



# MIDDLE SCHOOL ATHLETIC HANDBOOK



2019-2020  
(revised May 22, 2019)

# PART I

## PHILOSOPHY

The Spotsylvania County Middle School Athletic Council believes that athletics on the middle school level is an integral part of the total educational program. We believe that interscholastic athletics, when properly planned and implemented, are related to the goals of general education and relate to the student, the student body, and the community.

We endorse the idea that the athletic program should be followed within the limits of facilities, personnel, and finances. The interscholastic athletic program in the middle school should supplement, rather than serve as a substitute for, a broad and comprehensive program of physical education and intramural activities for all students.

The Spotsylvania County Middle School Athletic Program will provide for:

1. The participation of students of comparable skill levels.
2. The development of total physical, mental, and emotional health.
3. The development of sportsmanship and fair play.
4. The development of courage, tenacity, desire, and responsibility.
5. The creating of team unity, i.e., contribution to and being part of a team.
6. Activities of recreational interest which develop skills that may carry over into adult lives.
7. The stimulation of support from the community by exemplifying the educational and social values of middle school athletics.

# PART II

## SPOTSYLVANIA COUNTY MIDDLE SCHOOL EXECUTIVE COUNCIL

The governing body for the Spotsylvania County Middle School Athletic Program shall be called the Council.

### PURPOSE

The purpose of the Council is to see that the athletic programs of the middle schools are given the proper guidance to operate with the highest possible standards. In order to provide this guidance, the Council shall:

1. Develop rules which shall be used by Spotsylvania County middle schools in all of their athletic programs.
2. Review rules annually to determine if they are appropriate and if they are being followed.
3. Review the program each year and make any changes which will help the program operate better.

### MEMBERSHIP

The Council shall be composed of the principals of each Spotsylvania County Middle School (or his/her designee).

School	Principal	Athletic Director
Battlefield	Dr. Sheila Smith	Henry Thode
Chancellor	Mrs. Deborah Frazier	Dave Lopic
Freedom	Dr. Eric Wright	Karyn McCready/Lisa Jones
Ni River	Mr. Brian Bartoszek	Shaina Patrick
Post Oak	Mr. Scott Belako	Sarah French
Spotsylvania	Mr. M. Lane Byrd	Kevin Race
Thornburg	Mr. Daryl Lann	Stephanie Kobuchi

## **QUORUM**

A quorum shall be considered present with 75% of the members are present.

## **VOTING**

Voting shall be by a simple majority vote of all members present.

## **MEETINGS**

One meeting shall be held each school year. Other meetings may be called as necessary to rule on protests or discuss any problems. The chairman is responsible for setting the date and notifying all members.

## **RESPONSIBILITIES**

The Council is responsible for the overall organization and operation of the middle school athletic program. The Council will be specifically responsible for:

1. Appointing a school to make a master schedule for all middle schools in all sports, using the guidelines of the Council.
2. Reviewing the Spotsylvania County Middle School Athletic Handbook annually and making changes as deemed necessary.
3. Ruling on any protest brought before the Council in the third step of the protest procedure.

## **APPEAL PROCEDURE**

Questions involving eligibility rules, middle school regulations, and game officials' rule interpretations should be handled in the following order:

1. The protesting coach should discuss the problem with his/her Athletic Director to determine if any further action should be taken. This should take place as soon as is convenient.
2. The Athletic Director from the school having the concern should contact the Athletic Director of the school to which the concern is levied in an attempt to rectify the issue.
3. If more discussion is necessary, then the principals of the concerned schools should meet and attempt to settle the concern.
4. Should the principals not be able to settle the question satisfactorily, then the principal of the protesting school should file a formal written protest with the Council chairman within five working days. If the protest involves the chairman, the written protest should be sent to the vice-chairman.

5. The Appeals Committee will hear both sides of the issue and vote on the findings of the inquiry. Voting will be by simple majority vote of the Appeals Committee.
6. The Appeals Committee will resolve the issue.
7. Responsibilities of the chairman in an appeals procedure:
  - a. Receives written protest.
  - b. Informs all members of the Council.
  - c. Notifies the other principals who will serve on the Appeals Committee.
  - d. Sets date, time, and place for the appeals inquiry.
  - e. Conducts the appeals inquiry meeting but does not have voting privileges.
  - f. The individual who brings the appeal to the council, as well as the other school involved, does not have a vote.
  - g. Notifies, in writing, the school(s) involved in the protest of the Appeal Committee's vote.
8. The ultimate step of an unsatisfied protest would be to appeal to the Superintendent of Schools or his/her designee.

# PART III

## GENERAL RULES AND REGULATIONS

### **RULE 1: STUDENT ELIGIBILITY**

#### *SECTION 1. ENROLLMENT*

Students must be currently enrolled in a Spotsylvania County middle school at the time of the sport season in order to be eligible to participate.

#### *SECTION 2. AGE*

No member of a team shall reach a 15th birthday on or before the first day of school each year in which he/she wishes to participate.

#### *SECTION 3. GRADE*

Students in the 8th, 7th, and 6th grade, who are considered physically and emotionally able, are eligible to compete. No 6th grade students are eligible to participate in the sport of football.

#### *SECTION 4. SCHOLASTIC*

In order to be eligible for fall sports, a student must have been promoted from the preceding grade. Students trying out for a winter or spring sport must pass all subjects on the report card issued prior to the start of the tryouts/ season. Students who earn a failing grade on a report card during an athletic season will become ineligible to participate for the remainder of the season. Any academic decisions can be made at the principal's discretion.

#### *SECTION 5. CONDUCT*

Coaches have the right to establish certain expectations for acceptable conduct, behavior, academic performance, and team rules beyond VHSL guidelines with approval from school administration. Each member of a team must have an acceptable conduct record for each grading period unless there are extenuating circumstances that have been determined by the Principal. Any student whose behavior results in a disciplinary action from the office may be removed from the team.

**SECTION 6. PHYSICAL FORM**

Each student trying out and/or participating in athletics must have had a physical examination before they will be allowed to practice or play in a game. A record of this examination must be kept on file at the school. A separate exam and complete form is required for each school year and must occur May 1 of the previous year through June 30 of the current year in which the student wishes to participate. Up-to-date insurance verification by the parent is a required part of the form.

**SECTION 7. CONCUSSION EDUCATION FORM**

Each student (and their parent/guardian) trying out and/or participating in athletics must complete concussion education training. A record of this training must be kept on file at the school. A separate and complete form is required for each school year and must occur May 1 of the previous year through June 30 of the current year in which the student wishes to participate.

**SECTION 8. PARENTAL CONSENT**

Parent’s written consent must be on file before a student may tryout, practice or play in a game.

**SECTION 9. TRY-OUT DATES 2019-2020**

Fall 1	Fall 2	Winter 1	Winter 2	Spring
8/12/19	8/26/19	10/15/19	1/06/20	3/9/20

**SECTION 10. ABSENCE FROM SCHOOL**

Students may not practice or play in a game if they have been absent from school, unless they have written permission from the principal. This permission will be given for non-sickness reasons only.

**SECTION 11. SUSPENSIONS**

Students subject to in-school or out-of-school suspensions shall not participate in any tryout, practice or contest during the period of their suspension.

**SECTION 112. SPORTSMANSHIP**

See Appendix 2.

## **RULE 2: COACHES**

### *SECTION 1. EMPLOYMENT*

All coaches and assistant coaches must be approved in accordance with the criteria established by the School Board. All coaches and assistant coaches must complete the SCPS Coaching Standards training (attend presentation) and sign related paperwork and statement of understanding of the rules and regulations set forth by SCPS.

### *SECTION 2. SUPERVISION*

The head coach, an assistant coach, or a faculty representative must accompany each team to, during, and from each tryout, practice session or contest. At least one coach must stay until the last student leaves the tryout, practice or the game.

### *SECTION 3. RULES AND CONDUCT*

The coaches are responsible for seeing that the letter and the spirit of the rules are carried out both by their teams and themselves. Failure to do so may result in dismissal from their coaching duties.

### *SECTION 4. VOLUNTEERS*

All volunteer coaches must be processed and cleared to coach by the SCPS Human Resources Department. All volunteers must complete concussion training and submit documentation to the AD.

## **RULE 3: SPORTS SEASON**

### *SECTION 1: FALL SPORTS*

- Girls' Soccer
- Girls' Basketball
- Football

### *SECTION 2: WINTER SPORTS*

- Girls' Volleyball
- Boys' Basketball
- Wrestling

### *SECTION 3: SPRING SPORTS*

- Girls' and Boys' Track
- Girls' Softball
- Boys' Soccer



## **RULE 4: PRACTICE**

### *SECTION 1: STARTING DATE*

Each team must provide a minimum of TEN (10) practice days before the first scheduled contest, not to exceed FIFTEEN (15) practice days. Under no circumstances may any team start practice before the first scheduled school day for students. Tryouts for teams will be counted as practice days. The first five (5) days of football practice must be without contact. Students may be offered up to a 2 day try-out and be added to the roster up until the first game for extenuating circumstances. Start date for sport and season will be submitted annually by the Athletic Council Chairperson. Start dates may be adjusted due to inclement weather and/or unforeseen circumstances.

### *SECTION 2: PRACTICE*

There will be **no** practice session or meetings on weekends, holidays, non-school days or days in which schools release early. There will be no practices held on days schools are closed due to inclement weather.

### *SECTION 3: OUT-OF-SEASON PRACTICE*

There will be no out-of-season practices. This includes clinics, intramurals, or open gyms exclusively for the students at your school.

### *SECTION 4: LENGTH OF PRACTICE SESSIONS*

The maximum length of all practice sessions shall be two (2) hours. All practices must be completed by 5:15 p.m. This limit is for actual practice time, not dressing and transportation. Such factors as weather, transportation problems, and the student's' physical condition should help the coaches decide on the days and lengths of practices. Friday practices are optional for coaches and upon approval by the Principal or his/her designee.

## **RULE 5: PARTICIPATION LIMITATION**

In accordance with Spotsylvania County School Board policy, middle school students will be eligible to participate on competitive teams at the middle school level only. Middle school students may participate only on one team per sports season.

## **RULE 6: INSURANCE**

All students participating on any athletic team must be covered by some type of accident insurance. The student accident insurance policy that is made available by the school system will cover a student's participation. If this school insurance is not taken

out, then the students must have a similar policy covering them. A record should be kept stating that each student is covered.

## **RULE 7: SAFETY PRECAUTIONS**

### *SECTION 1. SUPERVISION*

A coach or faculty representative must be present at every practice session or contest.

### *SECTION 2. EQUIPMENT*

A first aid kit should be present at every practice or contest. All athletes must have properly fitted required equipment for all practices or contests. Equipment should be purchased with the safety of the student in mind. Athletes with glasses must wear glasses strap and athletes with braces should wear a mouthguard.

### *SECTION 3. WEATHER*

Extreme heat or cold, rain, or other adverse weather conditions should be carefully considered in deciding whether to practice or hold a contest. All middle level sports activities will adhere to Virginia High School League Heat Index guidelines, found at [www.vhsl.org](http://www.vhsl.org). See Appendix I.

### *SECTION 4. EMERGENCIES*

Coaches must not attempt to diagnose injuries. They should use simple first aid only. Each student should have on file an emergency phone number. Numbers for rescue squads should be kept readily available. COACHES SHOULD BE PROVIDED A LIST OF EMERGENCY INFO BY AD (PART 4 AND 5 OF VHSL PHYSICAL FORM).

### *SECTION 5. BLOOD PATHOGENS*

All coaches should use proper blood pathogen techniques in caring for a bleeding player. Each athletic activity should have a coach or school employee available who has had the Hepatitis B Vaccine. At no time, should a student be allowed deal with any type of blood clean up situation.

## **RULE 8: FORMS**

### *SECTION 1. ATHLETIC PARTICIPATION FORMS*

The standard Virginia High School League physical and parental permission form should be used. All sections of the form, including parental permissions, insurance, medical history, and physical examination, must be completely filled out.

## *SECTION 2. ELIGIBILITY LISTS*

The standard Virginia High School League eligibility list should be used. Each school must send an eligibility list to the principal/athletic director of every school they play. This list must arrive at least one day before the first scheduled contest of the sport. If a student's name does not appear on the eligibility list, then he/she is not eligible to participate. All information on the list must be checked for accuracy.

## *SECTION 3. HEALTH, SAFETY, AND CONCUSSION AWARENESS AND ACKNOWLEDGMENT FORM*

The SCPS HSC Awareness and Acknowledgement Form should be used to confirm student and parent concussion education. The form must be received with the VHSL physical form. No student can participate in athletics until this form is received by the school. Electronic documentation of training and form is acceptable. A hard copy of the SCPS HSC Awareness and Acknowledgement Form can be required as the school's discretion.

## **RULE 9: SCHEDULING**

### *SECTION 1. RESPONSIBILITY*

A master sports schedule for all schools will be made by the school appointed by the Executive Council. This responsibility will be awarded to a school for a two consecutive year period.

**FREEDOM 2014-2016**  
**POST OAK MIDDLE 2016-2018**  
**NI RIVER 2018-2020**  
**SPOTSYLVANIA 2020-2022**  
**THORNBURG 2022-2024**  
**BATTLEFIELD 2024-2026**  
**CHANCELLOR 2026-2028**

## **RULE 10: CONTEST DAYS AND TIMES**

### *SECTION 1. CONTEST DAYS*

All contests will be scheduled for Monday through Thursday, **when possible. Football must have two days between games.**

### *SECTION 2. CONTEST TIME*

Each contest should start no earlier than 3:45 p.m.

### *SECTION 3. WARM-UP TIME*

A fifteen-minute warm-up time will be given to each team, depending upon bus arrival time, unless noted otherwise for a specific sport.

### *SECTION 4. NIGHT CONTESTS*

No contests will be scheduled at night unless permission is granted by the Superintendent/Designee of Spotsylvania County Schools.

## **RULE 11: POSTPONEMENTS AND CANCELLATIONS**

### *SECTION 1. CLOSING OF SCHOOLS*

If schools are closed due to inclement weather or other emergencies, then all practices and contests will automatically be canceled for that day.

### *SECTION 2. MUTUAL CONSENT*

The principals and/or designee of all involved schools may, by mutual consent, postpone or cancel athletic contests.

### *SECTION 3. RESPONSIBILITY FOR RESCHEDULING*

The home team is responsible for rescheduling any postponed contests with the opposing school.

### *SECTION 4. MAKE-UP DATES*

Games are to be made up as soon as is convenient for all involved schools. Efforts should be made not to extend a game into another sports season. **Football must have two days between games.**

## **RULE 12: ADMISSIONS**

### *SECTION 1. SPORTS*

Admission will be charged for all sports.

### *SECTION 2. PRICES*

Admission prices for all contests are as follows:

- Adults/Students = \$3.00
- Pre-school/elementary students (10 years old or younger) = Free
- Senior citizens (60 years old or older) = Free

- Spotsylvania County Public School staff (or Spotsylvania County staff) and one guest are admitted FREE with ID badge

### **RULE 13: SCRIMMAGE GAMES**

Each school will be allowed **one** pre-season scrimmage contest per sport. This scrimmage must be held prior to the first contest. These scrimmage contests are to be scheduled by the individual schools, must be played against a Spotsylvania County middle school, and played in Spotsylvania County.

### **RULE 14: TRANSPORTATION**

All teams must be transported to and from all contests on county transportation unless special permission is given by the Superintendent/Designee. Each individual school is responsible for requesting or canceling their own transportation. Parents are responsible for Saturday events.

### **RULE 15: EARLY DISMISSAL**

Early dismissal from class for athletic competition should be held to a minimum.

### **RULE 16: OFFICIALS**

It will be the responsibility of each school to arrange for officials for all home athletic events. (Each individual school must obtain its own workers for track.) In case of postponement or cancellations, each school must notify the person in charge of officials who will then notify the officials of the change and schedule them for the make-up dates.

### **RULE 17: TROPHIES AND INDIVIDUAL AWARDS**

It will be the responsibility of the winning school for each tournament to provide trophies and/or awards for their teams & individual athletes, as desired.

### **RULE 18: EQUIPMENT**

Each school is responsible for the purchase and care of its own equipment. Revenue for equipment may be from gate receipts, School Board supplements, or fund raising projects. Equipment should be purchased with the safety of the students always the highest priority. Every effort should be made to equip as many students as possible.

### **RULE 19: ORGANIZATIONAL MEETINGS**

Team meetings with students and parents may be held before the first day of official practice after rosters are established. These meetings will include the distribution of information.

## **RULE 20: COACHES' MEETINGS**

The coaches at each school should attempt to meet prior to the start of each season, under the direction of the athletic director. The coaches are very important to the success of the athletic program and must be well informed on the rules of this manual and the National Federation of State High School Association Rule book.

## **RULE 21: SPORTSMANSHIP**

Any team member exhibiting poor sportsmanship will be subject to disciplinary action by the coach and/or principal and may be removed from the team. Coaches are expected to serve as role models for the students by exhibiting good sportsmanship (See Appendix 2). To that end, any coach who exhibits poor sportsmanship and/or is ejected from a contest will immediately remove themselves from the field of play and serve a minimum of a one-game suspension for the contest immediately following. If the game suspension occurs at the end of the regular season, then the one-game suspension will occur during tournament play or at the beginning of the next athletic season.

## **RULE 22: STUDENT ATTENDANCE**

Students must be present at least half of the school day to be eligible to practice or participate in a game or contest.

## **RULE 23: TRANSFER STUDENTS**

If the season has started, transfer students may not be added to the roster. If tryouts are still in progress, transfer students will be allowed to try out.

## **RULE 24: CLARIFICATIONS**

### *SECTION 1. FIFTH QUARTER*

The Fifth Quarter is an extra quarter that is played before the regulation game is played, given that both teams have enough players to field a 5th quarter team. **The purpose is to allow players who don't start or see a lot of "playing time" to gain experience in game-like situations.** Students who are starters are not permitted to play during the fifth quarter. Fifth quarter events include: Football, Basketball, Volleyball, and Soccer will begin at 4:00 pm. Wrestling will begin at 4:15 p.m.; however extenuating circumstances may prohibit a 5<sup>th</sup> quarter from taking place.

## *SECTION 2: UNIFORMS*

To ensure there are no conflicts with uniform color during contests. ADs are responsible for updating the uniform color document (Google Record Keeper Document) and reviewing opponents home/away colors before each sport season. If a school only has one jersey, it can contact the opposing team two (2) days before the contest to inform the team of their color jersey.

## *SECTION 3: RULES*

SCPC Middle School Athletics will be governed by the rules of the National Federation of State High School Association and the rules of the Virginia High School League unless they have been changed by the middle school athletic council and/or this handbook.

## SECTION 4. VIDEO RECORDING

Video recordings of practice and/or games can only occur when your team is participating and must be completed by the coach or coach's designee. A coach cannot accept or view any recordings from other sources, except fellow coaches by mutual agreement.

# PART IV

## BOYS' SPORTS





## **BOY'S SPORTS**

### **BOYS' FOOTBALL**

#### **RULE 1: SPORT SEASON**

Boys' football will be played during the fall sports season.

#### **RULE 2: SCHEDULE**

All teams will be scheduled to play a minimum of six (6) games.

#### **RULE 3: LENGTH OF GAME**

All teams will play eight (8) minute quarters in every game.

#### **RULE 4: TEAM SIZE**

The size of the football team will not be limited. Every effort should be made to keep all players, unless there is a lack of sufficient, safe equipment.

#### **RULE 5: OFFICIALS**

Each game played should have four (4) officials.

#### **RULE 6: RULES**

All games will be governed by the rules of the National Federation of State High School Association and Virginia High School League rules, unless they have been changed by the rules of this manual.

#### **RULE 7: FULL TEAM PARTICIPATION**

Every member of each team may play in every game or an alternative to the game, such as fifth quarter or scrimmage games for substitutes. The only exceptions to participation would be physical inability of the athlete or disciplinary action taken by the coaches or principals.

#### **RULE 8: UNIFORMS**

See "Record Keeper" in Google Athletic Folder to view updated jersey colors.

#### **RULE 9: EQUIPMENT**

*Section 1: Provided Equipment*

- Schools will provide for players a helmet, shoulder pads, uniform jersey, uniform pants, practice jersey, practice pants, girdle/pads, mouth guard, and belt.
- Schools may provide socks.

*Section 2:* Players who wear glasses must provide and wear a glasses strap.

*Section 3:* Players who have braces must provide and wear a mouthguard.

### **RULE 10: TIES**

If there is a tie at the end of regulation play, a coin toss will determine which team takes possession first. Each team will get 4 plays from the 10 yard line to score. If the score is tied at the end of the end of the series of downs, play will continue until the tie is broken.

### **RULE 11: FIFTH QUARTER**

If a fifth quarter is played, it should be played prior to the regular game (except after the change to Standard Time - fifth quarter will be played after regular game). The fifth quarter or scrimmage game for substitutes shall be played under actual game conditions, but the score will not be counted in the regularly scheduled contest. The fifth quarter clock in football will be a running clock that only stops during time-outs or injuries.

#### **Fifth Quarter Football**

The visiting team will begin on offense on the 20 yard line going into to score. They have 4 plays to make a first down, if they make the first down (10 yard line) then they have another 4 plays to score. Once the team scores or there is a change of possession then the other team will then take over on the 20 yard line going in.

There will be no two point conversions in fifth quarter, once a TD is scored then possession changes.

If a turnover occurs (fumble/interception) then once the play is dead regardless of where it is returned to the recovering team will then take over on the 20 yard line going in.

Eight minute running time.

Keep switching possession until time has run out

## **BOYS' BASKETBALL**

### **RULE 1: SPORT SEASON**

Boys' basketball will be played during the winter sports season.

### **RULE 2: SCHEDULE**

All teams will be scheduled to play a minimum of eight (8) games.

### **RULE 3: LENGTH OF GAME**

All teams will play six (6) minute quarters in every game.

### **RULE 4: TEAM SIZE**

The number of players will be left up to each individual coach.

### **RULE 5: OFFICIALS**

Each game should have two (2) officials.

### **RULE 6: RULES**

All games will be governed by the rules of the National Federation of State High School Association and Virginia High School League rules, unless they have been changed by the rules of this manual.

### **RULE 7: FULL TEAM PARTICIPATION**

Each team member will participate in each regular season contest. The only exception for participation would be physical inability of the athlete or disciplinary action by the coach or principal.

### **RULE 8: UNIFORMS**

The home team wears the LIGHT color; away team the DARK color. See "Record Keeper" in Google Athletic Folder to view updated jersey colors.

### **RULE 9: EQUIPMENT**

*Section 1:* Provided Equipment

- Schools will provide for players a jersey and shorts.
- Schools may provide a practice jersey.

*Section 2:* Players who wear glasses must provide and wear a glasses strap.

*Section 3:* Players who have braces must provide and wear a mouthguard.

**RULE 10: TIES**

A three (3) minute overtime period will be played until the winner is determined.

**RULE 11: FIFTH QUARTER**

In order to allow each member of the team to participate, a fifth quarter will be played prior to the start of the regular game. This quarter will be played under actual game conditions, but the score will not be counted in the regularly scheduled contest. The clock will be a running clock for a six (6) minute period of time.

**BOYS' WRESTLING****RULE 1: SPORTS SEASON**

Wrestling will take place during the winter sports season.

**RULE 2: SCHEDULE**

All teams will be scheduled to participate in eight (8) matches.

**RULE 3: LENGTH OF MATCHES**

*Section 1: Regular Matches*

- Each regular match of a meet shall consist of three two-minute periods.

*Section 2: Exhibition Matches*

- Exhibition matches shall consist of three periods that consist of two-one-one (minute) periods.

**RULE 4: TEAM SIZE**

The number of players will be left up to each individual coach.

**RULE 5: OFFICIALS**

Each dual match should have one (1) official.

**RULE 6: RULES**

All games will be governed by the rules of the National Federation of State High School Association and Virginia High School League rules, unless they have been changed by the rules of this manual.

**RULE 7: FULL TEAM PARTICIPATION**

In order to allow each member of the team to participate, Exhibition Matches will be played prior to the start of the regular match. These matches will be played under

actual conditions, but the score will not be counted in the regularly scheduled contest. Every member of the team may play in either the exhibition or the regular match. The only exception participation would be physical inability of the athlete or disciplinary action by the coach or principal.

**RULE 8: UNIFORMS**

See “Record Keeper” in Google Athletic Folder to view updated jersey colors.

**RULE 9: EQUIPMENT**

*Section 1:* Provided Equipment

- Schools will provide for players a singlet and a standard head gear.

*Section 2:* Players who wear glasses must provide and wear a glasses strap.

*Section 3:* Players who have braces must provide and wear a mouthguard.

**RULE 10: TIES**

A tie of a dual meet will remain a tie, no tie breaker is needed.

**RULE 11: WEIGH-IN**

- Weigh-ins shall take place at least thirty minutes before the start of the first match. If a wrestler does not make weight, then he has thirty minutes in which he can try to make weight. The official will conduct the weigh-ins when possible. If the official is not available for the weigh-in, then the opposing coaches shall conduct the weigh-in.

**RULE 12: WEIGHT CLASSES**

Weight classes shall be as follows (all measured in pounds):

75	85	95	105	113	121	128	136
144	152	160	175	190	191-215	216-275	

**RULE 13: CERTIFICATION**

*Section 1:* Original Certification

- All wrestlers must be weighed at the first scheduled meet. This weight shall be their certified weight. The wrestler must wrestle at this certified weight class to the next higher weight class.

*Section 2:* Recertification

- If a wrestler cannot make his certified weight class for a meet and is wrestled at the next higher weight class, then he is automatically certified at that new weight class.

**RULE 14: WEIGHT ALLOWANCE**

There shall be a weight/growth allowance of one additional pound after the first match and a second additional pound after January 1.

**BOYS' TRACK & FIELD****RULE 1: SPORT SEASON**

Boys' Track and Field will take place during the spring sports season.

**RULE 2: SCHEDULE**

All teams will be scheduled to participate in six (6) meets.

**RULE 3: LENGTH OF MEET and SUNSET CLAUSE**

Meets must be completed by 6:00 p.m. No event will start after that time unless one event is needed to break a tie.

**RULE 4: TEAM SIZE**

The size of the team shall be left up to the individual coach.

**RULE 5: OFFICIALS**

The home school will officiate the meet and provide workers for each event.

**RULE 6: RULES**

All games will be governed by the rules of the National Federation of State High School Association and Virginia High School League rules, unless they have been changed by the rules of this manual.

**RULE 7: FULL TEAM PARTICIPATION**

Each member of the team may be allowed to participate in at least one event, unless he is physically unable or is being withheld because of disciplinary action of the coaches or principal.

**RULE 8: UNIFORMS**

See "Record Keeper" in Google Athletic Folder to view updated jersey colors.

## **RULE 9: EQUIPMENT**

### *Section 1: Provided Equipment*

- Schools will provide for players a jersey.
- Schools may provide shorts.

*Section 2:* Players who wear glasses must provide and wear a glasses strap.

*Section 3:* Players who have braces must provide and wear a mouthguard.

## **RULE 10: TIES**

A tie of a dual meet will remain a tie, no tie breaker is needed.

## **RULE 11: MEASUREMENT**

Measurements for track running events will be meters.

## **RULE 12: ORDER OF EVENTS**

### *Section 1: Field Events*

- The field events will be shot put, discus, long jump, and high jump. The shot put will usually precede the discus. Special circumstances, such as combined boys' and girls' meet, may cause the order of the field events to be changed. Normally, all field events will be completed before the running events will be started. Field events are to begin immediately after the visiting team arrives (short warm-up).

### *Section 2: Running Events*

- 1) 2400 meters will start the second round of field events
- 2) Girls' 80 Meter Hurdle
- 3) Boys' 80 Meter Hurdle
- 4) Girls' 100 Meter Dash
- 5) Boys' 100 Meter Dash
- 6) Girls' and Boys' 1600 Meter Run
- 7) Girls' 4x100 Relay
- 8) Boys' 4x100 Relay
- 9) Girls' 400 Meter Run
- 10) Boys' 400 Meter Run
- 11) Girls' 200 Meter Low Hurdles
- 12) Boys' 200 Meter Low Hurdles
- 13) Girls' and Boys' 800 Meter Run
- 14) Girls' 200 Meter Dash
- 15) Boys' 200 Meter Dash
- 16) Girls' 1600 Meter Relay

- 17) Boys' 1600 Meter Relay

## **RULE 13: INDIVIDUAL LIMITATIONS**

### *Section 1: Field Events*

- An athlete may participate in any number of field events.

### *Section 2: Running Events*

- An athlete may participate in a maximum of three running events, provided that none of these three events is longer than an 800. If an athlete runs in an event which is longer than an 800, then he may run in a maximum of only two events.

## **RULE 14: TEAM LIMITATIONS**

### *Section 1: Dual Meets*

- Dual meets shall have unlimited entrants in all events. One relay team in each relay race must be designated as the only team, which may score points for a school.

## **RULE 15: FIELD EVENTS**

### *Section 1: Attempts*

- Each competitor shall have three attempts in the shot put, discus, high jump, and long jump.

### *Section 2: Shot Put*

- Shots shall weigh eight pounds and shall be furnished by the individual teams.

### *Section 3: Discus*

- The discus shall weigh one kilogram or two pounds 3.274 ounces and shall be furnished by the individual teams.

### *Section 4: High Jump*

- Competition shall start at a height of 4'6" and progressing two inches each time until five feet is reached, then one inch thereafter.

## **RULE 16: HURDLES**

The hurdles shall be set at a height of 30 inches. There will be eight hurdles for the 80 meter event with a 10 meter start and a 10.5 meter finish. The 80 meter hurdles shall be spaced on the 100 meter hurdle marks or 8.5 meters apart. There will be five hurdles for the 200 meter event with approximately a 20 meter start and a 40 meter finish. The 200 meter hurdles should be spaced at 35 meters apart.

## **RULE 17: SCORE SHEETS**



All schools must provide and use score sheets.

## **RULE 18: TRACK MEET ORDER OF EVENTS**

Field Events (approximately 3:45)

- First Round
  - BOY'S Long Jump and Discus and GIRLS' Shot Put and High Jump
- Second Round
  - BOYS' High Jump and Shot Put and GIRLS' Long Jump and Discus

Running Events

- 1) 2400 meters will start the second round of field events
- 2) Girls' 80 Meter Hurdle
- 3) Boys' 80 Meter Hurdle
- 4) Girls' 100 Meter Dash
- 5) Boys' 100 Meter Dash
- 6) Girls' and Boys' 1600 Meter Run
- 7) Girls' 4x100 Relay
- 8) Boys' 4x100 Relay
- 9) Girls' 400 Meter Run
- 10) Boys' 400 Meter Run
- 11) Girls' 200 Meter Low Hurdles
- 12) Boys' 200 Meter Low Hurdles
- 13) Girls' and Boys' 800 Meter Run
- 14) Girls' 200 Meter Dash
- 15) Boys' 200 Meter Dash
- 16) Girls' 1600 Meter Relay
- 17) Boys' 1600 Meter Relay

## **RULE 19: INCLEMENT WEATHER**

In the event of rain, eight (8) running events must be completed to determine a winner. If fewer than eight (8) running events have been completed, then the decision to reschedule the meet will be requested by the coaches and approved by the athletic directors.

## **RULE 20: TEAM ENTRIES**

Track sheets must arrive to host school by noon the day before the scheduled meet.

## **BOYS' SOCCER**

### **RULE 1: SPORT SEASON**

Boys' Soccer will be played during the spring sports season.

### **RULE 2: SCHEDULE**

All teams will be scheduled to play an eight (8) game schedule.

### **RULE 3: LENGTH OF GAME**

All teams will play two thirty (30) minute halves with a ten (10) minute halftime.

### **RULE 4: TEAM SIZE**

The number of players will be left up to each individual coach.

### **RULE 5: OFFICIALS**

Each game will have two (2) officials.

### **RULE 6: RULES**

All games will be governed by the rules of the National Federation of State High School Association and Virginia High School League rules, unless they have been changed by the rules of this manual.

### **RULE 7: FULL TEAM PARTICIPATION**

Every member of the team may play in either the fifth quarter or the regular game. The only exception for participation would be physical inability of the athlete or disciplinary action by the coach or principal.

### **RULE 8: UNIFORMS**

#### *Section 1: Uniform Color*

- Each school will wear a jersey in their school's dominant color as agreed upon by athletic directors.
- See "Record Keeper" in Google Athletic Folder to view updated jersey colors.

### **RULE 9: EQUIPMENT**

*Section 1: A #5 soccer ball shall be used.*

*Section 2: Home team provides the game ball; visiting team provides a 2nd ball.*

*Section 3:* Only soccer cleats are to be worn.

*Section 4:* Players who wear glasses must provide and wear a glasses strap.

*Section 5:* Players who have braces must provide and wear a mouthguard.

*Section 6:* Provided Equipment

- Schools will provide for players a jersey, shorts, goalie jersey, and goalie gloves.
- Schools may provide socks.

### **RULE 10: TIES**

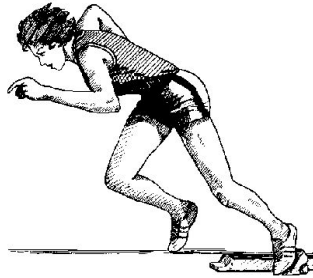
If a game ends in a tie, there will be a three ball shoot out. The first kick goes to the coin toss winner alternating shots will follow. If there is still a tie after both teams have had three kicks, go to one shot each until a winner is determined.

### **RULE 11: FIFTH QUARTER**

In order to allow each member of the team to participate, a fifth quarter will be played prior to the start of the regular game. This quarter will be played under actual game conditions, but the score will not be counted in the regularly scheduled contest. The clock will be a running clock for a ten (10) minute period of time for the Fifth Quarter. The Fifth Quarter in soccer will occur at the beginning of the regular game. If the referees are unable to officiate the Fifth Quarter due to time constraints, the Fifth Quarter will be officiated by the two coaches.

# PART V

## GIRLS' SPORTS



## **GIRLS' SPORTS**

### **GIRLS' BASKETBALL**

#### **RULE 1: SPORT SEASON**

Girls' basketball will be played during the fall sports season.

#### **RULE 2: SCHEDULE**

All teams will be scheduled to play eight (8) games.

#### **RULE 3: LENGTH OF GAME**

All teams will play six (6) minute quarters in every game.

#### **RULE 4: TEAM SIZE**

The number of players will be left up to each individual coach.

#### **RULE 5: OFFICIALS**

Each game should have two (2) officials.

#### **RULE 6: RULES**

All games will be governed by the rules of the National Federation of State High School Association and Virginia High School League rules, unless they have been changed by the rules of this manual.

#### **RULE 7: FULL TEAM PARTICIPATION**

Each team member will participate in each regular season contest. The only exception for participation would be physical inability of the athlete or disciplinary action by the coach or principal.

#### **RULE 8: UNIFORMS**

The home team wears the LIGHT color; away team the DARK color. See "Record Keeper" in Google Athletic Folder to view updated jersey colors.

#### **RULE 9: EQUIPMENT**

*Section 1:* Provided Equipment

- Schools will provide for players a jersey and shorts.
- Schools may provide a practice jersey.

*Section 2:* Players who wear glasses must provide and wear a glasses strap.

*Section 3:* Players who have braces must provide and wear a mouthguard.

**RULE 10: TIES**

A three (3) minute overtime period will be played until the winner is determined.

**RULE 11: FIFTH QUARTER**

In order to allow each member of the team to participate, a fifth quarter will be played prior to the start of the regular game. This quarter will be played under actual game conditions, but the score will not be counted in the regularly scheduled contest. The clock will be a running clock for a six (6) minute period of time.

**GIRLS' SOCCER****RULE 1: SPORT SEASON**

Girls' Soccer will be played during the fall sports season.

**RULE 2: SCHEDULE**

All teams will be scheduled to play an eight (8) game schedule.

**RULE 3: LENGTH OF GAME**

All teams will play two thirty (30) minute halves with a ten (10) minute halftime.

**RULE 4: TEAM SIZE**

The number of players will be left up to each individual coach.

**RULE 5: OFFICIALS**

Each game will have two (2) officials.

**RULE 6: RULES**

All games will be governed by the rules of the National Federation of State High School Association and Virginia High School League rules, unless they have been changed by the rules of this manual.

**RULE 7: FULL TEAM PARTICIPATION**

Every member of the team may play in either the fifth quarter or the regular game. The only exception for participation would be physical inability of the athlete or disciplinary action by the coach or principal.

## **RULE 8: UNIFORMS**

### *Section 1: Uniform Color*

- Each school will wear a jersey in their school's dominant color as agreed upon by athletic directors. See "Record Keeper" in Google Athletic Folder to view updated jersey colors.

## **RULE 9: EQUIPMENT**

*Section 1: A #5 soccer ball shall be used.*

*Section 2: Home team provides the game ball; visiting team provides a 2nd ball.*

*Section 3: Only soccer cleats are to be worn.*

*Section 4: Players who wear glasses must provide and wear a glasses strap.*

*Section 5: Players who have braces must provide and wear a mouthguard.*

*Section 6: Provided Equipment*

- Schools will provide for players a jersey, shorts, goalie jersey, and goalie gloves.
- Schools may provide socks.

## **RULE 10: TIES**

If a game ends in a tie, there will be a three ball shoot out. The first three kicks go to the coin toss winner. If there is still a tie after both teams have had three kicks, go to one shot each.

## **RULE 11: FIFTH QUARTER**

In order to allow each member of the team to participate, a fifth quarter will be played prior to the start of the regular game. This quarter will be played under actual game conditions, but the score will not be counted in the regularly scheduled contest. The clock will be a running clock for a ten (10) minute period of time for the Fifth Quarter. The Fifth Quarter in soccer will occur at the beginning of the regular game. If the referees are unable to officiate the Fifth Quarter due to time constraints, the Fifth Quarter will be officiated by the two coaches.

## **GIRLS' VOLLEYBALL**

### **RULE 1: SPORT SEASON**

Girls' Volleyball will be played during the winter sports season.

## **RULE 2: SCHEDULE**

All teams will be scheduled to play an eight (8) game schedule.

## **RULE 3: LENGTH OF GAME**

- Matches are best 2 out of 3 to 25 with no cap.
- Use rally scoring.
- The let serve style will be utilized.
- In the event a third game is necessary, it will be played to 15 with no cap.
- One-fifth quarter game will be played prior to regular match to 25 with no cap.

## **RULE 4: TEAM SIZE**

The number of team members shall be left up to the individual coach.

## **RULE 5: OFFICIALS**

Each contest shall have one (1) endorsed official.

## **RULE 6: RULES**

All games will be governed by the rules of the National Federation of State High School Association and Virginia High School League rules, unless they have been changed by the rules of this manual.

## **RULE 7: FULL TEAM PARTICIPATION**

Every member of the team may play in either the fifth quarter or the regular game. The only exception for participation would be physical inability of the athlete or disciplinary action by the coach or principal.

## **RULE 8: UNIFORMS**

See "Record Keeper" in Google Athletic Folder to view updated jersey colors.

## **RULE 9: EQUIPMENT**

*Section 1:* Provided Equipment

- Schools will provide for players a jersey
- Schools may provide shorts, socks, and knee pads.

*Section 2:* Players who wear glasses must provide and wear a glasses strap.

*Section 3:* Players who have braces must provide and wear a mouthguard.

## **RULE 10: TIES**

Normal match set up (best 2 out of 3 games) determines a winner; ties do not happen.



**RULE 11: 5<sup>th</sup> Quarter**

In order to allow each member of the team to participate, a fifth quarter will be played prior to the start of the regular game. This quarter will be played under actual game conditions, but the score will not be counted in the regularly scheduled contest. The game will be played to 25 with no cap.

**GIRLS' SOFTBALL****RULE 1: SPORT SEASON**

Girls' fast pitch Softball will be played during the spring sports season.

**RULE 2: SCHEDULE**

All teams will be scheduled to play an eight (8) game schedule.

**RULE 3: LENGTH OF GAME**

The length of the softball game shall be seven full innings unless shortened by mutual consent or by ruling of the official. The time limit of the game will be an hour and half from the first pitch, unless there is a tie. No new inning can begin after the hour and half of play if the game is not tied. If one team is ahead by ten (10) runs after the opposing team has been at bat five (5) times, the game will be called, and the victory awarded to the leading team.

**RULE 4: TEAM SIZE**

The number of players will be left up to each coach.

**RULE 5: OFFICIALS**

Each game shall have one (1) official.

**RULE 6: RULES**

All games will be governed by the rules of the National Federation of State High School Association and Virginia High School League rules, unless they have been changed by the rules of this manual.

**RULE 7: FULL TEAM PARTICIPATION**

Each member of each team must enter and play in every game unless physical inability of the athlete or disciplinary action by the coach or principal prevents it.

**RULE 8: UNIFORMS**

See “Record Keeper” in Google Athletic Folder to view updated jersey colors.

## **RULE 9: EQUIPMENT**

### *Section 1: Hitters and Runners*

- Each team member will wear a batting helmet when batting, running bases, or standing in the “on deck” circle.

### *Section 2: Catchers*

- Each catcher will be equipped with a catcher’s mask, v-throat plate, helmet, shin guards, and chest protector.

### *Section 3: Provided Equipment*

- Schools will provide for players a jersey and shorts or pants.
- Schools may provide socks.
- Schools may have available for player use - helmets, bats, catcher’s gear.

*Section 4:* Players who wear glasses must provide and wear a glasses strap.

*Section 5:* Players who have braces must provide and wear a mouthguard/face mask.

*Section 6:* Metal cleats are NOT ALLOWED to be worn.

## **RULE 10: Ties**

Additional innings will be played until the tie is broken. No new inning can begin after the hour and half of play, unless there is a tie. After an hour and a half, a runner will be placed on second at the beginning of each half inning (International Tiebreaker Rule). The runner placed on second should be the last out of the previous inning.

## **RULE 11: WARM-UP**

Order: The home team shall warm-up first; away team second.

## **GIRLS’ TRACK AND FIELD**

### **RULE 1: SPORT SEASON**

Girls’ Track and Field will take place during the spring sports season.

### **RULE 2: SCHEDULE**

All teams will be scheduled to participate in six (6) meets.

### **RULE 3: LENGTH OF MEET and SUNSET CLAUSE**

Meets must be completed by 6:00 p.m. No event will start after that time unless one event is needed to break a tie.

#### **RULE 4: TEAM SIZE**

The size of the team shall be left up to the individual coach.

#### **RULE 5: OFFICIALS**

The home school will officiate the meet and provide workers for each event.

#### **RULE 6: RULES**

All games will be governed by the rules of the National Federation of State High School Association and Virginia High School League rules, unless they have been changed by the rules of this manual.

#### **RULE 7: FULL TEAM PARTICIPATION**

Each member of the team may be allowed to participate in at least one event, unless he is physically unable or is being withheld because of disciplinary action of the coaches or principal.

#### **RULE 8: UNIFORMS**

See "Record Keeper" in Google Athletic Folder to view updated jersey colors.

#### **RULE 9: EQUIPMENT**

*Section 1: Provided Equipment*

- Schools will provide for players a jersey.
- Schools may provide shorts.

*Section 2: Players who wear glasses must provide and wear a glasses strap.*

*Section 3: Players who have braces must provide and wear a mouthguard.*

#### **RULE 10: TIES**

A tie of a dual meet will remain a tie, no tie breaker is needed.

#### **RULE 11: MEASUREMENT**

Measurements for track running events will be meters.

#### **RULE 12: ORDER OF EVENTS**

*Section 1: Field Events*

- The field events will be shot put, discus, long jump, and high jump. The shot put will usually precede the discus. Special circumstances, such as combined boys' and girls' meet, may cause the order of the field events to be changed. Normally,

all field events will be completed before the running events will be started. Field events are to begin immediately after the visiting team arrives (short warm-up).

*Section 2: Running Events*

- 1) 2400 meters will start the second round of field events
- 2) Girls' 80 Meter Hurdle
- 3) Boys' 80 Meter Hurdle
- 4) Girls' 100 Meter Dash
- 5) Boys' 100 Meter Dash
- 6) Girls' and Boys' 1600 Meter Run
- 7) Girls' 4x100 Relay
- 8) Boys' 4x100 Relay
- 9) Girls' 400 Meter Run
- 10) Boys' 400 Meter Run
- 11) Girls' 200 Meter Low Hurdles
- 12) Boys' 200 Meter Low Hurdles
- 13) Girls' and Boys' 800 Meter Run
- 14) Girls' 200 Meter Dash
- 15) Boys' 200 Meter Dash
- 16) Girls' 1600 Meter Relay
- 17) Boys' 1600 Meter Relay

**RULE 13: INDIVIDUAL LIMITATIONS**

*Section 1: Field Events*

- An athlete may participate in any number of field events.

*Section 2: Running Events*

- An athlete may participate in a maximum of three running events, provided that none of these three events is longer than an 800. If an athlete runs in an event which is longer than an 800, then he may run in a maximum of only two events.

**RULE 14: TEAM LIMITATIONS**

*Section 1: Dual Meets*

- Dual meets shall have unlimited entrants in all events. One relay team in each relay race must be designated as the only team, which may score points for a school.

## **RULE 15: FIELD EVENTS**

### *Section 1: Attempts*

- Each competitor shall have three attempts in the shot put, discus, high jump, and long jump.

### *Section 2: Shot Put*

- Shots shall weigh six pounds and shall be furnished by the individual teams.

### *Section 3: Discus*

- The discus shall weigh one kilogram or two pounds 3.274 ounces and shall be furnished by the individual teams.

### *Section 4: High Jump*

- Competition shall start at a height of three feet, eight inches and progressing two inches each time until four feet, two inches is reached, then one inch thereafter.

## **RULE 16: HURDLES**

The hurdles shall be set at a height of 30 inches. There will be eight hurdles for the 80 meter event with a 10 meter start and a 10.5 meter finish. The 80 meter hurdles shall be spaced on the 100 meter hurdle marks or 8.5 meters apart. There will be five hurdles for the 200 meter event with approximately a 20 meter start and a 40 meter finish. The 200 meter hurdles should be spaced at 35 meters apart.

## **RULE 17: SCORE SHEETS**

All schools must provide and use score sheets.

## **RULE 18: TRACK MEET ORDER OF EVENTS**

Field Events (approximately 3:45)

- First Round
  - BOY'S Long Jump and Discus and GIRLS' Shot Put and High Jump
- Second Round
  - BOYS' High Jump and Shot Put and GIRLS' Long Jump and Discus

Running Events

- 1) 2400 meters will start the second round of field events
- 2) Girls' 80 Meter Hurdle
- 3) Boys' 80 Meter Hurdle
- 4) Girls' 100 Meter Dash
- 5) Boys' 100 Meter Dash
- 6) Girls' and Boys' 1600 Meter Run

- 7) Girls' 4x100 Relay
- 8) Boys' 4x100 Relay
- 9) Girls' 400 Meter Run
- 10) Boys' 400 Meter Run
- 11) Girls' 200 Meter Low Hurdles
- 12) Boys' 200 Meter Low Hurdles
- 13) Girls' and Boys' 800 Meter Run
- 14) Girls' 200 Meter Dash
- 15) Boys' 200 Meter Dash
- 16) Girls' 1600 Meter Relay
- 17) Boys' 1600 Meter Relay

**RULE 19: INCLEMENT WEATHER**

In the event of rain, eight (8) running events must be completed to determine a winner. If fewer than eight (8) running events have been completed, then the decision to reschedule the meet will be requested by the coaches and approved by the athletic directors.

**RULE 20: TEAM ENTRIES**

Track sheets must arrive to host school by noon the day before the scheduled meet.

# Part VI

## TOURNAMENTS



## TOURNAMENTS

### **RULE 1: TOURNAMENTS**

Tournaments will be held the week after the regular season concludes. Dates will be determined by the Middle School Athletic Council at the start of each school year.

### **RULE 2: TEAM PARTICIPATION**

Participation in the tournaments is as follows:

#### Basketball, Soccer, Volleyball, Softball

The top four teams of these sports will compete in the tournaments. This will include two semifinal games and one final game. The top four teams will be determined by their regular season records; tiebreakers will be utilized if needed. All games will be played at the higher seeded schools on the determined dates.

- Semi Finals (1 v 4) and (2 v 3)
- Finals (winners of semi final games)
- If a semi-final game(s) is canceled, then the higher seeded team will advance.
- If a game is suspended for any reason whichever team is winning at the time of suspension shall be declared the winner. If the game is tied at the time of suspension the higher seed will advance. Should a championship game be tied at the time of suspension, both teams shall be declared co-champions.
- If any semi final or final games are canceled, they will not be rescheduled.

#### Football

The top four teams will play a first-place game and third-place game. The top four teams will be determined by their regular season records; tiebreakers will be utilized if needed. Games will be played at common site with available lighting on the determined date.

- Finals (1 v 2) and (3 v 4)
- If games are cancelled, they will not be rescheduled.

#### Wrestling

The top eight wrestlers in each weight class from each school will compete in a single elimination tournament. A seeding meeting will be held to determine the top wrestlers. For seeding purposes all wrestlers must wrestle at least one regular season match at their tournament weight class and only regular season matches in that weight class will count for seeding record. All first round (quarterfinal) matches will occur on the first tournament date and all subsequent matches (semifinals & finals) will occur on the second tournament date.



- If quarter final date is canceled then semi and final only will be held (top four in each weight class)
- If all matches are canceled, they will not be rescheduled.

Track

The top three runners for each running event, the top two athletes for each field event, and one relay team for each relay event - from each school - will compete in the final all county track meet (track tournament). The final all county track meet will be a combined (boys and girls) finals tournament to be held on the same date at the same location. County meet entries must be received by the director AD's (meet director's) deadline.

- If final track meets are canceled; they will not be rescheduled.

**RULE 3: TIEBREAKERS**

In all cases where a different number of games is played, teams will be seeded based on the highest winning percentages. In all cases where teams have played the same number of games and are tied by overall record, then the following tiebreaker procedures, in order, shall be used to determine seeding order:

- 1) Head-to-head outcomes
- 2) Least points allowed in *ALL CONTESTS FOR THE SEASON*;
- 3) Highest point difference in *ALL CONTESTS AMONG THE TIED TEAMS*;
- 4) Pre-season draw of numbers for the current school year (see below).

Once a tied team has been determined as the top among all tied teams, the tiebreaker procedure will start back at number one with the remaining teams.

For football, number two tiebreaker will be least points allowed in games among tied teams.

For volleyball, number two tiebreaker will be least sets lost in all contests for the season. The number three tiebreaker for volleyball will be least sets lost in all contests among the tied teams.

**RULE 4: PRE-SEASON DRAW**

Pre-season draw for tiebreakers for the 2019-2020 school year are as follows:

1	BMS	5	SMS
2	POMS	6	CMS

3	TMS	7	NRMS
4	FMS		

**RULE 5: FIFTH QUARTER**

There will be no fifth quarter during tournaments.

**RULE 6: INDIVIDUAL PARTICIPATION**

Coaches may determine not to play all athletes during a tournament.

**RULE 7: ADMISSION**

The cost for spectators to attend tournaments is \$5.00. Preschool/elementary students, senior citizens, and Spotsylvania County Public School staff and one guest with ID badge are free.

**RULE 8: ATHLETIC DIRECTOR RESPONSIBILITY**

For football, girls and boys basketball, girls and boys soccer, volleyball, and softball the Athletic Director at the school who has been determined “the director” will secure buses, officials, deputies for the tournament dates and then inform transportation, officials, and deputies of the venue once higher seeds are determined. “The director” AD will develop the brackets for their tournament. ADs at the higher seeded schools during the tournaments will be responsible for securing workers for games and paying officials for those games. Deputies are only required at multiple contests or when multiple teams are at one site (football, wrestling, and track) and championship games (not semi-finals games).

For wrestling the “director” AD will secure officials and hold the bracket seeding meeting. For track, the “director” AD will secure workers for the meets only. All ADs are responsible for securing buses for the wrestling and track tournaments for their individual schools.

**RULE 9: GAME WORKERS**

Staff who “work” tournament games for all sports (i.e. ticket taker, crowd control, clock operator) will be paid \$25.00 per game. Those who work the football, wrestling, volleyball, or track tournaments will be paid \$50.00 each day (due to length of tournament). Wrestling tournament dates shall also be staffed with a paid trainer.

## RULE 10: TOURNAMENT FORMAT AND DETAILS

### 2019-2020 SCPS Middle School Sports Tournaments

Sport	Format	Venue/Time	Date(s)	Director(s)	Rules
Girls Soccer	<u>Top 4 Teams</u> <b>Semi Finals</b> 1 v 4 2 v 3  <b>Final</b> Semi-final winners	Higher Seed 4:00 PM 4:00 PM  Higher Seed 4:00 PM	Wednesday, Oct. 9, 2019  Thursday, Oct. 10, 2019	FMS	NFHS VHSL commonplace
Girls Basketball I	<u>Top 4 Teams</u> <b>Semi Finals</b> 1 v 4 2 v 3  <b>Final</b> Semi-final winners	Higher Seed 4:00 PM 4:00 PM  Higher Seed 4:00 PM	Wednesday, Oct. 9, 2019  Thursdays, Oct. 10, 2019	FMS	NFHS VHSL commonplace
Football	<u>Top 4 Teams</u> 3 v 4 1 v 2 One day event	SHS 4:00 PM 6:00 PM	Thursday, Nov. 7, 2019	POMS	NFHS VHSL commonplace
Volleyball	<u>Top 4 Teams</u> <b>Semi Finals</b> 1 v 4 2 v 3  <b>Final</b> Semi-final winners	4:00 PM 4:00 PM  Higher Seed 4:00 PM	Monday, Dec. 16, 2019  Tuesday, Dec. 17, 2019	TMS	NFHS VHSL commonplace
Boys Basketball I	<u>Top 4 Teams</u> <b>Semi Finals</b> 1 v 4 2 v 3  <b>Final</b> Semi-final winners	Higher Seed 4:00 PM 4:00 PM  Higher Seed 4:00 PM	Monday, Mar. 2, 2020  Tuesday, Mar. 3, 2020	CMS	NFHS VHSL commonplace

<b>Wrestling</b>	<p>Top 8 wrestlers from each weight class Single Elimination with a third place match</p> <p><i>Quarterfinals</i> <i>Semifinals</i></p> <p><i>Finals</i></p>	<p>SMS</p> <p>4:30 PM</p> <p>4:30 PM</p>	<p>Wednesday, Mar. 4, 2020</p> <p>Thursday, Mar. 5, 2020</p>	SMS	NFHS VHSL commonplace
<b>Softball</b>	<p><u>Top 4 Teams</u> <i>Semi Finals</i> 1 v 4 2 v 3</p> <p><i>Final</i> Semi-final winners</p>	<p>Higher Seed 4:00 PM 4:00 PM</p> <p>Higher Seed 4:00 PM</p>	<p>Wednesday, May 13, 2020</p> <p>Thursday, May 14, 2020</p>	NRMS	NFHS VHSL commonplace
<b>Boys Soccer</b>	<p><u>Top 4 Teams</u> <i>Semi Finals</i> 1 v 4 2 v 3</p> <p><i>Final</i> Semi-final winners</p>	<p>Higher Seed 4:00 PM 4:00 PM</p> <p>Higher Seed 4:00 PM</p>	<p>Wednesday, May 13, 2020</p> <p>Thursday, May 14, 2020</p>	NRMS	NFHS VHSL commonplace
<b>Track</b>	<p>Top 3 runners from each school for each running event</p> <p>Top 2 athletes from each school for each field event</p> <p>One relay team from each school for each relay event</p> <p>One day event</p>	TBD 3:45 PM	<p>Thursday, May 7, 2020</p> <p>Entries Due by Thursday, April 30, 2020</p>	SMS BMS	<p>NFHS VHSL commonplace</p> <p>Track entries due to meet director by his/her stated deadline</p>

# APPENDIX 1

## VHSL Weather Guidelines

[Click here for VHSL Heat and Hydration Guidelines](#)

Athletic Directors are to use the Kestrel Heat Stress Tracker to monitor the **Wet Bulb Globe Temperature** for unhealthy weather conditions.

Use the below table under the WBGT heading to determine the appropriate level for participation.

WET BULB TEMPERATURE (WBT) and WET BULB GLOBE TEMPERATURE (WBGT) PARTICIPATION RECOMMENDATIONS					
Level	WBT	WBGT	Duration	Fluid Consumption	Practices
1	<66°	<80°	3 hours maximum	Insist that adequate fluid be ingested	Full gear; minimum of 2 water breaks per hour
2	66.0°-74.9°	80.0°-82.4°	3 hours maximum	Insist that 4 – 6 oz fluid be ingested every 20 minutes	Full gear; minimum of 3 water breaks per hour
3	75.0°-76.9°	82.5°-84.9°	3 hours maximum	Insist that 6 – 8 oz fluid be ingested every 20 minutes	Remove helmets unless active in drill; monitor athletes, rest as needed.
4	77.0°-78.9°	85.0°-87.4°	3 hours maximum, every 45 minutes of work ≥ 15 minutes of rest each hour*	Insist that 8 – 10 oz fluid be ingested every 15 minutes	No equipment during non-contact drills; remove helmet unless active in drill, remove pads when teaching or non-contact portions of practice exceed 10 minutes in length
5	79.0°-80.9°	87.5°-89.9°	3 hours maximum every 45 minutes of work ≥ 20 minutes of rest each hour*	Insist that 8 – 10 oz fluid be ingested every 15 minutes.	Shirt and shorts only, no helmets or equipment; reduce intensity of activity, no equipment or helmets
6	81.0° +	90.0° +	NO OUTDOOR PRACTICES, SCRIMMAGES or COMPETITIONS	Re-hydrate 24 oz for every pound of body weight loss per day.	Practices conducted indoors must follow the Heat Policy

# APPENDIX 2

## SPORTSMANSHIP ETHICS AND INTEGRITY

The School Board recognizes the value of extracurricular activities in the educational process and the values that students develop when they have the opportunity to participate in an organized activity outside of the traditional classroom.

All students, athletes, coaches, officials, staff, parents and fans involved in School Board approved extracurricular activities are expected to demonstrate the highest level of sportsmanship behavior. The School Board encourages and promotes friendly relationships and good sportsmanship throughout the school division for extracurricular activities by requiring courtesy and proper decorum at all times, by reinforcing with students and all others in the community the ideals of good sportsmanship, and by so publicizing these concepts and attitudes that all members of our school community will understand, practice and appreciate their meaning.

Some specific examples of sportsmanship, though not all-inclusive, include:

Cheering for your team, not against the other team;  
Being gracious in victory, noble in defeat;  
Respecting the facilities of the schools and the trust entailed in being a guest; and accepting the rulings of the officials without public display of criticism.

Taunting the opposing team members or guests before, during, or after a game or match is prohibited.

Coaches are to utilize every means available to promote sportsmanship with their teams. Any student athlete who intentionally injures or attempts to injure another person in the course of competition or practice or displays unsportsmanlike conduct will be immediately removed from the contest or practice and further consequences consisting of a minimum of a one game suspension will be imposed by the coach.

Spectators who exhibit unsportsmanlike behavior shall be removed from the activity, may be issued a “no trespass” letter by the principal, and will not receive any admission refund.

# APPENDIX 3

## CONCUSSION INFORMATION AND FORMS

### Concussion Education Requirement

In accordance with Virginia Code 22.1-271.5 and 22.1-271.6, all parents and students involved with interscholastic sports are required to become educated on sports concussions.

- Student athletes may not participate in interscholastic sports (conditioning, tryouts, practice, or competition) until both the parent and student complete a concussion education training.
- Students and parents can use the SCPS Health, Safety, and Concussion Training provided online or in-house by each school; a HSC Awareness and Acknowledgement Form will be available after the training is complete.
- A new HSC Form must be received each school year; May 1st of the current year through June 30 of the succeeding year.
- All paperwork regarding concussion education will be kept with the student's VHSL Physical Form and information.

### Concussion forms that must be submitted to the school

SCPS Health, Safety, and Concussion Awareness and Acknowledgement Form