



## **HONEST EFFORT RULE (HER)**

The Honest Effort Rule (HER) is in effect. Athletes, partners and coaches, who do not participate honestly and with maximum effort in all events, or in a sportsman-like manner, will be disqualified from current and possibly future events. Any athlete or partner disqualified for the HER will receive a participation ribbon.

- Team Sports (basketball 3v3 & 5v5 and softball) -The divisioning committee or sports rules committee reserves the right to change a team's division during final competition (this will take place during the 1st or 2nd game in pool play).
- Timed/Measured Individual Sports (aquatics, athletics and golf) - Athletes racing/scoring 25% faster/better than their best time/score (either prelim or entry score) will receive a participation award.
  - This includes athletics field events and aquatics entry-level events.
  - It does not include individual skills in team sports.
  - When aquatics or athletics events do not have preliminary competition, entry times will be used. Updated scores and times will be accepted until Monday at 5:00pm prior to the start of the event.
  - Golf - athletes will be disqualified for the HER if their 9-hole score is 25% better than the average of their six-game submitted scores for one day events or if , during a two-day event the first round (preliminaries) is rained out.