

Minnesota Christian Athletic Conference  
Handbook

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# Introduction of the Minnesota Christian Athletic Conference

The Minnesota Christian Athletic Conference (MCAC) was formed in 2024 through the merging of two Christian school athletic leagues: The Minnesota Association of Christian Schools (MACS), and the Christian Athletic League (CAL). The MCAC was formed to provide greater opportunities for our member schools to compete athletically across the state of Minnesota and surrounding region.

## Overview of the MCAC

The MCAC exists as an outflow of our member school's strong commitment to Christian Education and our desire to consistently train our young people in all areas of life on the foundation of Biblical values and truth. The MCAC offers one avenue for our students to practically live out their Christian faith in the athletic arena as we enjoy athletic competition with other Christian schools of similar size and philosophy. The MCAC values and seeks to foster long-standing and meaningful relationships between its member schools and participants.

## Mission Statement

The Minnesota Christian Athletic Conference partners with its member schools to form meaningful athletic relationships and champion student-athletes' development and use of their God-given abilities in ways that glorifies God in all they say and do.

## Purpose Statement

The Minnesota Christian Athletic Conference is organized for the following purposes:

- a) *To provide the opportunity for student athletes of smaller Christian schools the benefit of Christian fellowship and athletic competition through inter-league play and a postseason tournament*
- b) *To establish uniform and equitable rules and guidelines to ensure a level-playing field for member schools as they engage in league athletic competition*
- c) *To administer its programs as well as regularly review and evaluate their effectiveness*

## Philosophy

Schools of the Minnesota Christian Athletic Conference choose to unite ourselves together in the athletic arena through the common ground of our faith in God (Father, Son, and Holy Spirit); our desire to have the Bible be our guide for faith, doctrine, and conduct; and our strong commitment to Jesus Christ as our Savior and Lord.

We desire to form meaningful relationships between our member schools that promote Christian love and unity which we enjoy through the Holy Spirit. It is the desire of the MCAC and its member schools to provide a practical training ground for living out our Christian faith in ways that honors and glorifies Jesus Christ in all that we say and do.

Simply stated, the MCAC seeks to embody Ephesians 5:1-2 which says, "Be imitators of God, therefore, as dearly loved children and live a life of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God." We seek to commit to honor, love, and live for God above all else. Christian athletics provides an arena to practically live out being an example of Jesus and sharing his love towards others. This sometimes stands in contrast to the goals and purposes of secular athletics. Christian athletics seeks to consistently train people to be a "fragrant offering" for God in the midst of both the victories and adversities found in the athletic arena.

Ultimately, Christian athletics seeks to play for a "...crown that will last forever." (1 Corinthians 9:25) We seek to do our best not for selfish gain or pride, but because we desire to bring glory to God through both our successes and failures. Likewise, we seek to be servants and love our teammates and opponents alike, not because we ought to, but because of our strong commitment to our Lord Jesus Christ.

Christian athletics seeks to demonstrate grace and mercy in all situations. Christ said in Mark 12:30-31 that the greatest commandment is to "Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these." To honor and respect the other team and spectators is an example of loving our neighbor. Regardless of the score, outcome of the game, or attitudes and actions of opposing teams, we seek to show love through extending God's grace and mercy in every situation. What a difficult thing when we are being beat handily by another team! What a difficult thing when one of our teammates gets more attention than we do! What a difficult thing when the opposing fans are being obnoxious! Yet, what an amazing opportunity to learn how to love others when they seem to be unlovable. This is a tangible way to live as we are commanded in Ephesians 5:1-2!

Finally, the MCAC desires for our relationships and athletic endeavors to highlight our Christian unity through the bond of peace. Our goal is not simply personal or team success, but to also join together in Christian unity for the purpose of glorifying God together. Personal and team goals are important but should not come at the expense of unity in the body of Christ. Out of our commitment to Christian unity, it is our desire for our coaches, players, and spectators to consistently exhibit unconditional love, respect, honor, and servanthood towards each other both on and off the field of play.

## Statement of Faith

We believe that the Bible, both the Old and New Testaments, was given by inspiration of God, and is our only rule in matters of faith and practice. We believe in creation, not evolution; that man was created by the direct act of God and created in the image of God. We believe that Adam and Eve, in yielding to the temptation of Satan, became the fallen creatures. As a result of the fall, we believe that all men are born in sin. We believe in the incarnation, the virgin birth, and the deity of our Lord and Savior, Jesus Christ. We believe in the vicarious and substitutionary atonement for the sins of mankind in the shedding of His blood on the cross. We believe in the resurrection of His body from the tomb, His ascension to Heaven, and that He is now seated at the right hand of God. We believe He is coming again. We believe in His power to save men from sin. We believe in the necessity of the new birth and that this new birth is through regeneration of the Holy Spirit. We believe that salvation is by grace through faith in the atoning blood of our Lord and Savior, Jesus Christ.

# 1. League Administration

## 1.1 League Meetings

Biannual league meetings are held following the close of the fall and winter athletic seasons. The date of the biannual meetings will be set annually by the MCAC Board. Each member school is required to have at least one representative present at all league meetings.

## 1.2 MCAC Executive Board

The MCAC Executive Board exists to oversee the continuing operation and business affairs of the league including oversight and enforcement of the general rules, regulations and policies; acting on matters that arise throughout the course of the year and handling administrative affairs of the league.

1.2.1 The MCAC Board will have a minimum of 4 members elected by the member schools. This number may increase from time to time by action of the Board as they deem necessary.

1.2.2 Candidates for the board shall be a representative of a member school who has been active in League meetings for two (2) consecutive years prior to serving on the Board.

1.2.3 Board members will serve for a 2 year term unless such service is terminated by resignation or dismissal. Terms of the board members will be staggered to provide continuity.

1.2.4 The officers of the board will consist of Chair (who also will serve as the League Director), Vice-chair, Secretary, and Treasurer. The Board will determine its officers annually.

## 1.3 Obtaining League Membership

*1.3.1 A Christian School is eligible for MCAC membership if they agree and ascribe to the league's mission, purpose, and philosophy statements and can commit to adhering to all rules, regulations, and policies listed herein.*

1.3.2 Schools wishing to join the league will:

*a) Contact the League Director to discuss the league's mission, purpose, philosophy and requirements associated with being a league member.*

*b) If mutually agreeable, the school will then be instructed to schedule non-conference games with as many league members as possible for all athletic activities they are participating in the upcoming year. This will be considered the applicant's trial year and will give opportunity for all parties to evaluate whether the possibility of new membership is beneficial for all.*

c) *Although there is no requirement for a school to participate in multiple MCAC sanctioned sports in any given season (i.e. boys soccer, volleyball, girls basketball, boys basketball, girls soccer), there is an expectation that schools fully intend to sponsor as many MCAC sports as possible within their organization.*

1.3.3 During the applicant's trial year the MCAC board will interview the applicant to ensure they meet the qualifications for membership and confirm they will commit to following all League Rules and Regulations and Policies as published in the latest edition of the League Handbook. At that time, applicants will also be given an understanding of the importance the league attaches to the commitment of each member school to:

- a) *Promptly pay required dues and fees.*
- b) *Faithfully attend scheduled league meetings.*
- c) *Meet league deadlines for providing team information including rosters, schedules, game results and stats.*
- d) *Regularly monitor the commitment of their administrators, fans, coaches, and players to following the league's philosophies, standards, goals, objectives, and codes of conduct*
- e) *Have one individual who serves as the Athletic Director or sole point of contact with the MCAC on behalf of their school.*

1.3.4 During the spring league meeting, the board will present its recommendation to the league followed by an open forum to discuss the applicant's request for membership. The applicant will not be present during the open forum or vote. Following the discussion, the recommendation of the board will be presented for action.

1.3.5 The League Director will notify the applicant of approval or disapproval within 10 days after the spring league meeting.

1.3.6 An expedited process of league membership may be granted if all league schools are in agreement and have a previously established relationship with the applicant school.

## 1.4 Renewing League Membership

1.4.1 A Membership Renewal Application must be submitted annually accompanied with payment for membership dues by the established due date of each year. The annual dues required for each member school for the upcoming year shall be established by the Board.

1.4.2 To be eligible for membership renewal, member schools must be members in good standing.

1.4.3 Member schools must have at least one concurrent year of membership up to the year they are renewing their membership. Schools coming off a year of suspension or not renewing their membership the previous year must submit an Application for Membership and undergo the process for obtaining membership as specified in section 1.3 above.

1.4.4 Member schools agree to participate in the MCAC for any varsity team in which their school is eligible. Participation in alternative leagues for activities the MCAC does not sponsor is left to the discretion of each member school.

## 1.5 Organization of Member Schools for League Play

In an effort to create a balanced schedule, the Board may reorganize its member schools into divisions by a majority vote of the board members.

Current organization by league activity:

Soccer – North Division and South Division

Volleyball – North Division and South Division

Girls Basketball – North Division and South Division

Boys Basketball - North Division and South Division

Girls Soccer - No special alignment

## 1.6 Amendments to Rules, Regulations and Policies

1.6.1 Vote on Rules, Regulations and Policies.

a) *The Rules and Regulations of the league and revisions to the League Handbook may be amended by the Executive Board and ratified at the spring league member meeting by a majority vote of the members present.*

b) *New Policies may be adopted at any regularly scheduled member meeting by a majority vote of the members present.*

1.6.2 Time for Submission

a) *Members of the league may submit a proposed amendment to the League Director before the fall member meeting of each school year. Upon receiving a proposal request, the League Director will send copies to the Executive Board for review.*

b) *The proposed amendment will be formally discussed at an upcoming Board meeting.*

c) *Following a vote for adoption of a new amendment by the Board, the amendment will be brought to the spring league member meeting to be ratified.*

d) *The Board may choose to expedite the vote of an amendment if there sufficient reason and by unanimous vote by the board. Under such circumstances, the member schools will be notified of the adopted amendment to be ratified at least 10 days prior to the member vote.*



1.6.3 Sponsors of Proposals: Proposed amendments may be submitted:

- a) *By the designated school representative of three (3) or more schools;*
- b) *By the Board of Directors*
- c) *By action of the league members at a league meeting*

1.6.4 Effective Date

Unless otherwise specified, all amendments to the Rules, Regulations and Policies approved by the Board and ratified by the league membership will become effective on August 1.

## 1.7 Cooperative Sponsorship

Cooperative sponsorships may be established between two or more MCAC member schools to provide greater opportunities for schools to sponsor teams and offer more students the experience of participating in MCAC sponsored activities when they may not have the resources to field their own teams exclusively within their own school. MCAC member schools wishing to pursue a cooperative agreement will meet the following procedures:

1.7.1 All schools entering into a cooperative agreement must be a MCAC member in good standing. In addition, all participating students within the cooperative agreement must meet all MCAC eligibility requirements.

1.7.2 A host school for the cooperative agreement must be established. The host school is responsible to provide general oversight for their programs to ensure all MCAC rules, regulations and policies are being followed.

1.7.3 An expedited membership may be granted for schools entering into a cooperative agreement with a host school in cases where the participating school is not currently a MCAC member school. In such cases, there must be a previously established relationship between the schools which are entering into the cooperative agreement.

1.7.4 The host school of the cooperative sponsorship will submit a cooperative request with the MCAC Director. All cooperative agreements will be discussed and a vote will be held at the next scheduled member meeting.

1.7.5 Approved cooperative agreements are valid for the school year in which they are established and must be renewed annually.

## 1.8 Medical and Insurance Coverage

1.8.1 Participating schools are required to have emergency medical forms on file for each student. Information must be immediately accessible if medical attention is required and parents are not available.

1.8.2 All member schools are required to have adequate insurance coverage for students, staff, and coaches. Member schools must also have adequate liability coverage for all events hosted on their property. The MCAC does not assume liability or responsibility for these coverages.

## 2. Student Eligibility

### 2.1 Age

Students participating in league-sponsored activities shall be under 19 years of age on September 1<sup>st</sup> of the school year in which they are participating.

### 2.2 Attendance

Students must be attending school and classes regularly. Students who have been dropped because of irregular attendance, extended absence, or suspension from school are not eligible to participate in league-sponsored activities.

### 2.3 Credit Requirements

Students must be full time students according to their respective state's Department of Education criteria. Students must meet the school's credit requirements for graduation in four years beginning with the student's entry into 9<sup>th</sup> grade.

### 2.4 Enrollment

2.4.1 Students who are enrolled full time in the member school are eligible to be placed on that school's eligibility list and participate in league activities offered by the school the student attends.

2.4.2 Home school students meeting all MCAC eligibility requirements are allowed to be placed on a member school's league eligibility list and participate in league activities at the discretion of the member school if they meet the following qualifications:

- a) *They are registered as a home school student with the district/state in which they live.*
- b) *They have the Homeschool Athletic Participation Form on file with the MCAC member school.*
- c) *The student's official transcript is issued by the parent/guardian or by the MCAC member school AND the parent/guardian assigns grades.*
- d) *One or more of the following is true:*

1. Taught at home by a parent or legal guardian.
2. Taught at home or someone else's home, by a parent, a grandparent, older sibling, or another homeschool parent, if it is done under the instruction of the parent.
3. Taught at a central location for a particular subject by a homeschool parent.
4. Participation in home school co-ops are permissible. A co-op is described as a group of homeschool parents gathering in a central location and each parent teaches a different subject to all the students.

e) *Home school students are not eligible to participate in any league activity if they are enrolled in any online school (some examples include K12.com, Time4Learning, Connections Academy, Minnesota Virtual Academy, Venture Upward, Khan Academy, etc...). Exception granted for PSEO (cf. 2.4.3.)*

2.4.3 Students taking PSEO courses are eligible to participate in any league activity if they are registered for PSEO through the member school or as a home school student. PSEO classes may be taken online.

2.4.4 Students are not eligible to participate in any league activity with a member school if they try out or participate with a non-member school in an activity in which the MCAC sponsors.

## 2.5 Grade Level Eligibility

Participants in league sponsored activities are limited to students in grades 7 - 12. A waiver request may be submitted to the board for consideration if extenuating circumstances apply. (cf. 2.13 for information on the waiver process)

## 2.6 Graduates of Secondary Schools

2.6.1 Students who have graduated from a secondary school are ineligible for participation in any league-sponsored activity.

2.6.2 Students who have participated with a college or university team are ineligible for participation in any league-sponsored activity.

## 2.7 Physical Examination

A Sports Qualifying Physical Examination (SQPE) is required for athletic participation in the MCAC. It is the responsibility of each member school to certify all participating members on their eligibility list have a current SQPE on file. SQPE's are valid for 3 years from the date of examination.

## 2.8 Scholastic Eligibility

2.8.3 Students must be making satisfactory progress towards the school's requirements for graduation.

2.8.2 Member schools must have a written policy regarding academic eligibility for athletic participation for all its participants. It is recommended, as a minimum requirement, that all students maintain at least a "C-" average in each class in which they are enrolled.

## 2.9 Seasons of Participation

2.9.1 Students may not participate in more than four seasons in any one activity while enrolled in grades 9 to 12. (Cf. 2.5 Grade Eligibility)

2.9.2 Participation, no matter how limited, will count as one season of participation.

## 2.10 Semesters Enrolled

Students shall be eligible for participation in league-sponsored activities for eight consecutive semesters (four years), beginning with their initial entrance into the 9<sup>th</sup> grade.

## 2.11 Substance Abuse

2.11.1 A student shall not at any time, regardless of the quantity:

- a) *Use or consume, have in possession a beverage containing alcohol.*
- b) *Use or consume, have in possession tobacco or vape.*
- c) *Use or consume, have in possession, buy, sell or give away any other controlled substance, regardless if it is legal in the residing state.*

2.11.2 Penalty: For substance abuse violations, the member school will impose the following penalties:

- a) *First Violation Penalty: The student shall lose eligibility for the next two consecutive interscholastic contests or two weeks (14 calendar days), whichever is greater, of a season in which the student is a participant.*

b) *Second Violation Penalty: The student shall lose eligibility for the next six consecutive interscholastic contests or three weeks (21 calendar days), whichever is greater, in which the student is a participant.*

c) *Third or Subsequent Violation Penalty 1) The student shall lose eligibility for the next 12 consecutive interscholastic contests or four weeks (28 calendar days), whichever is greater, in which the student is a participant.*

d) *Schools may choose to impose stricter penalties at their discretion.*

## 2.12 Good Standing

**2.12.1 Definition:** The term “good standing” shall mean that the student is eligible under all of the conditions and eligibility requirements of that school as well as the eligibility requirements of the league.

**2.12.2 Good Standing:** A student must be in good standing in order to be eligible for regular season and postseason league tournament competition.

**2.12.3 Penalty:** A student who is penalized by a school is not in good standing and is ineligible for a period of time as determined by the member school, which will impose a penalty commensurate with the infraction. The member school must also consider league rules and guidelines when imposing a penalty. Any penalty imposed will be honored by any member school in the case of a transfer.

## 2.13 Waiver Requests

2.13.1 Waiver requests can be submitted to the MCAC board for its consideration. Our MCAC guidelines have been created and refined to maintain league integrity, a level-playing field, and emphasize accountability for each member school. All waiver requests will be carefully scrutinized to determine if granting the request would conflict with the spirit of our guidelines. All waiver requests must be submitted in writing no later than two weeks in advance of the finalization date for the roster (eligibility list) for the sport in question and must also detail the circumstances necessitating the waiver request.

2.13.2 Waivers must be submitted from the Athletic Director in writing to the League Director. A waiver request must provide as much information as possible to expedite this process. The board will render a decision within 7 working days after gathering all necessary information.

2.13.3 Waivers that are approved are valid only for the school year in which they were submitted. Approved waivers are transferable from sport to sport within the same school year.

2.13.4 Waiver requests must be submitted for each new school year and are not transferable from school year to school year.

2.13.5 Students for whom a waiver is submitted are ineligible to participate in league sponsored activities until an approved waiver is granted by the MCAC Board.

## 2.14 Participation on Other Teams

Players who try out or participate with other official high school or home school teams are ineligible for participation in any league-sponsored activity for the remainder of that school year.

## 2.15 Transfer Students

2.15.1 A student transferring from a non-league school into a MCAC member school will be eligible to participate in all league-sponsored activities as soon as that student is successfully enrolled. All other MCAC eligibility requirements must also be met.

2.15.2 A student transferring from one MCAC member school to another MCAC member school during the school year will be ineligible for participation in any MCAC activities for the remainder of that school year unless the transfer was due to a family relocating. All other situations require a waiver submittal to the Board (cf. 2.13).

# 3. Administration of Student Eligibility

## 3.1 Certifying Student Eligibility

3.1.1 Students who are fully enrolled in and attending a member school are eligible to participate for that school in league-sponsored activities.

3.1.2 Home school students are eligible to participate in league sponsored activities if they are registered through a member school. (Cf. paragraph 2.4.2.)

3.1.3 At the start of each season and prior to a school's first league game each school shall:

*a) Input a complete Eligibility List (roster) on the MCAC website which lists all students participating on their team in an activity for that season.*

*b) Furnish a hard or electronic copy of the Eligibility List (roster) to the League Secretary.*

3.1.4 Additions to the Eligibility List will be certified before competition. No additions to the Eligibility List will be allowed after the Eligibility List deadline for each season (September 15 for fall sports and January 15 for winter sports).

3.1.5 No player on a MCAC team's Eligibility List may be on any other school's Eligibility List or roster for an activity that the league sponsors.

## 3.2 Ineligible Player

3.2.1 If an ineligible player is used in any league-sponsored game, whether deliberately or inadvertently, forfeiture of that game and any associated honors for the individual and team shall be automatic and mandatory.

3.2.2 An ineligible student who participates in any league activity shall be disqualified from all league-sponsored athletics for nine (9) additional weeks beyond the student's original period of ineligibility.

3.2.3 If an ineligible player participates by mutual agreement of the teams involved, each participating school shall be suspended by the league for a minimum of the remainder of that season. The board reserves the right to continue the suspension through the following season if the violation occurred later in the year.

3.2.4 Practice While Ineligible. The league Rules and Regulations apply only to a contest between two MCAC member schools. The question of whether to allow an ineligible student to practice or participate in non-league contests is one of local determination.

3.2.5 The board may penalize the member school further if it deems the error to be deliberate, intentional, or sufficiently careless to warrant such special action.

## 3.3 Eligibility List

3.3.1 The Eligibility List is an official declaration made by the Principal/Administrator/Athletic Director that the names and data included within are accurate and valid and that the individuals named are fully eligible according to MCAC guidelines to represent the school in all league activities.

3.3.2 The Eligibility List must include the name and grade level of the current school year for all participating athletes.

3.3.3 Member schools must have their Eligibility List turned into the league secretary and entered on the league website prior to playing their first league game or the specified date established for their respective sport.

3.3.4 Eligibility Lists must be finalized by the dates established for their respective sport. Players will not be granted eligibility to play in league regular season contests or the league post-season tournaments if they are not on the team's eligibility list by the deadline.

- a) *Boys Soccer and Volleyball: September 15*
- b) *Basketball: January 15*
- c) *Girls Soccer: April 15*

## 3.4 Responsibility for Student Eligibility

3.4.1 The designated administrator of a member school shall be held completely and solely responsible to certify that all students representing their school in league sponsored activities are properly enrolled and meet all of the eligibility requirements of the league. When a violation of the Rules and Regulations occurs, school administrators are expected and required to enforce the penalties prescribed in the Rules and Regulations.

3.4.2 It is not the responsibility of league officials to certify the eligibility status of students representing member schools. It is the responsibility of the league to examine and rule on all evidence submitted in relation to purported and actual violations of league Rules and Regulations. It is also the responsibility of the league to take whatever action is necessary to ensure that all member schools abide by our league Rules and Regulations.

# 4. League Activities

## 4.1 Boys Soccer

4.1.1 League member schools are minimally required to schedule one (1) regular season contest against each school within their division plus four (4) contests against schools from the other division. Additional contests may be scheduled at each school's discretion not to exceed a maximum of 21 games prior to the start of the State Tournament.

4.1.2 Team practices may start the first Monday of August, unless otherwise noted by the Board for that particular year. The regular season will conclude the day preceding the seeding deadline.

4.1.3 League member schools' regular season soccer schedules will be limited to 21 games prior to the MCAC post-season tournament.

- a) *Jamborees do not count towards the season total allowed games.*
- b) *Tournaments during the regular season where 3 or more games are played will count as 2 games towards the 21 game max limit.*



4.1.4 To be eligible for league regular and postseason competition, a student must be on the member school's Eligibility List (Cf. 3.3).

4.1.5 Maximum Squad Size:

- a) *Coaches - 3.*
- b) *Student Managers – 2.*
- c) *Players – 22.*

4.1.6 First and Second team All-Conference Awards will be awarded to select student-athletes from across the conference.

a) *Nominations may be submitted by a coach. Final All-Conference team selections will be determined by procedures prescribed by the Board.*

a) *Soccer coaches should nominate players based on their conduct, leadership, and achievements for the current soccer regular season.*

b) *Soccer All-Conference 1st Team will have 22 players and 2nd Team will have 14 players*

4.1.7 Coach of the Year Award. Each season, a coach from a member school will be recognized for demonstrating excellence in coaching and a strong Christian witness during the season. Each head coach may nominate one coach for this award. Nominations are due at the seeding deadline.

4.1.8 Soccer field dimensions must meet the NFHS standards for varsity play including all appropriate markings. The field width shall be between 55-80 yards and the field length shall be between 100-120 yards.

## 4.2 Volleyball

4.2.1 League member schools are minimally required to play at least one (1) regular season contest against each school within their division plus four (4) contests against schools from the other division. Additional contests may be scheduled at each school's discretion so as not to exceed the maximum of 21 games prior to the start of the State Tournament.

4.2.2 Team practices may start the first Monday of August, unless otherwise noted by the Board for that particular year. The regular season will conclude the day preceding the seeding deadline.

4.2.3 League member schools' regular season volleyball schedules will be limited to 21 games prior to the MCAC post-season tournament.

a) *Jamborees do not count towards the season total allowed games.*

b) *Tournaments during the regular season where 3 or more games are played will count as 2 games towards the 21 game max limit.*

4.2.4 To be eligible for league regular and postseason competition, a student must be on the member school's Eligibility List (Cf. 3.3).

4.2.5 Maximum Squad Size:

- a) *Coaches - 3.*
- b) *Student Managers – 2.*
- c) *Players – 18.*

4.2.6 First and Second team All-Conference Awards will be awarded to select student-athletes from across the conference.

a) *Nominations may be submitted by a coach. Final All-Conference team selections will be determined by procedures prescribed by the Board.*

b) *Volleyball coaches should nominate players based on their conduct, leadership, and achievements for the current soccer regular season.*

c) *Volleyball All-Conference 1st Team will have 16 players and 2nd Team will have 10 players*

4.3.7 Coach of the Year Award. Each season, a coach from a member school will be recognized for demonstrating excellence in coaching and a strong Christian witness during the season. Each head coach may nominate one coach for this award. Nominations are due at the seeding deadline.

4.3.8 Volleyball court dimensions must meet the NFHS standards for varsity play including all appropriate court markings. The volleyball court shall be 30 feet wide by 60 feet long with an additional minimum 6 feet of clear space behind each end line for serving.

## 4.3 Girls and Boys Basketball

4.3.1 League member schools are minimally required to schedule 18 games against MCAC teams which will include at least one (1) regular season contest against each school within their division plus at least four (4) contests against schools from the other division. Additional contests may be scheduled at each school's discretion not to exceed the maximum of 26 games prior to the State Tournament.

4.3.2 Team practices may start the second Monday of November, unless otherwise noted by the Board for that particular year. The regular season will conclude the day preceding the seeding deadline.

4.3.3 League member schools' regular season basketball schedules will be limited to 25 games prior to the MCAC post-season tournament.

- a) *Jamborees do not count towards the season total allowed games.*

b) *Tournaments during the regular season where 3 or more games are played will count as 2 games towards the 26 game max limit.*

4.3.4 To be eligible for league regular and postseason competition, a student must be on the member school's Eligibility List (Cf. 3.3).

Maximum Squad Size:

- a) *Coaches - 3.*
- b) *Student Managers – 2.*
- c) *Players – 18.*

4.3.5 First and Second team All-Conference Awards will be awarded to select student-athletes across the conference.

- a) *Nominations may be submitted by a coach. Final All-Conference team selections will be determined by procedures prescribed by the Board.*
- b) *Basketball coaches should nominate players based on their conduct, leadership, and achievements for the current soccer regular season.*
- c) *Basketball All-Conference 1st Team will have 15 players and 2nd Team will have 15 players*

4.3.6 Coach of the Year Award. Each season, a coach from a member school will be recognized for demonstrating excellence in coaching and a strong Christian witness during the season. Each head coach may nominate one coach for this award. Nominations are due at the seeding deadline.

4.3.7 Basketball court dimensions must meet the NFHS and MSHSL standards for varsity play including all appropriate markings. The optimal court size is 50 feet wide by 84 long. Courts must minimally be 50 feet wide by 74 feet long (additional markings are required if courts are smaller). Regular play on a collegiate or pro sized court is also acceptable assuming it has the appropriate high school varsity court markings.

## 4.4 Girls Soccer

4.4.1. League member schools must schedule a minimum of one (1) regular season contest against each league team participating in the season. Additional contests may be scheduled at the discretion of each school.

*4.4.2. Team practices may start the third Monday of March, unless otherwise noted by the Board for that particular year. The season will conclude June 7.*

4.4.3. To be eligible for league regular and postseason competition, a student must be on the member school's Eligibility List (Cf. 3.3).

4.4.4. Maximum Squad Size:

- a) *Coaches - 3.*
- b) *Student Managers – 2.*
- c) *Players – 22.*

4.4.5. First Team All-Conference Awards will be awarded to select student-athletes from across the conference.

- a) *Nominations may be submitted by a coach. Final All-Conference team selections will be determined by procedures prescribed by the Board.*
  
- b) *Soccer coaches should nominate players based on their conduct, leadership, and achievements for the current soccer regular season.*
  
- c) *The Girls Soccer First Team All-Conference will have 22 players.*

4.4.6. Coach of the Year Award. Each season, a coach from a member school will be recognized for demonstrating excellence in coaching and a strong Christian witness during the season. Each head coach may nominate one coach for this award. Nominations are due at the seeding deadline.

4.4.7 Soccer field dimensions must meet the NFHS standards for varsity play including all appropriate markings. The field width shall be between 55-80 yards and the field length shall be between 100-120 yards.

## 5. Administration of League Sports

### 5.1 Contest Rules

Except as modified by the MCAC, the MSHSL and the NFHS rule books shall govern all MCAC inter-school competition.

### 5.2 Game Officials

5.2.1. Only state association certified officials shall be employed for all Varsity interscholastic contests in Soccer, Volleyball and Basketball. Officials shall not be immediate family members of any player, coach or school staff of the host team. Emergency exceptions must be mutually agreed upon in advance by both teams. In cases where no agreement can be reached, deference will be given to the visiting team.

5.2.2. All Varsity interscholastic contests in Soccer will have a minimum of two (2) certified officials. Three certified officials may also be used if desired. Non-certified line judges are not permitted to call offside.

5.2.3. All Varsity interscholastic contests in Volleyball will have a minimum of two (2) certified officials. Line judges do not need to be certified.

5.2.4. All Varsity interscholastic contests in Basketball will have a minimum of two (2) certified officials. Three certified officials may also be used if desired.

### 5.3 Local Control

Member schools may, if they so desire, prescribe eligibility guidelines that are more restrictive than those of the league. They may not adopt rules, regulations or by-laws, which lessen the effect of or change league Rules and Regulations.

### 5.4 Protests on Decisions of Contest Officials

5.4.1 Protests against decisions of contest officials will not be honored. Reporting of egregious violations of contest officials may be respectfully submitted in writing to the MCAC board.

*a) League officials will render an interpretation to all parties involved as to the proper application of contest rules in cases protested if the complete facts are presented, in writing, to league officials. Such interpretations, however, will not alter the outcome of the contest. The decisions of the contest officials are final.*

*b) It is recognized that errors in interpretations and application of Rules and Regulations and in judgment situations are inevitable. However, the orderly and sportsmanlike conduct of high school activities require that officials' decisions must be honored and be final.*

*c) Video replay will not be used to overrule an official's decision or change the outcome of the game or meet.*

5.4.2 School officials are expected to employ the best-qualified contest officials available and to place the operation of the contest entirely in their hands.

### 5.5 Reporting Violations of League Rules and Regulations

5.5.1 Any protests against a member school for violation of league Rules and Regulations shall be made in writing to League officials. The protest shall:

a) *Be made within 48 hours after receipt of information, and*

b) *Set forth the known facts, sources of information, witnesses and the time such data became known. Failure to make the report as required will not relieve the offending school of its responsibility. Such negligence may jeopardize the standing of the official and/or the school for withholding evidence.*

5.5.2 League officials shall make a timely report of the information received to the principal/administrator and athletic director of the school in which a violation is suspected.

5.5.3 If there is insufficient time to complete an official investigation and to rule on it prior to the next contest or contests, the student(s) may participate subject to the condition that the full penalty of the Rule and Regulation will apply to such contests and to the student(s) if the charges are substantiated. However, the school may choose to determine who is responsible for the violation and censure the responsible party or apply other administrative sanctions as may be appropriate. The school must notify the league of its action.

5.5.4 Nothing in this section may be considered as voiding the responsibility and duty of league officials to investigate eligibility of students or violation of Rules and Regulations received in an unofficial or less than official form.

## 5.6 Responsibility For Participating Teams

5.6.1 **Faculty Representative.** A member of a school's administration, faculty or coaching staff shall accompany contesting teams. The school representative shall be responsible to act on behalf of the member school.

5.6.2 **Conduct of Teams, Students and Spectators.** School officials shall be held responsible for the proper conduct of teams, team personnel, students and home spectators regardless of where the contest is being held.

5.6.3 **School Responsibility to Inform and Enforce League Bylaws.** The member school has a responsibility to educate student athletes, coaches, and other appropriate persons on league bylaws and policies that could affect their participation in league sponsored activities. Further, the member school should monitor its compliance with league eligibility requirements.

## 5.7 Scheduling of Contests

5.7.1 All contests in which member schools participate shall be scheduled and arranged by the official representative of the schools concerned. Contests may be scheduled and played only when all of the Rules and Regulations of the league are observed.

5.7.2 Member schools are required to schedule according to the minimum contest requirements for each activity.

In an effort to balance the traveling for schools from year to year, the league encourages member schools to alternate home and away schedules from year to year. It is also encouraged to set up other forms of triangulars or mutually agreed upon locations for each school.

**Penalty:** Member schools that fail to schedule or play scheduled games or fail to play a complete game with league members, except for valid reasons, are subject to any or all of the following disciplinary actions as deemed reasonable and appropriate by the MCAC Board of Directors:

- a) *Public censure.*
- b) *Forfeiture of games.*
- c) *Suspension. This may include the school, team, coaches or Athletic Director.*
- d) *Reimbursement of expenses, which may include but are not limited to officials fees, facility rental fees, traveling expenses.*

5.7.3 Member schools must have their season schedules in their entirety entered on the league website by the designated date or prior to their first league game, whichever comes first.

5.7.4 Participation in a jamboree (non-official scrimmage type games) will not count towards the team's season total.

5.7.5 When weather conditions present a threat to the safety of participants and spectators, the host school representative has the authority to postpone or suspend the contest.

5.7.6 Tournament games/matches played during the regular season where 3 or more contests are played will count as two contests towards the team's season total.

5.7.7 Member schools are responsible for entering their team's required box score and associated statistics on the MCAC website for all regular season contests within one week of the completion of the contest. At minimum, teams must submit the following stats for each regular season contest:

- a) *Soccer stats required = Goals scored and assists*
- b) *Volleyball = Kills, Blocks, Aces*
- c) *Basketball stats required = Points, Rebounds, Assists*

## 5.8 MCAC Postseason Tournaments

### 5.8.1 Tournament Authority

The MCAC Director and designated Tournament Director (if applicable) are responsible for overseeing all tournament administration and have final authority over all tournament decisions. All tournament decisions by referees and the Directors will be final. All tournaments will follow rules and regulations prescribed in the MCAC Handbook.

### 5.8.2 Tournament Host

The Tournament Host sites, dates, and schedule format for the following school year will be established by the Board and announced at the spring league meeting.

### 5.8.3 Tournament Fees

a) *Team entry fees will be set in collaboration with the MCAC Director and tournament host school. Entry fees will be announced to all participating schools in advance of the tournament.*

b) *Admission Fees will be announced by the MCAC Director in advance of the tournament. The following list of free admissions will be observed at each tournament for each participating school:*

1. Senior Pastor
2. School Administrators
3. Athletic Director and spouse
4. Participating team coaches
5. Participating team players and student managers
6. Bus driver
7. Other team personnel as determined by the MCAC Director prior to each tournament

### 5.8.4 Seeding

a) *All teams must make every effort to meet the scheduling requirements prior to the seeding deadline. If a team does not meet the regular season scheduling requirements, a forfeit loss for the purposes of seeding will be assessed to a team for each game not played. At their discretion, the Board may review extenuating circumstances and grant exceptions.*

b) *It is the responsibility of the Board to determine seeds for all State Tournaments. A combination of regular season winning percentage, strength of schedule, and input from coaches will be used to determine seeds. For this reason, it is imperative that teams have verified their game results on the website prior to the seeding date.*

c) *Seeds certified and announced by the MCAC Director are final.*

### 5.8.5 Tournament Awards



The MCAC will purchase a standard set of trophies, championship medals, and All-tournament medals which will be awarded at the conclusion of each tournament.

#### 5.8.6 Tournament Formats

All postseason tournament contests will be full-length varsity games/matches. The schedule and format for each MCAC postseason tournament will be determined by the Board based on the number of teams participating in the regular season.

## 5.9 Head Coaches

5.9.1 All MCAC Head Coaches must meet the following requirements:

- a) *Background check on file with the member school*
- b) *Valid concussion training certificate (must be renewed every 3 years)*
- c) *Valid certification in First Aid and CPR + AED training (must be renewed every 2 years)*
- d) *Agreement with the MCAC Philosophy and Statement of Faith and commitment to follow all league rules, regulations, and policies*

5.9.2 It is strongly recommended that coaches have their coaching certification and/or pursue continuing education as it relates to their role as a coach.

## 5.10 Off-Season Coaching

Summer camps and open gyms are acceptable throughout the off-season. Coaches may work with individual players on individual skills, but they may not direct or require team practices. Coaches may not coach their team in leagues or in games.

# 6. Codes of Conduct

## 6.1 Responsibility for Conduct

6.1.1 Each school is responsible to see that their managers, coaches, players and spectators abide by the respective CODE of CONDUCT.

6.1.2 School officials shall be held responsible for the conduct of teams, team members, students and home spectators regardless of where the contest is being held.

6.1.3 All managers, coaches, players and parents or guardians of players will be provided copies of the appropriate CODE of CONDUCT Acknowledgment forms prior to the start of the season.

## 6.2 Code of Conduct Requirements

6.2.1 CODE of CONDUCT for spectators and players should be thoroughly discussed at a pre-season joint meeting between coaches, players and parent/guardians of players.

6.2.2 All coaches, parents/guardians and players are required to sign the CODE of CONDUCT Acknowledgment form indicating they understand and accept their responsibilities as stated in the code.

## 6.3 Athletic Directors and Administrators

6.3.1 Review and follow the rules and regulations of the MCAC to ensure that the philosophies and objectives of the league are met.

6.3.2 Support programs that train and educate players, coaches, parents, officials and volunteers.

6.3.3 Communicate with parents regularly and hold parent/player orientation meetings; be available to answer questions and address problems.

6.3.4 Work to provide programs that encompass fairness to all participants whether teammates or opponents and promote fair play and sportsmanship in all settings.

6.3.5 Recruit volunteers, including coaches, who demonstrate a Christ-like character and qualities conducive to being positive role models to the youth in sports.

6.3.6 Make every possible attempt to provide everyone, at all skill levels, with a place to participate and experience personal growth by benefiting from the life lessons that can be taught in the context of athletic competition.

## 6.4 Coaches

6.4.1 Be a positive role model to your players, display emotional maturity and be alert to the physical safety of all players, your own as well as the opposition. Care more about the players than winning the game. Before, during and after the game, be an example of dignity, patience and a positive spirit.

6.4.2 Realize, accept, and practice the principle that a team's reputation is built not only on its playing ability, but also on its sportsmanship, courtesy, and respect for others.

6.4.3 Maintain control of your emotions and avoid actions, language, and/or gestures that may be interpreted as hostile and/or intended to humiliate.

6.4.4 Instruct team members in the rules and coach in such a way as to motivate each player to compete according to the rules at all times.

6.4.5 Respect the officials and refrain from questioning their decisions in a disrespectful or abusive manner. Be aware that close and/or questionable calls will occur in most contests.

*Note: Referees, especially young and less experienced ones, are like you and your players - they need time and experience to develop. You can play an important role in helping them to improve by letting them concentrate on the game. You can help by encouraging them, by accepting their inevitable and occasional mistakes and by offering constructive post-game comments. On the other hand, you could discourage and demoralize the referees by criticizing their decisions, by verbally abusing them and inciting - or even accepting - your own players' overly-aggressive behavior. Your example is powerful, for better or worse. If you insist on fair play, if you concentrate on your players' enjoyment of the game and their overall, long-term development, and if you support the officials, your players and their parents will notice. If you encourage (or allow) your players to play outside the rules, if you're overly-concerned about results, and if you criticize the referee harshly, your players and their parents will also notice. Think about what you're doing during a game! Uphold the spirit of the contest! If you follow the expectations described above, the spirit of the game and the orderly maintaining of the goals of the Minnesota Christian Athletic Conference will remain intact.*

6.4.6 Respect the coaches and players of the opposing team both during the game and at its conclusion, regardless of the outcome. If they are having difficulty doing the same, do not lower yourself to that level.

6.4.7 During the game, you are responsible for the sportsmanship of your players. If one of your players is disrespectful, irresponsible or overly aggressive, take the player out of the game permanently, if needed, or at least long enough for him/her to calm down.

6.4.8 Be fully aware that your conduct, mannerisms, and demeanor during games will set the tone for your players, as well as spectators in the stands.

## 6.5 Players

6.5.1 Respect your coaches, teammates, parents, opponents and the officials.

6.5.2 Learn teamwork, sportsmanship and discipline.

6.5.3 Never argue with the decision of an official or coach.

6.5.4 Learn the rules and play by them. Always be a good sport.

6.5.5 While playing to win is an important goal, it never supersedes the need to and the value of maintaining your own Christian character, prioritizing sportsmanship, treating all involved with dignity and respect, and maintaining a sense of fair play without which all that can be good and valuable about athletic competition can be soon lost.

6.5.6 Maintain control of emotions, avoiding the use of abusive language or profanity, humiliating remarks, and/or gestures of ill temper directed at any players, coaches, official, or spectators at any time.

6.5.7 Realize, accept, and practice the principle that a team's reputation is built not only on its playing ability but also on the sportsmanship, courtesy and respect manifested by each individual player.

## 6.6 Officials

6.6.1 Act in a professional and businesslike manner at all times and take their roles seriously.

6.6.2 Strive to provide a safe and sportsmanlike environment in which players can properly and fairly engage in athletic competition.

6.6.3 Know all the rules of the contest, their interpretations and proper application.

6.6.4 Remember that officials are to deescalate tension not escalate it. They will, therefore, set good examples to this end.

6.6.5 Make calls with quiet confidence, never with arrogance.

6.6.6 Control games only to the extent that is necessary to provide a positive and safe experience for all players.

6.6.7 Be fair and impartial at all times.

## 6.7 Parents

6.7.1 Encourage your child to play by the rules. Remember, young people learn best by Christian example; if we expect them to show grace under pressure on the floor or field, we need to show the same in the stands.

6.7.2 Do not embarrass your child or their school by yelling at players, coaches or officials. By showing a positive attitude toward the game and all of its participants, your child and the children of others will benefit by the tone and example set.

6.7.3 Emphasize the benefits of responsibility, a good work ethic, and reasonable efforts dedicated to skill development.

6.7.4 Know and study the rules of the game and support the officials. This approach will help in the development of the sport.

6.7.5 Applaud a good effort in victory and in defeat; enforce the positive points of the game. Never yell or physically abuse your child after a game or practice - it is destructive. Work toward removing the physical and verbal abuse from athletic competition.

6.7.6 Recognize the importance of coaches, who in many cases volunteer their time. They are important to the development of your child and the sport. Communicate with them in the proper way and support them. Do not undermine their efforts or impugn their motives.

6.7.7 If you enjoy the game, learn all you can about it and respect the spirit of it and what it has to offer when all involved conduct themselves properly!

## 6.8 Spectators

6.8.1 Know and respect the rules of the game.

6.8.2 Adhere to all practice/game facility rules and regulations.

6.8.3 Realize, accept, and practice the principle that a team's reputation is built not only on its playing ability, but also on the sportsmanship, courtesy, and sense of dignity of all associated with it, including its fans.

6.8.4 Display good sportsmanship. Always respect players, coaches and officials; never address them in a loud, disrespectful or abusive manner.

6.8.5 Always act appropriately; do not taunt or disturb other fans; enjoy the game together.

6.8.6 Cheer good plays of all participants; avoid booing opponents, or other negative display intended to demean.

6.8.7 Cheer in a positive manner and encourage fair play; profanity and all objectionable cheers or gestures are offensive.

6.8.8 Always do your best to contribute to a safe environment that is enjoyable for all involved.

6.8.9 Support the referees and coaches by trusting their judgment and integrity. Remember a mistake made is not to be construed as trigger for abusive or derisive behavior.

6.8.10 Respect locker rooms as private areas for players, coaches and officials.

6.8.11 Be supportive after the game - win or lose. Recognize good effort, teamwork and sportsmanship.

6.8.12 Realize, accept, and practice the principal that a team's reputation is built not only on its playing ability, but also on the sportsmanship, courtesy, and citizenship of its fans.

## 7. Administration of Codes of Conduct

### 7.1 Improper Conduct Adjudicated by the MCAC Board

7.1.1 Conduct of managers, coaches, players or spectators detrimental and contrary to the MCAC CODE of CONDUCT may result in suspension from further participation for whatever period of time deemed reasonable and appropriate by the MCAC board of directors.

7.1.2 The MCAC board reserves the authority to render a judgment about and a penalty for conduct deemed detrimental to the good order of the league. Such actions may include warning, suspension or termination.

### 6.2 Improper Conduct Defined

No coach, player, parent/guardian or spectator is to:

a) *Refuse to abide by an official's decision.*

b) *Be guilty of objectionable demonstration by throwing equipment or any other forceful action.*

- c) *Be guilty of heaping verbal abuse upon an official for any real or imaginary wrong decision or judgment.*
- d) *Be guilty of abusive verbal attacks upon a player, an opposing coach, official or spectator.*
- e) *At any time, lay hands upon, push, shove or strike an official, coach, player or spectator.*
- f) *Be guilty of a physical attack as an aggressor upon any player, opposing, coach, official, spectator, or official.*

## 6.3 Penalties for Improper Conduct

6.3.1 Improper conduct that results in an ejection will be considered a CODE of CONDUCT violation, and the coach or player is automatically suspended for at least ONE (1) game.

6.3.2 The MCAC board will define any further appropriate penalties and must approve permission for any suspended player, coach to participate in games subsequent to the incident for which they were ejected.

6.3.3 A player or coach ejected from a game should be notified at the time as to the cause of the ejection; both coaches are still required to notify the League Secretary when an ejection occurs.

6.3.4 Any coach, player, team representative, or spectator striking or shoving an official will be suspended from attending any MCAC activity for the remainder of the season.

6.3.5 Improper conduct on the part of managers, coaches, players or spectators may result in expulsion from the game/practice facility, or in extreme cases, forfeiture of the game.

6.3.6 A written report should be made in all situations involving an ejection.

6.3.7 All rulings of the board will be expedient, provided that a report of the facts relative to the ejection is made promptly.

## 6.4 Ejection of a Coach from a Contest

6.4.1 **Notification to School Administration:** Head coaches of each team in the contest are required to inform their school administration and the League Secretary regarding any coach being ejected from a contest within 24 hours.

6.4.2 **Penalties:**

- a) *A coach who is ejected from a game is also suspended from the next scheduled, rescheduled, or contracted league game at that level of competition and all games in the interim at other levels of competition.*
- b) *A coach who is under suspension for an ejection may not:*
1. Have access to the locker room prior to the game, during half-time, or following the game.
  2. Be seated in an area proximal to the team bench.
  3. Serve in any official capacity as a coach, statistician, supervisor, etc. until the suspension has been served.
  4. A second and subsequent violation carries a four regularly scheduled game ineligibility.

## 6.5 Student Ejection from a Contest

**6.5.1 Notification to School Administration:** Head coaches of each team in the contest are required to inform their school administration and the League Secretary regarding any student being ejected from a contest within 24 hours.

### 6.5.2 Penalties:

- a) *A student-athlete who is ejected from a game is also suspended from the next scheduled, rescheduled, or contracted game at that level of competition and all games in the interim at other levels of competition.*
- b) *A player who is under suspension for an ejection may travel with the team and be in the locker room and on the sideline but may not be in uniform while under suspension.*
- c) *If penalties are imposed at the end of the sport season or league tournament and no contest remains, the penalty is carried over to the next sports season in which the student athlete participates.*

**6.5.3** A second and subsequent violation will carry a four regularly scheduled game ineligibility.



## 6.6 Spectator Ejection from a Contest

6.6.1 **Notification to School Administration:** Head coaches of each team in the contest are required to inform their school administration and the League Secretary regarding any student being ejected from a contest within 24 hours.

### 6.6.2 Penalties:

a) *A spectator who is ejected from a game is also suspended from the next scheduled, rescheduled, or contracted game. This will be enforced by the school of the spectator.*

b) *In addition, the administrators/principals of the schools involved may take additional action in accordance with their own school policies.*

6.6.3 MCAC recommends that a second and subsequent violation should carry a four regularly scheduled game suspension to be enforced by the school administration.

## 6.7 Submission of Appeals

A written appeal on behalf of a coach or player may be submitted to the MCAC director within TWENTY-FOUR (24) hours of the penalty decision. The decision of the league's Board of Directors will be final.

## 6.8 Code of Conduct Jurisdiction

When penalties for conduct violations are not specified, they will be decided by the MCAC board.