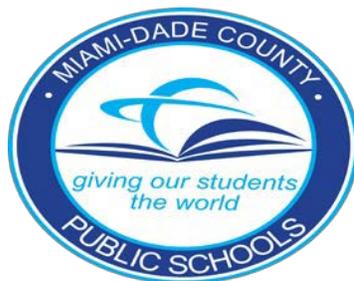


MIAMI-DADE COUNTY PUBLIC SCHOOLS

Division of Athletics/Activities and Accreditation

**MIDDLE SCHOOLS
AND K- 8 CENTERS
ATHLETIC PROGRAM
ADMINISTRATIVE PROCEDURES
MANUAL**



2022 - 2023

MIAMI-DADE COUNTY PUBLIC SCHOOLS

The School Board of Miami-Dade County, Florida

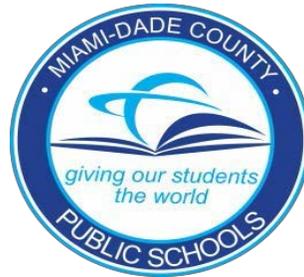
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School Operations

Mr. Steffond L. Cone, Assistant Superintendent
School Operations

Mr. Ronald G. Redmon, Administrative Director
School Operations

MIAMI-DADE COUNTY PUBLIC SCHOOLS

School Operations Division of Athletics, Activities and Accreditation

9040 SW 79th Avenue
Miami, FL 33156
Office: 305 995-3710
Fax: 305 275-3720

Mr. Steffond L. Cone
Assistant Superintendent
School Operations

Mr. Ronald G. Redmon
Administrative Director
School Operations

Mr. Ira E. Fluitt
Curriculum Support Specialist
Middle School Athletic Program
Athletics, Activities and Accreditation

Ms. Josephine McGhee
Office Manager
Middle Schools Athletic Program
Athletics/Activities and Accreditation

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PREFACE

The Miami-Dade County Public Schools Middle Schools Athletic Program (MSAP) functions as an extension of a strong instructional physical education program. The instructional program, which has as a base the teaching/development of basic skills and knowledge in athletics, provides a foundation for a comprehensive extracurricular program in which participation opportunities are available for all students.

Principals have the primary responsibility for offering an athletic program designed to function within the guidelines of Miami-Dade County School Board Rules and within the rules and regulations of designated rule books (National Federation), for each respective sport. As outlined in this document, the school, the Athletic/Activities Coordinator, the coach, and the Division of Athletics and Activities share responsibilities for the success of the program.

Due to the competitive nature of athletics, it is necessary to have clear and precise guidelines that establish consistency and fairness for all participants. This athletic administrative procedures handbook has been developed to promote procedural uniformity for the operation of the MSAP and can be viewed at <http://msap.dadeschools.net>., and on ehandbooks@dadeschools.net.

MISSION STATEMENT

Middle School interscholastic athletics are an essential element of the education of students because they foster the development of character, life skills, sportsmanship and teamwork. In addition, our athletic programs strive to develop a positive self image and encourage physical activity as a part of a healthy lifestyle. Educational athletics serve as a source of school pride and maintain positive relationships between schools and communities. While schools recognize the price in winning, it does not supersede the educational goals of middle school athletics.

Participation in the Middle School Intramural Program is for enjoyment of the learning activities rather than pressure to compete and win, as in athletic competition. Such an environment will enable students to extend learning of the benefits of movement, develop positive attitudes, increase self-esteem, enjoy positive social interactions, and broaden their fitness and leisure options.

INTRODUCTION

The **Middle Schools Athletic Program (MSAP)** is an extension of the Middle School Physical Education Program of the Miami-Dade County Public Schools. The **MSAP** is used to describe the following areas:

Instructional Program – The classes that are offered by the middle schools for academic credit in accordance with the Miami-Dade County Public Student Progression Plan.

Intramurals – (Middle School athletics/K-8 Athletics) Athletic competitions, before or after school, based upon the individual student's interest. No academic credit is awarded. Intramural competitions should take place a minimum of two weeks prior to the beginning of interscholastic team practice. Intramurals should then continue for an additional four weeks, for a total of six weeks, as per the requirements of the Miami-Dade County Public Schools United Teachers of Dade (UTD) contract regarding supplements.

Interscholastic Sports (Middle School Athletics) – Selection of students for interscholastic teams should be made from a school's intramural teams and be based upon student interest, athletic skills and age. To be eligible for participation, students must be in compliance with all district guidelines, including those pertaining to age and grades. The MSAP consists of basketball, bowling, cross country, golf, soccer, softball, swimming, tennis, track and field, volleyball and wrestling.

The school principal is responsible for monitoring the intramural and interscholastic athletics program to ensure compliance with appropriate School Board regulations.

It is recommended that any middle school choosing to participate in the sports of volleyball, soccer, basketball, and softball should provide an intramural program that runs parallel to the varsity season of that sport.

SPORTSMANSHIP

“GOOD SPORTSMANSHIP IS THE GOLDEN RULE IN SPORTS”

1. FUNDAMENTALS OF SPORTSMANSHIP

- A. Show respect for the opponent at all times.
- B. Show respect for the officials and accept all decisions made by the official.
- C. Know the rules of the contest and conform to the spirit as well as the letter of the rules.
- D. Maintain self-control at all times and remember that good sportsmanship affects the behavior of all involved in the game.
- E. Recognize and appreciate all contestants regardless of their skill abilities.

2. GOOD SPORTSMANSHIP RESPONSIBILITIES

A. COACH

- 1. Set a good example.
- 2. Discipline students for unsportsmanlike conduct.
- 3. Respect official's judgment.
- 4. Supervise team before, during, and after the contest.

B. PLAYER

- 1. Shake hands before and after the contest regardless of the outcome.
- 2. Exercise self-control at all times.
- 3. Respect the judgment and decisions of all officials.
- 4. Accept victory as well as defeat with pride.

UNSPORTSMANLIKE ACT BY A STUDENT-ATHLETE

Student-athletes who commit unsportsmanlike acts before, during or after a contest will be subject to the following suspension levels:

Level 1 Suspension. A student-athlete who commits an unsportsmanlike act or a flagrant foul for which he/she is ejected from the contest will be ineligible to compete for the remainder of that contest and for a minimum of the next two (2) contests, at the same level of participation in the sport of the suspension and in any interscholastic athletic contest in any sports, at any level, during the period of suspension, in all sports. If the unsportsmanlike act or flagrant foul occurs in the last contest of a season, the student will be ineligible for the same period of time as stated above in the next sport in which the student participates; or

Level 2 Suspension. A student-athlete who receives a second Level 1 Suspension or commits an unsportsmanlike act, will be ineligible to compete in any interscholastic athletic contest in any sport, at any level, for a period of up to six (6) weeks.

All incidents must be reported to the Division of Athletics & Activities Middle Schools and K-8 Centers Athletic Program Office within two days via fax or email. The School Athletic/Activities Coordinator is to send the report to Mr. Ira E. Fluitt at: irafluitt@dadeschools.net.

PRINCIPLES FOR THE CONDUCT OF INTERSCHOLASTIC ATHLETICS

Educational Nature of Interscholastic Athletics

Interscholastic athletic programs are designed to enhance the educational experience. The student-athlete is a student first, an athlete second. Each and every practice and competition is an extension of the classroom. This is what clearly separates interscholastic athletics from all other forms of youth sports.

Participation is a Privilege

Participation in interscholastic athletics by a student is a privilege, not a right. To earn this privilege, students must abide by the rules and meet standards of academic performance and personal behavior related to school.

Sportsmanship and Ethical Conduct

Interscholastic athletic programs must encourage good character, enhance the integrity of education and promote civility in society. Student-athletes, coaches and all others associated with interscholastic athletic programs, as well as those who attend interscholastic athletic events, should adhere to the fundamental values of honesty, integrity, respect, caring, cooperation, trustworthiness, leadership, tolerance and personal responsibility. Each school is responsible for:

- (a) Establishing policies for sportsmanship and ethical conduct in its interscholastic athletic programs that are consistent with the educational mission and goals of the school; and
- (b) Educating, continually, all individuals associated with the school's interscholastic athletic programs and events about established policies.
- (c) Observing all School Board Policies.

Ineligible Student

An ineligible student shall not be allowed on the players' bench, in the team box or on the field of play wearing any portion of a team uniform.

UNSPORTSMANLIKE ACT BY A COACH

Level 1 Suspension: A coach who commits an unsportsmanlike act for which he/she is ejected from the contest, will be ineligible to coach for the remainder of that contest and for a minimum of the next two (2) contests, at the same level of participation in the sport of the suspension and in any interscholastic athletic contest in any sport, at any level, during the period of suspension. **If no one is there to coach after the coach is ejected, the game is over and it is a forfeit.**

Level 2 Suspension: A coach who receives a second Level 1 Suspension or commits an unsportsmanlike act, will be ineligible to coach in any interscholastic athletic contest in any sport, at any level, for a period of up to six (6) weeks.

When a coach is disqualified (ejected) from a contest, the coach shall immediately leave the premises or facility (i.e. gymnasium in basketball, volleyball and wrestling; stadium/field in soccer and softball, etc.) to a place where the coach is not visible to either student-athletes, officials, spectators or other coaches, and to where the contest itself is not visible to the coach. A disqualified (ejected) coach shall not have further contact with or give instruction to athletes or other members of the coaching staff for the remainder of the contest, including halftime intermission, breaks between quarters, periods or innings and post-contest activities.

A coach who is suspended from the next contest or number of contests after having been disqualified (ejected) for a previous contest shall not attend the contest(s) from which he/she has been suspended in any capacity and shall not be present at the site(s) of such contest(s). A suspended coach also shall be prohibited from accompanying his/her team to the site(s) of the contest(s).

All incidents should be reported to the Division of Athletics & Activities Middle Schools Athletic Program within two days via fax or email. The School Athletic/Activities Coordinator is to send the report to Mr. Ira E. Fluitt at: irafluitt@dadeschools.net.

USE OF ALCOHOL, TOBACCO AND OTHER SUBSTANCES

The use of alcohol, tobacco or tobacco-like products by student-athletics, coaches, and officials is prohibited during the contest and in the vicinity of the playing field or court. A tobacco free environment shall be provided for students, staff and visitors. "Use of tobacco and smoking devices" shall mean uses of tobacco, including cigars, cigarettes, pipe tobacco, chewing tobacco, sniff, nicotine dispensing devices, electronic cigarettes, smoking devices, or any other matter of substances that contacting tobacco or nicotine, including any product designed or manufactured to imitate any of these products regardless of whether it contains or nicotine, and the possession of papers to roll cigarettes.

The use and possession of tobacco and smoking devices is prohibited:

- A. Within any indoor facility owned, leased or contracted for by the School Board is prohibited.
- B. Anywhere on the campus of an facility owned, leased or contracted for by the School Board, including, but not limited to, practice fields, playgrounds, football fields, baseball fields, softball fields, pool areas, soccer fields, tennis courts, all open areas, and within 1000 feet of a school.
- C. In all vehicles owned or operated by the School Boards, including, but not limited to, school buses, vans, trucks and cars.

Violations of this policy will be addressed pursuant to Policy 5500, Student Conduct and Discipline.

School Board Policy 5512 – Use of Tobacco Products and Smoking Devices.

USE OF STERIODS AND PERFORMANCE ENHANCING DRUGS

The use of anabolic steroids or other performance-enhancing drugs by a student-athlete is not permissible and is considered to be an act of unsportsmanlike conduct. A student-athlete discovered to be using such substances will be ineligible to compete in any interscholastic contest until such time as medical evidence can be presented that the student's system's is free of those substances.

ADMINISTRATION AND ORGANIZATION

The Division of Athletics & Activities MSAP office and the Sports Chairpersons Committee designate the beginning and ending date for each sport's season. The Division of Athletics & Activities MSAP office and Athletic/Activities Coordinator are responsible for the administration of the MSAP. The MSAP office ensures that the Division of Athletics & Activities MSAP is administered in accordance with the overall goals and objectives of the physical education program and that there is an interrelated continuity and balance between the programs.

Participating schools are updates on rules and regulations for effective participation in the athletic program. Current information is disseminated as follows:

1. **MSAP Manual** – All middle schools and K-8 Centers are to utilize the Middle Schools Athletic Program Administrative Procedure Handbook to govern procedures for athletic participation. The National Federation of State High School Associations' rule books are to be used except where rule changes are outlined in the Middle Schools Athletic Program Administrative Procedure Handbook. This document is a basic source of athletic program information and is to be in the possession of every middle school Principal, Athletic/Activity Coordinator and physical education department; it can be viewed at <http://msap.dadeschools.net>.
2. **Athletic/Activity Coordinator Meetings** – All middle schools Athletics/Activities Coordinators are required to attend **mandatory** District meetings.
3. **Sports Memorandum** – A memorandum is sent via email to each facilitator prior to the coaches' meeting. It provides facts regarding dates, location, time and information relative to each sport.
4. **Middle Schools Athletic Coaches' Meeting** – A district meeting is held prior to each sport at which coaches discuss pertinent rules and regulations, tournament organization, and general guidance. Coaches are required to attend these meeting as per District guidelines. **If the coach is unable to attend either the Athletic/Activities Coordinator or Assistant Principal must attend for him/her.**
5. **Sports Calendar** – Dates are provided for all coaches' meetings, the beginning of the interscholastic programs, layoff dates, and the formats for competition in the interscholastic program.
6. **Sports Rule Books** – Nationally distributed rule books written for interscholastic athletic competition are made available. The National Federation of State High School Associations, 11724 Plaza Circle, P.O. Box 20626, Kansas City, Missouri 64195 – telephone number (800) 776-3462, publishes them. Order online at www.nfhs.com. Additional, rule books may be obtained from the FHSAA, telephone number (904) 373-9551.

The following terms refer to the levels at which competition may occur during participation in the **MSAP**:

Sports Zones – An organizational and geographic assignment of all **MSAP** member schools based upon the number of schools participating in a specific sport.

Tournament/Sports Day – One day is set aside for interschool competition. A Sports Day is necessary due to time restraints and the logistics involved with certain sports. Coaches are required to follow all School Board rules involving field trips and transportation of students.

After School Competition – Interschool competition that provides the participants of one school with the opportunity to travel to another school to play. Schools compete in round robin tournaments to provide a Sports Zone winner for Division Playoffs. This competition takes place after school unless the principals of both competing schools agree upon a different time.

Division Playoff – The North Sports Zones will compete in the North Divisions; the South Sports Zones will compete in the South Divisions. The Division Playoffs will precede the County Finals.

County Finals – This is the most advanced level of competition. The championship team from the North Division will play the championship from the South Division. The winner is recognized as the **M-DCPS** Middle School Champion.

Participation in the **MSAP** is optional and a school may participate in any or all of the sports being offered. Each school has the responsibility to develop procedures to follow regarding the following: posting names of participants, parental permission, transportation, make-up work, publicity, and scholarship and conduct requirements. For many of these areas, District mandated procedures must be followed. As to academic requirements, the District policy takes precedence over school-based policies. The MSAP required all 7th and 8th graders to have at least a 2.0 grade point average for the previous grading period in academics and conduct in order to be eligible for participation. At the start of the school year, the final academic grades and the 4th nine weeks conduct grades of the previous year determine eligibility. 6th graders are given the 1st nine weeks as an adjustment period. Any sport requiring the 2nd or 3rd nine weeks grades, 6th graders will be held accountable for having a 2.0 in academics and in conduct in order to be eligible for participation.

CROWD CONTROL

1. **Sports Day** – The host school is required to take the following actions prior to the beginning of the competition to ensure the successful completion of the athletic event.
 - a. **Coaches Meeting** – Outline the expected behavior of fans, players, and coaches at the coaches' meeting and ensure that the coaches of the participating schools are aware of their role in maintaining order. Appoint participating coaches to be responsible for specific supervisory tasks.
 - b. **Players' Meeting** - Meet with all teams before the Sports Day competition begins to explain the rules for the day and the expected behavior from players and coaches.
 - c. **Officials' Meeting** – Must meet with the officials so there is uniformity in the implementation of the rules of behavior established for the day. Review the **MSAP** rule changes with officials.
 - d. Assign a designated area for spectators of the event.
 - e. Introduce to the officials and other coaches the principal or the administrator serving as the designee who will provide the necessary support, if called upon, to assist with discipline and/or injury problems.

SEASONAL PLAY

The home team is responsible for ensuring that all participants and spectators maintain appropriate behavior. Expected behavior on the part of coaches, players, and fans should be discussed and agreed upon during the coaches' meeting held prior to each sports' season. The home team coach should take the following action to ensure that the competition is conducted in a safe environment.

1. Provide a copy of the master schedule to the Assistant Principal in charge of athletics and activities and the school's Athletic/Activities Coordinator to ensure proper coverage and crowd control arrangements are made for all home contests.
2. Notify the School Resource Officer (SRO) that the school will be conducting interscholastic competition. Give the SRO assigned to the school a copy of the schedule so he/she will know the date, location, and time of the home games.
3. Arrange for the availability of a telephone in the event that the police or fire rescue assistance is needed at the game.

4. Arrange a meeting before the game with opposing coach and the officials. Consensus should be reached on the handling of behavioral problems that might arise during the contest.
5. Discuss with the principal the possibility of potential crowd control problems at a contract so that an administrator can be assigned to supervise.
6. If the host school employs security personnel, the individual should be assigned to assist with crowd control.

Limitations on Non-Participants

Because of the need to protect the facilities and the safety of tournament day participants, it is necessary to impose the following regulations on non-participants:

1. Cheerleaders may accompany teams to sporting events if there is approval from the principal and adult supervision is provided. This supervision should be someone other than the coach of the participating team.
2. Non – Students – In accordance with **M-DCPS** policy, non-students are not allowed on school premises and should be discouraged from attendance at park events. **This limitation does not** apply to parents, student teachers, and other teachers who may be transporting participants, or providing other types of assistance.

MIAMI-DADE COUNTY PUBLIC SCHOOLS

K-8 CENTER

**SELECTION OF ONE (1) BOYS SPORT AND ONE (1) GIRLS SPORT
_____ SCHOOL YEAR**

School Name: _____ School Mail Code: _____

The school will offer the following sport (one (1) boys sport and one (1) girls sport) for the _____ school year (Indicate with an (x)).

	FALL SPORTS	BOYS	GIRLS
1	Cross Country		
2	Swimming		
3	Soccer		
4	Volleyball		
	WINTER SPORTS		
5	Softball		
6	Track & Field		
7	Bowling		
8	Wrestling		
	SPRING SPORTS		
9	Flag Football (Girls Only)		
10	Tennis		
11	Golf		
12	Basketball		

Principal's Name (Print)

Principal's Signature

Date

Return completed form to: Mr. Ira E. Fluitt or Ms. Josephine McGhee by
September 2, 2022.

COACHING SUPPLEMENTS

Supplements are to be paid in accordance with the present contractual agreement. A coach shall not receive more than one supplement per sport. All coaches shall complete the M-DCPS Coaching Agreement Form No. 7308 which must be signed by the coach, athletic coordinator and the principal. Coaches accepting a supplement to coach a sport are expected to conduct practice and have their teams compete against other approved **MSAP** teams during the identified sports season. **Each season will require a minimum of six weeks for every sport, except bowling.**

K-8 Centers – the two coaches (one boys sport and one girls sport) must be instructional personnel.

Sports that may receive two supplements per school (1 boys, 1 girls):

- Basketball
- Cross Country
- Soccer
- Softball
- Track and Field
- Volleyball

Sports that may receive one supplement per school:

- Bowling*
- Flag Football
- Golf
- Swimming
- Tennis
- Wrestling

*The bowling coach will receive a half supplement since the bowling season will be a minimum of three weeks in length.

AUTHORIZED SUPPLEMENTS PER SCHOOL

Sport	Boys	Girls	Boys/Girls	Total
Basketball	1	1	0	2
Cross Country	1	1	0	2
Soccer	1	1	0	2
Softball	1	1	0	2
Track & Field	1	1	0	2
Volleyball	1	1	0	2
Golf	0	0	1	1
Flag Football	0	1	0	1
Swimming	0	0	1	1
Tennis	0	0	1	1
Wrestling	0	0	1	1
Bowling	0	0	.5	.5

Total Per School

17.5

Intramural supplements allocated to each middle school shall be for six week period of time. Unassigned coaching supplements may be converted, at the discretion of the principal, to intramural supplements. One coaching supplement will convert to two intramural supplements. A school may not exceed a total of 20 intramural supplements. Intramural supplements may not be paid for a “try-out time” for coaching a sport.

All middle school coaching supplements will be paid as a lump sum payment upon conclusion of the sports season.

FUNDING

Determination of the amount of funds to be allocated to each school is based upon the following criteria:

1. The amount of funds presently available in the school's Middle School Sports Funds (Internal Accounts, Fund 4).
2. The school's projected degree of participation in the MSAP, with respect to the number of sports and the number of teams in each sport.
3. The anticipated needs for each school with respect to uniforms, transportation, officials, and fees, as interpreted by the Division of Athletics & Activities **MSAP** office.

The funds are allocated to schools that actually participate in **MSAP** approved competitions, and are restricted to:

4. **Transportation** – These funds can only be expended for athletic teams and coaches traveling to and from authorized **MSAP** competitions. Any other type of travel expenditure is not considered official under these regulations.
5. **Uniforms/Equipment** – Authorized uniforms and equipment purchased through the Fund 4 account will remain the property of the school. Any uniforms/equipment purchased from this account should last a minimum of three years before replacement. Only those items checked or listed on the following chart will be considered as an authorized expense from the Fund 4 account. **Cheerleaders' uniforms are not an allowable expenditure from this account.**
6. **Internal Funds** – Authorized for expenditures for officials and entry fees into MSAP events. **Funds account number – 5004-0498**

ALLOWABLE EXPENSES

Sports	Jersey	Short or Pants	Equipment
Basketball	√	√	
Bowling	√		
Cross Country/Track	√	√	
Flag Football			Flag Football Sets
Golf	√		
Soccer	√	√	Shin Guards
Softball	√	√	Catcher's Equipment & Batting Helmets
Swimming			
Volleyball	√	√	
Wrestling		Singlet	Head Gear

A check (√) indicates what is considered an allowable expense. In order to minimize expenses, it is suggested that multi-purpose uniforms be purchased whenever possible. When purchasing multi-purpose jerseys, official basketball numbers should be used.

6. **Officials** – Each official will be paid a sum not to exceed the amount authorized by the Division of Athletics & Activities **MSAP** office. Coaches will bring the total amount needed in cash to pay for officials. Additionally, one signed **Compensation for Athletic Game Officials Form FM-6697** should accompany each payment and be returned to the school treasurer. Unused monies must be deposited back into the Fund 4 account. Employees of the Miami-Dade County Public Schools cannot be paid for officiating during their contractual work time.

7. **Entry Fees** - Each school may be required to pay entry or rental fees for various sports competitions only. When required, a check is prepared and issued to the designated host school or site facility for the entry fee. The host school will provide an official receipt for each check transaction. Entry fees for the respective sports are announced in memoranda prior to the competition dates.

8. **Supplies** – Supplies such as soccer balls, tennis balls, softballs, volleyballs, golf balls or basketballs may not be purchased from the **MSAP** account. Ribbons, trophies, or awards may not be purchased from this account. The MSAP provides awards at each tournament level. Individual awards may be purchased through school club/department accounts. The only approved purchases are specified above as Allowable Expenses.

REGULATIONS

An essential element of all activities conducted within the **MSAP** is the emphasis placed upon professional responsibilities, courtesy and the adherence to the principles of sportsmanship. This section details items, which should be followed in order to ensure the success of all interscholastic athletic events.

A. Middle School Coach

1. The designated coach must be a full-time Miami-Dade County Public School employee who is totally responsible for the supervision of the school's team. The coach must remain with a team during the entire competition. All non-instructional coaches must possess a valid coaching certificate from the Florida Department of Education and be employees of Miami-Dade County Public Schools. (School Board Policy 3120.03 – Athletic Coaches)
2. The coach should have a thorough knowledge of the rules of the sport being coached, safety precautions, and all district policies and guidelines.
3. It is **expected** and **required**, that the behavior and conduct of the coach will reflect the highest **professional standards**.

B. School Entries

1. **Participation Requirements** – Schools must enter a varsity team (7th and 8th grade) in each sport in which they are participating. They may enter a junior varsity if they wish.
2. **7th and 8th Graders Required GPA** – Students in 7th or 8th grade must meet the current grade point requirements established by the District.
3. **6th Graders Required GPA** – 6th graders are given the 1st nine weeks as an adjustment period. Any sport requiring the 2nd or 3rd nine weeks' grades, 6th graders will be held accountable for having a 2.0 in academics and in conduct in order to be eligible for participation.
4. **Varsity Age Limit** – Any student who reaches the age of 15 on or after July 1st, may participate in middle school athletics during that year.
5. **Junior Varsity Age Limit** – A student-athlete born before September 1, 2009 may not compete in this team category.

STUDENT HEALTH AND SAFETY

A. Eligibility to Participate in Team Tryouts

A student who is currently enrolled at the school and meets the District's guidelines for age, grade, and grade point average may participate in team tryouts. The School Board of Miami-Dade County adheres to and follows the policies as stated in Title IX of the Education Amendments of 1972. It is recommended that each school develop and use a parent consent form to be turned in prior to participating in athletic tryouts. It is also recommended that a student be strongly encouraged to purchase school insurance as a prerequisite for participation.

B. Injuries

An emergency contact card of individual student information should be present at each contest. This card should contain information detailing a parent's name, address, home and work telephone number, as well as the number of a person to contact if a parent cannot be reached, a doctor to contact in extreme emergency, and the preferred hospital of the family, allergies, and medications. The coach is expected to contact parents and their principal regarding any injury incurred by players at practice or during a game. Players experiencing an injury should not be permitted to return to competition, if there is any concern about their fitness. A student's well-being should far outweigh any concern about winning the game. When a serious injury occurs and those listed on the emergency contact card cannot be reached, the coach should call 911 and request Emergency Medical Assistance. In all cases, the coach must complete an accident report. If a player is air-lifted, the principal of the school must be contacted immediately.

C. Returning to Practice After An Injury

When a player goes to the hospital or is attended by the family physician, the doctor must provide the coach with a note permitting the player to resume practice. If the student is not in attendance at school the day following an injury, but did not go to the hospital or to see a doctor, a note from the parent permitting resumption of practice is required before the player can participate.

D. Lightning Procedures

1. **No place outside is safe near thunderstorms!**
2. Use the '30-30 Rule'
 - a. If there are 30 seconds or less between lightning and its thunder, go inside.
 - b. Wait 30 minutes or more after hearing the last thunder before going outside.

3. The safest place from lightning is a house or other large fully enclosed building with plumbing and wiring.
 - a. Lightning inside a house can injure you. Stay away from corded, telephones, electrical appliances and wiring, and plumbing. Don't stand near a window to watch lightning. An inside room is generally better.

E. CONCUSSION ACTION PLAN

Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, nausea or balance problems) shall be immediately removed from the contest or practice and should not return to play until cleared by an appropriate health-care professional.

In Florida, an appropriate health-care professional (AHCP) is defined as either a licensed physician (MD, as per chapter 458, Florida Statutes), a licensed osteopathic physician (DO, as per Chapter 459, Florida Statutes), a licensed physicians assistant under the supervision of a MD/DO (as per chapters 458-437 and 459-022, Florida Statutes) or a health care professional trained in the management of concussions. If available, a certified athletic trainer (ATC) can assist with the sideline evaluation of a student-athlete when a student-athlete is sent out of a game by a contest official, but cannot provide the written clearance to return to play.

Return To Play (RTP) Criteria: Suggested Concussion Management

1. No athlete will return to play (RTP) or practice on the same day of a suspected concussion. "When in doubt, sit them out!"
2. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional that day or within 24 hours.
3. Any athlete with a suspected concussion should be medically cleared by an appropriate health-care professional (as defined above) prior to resuming participation in any practice or competition.
4. After medical clearance, return to play should follow the orders written by the physician clearing the student to resume participation in athletics.

Concussion Release Form

Each student-athlete and their parent or legal guardian, duly appointed by a court of competent jurisdiction, must submit a release form provided by the association (Form EL3CH – Concussion & Heat Related Illness Information Release Form).

Heat Acclimatization

Heat illness is a cause for concern for student-athletes beginning pre-season practices in the warm, summer months and other time of extreme heat. The most serious heat illness, exertional heat stroke, is one of the leading causes of preventable death in these athletes. Heat production during intense exercise is 15 to 20 times greater than at rest and can raise body core temperature one to degrees Fahrenheit every five minutes unless heat is dissipated. The following policy provides guidelines and procedures for conducting preseason practices and activities to insure the well-being of student-athletes.

Hydration and Rest

Once the day acclimatization period expires or within any voluntary, conditioning session, each individual school, or district, must select and promote a method of monitoring the environment for heat related concerns and comply with standard recommendations for practice modifications, for the safety of the student-athlete. Schools must continue to adhere to the hydration/rest policies as well as time limits and sequencing imposed on practice.

- Rest time should involve both unlimited hydration intake and rest without any activity involved.
- For sports utilizing helmets, (i.e. football, lacrosse, baseball, softball and others) helmets should be removed during rest time.
- For every 3 minutes of practice, there must be at least a minimum 5 minutes and hydration break.
- The area identified for rest should be considered a “cooling zone” and out of direct sunlight. This area can include ice sponges, cold immersion tubs and other cooling alternative to facilitate the cooling process.
- Coaches should promote a heat injury prevention philosophy by promoting unrestricted access to water at all times without consequences.
- A student-athlete should never be denied access to water if he/she requests.

MIDDLE SCHOOL SPORTS TOURNAMENT PLAY

A. Tournament Play Team Sports

Team sports competition at the Sports Zone level utilizes round robin scheduling with games played after school. The format for competition will be presented at the coaches' meeting preceding each sport.

B. Specific Regulations

1. **Playing Rules** – Rules for each activity are the current National Federation Rules unless otherwise stipulated in the Division of Athletics & Activities **MSAP Administrative Procedures Handbook**. The game official enforces all rules of play. If a dispute arises regarding adherence to federation rules, a protest should be declared at that time and the contest should be continued as directed by the official. (The protesting team should forward the protest form to the **MSAP** Office).
2. **Uniforms** – Each team participant must wear a uniform that is in accordance with the specific uniform requirements for that sport.
 - a. The number must be sewn or printed on the uniform and may not be changed during the entire competition. The size of the numbers or sequence must be in accord with Federation rules for that sport.
 - b. In the case of a damaged uniform, the coach must notify the coach of the other team before changing the number. The official roster must be changed. The player must then keep the new number for the remainder of the competition. A formal protest is not permissible when this occurs.
3. **Rosters**
 - a. When teams are playing after school, Sports Day, Division Playoffs or at the County Finals, the coaches must exchange typed copies of their rosters. Teams are not allowed to participate until complete rosters are exchanged. Coaches need to take special care that their rosters are done correctly and are in accordance with the MSAP's guidelines.
 - b. A roster **must be signed** by the **principal, athletic coordinator, and coach** of a participating school to certify that the students are currently registered in the school represented and are eligible to play in accordance with the eligibility criteria.

4. Coaches' Planning and Orientation Meeting

- a. A meeting of all participating schools is called by the MSAP office prior to the competition date of a sport. Notification of the meeting is given well ahead of time to facilitate attendance.
- b. The designated coaches of each sport must attend the coaches' meeting for that sport. The Athletic/Activities Coordinator may attend the meeting for a coach provided that authority has been given to make all decisions for the coach. In an extreme circumstance where the coach or the Athletic/Activities Coordinator is unable to attend, the principal may designate an alternate to attend the meeting. When two coaches are required to attend, it is not permissible for one individual to represent both coaches.
- c. **Failure of the coach to attend or to have an alternate attend the coaches' meeting will result in suspension of the school from play in that sport, and the coaching supplement will be revoked.**

PROCEDURES FOR FORMAL PROTEST

Judgement decisions made by the official are final. Rules decisions rendered by the official in accordance with Federation rules are to be accepted, and play is to continue.

A. Protest Involving Rules

1. When a protest occurs at a Division Sports Day, the protest must be reported to the rules committee and resolved, to the extent possible, before play continues. After the decision is rendered and a coach desires to file a formal protest, the protesting coach should inform the chairperson and complete an official protest form. The Principal or designee of the protesting school must sign this form. The protest should be forwarded to the Division of Athletics & Activities **MSAP** office, whose decision is final. **It is required that this action be completed by the end of the next working day.**
2. When a protest occurs at an after school competition, the protesting coach should make his/her intent known at the time of the dispute. The coach should notify the Sports Chairperson after the end of the contest, confer with his/her Principal (signature required), and submit the protest form to the Division of Athletics & Activities MSAP Office, whose decision will be final.

B. Protest Involving Conduct and Other Related Incidents

1. Incidents involving misconduct on the part of a school's coach, team, or spectators must be reported the next school day to the **MSAP** Office.
2. A school filing a protest must submit, by the end of the next working day, a written account of the incident to the Division of Athletics & Activities **MSAP** Office. The matter will be reviewed with the Division of Athletics & Activities **MSAP** office and the school principal.
3. Penalties may involve forfeit of a game, suspension of a coach from further involvement in competition or a reprimand to the school.
4. All communication to the principal of the penalized school must originate from the Division of Athletics & Activities **MSAP**.

PROCUREMENT AND PAYMENT OF OFFICIALS

A. Procurement

The requirements for the procurement of officials are based upon the sport and the level of competition. The specific needs for officials will be discussed at the **MSAP** coaches' meeting. The following sports generally do not require the procurement of officials by the individual coaches, as this responsibility is handled by the **MSAP** Office for Playoffs and County Final competitions: Bowling, Cross Country, Golf, Swimming, Tennis and Track and Field.

In order to facilitate the functioning of each interscholastic sport's competition, a high priority must be placed upon the selection of officials. Qualified officials are selected based upon the following order of selections:

1. FHSSA, GMAC card-carrying officials

B. Payment

Officials are to be paid according to the number of games/matches or meets officiated and the number of officials used. Payments must correspond with the following schedule:

1. Basketball, Flag Football, Soccer, Softball, and Volleyball – the official(s) is to receive a total sum of \$50.00.
2. Wrestling – An official is to receive a total sum of \$50.00 for officiating any number of varsity team matches, up to a maximum of 12 matches. For officiating any junior varsity/exhibition matches, which precede the varsity matches, an official is to receive an additional total sum of \$10.00

Note: The school site treasurer has the processing forms needed for payment of officials.

- a. Check Requisition Form FM-0992
- b. Compensation for Athletic Game Officials Form FM-6697

EACH SCHOOL PARTICIPATING IN ATHLETIC EVENTS IS RESPONSIBLE FOR PAYING ONE HALF OF THE COST OF OFFICIALS.

AWARDS

Each middle school may establish its own criteria for awards presented to participants in its intramural and interscholastic athletic programs. The **MSAP** Office's issuance of awards is limited to interscholastic sports and is dependent upon the competition format used for each particular sport. The **MSAP** will continue to award County Champions and County Runner-up trophies and medals. Additional team and individual awards will depend on budgetary constraints.

DIVISION SPORTS DAY/AFTER SCHOOL COMPETITION

The chairperson for the Division Sports Day must enforce all policies and rules.

A. Preparation for Tournament Day

The major responsibilities of the Sports Day chairperson are as follows:

1. Call a meeting of all participating schools; email, in advance of the competition, a schedule of events, which should detail the list of games, time and place of events, or order of events.
2. Discuss operational procedures for the Sports Day.
3. Review the rules of competition agreed upon at the coaches' meeting
4. Assign tasks to coaches of participating schools: Scorekeeping, timing, selecting order of finish, and tabulating results on tournament board.
5. Arrange for a facility. See that all necessary equipment is on hand and in place.
6. Arrange for officials, timers, and scorekeepers as necessary. **Have a current rule book and MSAP Administrative Procedure Handbook available for reference.**
7. Inform officials of the MSAP rule modifications.
8. If the cafeteria is to be used by the visiting schools, make the necessary arrangements.
9. Report the results to the MSAP office and submit copies of team rosters to that office.
10. Handle all financial matters related to the Division Sports Day.
11. Establish a first aid station and ensure that necessary supplies are on hand.
12. Arrange for the services of an athletic trainer.

B. Tournament Day

The Chairperson is to:

1. See that the courts, nets, and fields are set up according to regulations 30 minutes prior to time of play.
2. Collect and review team eligibility rosters for all participating teams.
3. Formulate a Region Rules Committee consisting of the host school coach, a representative from the officials, one other coach, and an alternate. If either of the coaches involved in a protest is on the Rules Committee, the alternate should be substituted in his/her place. If both coaches involved in protest are also on the Committee, the official is to select another coach to participate on the Committee with him/her and the alternate.
4. Designate a specific area for spectators. The instructors must accompany their physical education students at all times. If any disturbances stem from the spectators, the rules Committee is to request their removal after the first warning.
5. Make arrangements for the presentation of awards at the end of the Division Sports Day competition.

C. Orientation of Participants

Prior to beginning play, participants should be made aware of the following:

1. Conduct and sportsmanship.
2. Respect and courtesy toward the officials.
3. Personal appearance (Jewelry may not be worn by any player during any tournament).
4. Securing permission to leave the area.
5. Eating lunch with group as arranged by the Chairperson in charge of Division Sports Day.

D. Major Responsibilities of the Chairperson of Seasonal Play (After school play):

1. Call a meeting of all participating schools:
 - a. Distribute a schedule, which details the dates, times and locations of each event.
 - b. Discuss procedures for rainy day plans, roster requirements, and procedures for reporting wins to Chairperson
 - c. Review the rules of competition agreed on at the coaches' meeting.
2. Tabulate the results of the competition reported to him/her.
3. Notify the **MSAP** office of the results and the eventual winner of the Sports Zone competition.
4. Copies of the roster are to be exchanged at each game. The home school is responsible for the condition of the facility. The equipment is provided by the home team and is subject to the approval by the game official.
 - a. Exception: Each team will provide its own softball equipment which includes batting helmets, bats and full catcher's equipment.
5. Send copies of all team rosters to the Division of Athletics & Activities **MSAP** office.
6. Immediately notify the MSAP Office of any school violation, and/or any tournament irregularities that could negatively impact the **MSAP**.

PLAYOFFS

Playoffs are to be conducted according to the following guidelines:

A. Definition of Playoff

1. **Division Playoff** – A Sports Day Tournament comprised of Sports Zone winners from Northern Zones I, II, III, IV and Southern Zones V, VI, VII, VIII.
2. **County Finals** – Competition following the Division Playoffs.

B. Type of Tournament

1. **Division Sports Day** – Tournaments should be conducted using a round robin format.
2. **County Finals** – Competition following the Division Playoffs is single elimination.

C. Eligibility of Players

An eligible player in a team sport may be added anytime during the sports season. A player on a junior varsity roster may be moved up to the varsity roster. Once having done so, they may **not** move back down and must play in one varsity game prior to the Division Playoff.

D. Playoff Dates

The **MSAP** Organization Calendar should be referred to for playoff dates.

E. Arrangements for Divisional Playoff

1. All schools must send the proper form showing the win/loss results for their Sports Zone season (refer to appendices) by the required date to the MSAP Office.
2. The home team in each game is to be decided by a toss of a coin or be stipulated by the **MSAP** Office.
3. If a tie results at the end of Sports Zone play, the tie is decided by who won the game in head to head competition.
4. If a three way tie results at the end of Sports Zone play, a coin toss is used (odd coin wins) to give a school a bye. The two remaining schools play with the winner playing the bye home school.

INTRAMURAL ACTIVITIES

A. Promotional Aspects

To be successful, a good program needs to be promoted. The following suggestions may be used to promote intramural activities:

1. Assign an intramural announcer to conduct announcements over the public address system.
2. Maintain a permanent Intramural Sports Board in a key student traffic location. This Intramural Sports Board can promote and feature current events and results of activities recently completed. An intramural bulletin board committee can be assigned this assignment.
3. An Intramural Sports Committee may be organized.
4. Intramural awards should be issued upon completion of each sport recognizing outstanding leaders and participants. Intramural letters can be earned based upon a school designed point system.
5. Use the school paper to feature articles on intramural program activities. Also, any newsletter that is sent home to parents can publicize the program.
6. Provide for the needs of the student. The student is the best public relations person for a program.
7. Physical education class announcements should include comments on what is happening in the intramural program. The total physical education staff should be aware of the activities and cooperate in promoting the program on a frequent basis.

B. Special Events & Activities

Conducting special event activities can enhance any intramural program. Suggestions are listed below:

1. Traditional team and individual team sports
2. Olympics Week
3. Superstars Competition
4. Jump rope contest and jump-a-thon activity
5. Physical Education Week promotional activities
6. School Spirit Week activities
7. Special pre-holiday activities: Turkey Trot

8. Creative activities highlighting a school's instructional or interscholastic sports program.
9. Conduct traditional boys and girls flag football games at Thanksgiving time.

INTERSCHOLASTIC SPORTS RULES AND PROCEDURES

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BASKETBALL

A. ROSTER REQUIREMENTS

1. Each team is not to exceed 14 players plus 1 non-playing manager.
2. Eligibility rosters are required for each team at every level of competition as per District guidelines. In order to enter a junior varsity team, a school must field a varsity team.
3. No player may change from one team to another once a roster is submitted. Exception: a junior varsity player may move up to the varsity team, one time only, and must play in one varsity game prior to the Division Playoffs.

B. EQUIPMENT/UNIFORM SPECIFICATIONS

1. For competition, all girls teams will use the 28 1/2 – 29 inch circumference ball specified in the National Federation of High School Associations Basketball Rule book. All boys teams will use the 29 1/2 - 30 inch ball referred to in the same publication.
2. A leather or synthetic leather ball must be used for all games. If the coaches are not in agreement as to the choice ball, the referee will make the decision.
3. Uniform numbers must comply with National Federation of State High School Association rules.
4. Any color compression shorts may be worn, but all team players must have the same color.

C. COMPETITION FORMAT

1. **Sports Zone Play** - Each school will have after school competition which will consist of round robin play. Games should begin at 4:25 p.m., unless an alternate time is mutually agreed upon by the competing schools' principals. Participating schools in the after school program have the obligation to communicate with their upcoming competition and coordinate necessary details. **Ever effect should be made to schedule games on early release days and teacher planning days.**
2. **Division Playoff** – A Division Playoff Sports Day will be conducted through the implementation of a round robin or a single elimination tournament (to be determined by the MSAP Office). No team may play more than three games in one day. A minimum rest period of 30 minutes between games is required.
3. **County Finals** – A single elimination tournament will be used.

D. SPECIAL CONCERNS

1. Officials – refer to Section VII, in the MSAP Administrative Procedures Handbook.
2. Awards – refer to Section VIII, in the MSAP Administrative Procedures Handbook.
3. Host School Responsibilities – refer to Section IX, in the MSAP Administrative Procedures Handbook.

E. RULES AND REGULATIONS

1. The National Federation of State High School Association Rule Book is the governing source for rules, except where indicated in the Middle Schools Athletic Administrative Procedures Handbook.
2. Varsity team games will consist of four quarter of eight minutes each. The Junior variety teams will play six-minute quarters.
3. Running time should not be used unless both schools agree.
4. The 3-point shot rule will be used.
5. The junior varsity teams will shoot the bonus, one and one shot on the fifth foul of the half. Varsity teams will shoot on the seventh foul of the half.
6. The junior varsity team will shoot two foul shots from a non-shooting foul on the eighth foul of the half. Varsity will shoot on the tenth foul.
7. All over-time periods will be 4 minutes in length.

BOWLING

A. ROSTER REQUIREMENTS

1. Rosters are limited to a maximum of 10 participants. Of the 10 participants, 5 males constitute the boys team and 5 females constitute the girls team. If there is only a boys team representing the school, a maximum of two females may bowl on the boy's team. Team managers are not permitted.
2. Eligibility rosters are required at each level of competition as per District guidelines.
3. If there are less than three bowlers on a given team, the participants will bowl as "individuals".
4. In order to be eligible, a participant must not exceed the age requirement classification.

B. EQUIPMENT/UNIFORMS SPECIFICATIONS

All bowlers must wear proper bowling attire. (No formal team uniform is requested.)

C. COMPETITION FORMAT

1. **Competition Requirements** - Each school must compete in at least one match prior to the County Championship. Results of dual/triangular matches must be sent to the chairperson when you submit your team entry form.
2. **County Finals** – All schools will compete at the same time for County Finals.

D. SPECIAL CONCERNS

1. Awards – refer to Section VIII, the MSAP Administrative Procedures Handbook.
2. Entry Fees – It may be necessary to assess an entry fee for each school to pay for expenses. Such charges will be communicated to participating schools at the District bowling meeting.

E. RULES AND REGULATIONS

1. Each bowler will bowl a set consisting of three games. The sum of the five individual set scores will determine the team standings.
2. There is to be no coaching of bowlers during the competition.
3. All participants must be under the direct supervision of their school coach.

CROSS COUNTRY

A. ROSTER REQUIREMENTS

1. Each team must have a minimum of five (5) and no more than seven (7) runners to be considered as a team entry, and may have one (1) non-participating manager. Runners may be entered as “Individual” runners providing schools do not have enough participants to enter a team entry.
2. Eligibility Rosters are required for each team at every level of competition (Division and County Finals). A school may enter boys and girls varsity and junior varsity. You must enter a varsity team in order to enter a junior varsity.
3. Eligibility Rosters must be submitted in accordance with District Guidelines to the person indicated at the coaches’ meeting. Each classification must have a separate roster. PFI Screens must be included.

B. EQUIPMENT/UNIFORM SPECIFICATIONS

1. Tennis shoes or track shoes that can be tied are to be worn.
2. A headband and/or sweatband is permitted.
3. No jewelry or hat may be worn. ****BEADS IN HAIR ARE NOT ALLOWED.****
4. Numbers must be sewn or printed on the uniform and may not be changed during the entire competition. The uniform of team members must be all the same. Shorts must be worn around the waist.
5. If compression shorts are worn, all team members must have the same color. Compressions shorts must be worn under uniform shorts not in place of.

C. COMPETITION FORMAT

1. **Competition Requirements** – Each school must compete in at least 2 meets prior to the County Finals. Results of dual/triangular meets must be sent to the sports chairperson when you submit your entries. Invitational results do not have to be sent.
2. **Country Finals** – All Schools will compete at the same time for the County Finals.

D. SPECIAL CONCERN

1. Officials – District Staff/selected teachers
2. Awards – Individual 1st thru 25th medals (Team – 1st and 2nd place)

E. SPECIAL ADDENDUM

1. No radios are allowed.
2. Non-participating students are not allowed on the course.
3. Coaches are not allowed on the course. Refer to National Federation Rule Book.

F. RULES AND REGULATIONS

1. The National Federation of State High School Association Rule Book is the governing source for rules interpretations, except where indicated in the Middle School Athletic Administrative Procedures Handbook and the following specific exceptions.

<u>Team</u>	<u>Distance</u>
Varsity Boys/Girls	2 miles
Jr. Varsity Boys/Girls	2 miles

2. Scoring
 - a. Every runner crossing the finish line receives a place marker.
Example: 1, 2, 3, 4, 5, etc,
 - b. Team totals are determined by the five lowest markers obtained by that team.
Example: 5, 13, 15, 18, 20
 - c. The school with lowest team score wins.

FLAG FOOTBALL

A. GENERAL RULES

1. Number of Players

- a. A team must have a minimum of seven players to begin a game.
- b. A team must have no less than six players after the start of the game.

2. Field Size

- a. The field should be 40 yards wide and 80 yards long.
- b. It should be divided into three 20 yards zones.

B. ROSTER REQUIREMENTS

1. Each team roster may not exceed 22 players.
2. Eligibility rosters are required for each team at every level of competition. Must be submitted in accordance with District Guidelines to the person indicated at the coached meeting.

C. EQUIPMENT/UNIFORM SPECIFICATIONS

1. Each team will be permitted to use their own ball on offense.
2. A player's equipment include jersey that must be long enough to tuck into her shorts, shorts, flag belts, and shoes (cleats are suggested).
3. All players must wear shoes. Molded cleats may be worn. NO screw-in or metal cleats are permitted. NO jewelry, sunglasses or caps/hats are permitted.
4. Flag belts must be worn correctly. NO rolling or flags under belts. NO shirts covering the belt.
5. For the safety of all players, no hard or plaster casts are allowed to be worn by any player,

D. COMPETITION FORMAT

1. **Sports Zone Play** – Each school will have after school competition which will consist of round robin play. Games should begin at 4:30 p.m., unless an alternate time is mutually agreed upon by competing schools' principals. Participating schools in the after school program have the obligation to communicate with their upcoming competition and coordinate necessary details.

2. **Divisional Playoffs** – Will be held at school sites. Host schools are determined by the following:
 - a. Seed
 - b. Record
 - c. Points scored
 - d. Points given up
 - e. Point differential

3. **County Finals** – A single elimination tournament will be conducted. The North teams will play and South teams will play in semifinal games followed by the championship game between the winners. No team may play more than three games in one day. A minimum rest period of 30 minutes between games is required.

E. SPECIAL CONCERNS

1. Officials – refer to Section VII, in the **MSAP** Administrative Procedures Handbook.
2. Awards – refer to Section III, in the **MSAP** Administrative Procedures Handbook.
3. Host School Responsibilities – refer to Section IX, in the MSAP Administrative Procedures Handbook.

F. RULES AND REGULATIONS

1. The National Federation of State High School Association rule book, FHSSA, GMAC, are the governing sources for rules interpretations, except where indicated in the Middle Schools Athletic Program Administrative Procedures Handbook.

2. **Game Duration and Time-Outs**
 - a. The game is divided into two 20 minutes halves.
 - b. The clock is a running clock and will stop only for the following:
 1. A team calls a time-out. Each team will be given three 1 minute time-outs per half. Unused time-outs DO NOT carry over.
 2. An official timeout for injury, rule discussion between officials, or anything they deem necessary that could affect the game.
 3. A 2-minute warning will be given before halftime and before the end of the game. The clock will be stopped at this time.
 4. All dead ball plays will stop the clock during the final 2 minutes.

3. **Flag Belts**

- a. All belts must have three sewn on flags and the belt must be able to be pulled off.
- b. The flag must hang on both sides of the waist and one down the back.

4. **How a Player is Down**

- a. The belt is pulled off by a defender.
- b. If a belt falls off without a defender pulling it, the defense **MUST** touch the ball carrier anywhere to be down.

5. **Scoring**

- a. Touchdown is 6 points
- b. Extra points if successful
 - 1. 1 point from the 3-yard line
 - 2. 2 points from the 10-yard line
 - 3. 3 points from the 20-yard line
- c. Safety is 2 points
- d. NO kick of field goals are allowed

6. **Kansas Tie-Breaker Provisions: (ONLY FOR PLAYOFFS)**

- a. A coin toss will determine which team chooses ball or defense first.
- b. Ball will be placed on the 20-yard line and each team will get 4 downs to score.
- c. If neither team scores the team that played defense 1st will start with the ball in the second overtime. (The teams will continue rotating who starts on offense for the duration of overtime)
- d. Overtime will continue until one team outscores the other in an overtime.

GOLF

A. ROSTER REQUIREMENTS

1. There is one team per school, consisting of a minimum of four (4) and no more than six (6) players. No additional students or alternates are permitted. A school may enter less than four (4) players; however, they will only be eligible for individual recognition. Team managers are not permitted.
2. Rosters must be submitted to the designated chairperson in accordance with District Guidelines.
3. In order to be eligible, a participant must not exceed the age requirement classification.

B. COMPETITION FORMAT

1. Each school must compete in two matches prior to the Division Playoffs. (Results of matches must be sent to the sports chairperson when you submit your entries.)
2. Division Playoff – Schools are assigned to one of three divisions after all entries are received. Each team can have six contestants but only the four lowest scores on each team will count toward determining the team champion. A nine-hole qualification round will be used for the playoffs. The six lowest team scores will advance to the County finals. In addition to the six low teams, the lowest ten individual scores will advance to the County Finals. IN case of ties, sudden victory playoffs are used. In addition to the two low teams, the lowest three individual scorers will advance to the County Finals. In case of rain, the tournament chairperson may decide to shorten the tournament to less than a nine-hole format.
3. County Finals – A round of nine holes is used to determine the individual and team champion. In the event of a tie for the team champion, the four lowest scoring players from each tied team will play sudden victory until a winner is determined. Sudden victory will also be used in the event there is an individual tie for 1st place only. All other ties will be the scene of the last hole until the tie is broken. In case of rain, the tournament chairperson may decide to shorten the tournament to less than eighteen holes.

B. SPECIAL CONCERNS

1. Officials – district staff plus chairperson
2. Awards – team trophies, first place and runner up, medals for team members, medals for top 10 individuals.

RULES AND REGULATIONS

1. USGA Rules will apply at all times except where local or tournament rules apply.
2. Any contestant using profane language shall be charged with a two-stroke penalty; the tournament chairperson shall call this penalty. Any extensive use of profane language or improper behavior will result in disqualification of that contestant.
3. No contestant shall be permitted to go back on the course after completing play. Any violation of this rule will result in disqualification of that contestant. In the event of a tie resulting in a sudden victory playoff, only the contestant involved in the playoff will be permitted on the course. A coach from a neutral school will follow the playoff in the event a rules interpretation is needed.
4. Contestants will be permitted to carry clubs or use pull carts only. No riding carts or caddies will be permitted. Any violation will result in disqualification of that contestant.
5. Each foursome will have an official score card to be marked as such. Each contestant will be responsible for his/her correct score on each hole. Contestants are not responsible for the addition of their scores. Any error may result either in disqualification of a contestant whose score is wrong, or in having to keep the high score.

The score card is very important; therefore, make sure after each hole the contestant tells the scorer what he/she made on that hole. Do not wait until later. If there are any questions about a contestant's score, it should be discussed with the other players.

6. If at any time there is a question on any rule, a provisional ball is to be played from that point on until the hole has been played out. Record both scores on card. The Rules Committee will decide which score is official after the round is over.
7. Contestants and coaches will be given a copy of the special and local tournament rules prior to the start of competition.

8. Student participants and assigned coaches are the only parties allowed on the course during the competition.

SOCCER

A. ROSTER REQUIREMENTS

1. Each team is not to exceed 22 players plus 1 non-playing manager.

2. Eligibility Rosters are required for each team at every level of competition. (Sports Zone, Division and County Finals). You must enter a varsity team in order to enter a junior varsity team.
3. Eligibility Rosters must be submitted in accordance with District Guidelines to the person indicated at the coaches meeting. Each classification must have a separate roster.
4. No players may change from one team to another once a roster is submitted.

Exception: A junior varsity player may move up to the varsity team, one time Only, and must play in one varsity game prior to the Division Playoffs.

B. EQUIPMENT/UNIFORM SPECIFICATIONS

1. The home team is to supply a legal game ball. The ball is not to be changed during the game unless authorized by the referee.
2. A player's equipment includes shirt, shorts, stockings, shin guards, and shoes (stockings need not to be identical).
3. All players must wear shoes. Molded cleats on sneakers may be worn. No screw-in cleats are allowed. No sharp objects are allowed on shoes. No jewelry is permitted. Shin guards must be worn.
4. One member of each team must be the designated goalkeeper. The jersey color of the goalkeeper must be different from that of his/her own team and that of the opposing team. The referee must be notified of any change of goalkeeper. Failure to notify the referee may result in a violation.

C. COMPETITION FORMAT

1. Sports Zone Play

Each school will have after school competition, which will consist of round robin play. Games should begin at 4:25 p.m., unless an alternate time is mutually agreed upon by the competing schools' principals. Participating schools in the after school program have the obligation to communicate with their upcoming competition and coordinator necessary details.

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2. Division Playoffs

Division Playoff Sports Day – Will be conducted through the implementation of a round robin or single elimination tournament (to be determined by the MSAP Office). No team may play more than three games in one day. A minimum rest period of 30 minutes between games is required.

3. **County Finals**

The games played at this level will be single elimination.

D. SPECIAL CONCERNS

1. Officials – refer to Section VII, in the MSAP Administrative Procedures Handbook.
2. Awards – refer to Section VIII, in the MSAP Administrative Procedures Handbook.
3. Host School Responsibilities – refer to Section IX, in the MSAP Administrative Procedures Handbook.

E. RULES AND REGULATIONS

1. The National Federation of State High School Association rule book, FHSSA, GMAC, are the governing sources for rules interpretations, except where indicated in the Middle Schools Athletic Program Administrative Procedures Handbook.
2. Length of game: varsity team, two 30-minute halves; junior varsity team, two 25-minute halves.
3. There is unlimited substitution under the following conditions:
 - a. Goal Kick – both teams
 - b. Corner Kick – the team that is awarded the ball
 - c. Throw-in – the team that is awarded the ball
 - d. When a goal results – both teams
 - e. Injury – both teams
 - f. When a player is cautioned – both teams
 - g. When a player has been disqualified – both teams – except for that player.
4. Overtime:
 - a. After School Games/Division Playoff Sports Day – At the completion of

two regularly played halves, if the competing teams are tied, the penalty kick rule will be used to determine the winning team.

- b. County Finals – There are two 7 1/2 minute overtime periods (teams change sides after each period). There is no sudden victory during these periods. Two minutes should be allowed between periods. If the game is still tied after the overtime periods, the tie-breaker provisions are to be followed.

5. Tie-Breaker Provisions:

Each coach selects any five players, excluding those who were disqualified, to take penalty kicks. The referee designates which team will call the coin toss. The team winning the toss has the choice of kicking first or second. The team alternates taking penalty kicks. Following five kicks for each team, the team scoring the greatest number of these kicks shall be declared the winner. If the score remains tied after each team has had five penalty kicks, a sudden victory format is followed. Each coach now selects five different players. Teams alternate taking penalty kicks. When one team scores and the other team does not, the game is ended. If the score remains tied after one round of sudden victory kicks, the coach selects any five players to take another set of alternating penalty kicks. This procedure is repeated until one team wins.

SOFTBALL

ROSTER REQUIREMENTS

- 1. Each team is not to exceed 16 plus 1 non-playing manager.
- 2. Eligibility rosters are required for each team at every level of competition as per District guidelines. In order to enter a junior varsity team a school must

- field a varsity team.
3. No player may change from one team to another once a roster is submitted. Exception: A junior varsity player may move up to the varsity team, one time only, and must play in one varsity game prior to Division Playoffs.

EQUIPMENT/UNIFORM SPECIFICATIONS

The equipment rules specified below must be followed. Failure to comply will result in a forfeit.

1. Catcher
 - a. Mask with throat protector
 - b. Chest protector
 - c. Catcher's Helmet
 - d. Shin Guards
 - e. Cup
2. All players
 - a. rubber-soled shoes (rubber spikes allowed)
 - b. Numbered uniforms
 - c. Glove required for the catcher, recommended for all
 - d. Leather ball required in all competition
 - e. No jewelry

C. COMPETITION FORMAT

1. Sports Zone Day

Each school will have after school competition which will consist of round robin play. Games should begin at 4:25 p.m., unless an alternate time is mutually agreed upon by the competing principals. Participating schools in the after school program have the obligation to communicate with their upcoming competition and coordinate necessary details.

Boys after school competition games are to be seven innings of play or a maximum of two hours whichever comes first. Girls fast pitch games are to be 5 innings of play or a maximum of 1 hour and 30 minutes whichever

comes first. In both cases one team must be ahead to end play, and the inning in progress must be completed.

The mercy run rule is in effect (see Rules and Regulations #9).

2. Division Playoffs

A Division Playoff Sports Day will be conducted through the implementation of a round robin or single elimination tournament (to be determined by the MSAP Office). No team may play more than three games in one day. The length of a boys game is to be seven innings or a maximum of two hours playing time whichever comes first. Girls fast pitch games are to be 5 innings of play or a maximum of 1 hour and 30 minutes whichever comes first. In both cases one team must be ahead to end play, and the inning in progress must be completed.

If a tie should occur at the end of the tournament, single elimination will be played, if time permits. A tie break procedure will be discussed at the game site.

The mercy run rule is in effect (see Rules and Regulations #9).

3. County Finals

The games played at this level will be single elimination; boys games will be seven innings in length and girls games will be five innings. There will be no time limits but the mercy rule will be in effect.

D. SPECIAL CONCERNS

1. Officials – refer to Section VII, in the MSAP Administrative Procedures Handbook
2. Awards – refer to Section VIII, in the MSAP Administrative Procedures Handbook
3. Host School Responsibilities – refer to Section IX, in the MSAP Administrative Procedures Handbook

E. RULES AND REGULATIONS

1. The National Federation of State High School Association Rule Book, FHSSA, GMAC, are the governing sources for rules interpretations, except where indicated in the Middle Schools Athletic Program Administrative Procedures Handbook.
2. Time will be “out” when the teams have completed a half inning (maximum of two minutes to change).

3. Unnecessary delay of the game will result in an out for the first batter when starting or completing an inning.
4. Time will be "in" except in the above situation and when the first batter enters the batter's box to start or complete an inning.
5. Pitching distance – 46 feet for boys and 40 feet for girls.
6. Distance between bases – 60 feet.
7. Ball size – girls fast pitch uses the regular ball.
8. Unlimited pitches for foul balls after 2nd strike.
9. Mercy Run Rule:
Girls: 15 run difference after the losing team has batted 3 or more innings, game over.
Boys: 15 run difference after the losing team has batted 5 or more innings, game over.
10. Boys and girls will play with ten players on defense.
11. Designated hitter rule in effect. See rule Book! Extra batter (eleventh player) will not be used!

SWIMMING

A. ROSTER REQUIREMENTS

1. There is no limit in the number of male and female swimmers a school may enter. Rosters may include 1 non-participating manager.
2. Rosters must be submitted to the designated chairperson in accordance with District guidelines.
3. In order to be eligible, a participant must not exceed the age requirement and be academically eligible.

B. COMPETITION FORMAT

All swimmers must wear proper swimming attire.

1. County Finals
The meet format will be as follows: Preliminaries in the a.m., and finals in the p.m. The County finals will be held simultaneously for boys and girls at a time/date/location to be determined by District scheduling guidelines. (Top eight (8) swimmers in each event will qualify for finals).

C. SPECIAL CONCERNS

1. Officials – refer to Section VII, in the MSAP Administrative Procedures Handbook
2. Awards – refer to Section VIII, in the MSAP Administrative Procedures Handbook

D. RULES AND REGULATIONS

1. The National Federation of State High School Associations Rule Book, FHSAA, GMAC, are the governing sources for rules interpretations, except where indicated in the Middle Schools Athletic Program Administrative Procedures Handbook.
2. Each swimmer may enter two individual and two relay events.
3. FHSAA Rule 2-2-2 Water Depth: In pools with a water depth, at the starting end, or less than five (5) feet, the start for all swimming events must begin in the water. There will be no variances. In pools with water depth of five (5) feet or more starting platforms may be used in accordance with National Federation, FHSAA, and GMAC rules.

4. Order Events

Note: Boys and Girls alternate participation in each event.

200 meter	Medley Relay
200 meter	Freestyle
100 meter	Individual Medley
50 meter	Freestyle
50 meter	Butterfly
100 meter	Freestyle
100 meter	Backstroke
100 meter	Breast Stroke
200 meter	Freestyle Relay

5. A tournament appeals committee comprised of coaches will be selected at the meet. (Depending on the facility used, yards may replace meters).

TENNIS

A. ROSTER REQUIREMENTS

1. Each team is not to exceed the total number of entrants allowed for all of the events combined, plus 1 non-participating manager.
2. Rosters must be submitted to the designated chairperson in accordance with District guidelines.
3. A roster consists of all the boys, girls and mixed tennis entrants.
4. In order to be eligible, a participant must not exceed the age requirement for the team classification.

B. EQUIPMENT/UNIFORM SPECIFICATIONS

1. It is recommended that Zone tournaments be played on regulation courts available through parks or other agencies. There should be six courts or more at the tournament location.
2. All players are to wear proper tennis attire. Shoes appropriate to the court surfaces are required.
3. Each entry (singles and doubles) is to take an unopened can of balls to the first match. For the match, one can is opened and used; after the match the winner is to take the unopened can on to the next match, and the loser is to take the used can to his/her consolation match. On the consolation side of the bracket, each player brings the used can of balls. One can is used for the match and kept by the loser. The winner takes the other can to the next round.

C. COMPETITION FORMAT

1. **Zone Play**
 - a. Each school may enter two boys' singles, two girls' singles, two boys' doubles, two girls' doubles, and two mixed double teams in the Zone tournaments. A school is strongly encouraged to have at least six entries (singles and/or doubles) to enter a team.
 - b. A modified double elimination tournament is to be played in each event with no ad-in and a regular point tie-breaker.
 - c. Brackets are to be drawn up according to the model passed out at the coaches' meeting.
 - d. Sets of Scoring:

1. Winner's side of bracket – All matches are to consist of one regular set with a twelve point tie breaker; if the score becomes six all, the first player to reach seven points with a margin of two points wins the tie breaker.
2. Consolation side of bracket – The match consists of four games, with a twelve point tie breaker if the score becomes two-all. All four games are played, regardless of the score. Example: 4-0; 3-1; 2-2.
3. The consolation winner plays a regular set against the runner-up on the winner's side of the bracket to determine the second place winner of the tournament.
4. Points are awarded as follows:
 - (a) 4 teams model – two (2) points for each match on winner's side and one point for each match on the consolation side.
 - (b) 4 teams model – three (3) points for each match on winner's side and one point for each match on the consolation side.

NOTE: If a school draws a "Bye", no points are awarded for the round. The points and games won in the next round are doubled. No shows are not considered "Byes"; it is a default and points are awarded.

2. County Finals

- a. Sixteen qualifiers are to compete in the County Finals. Therefore, the number of qualifiers at the County Finals is to be determined by the actual number of Zone tournaments. No alternates or substitutes may be entered after the Zone tournaments.
- b. A single elimination tournament is played with each match consisting of a six-game set. If the score becomes six-all, subsequent play consists of a twelve-point tie breaker game (first player to reach seven points with a margin of two-points wins the tie breaker).
- c. Point scoring for school awards consists of one point for each match won. In the case of a tie by two schools, the winner is the school winning the most games in matches played.
- d. Ad-in and Ad-out will apply.

D. SPECIAL CONCERNS

1. Officials – District staff/chairperson
2. Awards – refer to Section VIII, in the MSAP Administrative Procedures Handbook.
3. Entry Fee – Schools may be assessed an entry fee in order to offset necessary facility rentals.

E. RULES AND REGULATIONS

1. Current rules of the USTA govern play except where indicated in the Middle Schools Athletic Program Administrative Procedures Handbook. Additional “ground rules” that need to be observed are to be established prior to competition.
2. All balls are good unless seen landing out and called out.
3. Foot fault rules on service are observed,
4. The number one entry must be higher in skill than the number two entry in both singles and doubles.
5. No player may compete in more than one event.
6. Continuous play, no player should leave the court during his/her match.
7. No coaching during the match. No spectators allowed on court.
8. Before playing a tie-breaker consult a tournament official.

TRACK AND FIELD

A. ROSTER REQUIREMENTS

1. Each team is not to exceed the total number of entrants allowed for all of the running and field events combined, plus 1 non-participating manager.
2. Eligibility Rosters must be submitted in accordance with District guidelines to the person indicated at the coaches meeting. Each classification must have a separate cover.
3. Roster must be submitted to the designated chairperson.
4. No entrant may change from one team to another once a roster is submitted.

B. EQUIPMENT/UNIFORM SPECIFICATIONS

1. Sneakers or track shoes must be worn. A headband and/or sweatband is also allowed.
2. No jewelry or hats are to be worn. Also, hair beads are not allowed.
3. All members of each relay team must wear identical uniforms.
4. Compression shorts may be worn; relay teams must be of the same color.

C. COMPETITION FORMAT

1. Division Meets

- a. Each school will be allowed two entries in each running event and field event, and one entry for each relay.
- b. Each team participant may enter four events no more than (3) three running events.
- c. Team entry forms are to be submitted at the same time; failure to properly fill in entry form may result in the entry form not being accepted.
- d. Each school must participate in at least 2 meets prior to the Division meet.

2. Qualifying for the County Finals

- a. Division meets – the first through eighth place finishers in all events qualify for the County Finals.

- b. If a running event required heats, the qualifying places will be determined by selecting the fastest times from the combined heats.

D. SPECIAL CONCERNS

1. Officials – district staff/selected teachers
2. Awards – individuals/relays – medal for 1st and 2nd place

E. RULES AND REGULATIONS

1. The National Federation of State High School Association Rule Book, FHSAA, GMAC, are the governing sources of all rules interpretations, except where indicated in the Middle Schools Athletics Program Administrative Procedures Handbook.
2. Scores are to be completed as follows:

Individual Scoring
10-8-6-5-4-3-2-1

3. Ties

- a. Should a tie occur in any one event, the place points are totaled and divided equally between the contestants involved. For example: School A and School B tie for first in the 100 meter dash. First place normally received 10 points, while second place receives 8 points (total – 18 points). School A now receives nine points and School B receives nine points. There would be no second place winner. Both contestants from the Region would be eligible for the County Meet.
- b. Should an overall tie for total team points occur, the meet director is to determine the winner according to the number of first places won by the schools involved in the tie. If the tie still exists, the total number of finishes according to each placing (second-sixth) are to be counted until the tie is broken.

4. Events

Running Events

4 x 800 Meter Relay
1600 Meter Run
100 Meter Dash
400 Meter Dash
4 x 100 Meter Relay
800 Meter Run
200 Meter Dash
4 x 400 Meter Relay

Field Events

Long Jump
High Jump
Shot Put
Discus
Triple Jump

5. **Field Events**

Participants are to have three trials and all should be recorded. The best of the three trials is used to determine the winner.

a. **High Jump**

Girls

JV – Begin at three feet six inches and increase two inches

V – Begin at three feet ten inches and increase two inches

Boys

JV – Begin at three feet ten inches and increase two inches

V – Begin at four feet two inches and increase two inches

b. **Shot Put**

Eight pound for all categories

c. **Discus**

The discus must meet high school specifications

Girls: 1 Kilo

Boys: 1.6 Kilo

6. County records may be established in the Division Meet or the County Finals.
7. Each relay team may have six members and any four of the six members listed may be used. Being listed on the relay team counts as one of the participant's running events. No changes will be made for the County Finals.
8. Only the entrants listed on the entry form for an event are eligible to participate in that event.
9. Only the individuals listed on the roster will be permitted at the track meet.

Uniforms:

Jersey – suitable track jersey with number

Shorts – appropriate

Relay teams must wear identical uniforms in order to participate (i.e. 400 x 100 meter relay must be dressed alike).

Shoes – track shoes or suitable tennis shoes (laced or ripper type). Track shoes not exceed ¼" spike.

Radios, tape players, headset radios, etc., are inappropriate and **not** allowed at any

Middle Schools Athletic Event. This will be strictly enforced, and **will** cause individual and possible team disqualification. Please screen all students coming to the track event.

Coaches should bring lunches and plenty of water for all competitors representing their school. Sunscreen and hats are also recommended.

Students must not leave the competition area unless accompanied by a coach.

VOLLEYBALL

A. ROSTER REQUIREMENTS

1. Each team is not to exceed 14 players plus 1 non-playing manager.
2. Eligibility Rosters are required for each team at every level of competition as per District guidelines. In order to enter a junior varsity team a school must field a variety team.
3. No player may change from one team to another once a roster is submitted. Exception: A junior varsity player may move up to the varsity team, one time only, and must play in one varsity game prior to Division Playoff.

B. COMPETITION FORMAT

1. Sports Zone Play

Each school will have after school competition, which will consist of round robin play. Games should begin at 4:30 p.m., unless an alternate time is mutually agreed upon by the competing school's principals. Participating schools in the after school program have the obligation to communicate with their upcoming competition and coordinate necessary details.

2. Division Playoffs

A division playoff sports day will be conducted through the implementation of a round robin or single elimination tournament (to be determined by the MSAP Office). If there is a tie at the conclusion of the round robin tournaments, additional play is required. Should three teams be tied, a draw will be made. The team receiving the bye will automatically play in the championship game. Their opponent will be the winner of the game between the remaining two teams.

3. County Finals

A single elimination match, consisting of 2 out of 3 games, will be played to determine the winner. Deciding game will be regular scoring.

C. SPECIAL CONCERNS

1. Officials – refer to Section VII, in the MSAP Administrative Procedures Handbook.
2. Awards – refer to Section VIII, in the MSAP Administrative Procedures Handbook.
3. Host School Responsibilities – refer to Section IX, in the MSAP Administrative Procedures Handbook.

RULES AND REGULATIONS

The National Federal of State High School Association Rule Book, FHSAA, GMAC, are the governing sources for rules interpretations, except where indicated in the Middle Schools Athletic Program Administrative Procedures and the following specific exceptions.

Rally scoring will be used in all games.

The first four sets shall be 25 points (no cap), and a team must win by two points. The fifth and deciding set shall be 15 points (no cap), and a team must win by two points. A team that has scored the required points and has a least a two-point advantage is the winner. If the leading team does not have a two-point advantage, play shall continue until one team has a two-point advantage (no cap).

A served ball that touches the net and goes over is in play (live ball). Two (2) time outs per game, 60 seconds each, no third time out for scores (16-16) of the third game.

Home team chooses bench. Home team calls coin toss for third game, no jewelry may be worn during warm-up or games, 18 substitutions are allowed per game.

Use of Libero Player is now in effect at the Middle School level.

The Libero Player is a back row player who is a passing and defensive specialist.

In order to be used, the Libero must be designated on the line up sheet. If a Libero is not designated on the line up sheet, the team may not use a Libero in this game.

The Libero is restricted to perform as a back row player. He/she cannot serve, block, or attack from anywhere, if, at the moment of contact, the ball is entirely above the net.

The Libero must wear a specific uniform with a legal number.

The Libero may replace any player in a back row position. The replacement is not counted as an substitution. The Libero can only be replaced by the player whom he/she replaced.

The Libero if used, must be identified on the team roster with the letter "L" before the uniform number on the roster and lineup card if used.

An assistant scorer is necessary to keep track of Libero replacements

WRESTLING

A. ROSTER REQUIREMENT

1. The varsity and junior varsity rosters are unlimited in number of participants and may include 1 non-participating manager.
2. Eligibility rosters are required at all meets as per District guidelines.
3. In order to be eligible, a participant must not exceed the age requirements for the team classification.
4. A junior varsity wrestling participant must be between 11 and 13 years of age.

B. EQUIPMENT/UNIFORM SPECIFICATIONS

1. Close-fitting uniforms must be worn.
2. Headgear is mandatory.

C. COMPETITION FORMAT

1. Division Meet

Wrestlers will be seeded for the Divisional Meet using the following criteria:

Head to Head
Common Opponent
Prior Accomplishment

D. SPECIAL CONCERNS

1. Officials – refer to Section VIII, of the MSAP Administrative Procedures Handbook.
2. Awards – refer to Section VIII, of the MSAP Administrative Procedures Handbook.
3. Host School Responsibilities – refer to Section IX, of the MSAP Administrative Procedures Handbook.

E. RULES AND REGULATIONS

1. The National Federation of State High School Associations rule book, FHSAA, GMAC, are the governing sources for rules interpretations, except where indicated in the Middle Schools Athletic Program Administrative Procedures Handbook.

2. **Weight Classifications**

75	105	128	155
85	112	135	170
95	120	145	195

Hwt (195 min – 250 max.)

3. **Match Time Periods**

- First: one minute, starting from neutral position
Second: two minutes
Third: two minutes, refer to the National Federation of State High School Association current rule book.

4. A match should begin at the designated time. Delays caused by transportation require the coach of the team experiencing the problem to contact the coach of the opponent.

F. SEASONAL COMPETITION

An athlete must have two weigh ins on separate dates at the weight class they will compete in at the country championship.

G. POST-SEASON TOURNAMENTS

The county tournaments will be double elimination with the exception of the finalists, and awards will be given up to six places.