

CONSTITUTION

ARTICLE I

Name

The name of this league shall be "The Friends Schools League."

ARTICLE II

Membership

The following schools will be members of the League:

Abington Friends School
Academy of the New Church
Friends' Central School
Friends Select School
George School
Germantown Friends School
Moorestown Friends School
The Shipley School
Westtown School

ARTICLE III

Mission Statement

The Friends Schools League is a diverse community of independent schools drawn together by a common Quaker vision of the value of healthy competition in athletics, in the context of strong community and shared values, as a powerful setting for growth and learning.

The League values the growth and development of students as athletes and people. We view athletics primarily as an opportunity to teach excellence in character and skill in ways that convey the intrinsic value of each individual student.

The schools in the league- educators, students and families- together strive to create an environment of unreserved respect for all individuals and support of athletes at every level of development. This respect and concern for others is intended to characterize all interactions on and off the field.

The Friends Schools League promotes community as a central value. Community is strengthened by making decisions and addressing concerns by seeking shared understanding and resolution in the manner of Friends. Consistent with Friends principles, we promote the idea of shared responsibility for the success of all endeavors.

ARTICLE IV

Governing Body

- Section 1. The management of the League shall be entrusted to the Clerk.
- Section 2. The Clerk shall preside at all meetings of the League, shall call all special meetings, as provided in the by-laws, shall appoint all committees, and shall present the philosophy of the League to coaches at all preseason meetings.
- Section 3. a) The Recording Clerk shall discharge the functions of the Clerk during the latter's absence.
- b) The Recording Clerk shall attend all meetings of the League, keep minutes of the proceedings, send copies of the minutes to all the athletic directors, request agenda items and prepare and distribute an agenda one week prior to each meeting, conduct the correspondence of the League, send whatever notices and communications may be required by order of the League, and notify the schools of the times and places of meetings.
- Section 4. a) The Treasurer shall receive all dues and assessments of the League, make all necessary expenditures, and report at each meeting the receipts, the expenditures and the balance on hand.
- b) The Treasurer shall order and purchase as needed, certificates, medals and plaques for the League and recommend yearly dues.

ARTICLE V

Meetings

- Section 1. All League meetings shall be attended by the athletic directors or their duly appointed representatives from each school. There shall be six regularly scheduled meetings during each school year. The first of these meetings shall be held on a date before the start of league play in September. Subsequent meetings shall be held during the first week following the fall and winter seasons, some time in December and April, and on an appropriate day following the spring season. One of these meetings, to be set in May of the previous year, will include Heads of Schools. The location of the meetings shall be at the school of the

recording clerk. Additional meetings may be added as needed by consensus.

Section 2. A calendar, to include date, time and location of regular meetings, playoff and championship contests and any other League events shall be agreed upon at, or before the spring meeting for the subsequent year.

ARTICLE VI

Amendments

This Constitution and its by-laws may be amended by a consensus of the athletic directors present at any regularly scheduled or called meeting.

ARTICLE VII

Periodic Review

This Constitution and its by-laws shall be subject to review by a committee appointed by the Clerk in years ending in 0 and 5. Any recommended revisions shall be ratified in accordance with Article VI.

BY-LAWS

ARTICLE I

Special Meetings

Special meetings of the League shall be called by the Clerk at the written request of two (2) schools.

ARTICLE II

Quorum for Meetings of the League

At any meeting of the League six (6) schools shall constitute a quorum.

ARTICLE III

Office Succession

- Section 1. The Clerk, appointed by the heads of school, after a recommendation from the athletic directors, shall serve a two (2) year term. (See Appendix I for specific guidelines.)
- Section 2. The Recording Clerk shall serve for one (1) year.
- Section 3. The office of Recording Clerk shall rotate among all the athletic directors alphabetically by school. (See Appendix I for specific guidelines.)
- Section 4. The office of Treasurer shall be considered a commissionership and that person shall remain in office until he/she requests a replacement.

ARTICLE IV

Order of Business

The order of business at all regular meetings shall be:

Scheduling
Moment of Silence
Roll call
Reading and approval of the minutes
Commissioner Reports
Unfinished business
New business
Adjournment

ARTICLE V

League Dues

- Section 1. The League dues for each school shall be determined at the spring meeting for the subsequent year.
- Section 2. Bills for said dues shall be sent by the Treasurer on or before September 15, and must be paid by October 1.
- Section 3. Additional assessments may be made at the recommendation of the Clerk and Treasurer subject to approval by the ADs and will be divided appropriately among the member schools.

ARTICLE VI

Eligibility for Sports

- Section 1. Any student who has reached his/her 19th birthday on or before September 1st of any given year is ineligible for competition in any League contest, regardless of level.
- Section 2. Any post-graduate of any secondary school is ineligible for competition in any League contest, regardless of level.

- Section 3. No student enrolled below the ninth grade shall compete in any League varsity contest.
- Section 4. a) To be eligible to play in League contests in the fall, a student must be enrolled in school by October 1.
- b) To be eligible to play in League contests in the winter, a student must be enrolled in school by January 10th.
- c) To be eligible to play in League contests in the spring, a student must be enrolled in school by March 10th.
- Section 5. Member schools may petition the League for exemption to the above eligibility regulations under extreme circumstances. The procedure is as follows:
- A written communication by the AD of the school asking for the exemption will be sent to the league clerk, the appropriate sport commissioner(s) and all the AD's of the League. The commissioner(s) will then poll the AD's by telephone or e-mail. Consensus must be reached.
- Section 6. A student may participate in only one League sport per season.
- Section 7. a) An individual athlete not on his/her school team for a particular sport may not participate in the championship for that sport.
- b) An athlete whose school does not sponsor a team in cross-country, swimming, or track & field may participate in the championship for that sport provided she/he meets all Friends Schools League eligibility requirements and the following guidelines:
- 1) The athlete must compete against at least half of the participating schools during the regular season.
 - 2) The athlete may place in the meet, but will not displace other athletes scoring for their teams.
 - 3) The athlete may win a medal, but will not by his/her performance prevent other athletes from winning medals. If necessary, duplicate medals will be awarded.
 - 4) The athlete will not be eligible for all-league recognition.
 - 5) The athlete must be supervised at the meet by an approved representative of the school.
 - 6) The athlete's school should be represented at the pre-season coaches' meeting.

ARTICLE VII

Contests

Section 1. League champions will be recognized in a sport with the approval of the athletic directors, and if a minimum of 4 schools participate in the sport at the varsity level as determined at the athletic directors' meeting prior to the start of each season. League varsity sports are as follows:

Boys' Soccer	Girls' Soccer
Boys' Cross Country	Girls' Cross Country
Field Hockey	Girls' Tennis
Wrestling	Boys' Basketball
Girls' Basketball	Girls' Swimming
Boys' Swimming	Baseball
Girls' Lacrosse	Boys' Lacrosse
Softball	Boys' Tennis
Boys' Track & Field	Girls' Track & Field
Golf	

Section 2. A determination will be made at each preseason meeting as to how many schools will be fielding teams in that sport for the upcoming season. Each commissioner will report this information to the League at the next meeting and playoff formats and All-league numbers will be set accordingly. If a team drops out once the season has begun, the playoff arrangements and All-league numbers will remain as set.

Section 3. The Friends Schools League adopts the rules of the National Federation of State High School Associations with PIAA and NJSIAA modifications as appropriate; except in the following sports:
Boys' and Girls' Tennis (USTA)
Golf (USGA)

Section 4. These rules may be altered by consensus of the athletic directors upon recommendation of the sport commissioner. An updated list of all such changes shall be prepared and distributed by commissioners at the beginning of each season.

Section 5. No coach, faculty or staff member, student or parent of any school in the League shall act as regularly scheduled umpire or referee in any varsity contest, with the exception of track & field, cross-country, tennis and swimming in which his/her school is represented.

Section 6. a) Officials shall be provided and paid for by the home team.

b) Two officials shall be used at all games in each of the following League varsity sports:

soccer (3-official system may be used)
field hockey
basketball (3-official system may be used in playoffs)
lacrosse (3-official system may be used)
baseball (3-official system may be used in playoffs)
softball (3-official system may be used in playoffs)

c) One official shall be used in varsity wrestling matches and at least one official in varsity track meets and cross-country meets.

Section 7. Normal scheduling procedure shall be by corresponding dates and/or league master schedule.

ARTICLE VIII

Competition and Playoffs

Section 1. a) The contests of this League shall be:

- (1) a single round of boys' soccer games plus playoffs
- (2) a single round of girls' soccer games plus playoffs
- (3) a single round of field hockey games plus playoffs
- (4) a single round of boys' basketball games plus playoffs
- (5) a single round of girls' basketball games plus playoffs
- (6) a single round of girls' lacrosse games plus playoffs
- (7) a single round of boys' lacrosse games plus playoffs
- (8) divisional play in baseball with a double round of games within the division and a single round outside of the division, plus playoffs
- (9) divisional play in softball with a double round of games within the division and a single round outside of the division, plus playoffs
- (10) a single round of boys' tennis matches plus playoffs
- (11) a single round of girls' tennis matches plus playoffs
- (12) a single round of wrestling matches plus playoffs (including a consolation match)

(13) a double round of golf matches

(14) a single round of girls' swimming meets

(15) a single round of boys' swimming meets

(16) a single round of boys' cross-country meets

(17) a single round of girls' cross-country meets

(18) a single round of boys' track & field meets

(19) a single round of girls' track & field meets

b) In addition, League championships will be held in the following sports:

(1) cross-country (boys and girls)

(2) track and field (boys and girls)

(3) golf (coed)

(4) swimming (boys and girls)

c) In addition, individual league championships will be held in boys and girls tennis

d) (1) All track and field and cross-country meets between Friends Schools shall be scored as dual meets or double-dual meets.

(2) The events run in the dual track meets shall be the same as those run in the championship meets unless prior agreement to a change is made by the athletic directors involved.

(3) The events for boys shall be: shot put, discus, javelin, pole vault, high jump, long jump, triple jump, 100 m. dash, 200 m. dash, 400 m. run, 800 m. run, 1600 m. run, 3200 m. run, 110 m. high hurdles (39"), 300 m. intermediate hurdles (36"), 1600 m. relay, 400 m. relay, 3200 m. relay

(4) The events for girls shall be: shot put, discus, javelin, pole vault, high jump, long jump, triple jump, 100 m. hurdles (33"), 300 m. hurdles (30"), 100 m. dash, 200 m. dash, 400 m. run, 800 m. run, 1600 m. run, 3200 m. run, 400 m. relay, 1600 m. relay, 3200 m. relay

e) Playoff pairings will be determined by regular-season standings. Regular-season standings will be determined on the basis of total points with two points awarded for each win (except in soccer where three points will be awarded for each win), one point for each tie, and no points for each loss. Ties in regular season contests are broken by sport-specific criteria where applicable.

f) Cross-country and golf team champions will be determined by the following procedures:

1) Each dual meet or match win earns two (2) points (one point for cross country) and each tie earns one (1) point.

2) The placing in the championship meet will earn points as follows:

1 st	30 points
2 nd	27 points
3 rd	24 points
4 th	21 points
5 th	18 points
6 th	15 points
7 th	12 points
8 th	9 points

3) The total of points earned in dual meets or matches and at the championship meet will determine the league champion.

4) If there is a tie in the point total, the winner will be the team which placed higher in the championship race or match.

Section 2. The playoff formats will be as follows:

a) **For soccer, field hockey, basketball, wrestling, baseball, lacrosse, tennis and softball**, if there are more than 5 (five) schools competing in the sport, then the fourth-place team in the regular-season standings will play one game or match against the first-place team and the third-place team will play one game or match against the second-place team. The two winning teams will play one game or match against each other to determine the champion.

In **baseball** with a 3-division format, the two divisional winners with the best league records will be placed first and second, according to their league records. The two teams with the next best records, regardless of division, will be placed third and fourth.

In **softball**, the two divisional winners will be placed first and second, according to their league records. The two teams with the next best records, regardless of division, will be placed third and fourth.

b) If there are 5 (five) or fewer schools competing in a given sport listed in section 3a (above) then only the top three teams in the regular-season standings will be in the playoffs. The first-place team will receive a bye in the first round, and the second-place team will host the third-place team. The winner of this game or match will then play the first-place team for the championship.

c) Playoffs in the sports listed in section 3a will be held on two days with the exception of wrestling which will hold a one-day championship at the top-seeded school. The first rounds of these playoffs will be held at the fields, courts or gyms of the first and second-place teams, unless the first-place team has received a bye (see section 3b, above). Championship games in the outdoor sports will be played at the field or courts of the higher-ranked remaining team. **Boys' and girls' basketball** championship games will be held at the same neutral site. The order of those games will alternate from year to year.

d) Ties for playoff positions will be broken according to the following format:

1) The result of the regular-season head-to-head contest(s) of the tied teams will determine the playoff positions.

2) If number one, above, does not break the tie, and if the two teams are tied for any place other than fourth and fifth place (third and fourth if section 3b is in effect), a drawing will determine the playoff position. If the tie is for second and third place, the semifinal game between the tied teams will be played at a neutral site.

3) If number one, above, does not break the tie, and if teams are tied for fourth and fifth place (third and fourth place if section 3b is in effect), that will be decided by a one-game playoff to be played at a neutral site. Tiebreak days will be placed on the League calendar each year.

4) If three teams are tied for third, fourth and fifth places (second, third and fourth places if section 3b is in effect) and the teams had identical records among themselves during the regular season, then a drawing will be held and the team which is selected will be awarded fourth place (third place if section 3b is in effect). The other two teams will play a single playoff game at a neutral site. The winner will be awarded third place (second place if section 3b is in effect).

5) If three teams tie for first, second and third places and have identical records among themselves during the regular season, then places will be assigned by lottery. Both semifinal games will be played at neutral sites. The championship game (fall and spring), if it involves tied teams, will be played at the field or courts of the team which won the regular season contest between the two finalists. If that game was a tie, then the championship game will be played at a neutral site.

6) If section 3b (above) is in effect, and three teams tie for first, second and third places and have identical records among themselves during the regular season, then one team will be drawn and will receive a first-round bye. The other two teams will play at a neutral site and the winner will host the championship game.

7) If three teams tie for fourth, fifth and sixth places (third, fourth and fifth places if section 3b (above) is in effect) then a two-game preliminary playoff will determine the final playoff team. One team will be drawn and given a bye. The two other teams will play a game at a neutral site, with the second team drawn being the home team. The winner of this game will host the team with the bye. The winner of this second game will gain the final playoff spot.

8) If three teams tie for second, third, and fourth places and are tied among themselves (either 1-1 or two ties), then two teams will be drawn for second and third places and will play each other at a neutral site. The team not drawn will be placed fourth. If the 1st place team wins their semifinal contest they will host the championship, otherwise the championship game (fall and spring) will be played at the field or courts of the team which won the regular season contest between the two finalists. If that game was a tie, then the championship game will be played at a neutral site.

9) In **baseball and softball** the tie break procedure is as follows:

- 1) Overall league record
- 2) Head-to-head competition
- 3) Record within division
- 4) Draw by the commissioner

For **Softball**:

- If two teams in one division are still tied after level three above, and have a better record than the other division winner, then the draw will determine first place and the other team will be placed third. The second vs. third place semifinal will be played at a neutral site with the 2nd place team as the home team. If the first and third place teams reach the championship game it also will be played at a neutral site.
- If the above scenario holds but the other divisional winner has a better record than the tied teams, then that team is placed first and the two tied teams are placed second and third and play their semifinal game at a neutral site, with a draw determining the home team.
- If two teams in one division are still tied after level three above, but have a worse record than the second place team in the other division then a draw will determine the division champion. The winner of the draw will be seeded second and the loser will be seeded fourth.

For **Baseball**:

- If two teams in one division are still tied after level three above, and have a better record than the next best division winner, then the draw will determine first place and the other team will be placed third. The second vs. third place semifinal will be played at a neutral site with the 2nd place team as the home team. If the first and third place teams reach the championship game it also will be played at a neutral site.
- If the above scenario holds but the second divisional winner has a better record than the tied teams, then that team is placed first and the two tied teams are placed second and third and play their semifinal game at a neutral site, with a draw determining the home team.
- If two teams in one division are still tied after level three above, but have a worse record than the second place team in another division then a draw will determine the division champion. The winner of the draw will be seeded second and the loser will be seeded fourth.

10) If a neutral site must be selected the commissioner is responsible for all details involved in selecting such a site. The athletic directors of the competing schools should try to agree on the best possible Friends Schools League field, courts or gym which is reasonably equidistant from the two schools. If the athletic directors are unable to agree, the commissioner will select a site. The athletic directors may decide to use one of the two competing schools' sites.

ARTICLE IX

Postponed Games

- Section 1. No games may be postponed except by mutual consent of the athletic directors of the schools involved or at the direction of the umpire or referee.
- Section 2. All postponed games shall be played at the earliest date agreed upon by the athletic directors of the opposing teams. Every attempt should be made to make up regular season postponements within one week of the original scheduled date.
- Section 3. The athletic director of the home team is responsible for contacting the visiting team concerning postponement.
- Section 4. The result of any contest which is interrupted by weather conditions will be determined by National Federation rules. If sufficient play has not been completed the contest will resume from the point of interruption.
- Section 5. If in the event a Friday or Saturday semifinal contest is postponed due to inclement weather or unforeseen circumstances, the contest must be rescheduled to the championship date and the championship will be pushed back two days. Should the semifinals be postponed again, they will be played on the next available day (excluding Sunday and Monday) and the championship will be played the day after that. A postponed Tuesday semifinal game must be rescheduled the next day, if possible, thus preserving the Saturday championship date. If, after four successive days, excluding Sunday and Monday, the contest is unable to be played, there would not be a championship declared for that season.
- Section 6. In the event of a semifinal postponement three hours or more prior to the start of the contest, both semifinal games must be postponed and played on the same day. If the postponement takes place less than three hours

prior to the scheduled start of the contests, then the other game may be played as scheduled. League adopted baseball pitching limitations rules will be based on the date of the second semifinal game. Exception: If the semi-finals are played on different days resulting in one team playing a semi-final/final double header in the same day then the pitching limitations will be based on the team with the most restrictive pitching limitations by rule.

ARTICLE X

Sports Commissioners

Section 1. Each athletic director shall be commissioner of at least one League sport. The commissioner's responsibilities shall be as follows:

- a) review rules with coaches, make recommendations to athletic directors and send all communications to both athletic directors and coaches
- b) referee disputes
- c) make sure all League results are accurate and up-to-date
- d) handle publicity for the sport
- e) anticipate and communicate all possible tie-break and playoff scenarios to athletic directors and coaches
- f) make arrangements for and oversee tournaments (or playoffs) including arranging for trainer and officials.
- g) run pre-season and post-season coaches' meetings and submit written reports to the athletic directors
- h) compile and distribute annually all rules modifications for the sport
- i) coordinate JV tournaments

Section 2. Commissioners shall remain with a particular sport from year to year unless they request a specific change. A review of assignments shall be made at the final meeting of the year.

ARTICLE XI

Recognition of Champions

- Section 1. Plaques will be awarded to the schools whose teams win championships.
- Section 2. Members of championship teams shall receive medals given by the League. Members of the runner-up teams in championship games shall also receive medals given by the League. These medals will be labeled "finalist".
- Section 3. The first, second, and third-place finishers in each event at **the track & field and swimming** championships, the first and second place finishers in each flight at **the individual tennis championships**, the first seven finishers in each varsity race at the **cross-country championships** and the top six finishers at the **golf championship** shall also receive medals from the League.
- Section 4. All-league and honorable mention squads will be selected in each sport at the end of each season by the coaches of that sport under the supervision of the sport commissioner with final approval by the athletic directors. Members of the All-league and Honorable Mention squads will receive appropriate certificates. Selection procedures and guidelines for all-league squads are as follows:
- a) Athletic excellence and sportsmanship should be considered in selecting an All-League team.
 - b) It is possible that not every League school will have player representation.
 - c) Player selection should not be influenced by class in school.
 - d) Selection of players should be based on the entire season and not just on League competition.
 - e) Player selection should not be based on position alone.
 - f) Further guidelines in making selections are as follows: In selecting players to the all-league or honorable mention squads sportsmanship is as important as athletic prowess. Each coach knows his or her players best and should advise the other coaches accordingly. The numbers listed in h), below, are maxima and they need not be reached if not enough players truly qualify. Numbers may not be shuffled from all-league to honorable mention, or vice-versa. There are no automatic qualifiers in any sport.
 - g) If an athlete is deemed to not qualify for all-league due to sportsmanship issues, s/he may not be considered for the

honorable mention squad.

h) The All-League team should consist of a maximum of 20% of league starters in a given sport (.20 times the number of starters (field positions) times the number of schools participating in that sport) unless that number is less than the number of starters on a team, in which case that number becomes the maximum. The Honorable Mention squad will have a maximum of 10% of the league starters (field positions) (.10 times the number of starters times the number of schools participating in that sport). Based on these formulae, maximum numbers will be determined in September for the year and modified, if necessary, at the beginning of each season. An updated list of All-league and Honorable Mention numbers will be posted on the website at the beginning of each season.

ARTICLE XII

Friends Schools League Sportsmanship Guidelines

The following statement is to be:

- presented to coaches at every FSL preseason meeting
- presented to all varsity and JV teams at each school before each season
- presented to the entire Upper School communities at each school at assemblies or other appropriate venues annually
- communicated to all parents and other community members in an appropriate way annually
- sent to assignors of officials in all sports

Promoting sportsmanship and ethical behavior in athletics is one of the primary objectives of the Friends Schools League. The Friends Schools League believes strongly that players, coaches and officials should conduct all contests with a spirit of respect for each other and for the rules and traditions of the sport. We expect our coaches, athletes, spectators and game officials to uphold this code by example before, during, and after every contest.

The Friends Schools League expects all of its athletes, coaches and spectators to behave in a sportsmanlike manner. The League will not tolerate unsportsmanlike actions such as derogatory language or gestures, physical

misconduct, or other disrespectful behavior. Self-control is paramount to a successful contest within the Friends Schools League.

Specifically the Friends Schools League has the following expectations for all involved in its athletic contests:

Accept the responsibility and privilege of representing school, community, and League.

Live up to the high standards of sportsmanship established by the League.

Make sportsmanship the number one priority.

Be a good role model.

Support your team in a positive manner.

Always interact positively with the other team and its fans.

Treat opponents, their fans, and officials with respect.

Shake hands with opponents at the end of competition.

Search out opponents to recognize them for outstanding performances.

Abide by the rules of the competition to conduct a fair contest.

Play within the spirit of the game.

Appendix I

The process for selecting a League Clerk shall be as follows:

- A list of all interested head AD's will be circulated among the AD's at their February meeting
- Each AD/Assistant AD will circle three individuals whom they would like to recommend to the Heads of School
- Votes will be tallied and the top 3 individuals' names will be forwarded to The Heads Group
- The Heads will choose a person, with consideration for the each individual's home school responsibilities and challenges. A decision will be made and announced at the April ADs meeting

The recording clerk will continue to serve a one-year term. This person will be selected on a rotating basis in alphabetical order by school. The recording clerk's school will be the host school for the year.

The host school's Head will clerk the Friends League Heads Group for that year. His/her job will be to host meetings and make sure the FSL Heads remain connected and work in partnership around league matters.