmanship	-10 points
Time infractions (overtime)	-5 pts for each 15 seconds or portion thereof

Disqualifications will be made for the following:

- Illegal substitution (ineligible member or non-team member)
- Too many members on a competitive squad
- Unauthorized props

IV. Cross Country

A. Cross Country General Information and Regular Season

1. All cross country coaches are required to read the following sections of the GICAA manual before the season begins: Fines and Penalties, Calendars, Eligibility, Policies and Procedures for Athletic Competition, Tournaments/Playoffs/Awards, General Sports Information, and the Cross Country Section. Coaches are also required to attend the preseason sports meetings.
2. All cross country coaches must read the sportsmanship section of the GICAA manual concerning how to treat other GICAA teams.
3. The beginning and ending dates for practice and competition are on the GICAA sports calendar.
4. The National Federation of High School (NFHS) Rules of Cross Country is the official guide of the GICAA. Some exceptions are listed below.
5. Number of Meets: GICAA cross country teams can participate in 12 regular season meets.
6. Member schools are encouraged to host regular season meets provided it is conducted in accordance set forth in the GICAA manual. The GICAA will advertise meets on their website. Host schools for regular season meets are responsible for all aspects of the meet that include all area of meet management, reporting scores to the GICAA, and purchasing and issuing awards.
7. GICAA will be responsible for the following meets:
 - a. GICAA Invitational Meet
 - b. GICAA Region Meets
 - c. GICAA State Championship Meet
8. The distance will be 3.1 miles or 5 kilometers for boys and girls at the varsity level of competition.
9. A team will consist of a minimum of five runners. The first five finishers for each team will count for the total team score. Schools with less than five runners can compete as individuals.
10. The meets will be scored by how each runner finishes by placement and not by time and team totals will also be scored in the same manner.
11. Musical devices of any kind are not allowed during competition.
12. No runner will be permitted to enter a meet if he/she is not accompanied by a faculty member or coach of the school the runner attends.
13. Computer Chip Timing System:
 - a. Will be used at the GICAA Invitational, Region Meet, State Meet, and other designated meets during the season.
 - b. The school must pay \$10.00 per runner for a timing chip at the beginning of the season.
 - c. Chips must be turned in at the end of the season.
 - d. A lost or damaged timing chip will have a \$15.00 replacement fee.

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- e. Each chip will be assigned to a specific runner for the entire cross country season.
 - f. It is the coach's responsibility to ensure the chip is assigned to the correct runner after the roster is submitted.
14. Team Score Reporting: The host school must report the scores from their meet to the GICAA website within 3 business days of the event or be fined \$50. The website is monitored by the GICAA and fines will be issued for not reporting scores on time.

B. Cross Country Region and State Meets

1. Read the section in the GICAA Manual about Tournaments, Playoffs, and Awards. It details Region and State Meet information as well as the revenue and expense information between schools and the GICAA.
2. There is no limit to the number of varsity runners per team at the Region Meet. All varsity runners on a team will be able to run to qualify at the Region Meet. If the team qualifies for the State Meet, then the top seven finishers for that team will be able to participate. Any varsity runners from a school who are not one of the top seven runners qualifying for team competition at the Region Meet will still be eligible to qualify as an individual runner for the State Meet. If a runner qualifies as an individual at the Region Meet, his/her time at the State Meet will only be eligible for individual placing and not count for the schools' team scoring.
3. A qualifying team for the State Meet must consist of a minimum of five runners and a maximum of seven runners.
4. The top three teams of each varsity Region Meet and any individual runners who finish in the top seven places at the Region Meet who are not on a qualifying team will be invited to the State Meet.
5. At the region and state championship meets, varsity girls and varsity boys will run separately.

V. Football (8-Man and 11-Man)

A. Football General Information and Regular Season

1. All football coaches are required to read the following sections of the GICAA manual before the season begins: Fines and Penalties, Calendars, Eligibility, Policies and Procedures for Athletic Competition, Tournaments/Playoffs/Awards, General Sports Information, and the Football Section. Coaches are also required to attend the preseason sports meetings.
2. All football coaches must read the sportsmanship section of the GICAA manual concerning how to treat other GICAA teams and running up the score on GICAA teams.
3. The beginning and ending dates for practice and competition are on the GICAA sports calendar.
4. The National Federation of High School (NFHS) Rules of Football is the official guide of the GICAA. Some exceptions are listed below.
5. Number of Games: GICAA football teams can play 11 regular season games. The GICAA can allow a team to play 12 games if needed. Only one varsity game per week per team is allowed.
6. Each school must file its completed football schedule and signed contracts with the GICAA league office no later than February 28 of each scheduling year. Schedule must show day, date, time and place of game. Any school making a change in their football schedule after the schedule has been filed with the GICAA league office shall notify and receive approval of the GICAA.
7. Players are limited to 6 quarters of playing time per week in varsity and JV competitions. The limitation begins with the varsity game on Friday and is counted through any JV game the following Thursday. A player can exceed the 6 quarter limit in overtime. If a player enters the

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- game for the 7th quarter in one week, then the player is ineligible & the game he entered will be a forfeit. Any time a player enters the game during a quarter, it counts as a quarter of playing time.
8. NFHS Football Jersey Rule - The 2011 NFHS Football Jersey Rules will continue to be followed; however, schools are encouraged to comply with the new 2014 NFHS Football Jersey Rules when they order new uniforms. The NFHS Jersey numbering system will not be followed.
 9. There will be a division of the field during warm-ups before the game and at halftime. Neither team can enter the other team's portion of the field. Each team will occupy the field from their own 45-yard line to the end line of their goal line. Neither team will occupy the area between the 45-yard lines except when kicking. Kicking teams can use the field on the same side of their bench and kick toward the end zone.
 10. Football fans must be kept at least five yards behind the end zone lines. If this amount of space is not available, fans will not be allowed to stand behind the end zone lines.
 11. Host school will appoint competent and responsible adults to work the chains or hire officials.
 12. All JV football games must have at least one official unless both schools agree otherwise.
 13. Schools cannot charge for parking at regular season and pre-championship games.
 14. Guardian caps are not permitted.
 15. 8-Man football field will be 40 yards x 80 yards with hash marks 15 yards from the sidelines.
 16. Number of Officials
 - a. 8-Man Football - Four referees and one clock operator (minimum)
 - b. 11-Man Football - Five referees and one clock operator (minimum)
 17. All football games affected by severe weather will be handled as follows:
 - a. Region games must be played to completion either that night or at a later date. If not agreed upon, the GICAA league office will set the date.
 - b. Extend weather waiting period from one hour to two hours for all games.
 - c. A non-region game that does not finish the first half of play and cannot be completed will be called a no-contest and both teams record reflect that game was not played.
 - d. A non-region game that does not finish the first half of play and cannot be completed may be finished at a later date with unanimous approval of the head administrator and the head coach.
 - e. A non-region game that does complete the first half of play and cannot safely be finished in time restraints above will be declared a complete game. Winner will be the leader at the half.
 18. The Overtime Procedure for region and state playoff games (non-region games can end in a tie if the teams are in agreement):
 - a. The winner of coin toss will have the option to be on offense or defense first.
 - b. All play will take place on one end of the field as determined by the officials.
 - c. The ball will be placed on the 25-yard line and each team will have a series of plays on offense and defense. Teams may make first downs and will retain possession of the ball until a score is made, the team loses the ball, or the ball goes over on downs. If there is not a winner, the teams alternate choice of being on offense and defense first and each team has another series of downs from the 25-yard line.
 - d. After each team has had two possessions and there is still not a winner, the ball will be placed on the 10 yard line and the teams will continue to alternate choice of offense or defense first. The playoff will continue this process from the 10-yard line until a winner is determined.
 19. Mercy Rule:
 - a. If a team is trailing by 30 or more points at halftime, the coach of the trailing team may choose to play the second half with a running clock. Quarters will remain at 12 minutes.

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- b. If the coach does not exercise the option, the entire third quarter will be played with regulation timing.
 - c. If a team is trailing by 30 or more points at the end of the third quarter, a running clock is mandated for the entire fourth quarter. A running clock means the clock will be stopped only after a score until the ball is kicked off, during deliberations or penalty administration, during charged or official's timeouts.
20. Unsportsmanlike Conduct:
- a. Coaches and Players: If a coach or player is ejected from a game, he must sit out and cannot attend the next previously scheduled game.
 - b. Football Coaches
 - 1) Can receive two cumulative unsportsmanlike conduct penalties in a season without further increase in sanctions.
 - 2) Third cumulative unsportsmanlike penalty will require a \$50.00 fine from the school and a one game suspension to be served the following previously scheduled game at the same level. The coach cannot attend the suspended game.
 - 3) Fourth cumulative unsportsmanlike penalty mandates a \$100.00 fine and the coach will not be allowed to coach any more for the season.
 - 4) This rule will not interfere with rules in place regarding ejections, but will be in addition to said rule. (Example: Coach with one accumulated unsportsmanlike penalty receives two such penalties in the same game. Coach will be ejected and miss following game and pay \$50.00 for ejection. Coach would also be fined \$50.00 for third accumulated penalty.)
 - c. Football Players
 - 1) Can receive two cumulative non-contact unsportsmanlike conduct penalties in a season without further increase in sanctions.
 - 2) Third cumulative non-contact unsportsmanlike penalty will result in a one game suspension to be served the following previously scheduled game. The player cannot attend the suspended game.
 - 3) Fourth cumulative non-contact unsportsmanlike penalty will result in the player being suspended for the remainder of the season.
 - 4) This rule will not interfere with rules in place regarding ejections but will be in addition to said rule. (Example: Player #1 has one accumulated non-contact unsportsmanlike penalty and receives two more in the same game. Player would be ejected and miss the following previously scheduled game and pay \$50.00 fine for ejection. Player would also be suspended for one additional previously scheduled game because of three accumulated non-contact unsportsmanlike penalties.)
21. Team Score Reporting: Every team must report their team scores to the GICAA website within 3 business days of the event or be fined \$50. The website is monitored by the GICAA and fines will be issued for not reporting scores on time.

B. Football State Playoffs

- 1. Read the section in the GICAA Manual about Tournaments, Playoffs, and Awards. It details state playoff information as well as the revenue and expense information between schools and GICAA.
- 2. Region Tie-Breakers are listed below:
 - a. If a two-way tie, then the winner of the regular season head-to-head match-up will be awarded the highest seed.
 - b. If a three-way or more tie, then the seeds will be awarded according to the following priority:
 - 1) Head-to-Head if it will establish seeds.

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- 2) Win-loss record of the three teams that are tied in games played against all common opponents. The team with the best winning percentage against all common opponents would be the higher seed and the winner of the head-to-head game between the other two teams would get the next seed.
- 3) Coin flips to determine the seeding
3. The number of teams qualifying for the state playoffs will be determined by the GICAA prior to the beginning of the season based on the total number of regions and teams. The state playoff games will either be at the higher seed or a neutral site designated by the GICAA. If two equally ranked seeds meet, then the bracket will determine who will be the home team.
4. State playoff games will be played on a lighted field with adequate seating. If the field of the home team does not meet these requirement, the home team has the option of arranging another site of their choice if they bear the expense of the other site, or playing on the home field of their opponent.
5. The State Champion and Runner-Up for each classification shall receive appropriate trophies. The All-State selectees shall receive a plaque. The coaches will select the All-State Teams, subject to the approval of the GICAA. The number of players selected for the All-State Team will be determined by the GICAA at the beginning of the season based on the total number of teams.
6. Officials for the State Championship game will be assigned or approved by the GICAA.

C. Football Preseason Practice and Scrimmages

1. Pads and full contact are prohibited during any workout or practice until the official GICAA start date. Helmets are allowed.
2. With approval of the school head administrator, teams are allowed to practice in full pads the first week, after three days in shorts and helmets.
3. Pre-season football practice: Football teams may be allowed to practice together during the second week of organized practice with the knowledge and consent of the GICAA. Host teams must file a form signed by the coach and/or head administrator listing the schools with which they may practice. These forms must be filed before the start of fall practice.
4. A pre-season football game may be played with another school under the following guidelines:
 - a. There will be only one pre-season scrimmage per school per season. All pre-season scrimmages will operate during the third week of practice.
 - b. The host school shall send a request form to the GICAA for approval of all scrimmages. The form includes teams playing, location, date, and time.
 - c. Officials must be used.
 - d. Coaches are on the field for teaching purposes at all times.
 - e. There will be no kick-offs.
 - f. There will be no punting. Ball is moved thirty yards down the field on the fourth down when normal punting situations occur.
 - g. No twenty-five second clock between plays.
 - h. First down chains are to be used.
 - i. After a score or to start a scrimmage the ball is placed on the thirty yard line.
 - j. Either a set number of plays or time limit with a running clock for the length of the scrimmage will be used. The must be agreed upon by the schools involved prior to scrimmage.

D. Football Spring Practice

1. Ten practice days in a 21 day period will be allowed for spring practice from March 1 - May 31.

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2. A school can schedule a spring scrimmage game with one or two schools by the following rules:
 - a. The host school shall send a request form to the GICAA for approval of all scrimmages by April 1st of each year. The form includes teams playing, location, date, and time.
 - b. There will be only one spring scrimmage game per school, per season. The game will count as one of the 10 days of practice and all practices must be concluded by the end of May.
 - c. Only full-time students and AES athletes who were on the team's roster in grades 8th-11th may participate. Students attending school but not eligible can practice but are not allowed to participate in a spring game versus another team. Students that are registered for next year and still attending another school are allowed to come and watch practice but cannot practice or participate versus another team.
 - d. At least four officials must be used.
 - e. Coaches are on the field for teaching purposes only at all times.
 - f. There will be no kick-offs.
 - g. There will be no punting. Ball is moved 30 yards down field on the 4th down when normal punting situations occur.
 - h. No 25 second clock between plays.
 - i. First down chains are to be used depending on the type of scrimmage or game utilized.
 - j. After a score or to start a scrimmage, the ball is placed on the 30 yard line.
 - k. A running clock may be used. If two teams are participating; playing times shall not exceed 60 minutes. If three teams are participating, each team shall not play more than two 30 minute halves, with the total combined play not to exceed three 30 minute halves.
 - l. Schools may choose to use a set number of plays for the scrimmage. Each team has 30 plays on each side of the ball. First team will run 10 offensive plays against the second team's defense. They will switch sides of the ball for 10 plays. Three such sets are allowed for a total of 30 offensive plays per team. A JV team may run a series of 16 plays against the other JV team in the same manner as the varsity. Each JV team can run eight offensive and eight defensive plays during each varsity break.

VI. Golf

A. Golf General Information and Regular Season

1. All golf coaches are required to read the following sections of the GICAA manual before the season begins: Fines and Penalties, Calendars, Eligibility, Policies and Procedures for Athletic Competition, Tournaments/Playoffs/Awards, General Sports Information, and the Golf Section. Coaches are also required to attend the preseason sports meetings.
2. All golf coaches must read the sportsmanship section of the GICAA manual concerning how to treat other GICAA teams.
3. The beginning and ending dates for practice and competition are on the GICAA sports calendar.
4. The United States Golf Association (USGA) Rules of Golf is the official guide of the GICAA. Some exceptions are listed below.
5. Number of Matches: GICAA golf teams can play in 15 regular season matches.
6. During regular region season play, a match can consist of 9 or 18 holes of play.
7. A boys' or co-ed golf team can have six players maximum participate in a match with the four best scores counting. A school can submit seven names for the Region and State Tournaments with one as an alternate.
8. A girls' golf team can have a minimum of three players with a maximum of four players participate in a match with the two best scores counting. A school can submit up to five names for the

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- Region and State Tournaments with one as an alternate. There must be a minimum of six GICAA schools participating in girls' golf for the sport to be sanctioned.
9. The GICAA recommends that boys use the white men's tee and girls use the red women's tee. Distance played by the girls shall be a minimum of 80% of the distance played by the boys.
 10. Players must play in at least two regular season matches to qualify for the region and state tournaments unless the player was injured.
 11. The GICAA recommends using the Double-Par Pick-up Rule for matches. The golfer must pick up his/her ball and move onto the next hole once the golfer has shot double par for that hole. On a Par 3 hole, a golfer would pick up his/her ball after the sixth stroke even if he/she has not holed-out. The score would be recorded as a circled 6. On a Par 4 hole, it would be the eighth stroke. The score would be recorded as a circled 8. On a Par 5 hole, it would be the tenth stroke. The score would be recorded as a circled 10.
 12. Players must write their name and scores, legibly, on their golf card or be disqualified.
 13. The use of caddies and carts is prohibited (unless prior approval is received for a valid health condition). Players may use push/pull carts.
 14. Range Finders that compute distance only, as approved by the U.S Golf Association, are legal.
 15. A maximum of two school golf coaches may confer with their golfers between each green and the next tee box so long as there is no delay in play. Conversations with or suggestions from any other person is prohibited.
 16. Unsportsmanlike Conduct: Participants displaying flagrant, rude or unsportsmanlike conduct will be penalized. Penalty for the first offense will be two strokes. Penalty for the second offense in the same competition will be disqualification. Flagrant, rude or unsportsmanlike conduct is throwing clubs, use of profanity, etc.
 17. Team Score Reporting: Every team must report their team scores to the GICAA website within 3 business days of the event or be fined \$50. The website is monitored by the GICAA and fines will be issued for not reporting scores on time.

B. Golf Region and State Tournament

1. Read the section in the GICAA Manual about Tournaments, Playoffs, and Awards. It details the Region and State Tournament information as well as the revenue and expense information between schools and the GICAA.
2. The Region Tournament will be set up on a rotating basis among the schools within each region. The region can choose to use the same golf course, but rotate the schools who host the tournament. A school is not required to host. The host school will provide a tournament director who is responsible for the administration of the region golf tournament. The school selected to host the region tournament shall be charged with the responsibility of providing a golf course for a one-day tournament.
3. Each region can determine if they want to play a 9-hole or 18-hole Region Golf Tournament. The State Golf Tournament will be an 18-hole event.
4. Each region can determine if they want to use the Double-Par Pick-up Rule at the Region Tournament. The GICAA Tournament Director will make that decision for the State Tournament.
5. All schools will be required to pay green fees for the Region and State Tournaments for their participants.
6. The low medalist from each Region Tournament and individual golfers who finish in the top six places in the Region Tournament who are not on a qualifying team will be invited to the State Tournament.

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7. At the Region and State Tournaments, players should not put the totals on the score cards. The tournament director will total the score. The golfers must sign the score card as well as an opponent in their group.
8. The number of teams qualifying for the State Tournament will be determined by the GICAA prior to the beginning of the season based on the total number of regions and teams.
9. The GICAA will set a minimum state qualifying team and individual score prior to the Region Tournaments.
10. If two teams tie, then co-champions and/or co-runner-up trophies will be awarded.

VII. Shotgun Sports

A. Shotgun Sports General Information and Regular Season

1. All shotgun sports coaches are required to read the following sections of the GICAA manual before the season begins: Fines and Penalties, Calendars, Eligibility, Policies and Procedures for Athletic Competition, Tournaments/Playoffs/Awards, General Sports Information, and the Shotgun Sports Section. Coaches are also required to attend the preseason sports meetings.
2. All shotgun sports coaches must read the sportsmanship section of the GICAA manual concerning how to treat other GICAA teams.
3. The beginning and ending dates for practice and competition are on the GICAA sports calendar.
4. The Scholastic Clay Target Program (SCTP) Official Handbook – (available online at www.shootsctp.org) shall be the Official Rules for all GICAA-sanctioned competitions. Some exceptions are listed below.
5. Number of Meets: GICAA shotgun sports teams can participate in 12 regular season meets.
6. Member schools are encouraged to host regular season meets. The GICAA will advertise meets on their website. Host schools for regular season meets are responsible for all aspects of the meet that will include all area of meet management, reporting scores to the GICAA, and purchasing and issuing awards.
7. Each school will have one certified coach for every six individuals. Range safety officers are also recommended. Coaches must be at least 21 years old.
8. All coaches must have Level 1 NRA Shotgun Coach/Instructor Training, or higher. Coaches with other training credentials must be approved by the GICAA at least one week prior to a shoot.
9. All coaches must join SCTP before participating in a GICAA-sanctioned meet. Individuals must have passed the DNR Hunter Safety Course to participate in any GICAA shoot.
10. Participation rules are as stated in SCTP except only 7th graders and above will be allowed to participate on varsity teams.
11. All individuals must participate in at least two meets prior to the State Championship Meet.
12. Shooting sports is a non-classification activity with no differentiation on teams for gender.
13. For competition, teams will be divided into 3-person squads. If a team is not divisible by 3, individuals may participate. The top three scores from each school will be combined to determine the highest overall winner, regardless of the squad or pairings.
14. Meets may set their own rules regarding reloads. Ammo must be in the following limits: Shot size 9 to 7 ½, load size 1 1/8 or smaller.
15. Dress is as stated in SCTP rules, which includes no camouflage clothing. Coaches and participants are reminded this is a gentleman's sport. Khaki shorts or pants and collared shirts are suggested. Ear and eye protection is required.

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16. Team Score Reporting: The host school must report the scores from their meet to the GICAA website within 3 business days of the event or be fined \$50. The website is monitored by the GICAA and fines will be issued for not reporting scores on time.

B. Shotgun Sports Region and State Meets

1. Read the section in the GICAA Manual about Tournaments, Playoffs, and Awards. It details the Region and State Meet information as well as the revenue and expense information between schools and the GICAA.
2. The number of teams qualifying for the state playoffs will be determined by the GICAA prior to the beginning of the season based on the total number of regions and teams.
3. The GICAA will have two disciplines at the State Championship Meet: Trap and Skeet. Sporting Clay will be offered as an individual discipline.
4. Schools will be allowed to enter three squads for team points in Skeet and Trap. Schools may also appoint two individuals per discipline for individual awards. The individual' score will not count toward team points.
 - a. Each squad will consist of three athletes.
 - b. The top three scores in Skeet and Trap from each school will be combined to determine the highest overall winner, regardless of the squad or pairings.
 - c. Clay targets will be offered only as an individual discipline.
5. The Team State Champion will be determined by the top overall team score in Trap and Skeet.
6. Awards at the State Championship Meet will be High Overall Team. Awards will be given in the three disciplines for the Individuals, male and female.
7. All schools will be required to pay venue expenses including ammo and target costs for the Region and State Meets for their participants.
8. Only factory loaded ammo is allowed at the State championship Meet.
9. Only 12-gauge guns or smaller may be used at the GICAA State Championship Meet.
10. Teams cannot practice on the sporting clay course after setup for the State Championship Meet.

VIII. Soccer

A. Soccer General Information and Regular Season

1. All soccer coaches are required to read the following sections of the GICAA manual before the season begins: Fines and Penalties, Calendars, Eligibility, Policies and Procedures for Athletic Competition, Tournaments/Playoffs/Awards, General Sports Information, and the Soccer Section. Coaches are also required to attend the preseason sports meetings.
2. All soccer coaches must read the sportsmanship section of the GICAA manual concerning how to treat other GICAA teams and running up the score on GICAA teams.
3. The beginning and ending dates for practice and competition are the GICAA sports calendar.
4. The National Federation of High School (NFHS) Rules of Soccer is the official guide of the GICAA. Some exceptions are listed below.
5. Number of Games: GICAA soccer teams can play in 25 regular season games.
6. All varsity games consist of two 40-minute halves.
7. Suspended Game Rule (due to weather or mechanical issues):
 - a. According to NFHS, a game is deemed an official legal game once one complete half or more of the game has been played.

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- b. If less than one-half of the region game has been played, the game is considered "no contest" and replay will be rescheduled from the start of the game.
 - c. Non-region games do not have to be completed.
8. Mercy Rule:
 - a. If a team is seven or more goals down at the midpoint of the first half, that will be considered the end of the half, and the teams will play a twenty minute second half.
 - b. If a team is seven or more goals behind at halftime, the second half will be restricted to twenty minutes.
 - c. When a team is ten or more goals behind in the second half, the game will be terminated.
9. Overtime Procedure for region and state playoff games (non-region games can end in a tie if the teams are in agreement):
 - a. The overtime will consist of two 5-minute periods.
 - b. A coin toss shall take place to determine which team will put the ball in play for the first overtime period.
 - c. If the score remains tied following the overtime periods, a "shootout" of penalty kicks will determine the winner.
10. Penalty Kick Procedure:
 - a. The teams will go into a penalty kick "shootout" immediately after the two five-minute overtime procedure has taken place, if a tie score still exists.
 - b. The head referee shall choose the goal at which the penalty kicks will be taken.
 - c. Each coach will select any five eligible players (including goalkeeper) to take the kicks.
 - d. A coin toss shall be held with the team winning the toss having the choice of kicking first or last.
 - e. Teams will alternate kickers, and there is no follow-up on the kicks.
 - f. The defending team may change goalkeepers prior to each kick.
 - g. Following the five kicks from each team, the teams with the greater number of successful kicks will be given one point and declared the winner.
 - h. If the same number of penalty kicks are successful for each team, each coach will select five different eligible players who will kick in a "sudden victory" situation. NOTE: Each team will have an opportunity to kick in each round of the "sudden victory" situation.
 - i. If there is no "sudden victory" after the five kicks, keep repeating the process until a winner is determined.
11. Unsportsmanlike Conduct:
 - a. Two yellow cards in any game equals a red card and constitutes an ejection. If a coach or player is ejected from a game, he/she must sit out and not attend the next previously scheduled game.
 - b. Soccer Coaches
 - 1) Can receive two cumulative unsportsmanlike yellow cards in a season without further increase in sanctions.
 - 2) Third cumulative unsportsmanlike yellow card will require a \$50 fine from the school and one game suspension to be served the following previously scheduled game. The coach cannot attend the suspended game.
 - 3) Fourth cumulative unsportsmanlike yellow card mandates a \$100 fine from the school and the coach will not be able to coach anymore for the season.

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c. Soccer Players

- 1) Can receive four cumulative unsportsmanlike yellow cards in a season without further increase in sanctions.
 - 2) Fifth cumulative unsportsmanlike yellow card will result in a one game suspension to be served the following previously scheduled game. The player cannot attend the suspended game.
 - 3) Sixth cumulative unsportsmanlike yellow card will result in a two game suspension to be served the following previously scheduled two games. The player cannot attend the suspended games.
 - 4) Seventh cumulative unsportsmanlike yellow card will result in the player being suspended for the remainder of the season.
12. Team Score Reporting: Every team must report their team scores to the GICAA website within 3 business days of the event or be fined \$50. The website is monitored by the GICAA and fines will be issued for not reporting scores on time.

B. Soccer State Playoffs

1. Read the section in the GICAA Manual about Tournaments, Playoffs, and Awards. It details the state playoff information as well as the revenue and expense information between schools and the GICAA.
2. The number of teams qualifying for the state playoffs will be determined by the GICAA prior to the beginning of the season based on the total number of regions and teams. The state playoff games will either be at the higher seed or a neutral site designated by the GICAA. If two equally ranked seeds meet, then the bracket will determine who will be the home team.

IX. Softball - Fast Pitch

A. Softball General Information and Regular Season

1. All softball coaches are required to read the following sections of the GICAA manual before the season begins: Fines and Penalties, Calendars, Eligibility, Policies and Procedures for Athletic Competition, Tournaments/Playoffs/Awards, General Sports Information, and the Softball Section. Coaches are also required to attend the preseason sports meetings.
2. All softball coaches must read the sportsmanship section of the GICAA manual concerning how to treat other GICAA teams and running up the score on GICAA teams.
3. The beginning and ending dates for practice and competition are on the GICAA sports calendar.
4. The National Federation of High School (NFHS) Rules of Softball is the official guide of the GICAA. Some exceptions are listed below.
5. Number of Games: GICAA softball teams can play in 30 regular season games.
6. The optic yellow cover, red stitch 12-inch ball with a COR of .47 or under shall be used in all games. Host team shall provide game balls.
7. If a designated player is used in the batting order, the player who is being batted for is listed in the number 10 spot in the order and does not bat.
8. Courtesy runners are allowed. Participation as a courtesy runner does not constitute entry into the game and does not count as a game played.
9. It is optional that a double base be used at first base by all GICAA member schools during any regular season game as well as all tournament games. The GICAA recommends the use of the double base for safety issues.

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10. The GICAA recommends the use of the “on deck circle”. When using the “on deck circle”, teams are required to use the “on deck circle” deemed safer for players, without regard for team dugout placement.
11. The distance between bases is 60-feet. The distance from the pitchers rubber to home plate is 43-feet for Varsity. Regular season fence placement must comply with NFHS Regulations.
12. Catchers must wear a mask, throat protector, chest/body protector, shin guards with protection to the kneecaps, and a helmet with ear flaps. An extended wire mask can be worn in lieu of a throat protector attached to the mask. The ice hockey style mask is approved for use by catchers. If the umpire feels there is not adequate throat protection built into the mask, a throat attachment must be added to the mask before using. Fast Pitch catchers cannot wear a plastic face mask/guard.
13. An intentional walk does not have to have the four balls pitched.
14. Only coaches, managers and scorekeepers are allowed in the dugout.
15. Unsportsmanlike Conduct: If a coach or player is ejected from a baseball game, the school must pay a \$50.00 fine, and he/she must sit out and cannot attend the next previously scheduled game.
16. Run-Rule: The game will end when a team has completed:
 - a. Three turns at bat and is fifteen runs behind.
 - b. Four turns at bat and is twelve runs behind.
 - c. Five or more turns at bat and is eight runs behind.
17. Tie-Breaker Rule: If after seven innings of play, the region or state playoff game is tied, the following tiebreaker rule will be used to determine a winning team:
 - a. Each half inning thereafter will begin with the final batter from the preceding inning being placed on second base (e.g., if the number 5 batter is scheduled as the lead-off batter, the number 4 batter will be placed on second base).
 - b. Any substitute for this runner must comply with substitution rules.
 - c. Non-region games can end in a tie if the teams are in agreement.
18. Suspended Game Rule (due to weather or darkness):
 - a. A game is deemed regulation or legal once 4.5 innings (5 innings if the home team needs to bat) has been played
 - b. When a region game is stopped before it is deemed regulation, it is considered “no contest” and any replay will begin from the first inning. Non-region games do not have to be completed.
 - c. When a region or non-region game is stopped after it becomes a legal game and a winner can be determined, then it is a completed game.
 - d. When a region game is stopped after it becomes a legal game and a winner cannot be determined, any replay will begin from the point of interruption. Non-region games do not have to be completed.
19. Termination of a game due to weather, unplayable conditions, or mechanical failures:
 - a. Umpires must wait at least 30 minutes before terminating a game for unplayable conditions.
 - b. Umpires may halt play for up to two hours when conditions do not allow play to continue.
 - c. The game must be ended when the two hour time has passed. (See Suspended Game Rule)
20. Team Score Reporting: Every team must report their team scores to the GICAA website within 3 business days of the event or be fined \$50. The website is monitored by the GICAA and fines will be issued for not reporting scores on time.

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B. Softball State Playoffs

1. Read the section in the GICAA Manual about Tournaments, Playoffs, and Awards. It details the state playoff information as well as the revenue and expense information between schools and the GICAA.
2. The number of teams qualifying for the state playoffs will be determined by the GICAA prior to the beginning of the season based on the total number of regions and teams.
3. The format will be the best-of-three games series in each round of the state playoffs.
4. There must be two officials for all state playoff games. Officials for the Final State Championship game series will be assigned or approved by the GICAA.
5. The state playoff games will either be at the higher seed or a neutral site designated by the GICAA. The higher seed will be the home team. If two equally ranked seeds meet, then the bracket will determine who will be the home team. The host team will determine the time of the game, but it must be agreed upon by both teams. The GICAA will set the time if the two teams cannot agree.
6. The higher seed and site host will serve as the home team in Game 1, visitor in Game 2, and home team in Game 3, if necessary. If teams are of equal rank in Game 3, a coin toss will be used to determine which team will be home team.
7. The site host must provide a field with adequate seating. The field must be properly marked at all times. The field must have an outfield fence not less than 200 feet from home plate. The GICAA Director may waive this rule if a field meeting this requirement cannot be found. If using a baseball field, the baseball pitching mound must be removed.
8. A doubleheader is required on the first day of each round of the state playoff series. If both teams are in agreement, then all three games, if necessary, can be played on the same day.
9. The run rule will apply during the playoff games except for the Final State Championship game(s). Seven innings will be required in the Final State Championship games(s). The State Championship games would be considered Game 2 and/or Game 3, if necessary. Game 1 does not require a full seven innings.
10. All playoff games must be played to conclusion either by run rule or culmination with a winner. If a playoff game is ended early due to weather conditions, etc., it will have to be finished before the next playoff game can start.
11. Any school hosting the state playoffs must assume any financial losses if that should occur. Any school not wishing to assume the responsibility may so inform the GICAA office and the lower seeded team will have the option of hosting.

X. Swimming

A. Swimming General Information and Regular Season

1. All swimming coaches are required to read the following sections of the GICAA manual before the season begins: Fines and Penalties, Calendars, Eligibility, Policies and Procedures for Athletic Competition, Tournaments/Playoffs/Awards, General Sports Information, and the Swimming Section. Coaches are also required to attend the preseason sports meetings.
2. All swimming coaches must read the sportsmanship section of the GICAA manual concerning how to treat other GICAA teams.
3. The beginning and ending dates for practice and competition are on the GICAA sports calendar.
4. The United States Swimming (USS) Rules and Regulations is the official guide of the GICAA. Some exceptions are listed below.
5. Number of Meets: GICAA swimming teams can participate in 12 regular season meets.

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6. United States Swimming Rules regarding uniforms (suits) must be observed. If swimmers wear a cap, it must follow United States Swimming guidelines. Each school should select a suit and cap to be worn by all swimmers during competition. No jewelry will be allowed except Medic-Alert items.
7. Member schools are encouraged to host regular season meets. The GICAA will advertise meets on their website. Host schools for regular season meets are responsible for all aspects of the meet that will include all area of meet management, reporting scores to the GICAA, and purchasing and issuing awards.
8. The host school will incur all cost including rental fee of facility as well as awards. Host schools may charge an entry fee. Host school may also charge general admission per the GICAA guidelines. The admission price may include the program (heat sheet).
9. Team Score Reporting: The host school must report the scores from their meet to the GICAA website within 3 business days of the event or be fined \$50. The website is monitored by the GICAA and fines will be issued for not reporting scores on time.

B. Swimming State Meet

1. Read the section in the GICAA Manual about Tournaments, Playoffs, and Awards. It details the State Meet information as well as the revenue and expense information between schools and the GICAA.
2. The number of teams/individuals qualifying for the State Meet will be determined by the GICAA prior to the beginning of the season based on the total number of regions and teams
3. The GICAA will offer a State Champion at the Varsity level. Boys and girls will compete separate and awards will be given for 1st-8th place finishers in each event. The State Champion (boys and girls) will be based total of team scores.
4. The GICAA will appoint a Meet Director for the State Championship. The Meet Director will appoint any other personal needed.
5. The GICAA will set all qualifying times at the beginning of the season, if necessary.
6. Each school may enter four contestants in each event in which the contestants compete as individuals.
7. A school may enter an unlimited number of relay teams per relay event, but only two teams per school may score.
8. A swimmer may enter a maximum of five events. The combinations are as follows: three individual events and two relays.
9. Varsity events are listed below:

200-Yd Medley Relay	100-Yd Freestyle
200-Yd Freestyle	500-Yd Freestyle
200-Yd Individual Medley	100-Yd Backstroke
50-Yd Freestyle	100-Yd Breaststroke
100-Yd Butterfly	200-Yd Freestyle Relay

10. Points will be scored based on the order of finish to determine the first and second place teams at the State Meet. Scoring will be as follows:

<u>Individual Events</u>		<u>Relay Events</u>	
1 st Place	9 Points	1 st Place	18 Points
2 nd Place	7 Points	2 nd Place	14 Points
3 rd Place	6 Points	3 rd Place	12 Points
4 th Place	5 Points	4 th Place	10 Points
5 th Place	4 Points	5 th Place	8 Points

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6 th Place	3 Points	6 th Place	6 Points
7 th Place	2 Points	7 th Place	4 Points
8 th Place	1 Point	8 th Place	2 Points

XI. Tennis

A. Tennis General Information and Regular Season

1. All tennis coaches are required to read the following sections of the GICAA manual before the season begins: Fines and Penalties, Calendars, Eligibility, Policies and Procedures for Athletic Competition, Tournaments/Playoffs/Awards, General Sports Information, and the Tennis Section. Coaches are also required to attend the preseason sports meetings.
2. All tennis coaches must read the sportsmanship section of the GICAA manual concerning how to treat other GICAA teams.
3. The beginning and ending dates for practice and competition can be found on the GICAA sports calendar.
4. The United States Tennis Association (USTA) Rules of Tennis is the official guide of the GICAA. Some exceptions are listed below.
5. Number of Matches: GICAA tennis teams can play in 18 regular season matches.
6. Scoring for the region regular season can vary from best-of-three sets to 8-game pro sets. Coaches should agree on how the scoring will be done.
7. An individual may NOT participate in both singles and doubles in the regular season IF the region has determined that the tennis matches during the regular season are being used to determine the Region Team Champion and Runner-up. During the regular season, a coach may choose to play an individual in both singles and doubles, but the second match will be considered an exhibition or a forfeit if it is one of the five lines.
8. An individual may participate in both singles and doubles in the regular season IF the region has determined that the Region Team Champion and Runner-up will be determined at the Region Tennis Tournament. In this case, the regular season matches will not determine the Region Team Champion and Runner-up.
9. The State Team Tournament guidelines apply to regular season matches. A complete team for team tennis consists of five lines and seven players – three singles players and two doubles teams. A team can compete with less team members, but a minimum number of four lines and five players is required to be eligible for the State Team Tournament. Read the State Team Tournament section for more details.
10. Coaches must use integrity in ranking players and cannot stack line-ups. It is not stacking to alternate players of relatively equal ability from match to match. It is not stacking if players alternate from singles to doubles and vice versa from match to match as long as players are ranked in order of ability.
11. All tennis coaches must keep a record of each singles and doubles team record during the season for Region Tournament seeding. Coaches should attempt to position players to play the same line against region opponents as much as possible. A player/team can only count those region matches played at the position in which he/she is entered in the Region Tournament. In order to be seeded, a player/team must have played two region matches at that line position. Read Region Tennis Tournament Seeding for more details.
12. Team Score Reporting: Every team must report their team scores to the GICAA website within 3 business days of the event or be fined \$50. The website is monitored by the GICAA and fines will be issued for not reporting scores on time. The team score total should not total more than five points since there are five lines of team tennis. Two schools can play as many lines as they want at a regular season match, but they must designate the five lines (three singles and two doubles

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matches) that will count toward the team score. Do not report scores that total more than five points. If both schools have less than five lines, then the total can be less than five.

B. Tennis Region Tournament Guidelines

1. The Region Tournament will be set up on a rotating basis among the schools within each region. The region can choose to use the same tennis facility, but rotate the schools who host the tournament. A school is not required to host. The host school will provide a Tournament Director who is responsible for the administration of the region tennis tournament. The school selected to host the region tournament shall be charged with the responsibility of providing necessary facilities for a one-day tournament.
2. All region schools will be required to pay a fee for the rental of the facility.
3. Each school must furnish one new unopened can of tennis balls for each singles player and doubles team. The winner of the match will keep the unused can and carry it to the next match. The loser will keep the open can.
4. There will be separate boys and girls competitions to determine individual champions at the Region Tournament. Each school may enter up to three singles players and two doubles teams for both boys and girls. An individual may not participate in both singles and doubles in the Region Tournament.
5. The individual champions are determined by the competition in the Region Tournament. The region will send the top singles and doubles teams in both girls and boys to the State Individual Tournament. The number of players qualifying for the state tournament will be determined by the GICAA at the beginning of the season based on the total number of regions and teams. Individual region awards will be given to the champions and runner-ups in singles and doubles for both girls and boys.
6. Region Tournament Seeding:
 - a. All region coaches can have input on seeding, but the final decisions are the responsibility of the Region Tournament Director and the GICAA.
 - b. All tennis coaches must keep a record of each singles and doubles team record during the season in an organized manner. This information must be submitted to the GICAA and Tournament Director at least one week before the region tournament.
 - c. Seeding will be based on region record only. If two regions combine for a tournament, then common opponents can be considered.
 - d. An individual/team may count only those matches that were played against region opponents and only those matches played at the position in which he or she is entering the region tournament. (i.e. a #1 girls' singles can count only those region matches in which she played as the #1 singles.)
 - e. In order to be seeded, an individual/team must have played two region matches as described above unless the region does not have enough full tennis teams to compete in at least two matches.
7. Region Team Tennis: Each region will select the method used to determine the Region Team Champions and Runner-ups **prior to the beginning of the tennis season**. The following methods are suggested:
 - a. Teams that have the best records in region tennis matches during the regular season (If there is a tie during the regular season, then the tied teams may use the point system at the region tournament to break the tie.
 - b. Teams that finish in the top two at the Region Tournament using a point system (see below)
8. Point System: The following is a guideline for any region that chooses to use the point system to determine the region team champions: (changes can be made to accommodate each region)

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- a. First-round winners receive one point
 - b. First-round byes that win in the second round receive three points
 - c. Second-round winners receive two points
 - d. Semifinal-round winners receive three points
 - e. Final-round winners receive four points
 - f. No points will be given for consolation matches for seeding 3rd & 4th place.
 - g. The team with the highest total points will be declared the Region Team Champions and the second highest will be the Region Team Runner-ups. In the event of a two-way tie, the two teams will play head-to-head 8-game pro sets consisting of 3 singles and 2 doubles matches to determine the region team champions. In the event of a three-way tie, the three teams will have a coin toss. The odd man out gets a bye and plays the winner of the other two teams.
9. Region Tournament scoring can vary depending on the number of rounds. The following formats are suggestions:
- a. Best-of-three sets playing 6-game sets with a USTA 12-point tie breaker procedure at 6-all
 - b. Best-of-three sets with the USTA 12-point tie breaker procedure used in lieu of the third set
 - c. 8-game pro sets with win by 2 games with a USTA 12-point tie breaker procedure at 8-all.
 - d. No Ad Scoring
 - e. The formats can change as players advance in the tournament. For example, the first round could be option C, the second round could be option B, and the final two rounds could be option A.
 - f. If there are consolation matches for seeding 3rd and 4th place, then these matches will be 8-game pro sets.

C. Tennis State Tournament Guidelines

1. State Individual Tournament
 - a. The State Individual Tournament is for players who qualified from their respective Region Tournaments in singles and doubles for boys and girls. Only the players who qualified through the Region Tournament may participate in the State Tournament. No substitutions or alternates can be used in the State Individual Tournament. Seeding will be based on how the players finished in the Region Tournament.
 - b. The individual champions are determined by the competition in the state tournament. Individual awards will be given to the champions and runner-ups in singles and doubles for both girls and boys. The individual champions and runner-ups will be the All-State selections.
2. State Team Tournament
 - a. Each region will select the method used to determine the Region Team Champions and Runner-ups **prior to the beginning of the tennis season**. Read Region Tournament guidelines for more details. The number of teams competing in the State Tournament will be determined by the GICAA based on the total number of regions and teams.
 - b. The format for all rounds of the State Team Tennis Tournament will be three singles and two doubles matches. A team winning three matches (points) of the five possible (points) will be declared the winner. When one school has scored three points, then any other matches will be stopped. Both coaches and the tournament director must confirm that three points have been scored before any matches can be stopped.
 - c. In order to qualify for the State Team Tennis Tournament, a tennis team must have a minimum of four lines and five players – three singles and one doubles team. A team can compete with four lines and six players – two singles and two doubles teams. A team can only forfeit one line beginning with the lower positions. Exception: If a team began the State Team Tennis

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Tournament with the required amount, but lost a player due to sickness or injury, then the team can continue forfeiting two lines.

- d. Coaches must honestly rank players in proper order of ability. Singles players and doubles teams must be ranked in order and listed in proper position. No stacking of line-ups is allowed. Coaches are not required to play singles and doubles as they played in the State Individual Tournament. Playing order will be finalized 15 minutes before each match. Both coaches must fill out an Official Line-up Sheet.
- e. The singles playing order will be #1 singles (best), #2 singles (next best), #3 singles (next best). The doubles playing order will be #1 doubles (best), and #2 doubles (next best). Coaches can make roster adjustments and insert different players into the playing order between rounds of the tournament as long as they are ranked in order. Line movement can occur if the other team has to forfeit a line. Alternates can be used during different rounds of the tournament as long as they are ranked properly and listed on the roster submitted to the GICAA.
- f. The team champions are determined by the competition in the state tournament. Team awards will be given to the champions and runner-ups for both girls and boys.

D. Tennis General Rules for Region and State Tournaments

1. Read the section in the GICAA Manual about Tournaments, Playoffs, and Awards. It details the State Tournament information as well as the revenue and expense information between schools and the GICAA.
2. The GICAA will provide a Tournament Director who is responsible for the administration of the State Individual and Team Tennis Tournaments. The GICAA will provide the necessary facilities for the tournament.
3. All coaches are requested to be present at the Tennis Center at a designated time for a coaches' meeting prior to the start of play. The Tournament Director will meet with all players after the coaches' meeting. Following the meetings, players will report to their assigned courts. It is important that all schools be on time for the coaches meeting. Any team or individuals arriving late for the tournament will risk penalty or default.
4. All coaches will comprise a "games committee" and will assist the director in the overseeing of the tournament.
5. All State Tournament matches are best-of-three sets playing 6-game sets with a USTA 12-point tie breaker procedure at 6-all.
6. The GICAA will furnish tennis balls for the State Individual and State Team Tournaments.
7. A player may play in only singles or doubles for Region and State Individual Tournaments. Substitution is not permitted once a match has officially begun. If an injury occurs during play that prevents a player from completing the match, that player defaults and the opponent is awarded the victory.
8. Each player(s) will have five minutes to answer the call for his/her match. Players are required to be on time, or be penalized or eventually forfeit their matches. Region and State Tournament play is not on a set time schedule after matches begin, but is on a next match on first available court type schedule. There will be continuous play throughout the day. It is not recommended that a player leave the tennis center area.
9. If a player(s) is tardy for the match, then the following penalties will be given:

5 minutes or less	Loss of toss plus 1 game
5–10 minutes	Loss of toss plus 2 games
10–15 minutes	Loss of toss plus 3 games
15 minutes or more	Default

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10. A 5-minute warm-up period will be given before each match. The Tournament Director will determine if additional time is necessary. Players are to take all ice, drinks, towels, etc on the court, and they are not allowed to leave the court unless they split sets. They will be allowed five minutes off the court between sets.
11. Players should ask for assistance in administering tie-breakers. If a tie-breaking procedure is being used, a coach from a non-participating school may be used to help with the tie-breaking procedure if needed. If a coach from another school is not available, then both schools' coaches involved in the match should be used to direct the tie-breaking procedure.
12. At the Region Tournament and the State Individual Tournament, both players/teams are required to report the results and the ending time to the Tournament Director at the scoring table within five minutes of the conclusion of the match. At the State Team Tournament, both players/teams are required to report the results and the ending time to their coaches who will record the results on the Official Line-up Sheet and give to the Tournament Director at the scoring table within five minutes of the conclusion of the team matches. The Tournament Director is to note the ending time of the match on the bracket in order to give the allotted amount of rest time between matches.
13. All players will be allowed a 30 minute rest period between matches. The Tournament Director may allow for additional time up to 45 minutes if needed.
14. School coaches can only coach players after each odd-numbered game (90 seconds allowed). Players cannot leave the court during this time. Coaching is also allowed if players split sets (five minutes allowed). Coaching must not delay the match. Parents, fans, or personal non-school tennis coaches are not allowed to coach players at any time.
15. Only regulation tennis shoes are to be worn at the region tournament. Basketball shoes are not considered to be tennis shoes. Any player not wearing regulation shoes may be disqualified or asked to change shoes.
16. All players are expected to officiate the match fairly. Players may ask the tournament director to assign a neutral coach to officiate a match if they feel the match is being called unfairly by their opponent.
17. Unsportsmanlike Conduct: Profanity, obscene language, or unsportsmanlike conduct (throwing a racket, hitting balls into the net or fence in an unsportsmanlike manner, yelling at oneself or an opponent) will not be allowed. First offense observed by tournament personnel or coaches will result in loss of game. Second offense will be disqualification. If a coach observes unsportsmanlike conduct, then he/she should stop the match. The coach must send for both schools' coaches & the tournament director who together will determine the penalty.
18. Teams should plan to "camp out" on the grounds and can bring tents to set up. Schools are responsible for providing lunch for their players and can bring coolers full of drinks and food.

XII. Track and Field

A. Track and Field General Information and Regular Season

1. All track and field coaches are required to read the following sections of the GICAA manual before the season begins: Fines and Penalties, Calendars, Eligibility, Policies and Procedures for Athletic Competition, Tournaments/Playoffs/Awards, General Sports Information, and the Track and Field Section. Coaches are also required to attend the preseason sports meetings.
2. All track and field coaches must read the sportsmanship section of the GICAA manual concerning how to treat other GICAA teams.
3. The beginning and ending dates for practice and competition can be found on the GICAA sports calendar.
4. The National Federation of High School (NFHS) Rules of Track & Field is the official guide of the

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GICAA. Some exceptions are listed below.

5. Number of Meets: GICAA track teams can participate in 12 regular season meets.
6. Member schools are encouraged to host regular season meets. The GICAA will advertise meets on their website. Host schools for regular season meets are responsible for all aspects of the meet that will include all area of meet management, reporting scores to the GICAA, and purchasing and issuing awards.
7. Teams must participate in at least one regular season track meet before the Region Track Meet. Anyone not having a qualified time or distance from a regular season meet cannot be seeded at the Region Track Meet.
8. Participants must wear a school-issued uniform. Relay teams will not be disqualified due to insignificant differences in uniforms. Otherwise, official track and field rules governing uniforms must be observed.
9. Musical devices of any kind are not allowed during competition.
10. Team Score Reporting: The host school must report the scores from their meet to the GICAA website within 3 business days of the event or be fined \$50. The website is monitored by the GICAA and fines will be issued for not reporting scores on time.

B. Track and Field Region and State Meets

1. Read the section in the GICAA Manual about Tournaments, Playoffs, and Awards. It details the Region and State Meet information as well as the revenue and expense information between schools and the GICAA.
2. The number of individuals qualifying for the State Meet will be determined by the GICAA prior to the beginning of the season based on the total number of regions and teams
3. The start time schedule and order of events will be distributed to each school participating in the meet prior to the start of the meet.
4. Each school may enter three contestants in each event.
5. An individual may enter in both relays and a maximum of four individual events with no more than three track events. An individual may be in three track events and one field event, two track events and two field events, OR one track event and three field events.
6. Relay teams should list four runner and two alternates. No replacements may be made of the runners and alternates that qualified at the Region Meet. Any four of the six listed may run in the event. Schools with two relay teams in the same relay may not list competitors on one team as alternates on the other team, nor may the same alternates be listed for both teams.
7. Medals will be awarded to the top three places in each event. Ribbons will be given to fourth through eighth places in each event.
8. Trophies will be awarded to the teams that finish first and second in total points in the State Meet.
9. The High Point Athlete of the State Meet Award is given to an individual of each gender who compiles the highest point total.
10. Eight places will be scored in the State Meet.

1 st Place	10 Points	5 th Place	4 Points
2 nd Place	8 Points	6 th Place	3 Points
3 rd Place	6 Points	7 th Place	2 Points
4 th Place	5 Points	8 th Place	1 Point

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11. There will be up to 16 track and field events for boys and girls. The order of the track events will be as follows:

Boys and Girls Track Events

400 Meter Relay (4 x 100)
100 Meter High Hurdles (Girls 33")
110 Meter High Hurdles (Boys 39")
100 Meter Run
1600 Meter Run
400 Meter Run
300 Meter Hurdles (Boys 36" Girls 30")
800 Meter Run
200 Meter Run
3200 Meter Run
1600 Meter Relay (4 x 400)

Boys and Girls Field Events

Shot Put (Boys 12 lbs., Girls 8 lbs. 13 oz.)
Discus (Boys 3 lbs. 8.438 oz., Girls 2 lbs. 3.274 oz.)
Long Jump
Triple Jump
High Jump
Pole Vault

XIII. Volleyball

A. Volleyball General Information and Regular Season

1. All volleyball coaches are required to read the following sections of the GICAA manual before the season begins: Fines and Penalties, Calendars, Eligibility, Policies and Procedures for Athletic Competition, Tournaments/Playoffs/Awards, General Sports Information, and the Volleyball Section. Coaches are also required to attend the preseason sports meetings.
2. All volleyball coaches must read the sportsmanship section of the GICAA manual concerning how to treat other GICAA teams.
3. The beginning and ending dates for practice and competition are on the GICAA sports calendar.
4. The National Federation of High School (NFHS) Rules of Volleyball is the official guide of the GICAA. Some exceptions are listed below.
5. Number of Matches: GICAA volleyball teams can play in 25 regular season playdates.
6. Region varsity matches will be best-of-five set format with rally scoring to 25 points (no cap - win by two). The fifth and deciding varsity set will be played to 15 points (no cap – win by two).
7. Region JV matches will be best-of-three set format with rally scoring to 25 points (no cap – win by two). The third and deciding JV match will be played to 15 points (no cap – win by two).
8. Non-region varsity matches can be best-of-three or best-of-five set format.
9. Each school should train and provide competent and responsible adults to be line judges.
10. The host school should always provide water for the visiting team. The host school should inform the visiting team if warm-up balls will be provided.
11. Unsportsmanlike Conduct:
 - a. Two yellow cards in any game equals a red card and constitutes an ejection. If a coach or player is ejected from a game, he/she must sit out and not attend the next previously scheduled game.
 - b. Volleyball Coaches
 - 1) Can receive two cumulative unsportsmanlike yellow cards in a season without further increase in sanctions.

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- 2) Third cumulative unsportsmanlike yellow card will require a \$50 fine from the school and a one game suspension to be served the following previously scheduled game. The coach cannot attend the suspended game.
 - 3) Fourth cumulative unsportsmanlike yellow card mandates a \$100 fine and the coach will not be able to coach anymore for the season.
- c. Volleyball Players
- 1) Can receive two cumulative unsportsmanlike yellow cards in a season without further increase in sanctions.
 - 2) Third cumulative unsportsmanlike yellow card will result in a one game suspension to be served the following previously scheduled game. The player cannot attend the suspended game.
 - 3) Fourth cumulative unsportsmanlike yellow card will result in the player being suspended for the remainder of the season.
12. Team Score Reporting: Every team must report their team scores to the GICAA website within 3 business days of the event or be fined \$50. The website is monitored by the GICAA and fines will be issued for not reporting scores on time.

B. Volleyball Region and State Tournaments

1. Read the section in the GICAA Manual about Tournaments, Playoffs, and Awards. It details the Region and State Tournament information as well as the financial split between schools and the GICAA.
2. All teams will be seeded for the Region Tournament based on their region record. If there are any ties, then the seeding process will defer to the section of the GICAA manual about Region Tie-Breakers.
3. The number of teams qualifying for the state playoffs will be determined by the GICAA prior to the beginning of the season based on the total number of regions and teams. The state playoff games will either be at the higher seed, a host member school's gym, or a neutral site designated by the GICAA. If two equally ranked seeds meet, the bracket will determine who will be the home team.
4. Schools may be asked to provide competent, responsible, trained adult scorekeepers and line judges for the Region and State Tournaments.

XIV. Wrestling

A. Wrestling General Information and Regular Season

1. All wrestling coaches are required to read the following sections of the GICAA manual before the season begins: Fines and Penalties, Calendars, Eligibility, Policies and Procedures for Athletic Competition, Tournaments/Playoffs/Awards, General Sports Information, and the Wrestling Section. Coaches are also required to attend the preseason sports meetings.
2. All wrestling coaches must read the sportsmanship section of the GICAA manual concerning how to treat other GICAA teams.
3. The beginning and ending dates for practice and competition are on the GICAA sports calendar.
4. The National Federation (NFHS) Rules of Wrestling is the official guide with the exceptions as may be found in this section. Some exceptions are listed below.
5. Number of Meets: GICAA wrestling teams can participate in 18 regular season meets.
6. Member schools are encouraged to host regular season meets. The GICAA will advertise meets on their website. Host schools for regular season meets are responsible for all aspects of the

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meet that will include all area of meet management, reporting scores to the GICAA, and purchasing and issuing awards.

7. Weight classifications shall be as follows:

106 lbs	138 lbs	182 lbs
113 lbs	145 lbs	195 lbs
120 lbs	152 lbs	220 lbs
126 lbs	160 lbs	285 lbs
132 lbs	170 lbs	

8. Each wrestler will certify his lowest weight with a weigh-in prior to his first wrestling practice. All certifications must be faxed to the GICAA Office, and will be kept on file. Wrestlers will not be allowed to wrestle more than one weight class, or ten pounds below this weight, whichever is greater. Certifications must be signed by wrestling coach AND either the head of school or athletic director.
9. The GICAA does not approve any practice or method of weight loss that endangers the health and safety of wrestlers. Crash dieting, the use of diuretics and other drugs for weight reduction, the use of a sweat box, any type of vinyl or plastic sweat suit or bag, hot showers, whirlpool, or any type of artificial heat device for weight reduction is prohibited.
10. Wrestlers not certifying weight three weeks before the State Championship will not be allowed to wrestle in the Championship division of the State Wrestling Meet.
11. Weigh-ins will be on the date of the meet and must be conducted with accurate scales. Wrestling officials can request that a wrestler be weighed if they do not think the wrestler is near the weight that was sent in by satellite weight earlier in the day. If wrestler is not within + or – 6 pounds of submitted weight, the wrestler cannot compete that day.
12. A wrestler may not weigh-in more than one weight class above the weight of certification without recertifying at a higher weight.
13. According to the National Federation provisions for State Adoptions, there will be a two-pound growth allowance in place after January 1.
14. Only two coaches per school will be allowed at mat side for coaching purposes. Coaches may only coach wrestlers from their school at mat side.
15. At all regular season and state tournaments full wrestle backs may be held.
16. The GICAA strongly recommends that mats be disinfected a minimum of three times per week with a medically-approved cleansing solution.
17. Provisions should be made to have medical assistance at meets. If this is impossible, emergency services should have been placed on-call.
18. Unsportsmanlike Conduct: When a coach, participant, or fan is charged with a flagrant misconduct penalty, that individual must go to a location outside the competitive area, and can have no interactions with anyone associated with the team. This is the same as an ejection in other sports and will require a \$50 fine. If a coach or player is ejected from a meet, he must sit out and not attend the next previously scheduled meet.
19. Team Score Reporting: The host school must report the scores from their meet to the GICAA website within 3 business days of the event or be fined \$50. The website is monitored by the GICAA and fines will be issued for not reporting scores on time.

B. Wrestling Region and State Meets

1. Read the section in the GICAA Manual about Tournaments, Playoffs, and Awards. It details the Region and State Meet information as well as the revenue and expense information between schools and the GICAA.

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2. The number of teams qualifying for the State Meet will be determined by the GICAA prior to the beginning of the season based on the total number of regions and teams
3. The GICAA will determine if there will be an Individual Championship and/or Team Dual Championship based on the number of teams participating.
4. Six places will be scored at the GICAA State Meet.

1 st Place	16 Points	4 th Place	7 Points
2 nd Place	12 Points	5 th Place	5 Points
3 rd Place	9 Points	6 th Place	3 Points
5. The State Champion and Runner-Up will be determined at the State Individual Tournament by points scored.
6. At the State Tournament, consolation pairings shall be wrestle back from Quarter-Finals, cross-bracket from Semi-Finals.