



## Adams 12 Middle School Sports Handbook

2023-2024

### General Purpose

To promote controlled situations that will help Middle School students learn the value of competition, self-discipline, and pride in accomplishment. To provide consistency for all schools in the conduct or promotion of controlled activities.

### Philosophy

The Adams 12 Middle School Athletic Association seeks to provide competitive and/or non-competitive activities of a kind that will best promote good sportsmanship, character, physical development, coordination, and a wholesome interest in activities for all students.

Schools should effectively accommodate both the interests and abilities of students for maximum participation in a meaningful educational experience. The physical and mental maturity of all participating students should govern the scope of each activity.

### Eligibility of Players

To represent a school in any interscholastic athletic competition a student must be eligible under the following rules.

- Students must comply with participation eligibility as per home school district guidelines.
- Students must have a completed physical on file with the school.
- Grade division: Seventh grade students will participate in 7th grade contests only. Eighth grade students will participate in 8th grade contests only. (Exception- unless schools have mixed-level teams as approved by the District AD)
- Participating in athletics is a privilege and we want our student-athletes to demonstrate great character both in sports and in the classroom. Student-athletes are expected to be respectful and participate in the classroom.
  - **Attendance-** A student-athlete with 3 or more unexcused class period absences or 6 or more unexcused class period tardies will not be eligible for the next scheduled competition day. Attendance will be pulled between competition dates and if a student is found to have more than the number of unexcused absences or tardies listed above, they will be ineligible for the next scheduled competition date.
  - **Behavior** If a student-athlete is suspended (ISS or OSS) at any time during the season, they will be ineligible for the next scheduled competition day.

### Minimum Practices

- Adams 12 Middle School Athletic Association will allow a maximum of 3 practices a week and practices must be limited to 1.5 hours or less.
- Adams 12 Middle School Athletic Association requires at least 2 practices prior to an athlete competing in a league event.
- Each school may hold an additional 4th practice on weeks with no games/events and 3 practices on weeks with one game/event. It is recommended that practices take place for 1-1.5 hours. (maximum 1.5 hours)

## **Officials**

- It is recommended that game officials be members of a recognized official association. Officials used in tournaments should be registered officials from the local official's association. In the event that officials are not available, schools may use an alternate official as approved by the school AD to officiate a game.

## **Coach Ejections**

- A coach ejected from a contest for committing an unsportsmanlike act shall be suspended from coaching for the next regularly scheduled match or contest. He/she may not coach in any other contest at any level during this time.
- If an Adams 12 coach is ejected, that coach will be responsible for meeting with the District AD and Superintendent.

## **League Start Date and Schedules**

- Athletic Directors will work with the District AD to agree on start date for the following year
- Ideally, member schools shall agree upon schedules for the next year's contest no later than the last meeting in June.

## **Season Dates**

- Cross Country: August-October
- Girls Basketball: October-December
- Girls Volleyball: January-March
- Boys Basketball- March-May

## **Team Banquets and Pictures**

- Individual schools and teams will determine if they will have an end of the year team banquet
- Individual schools and team will determine if they will have team and individual pictures

## **Court sports (Basketball and Volleyball)**

- **Division Alignment**
  - For all court sports, divisions are determined by the number of athletes registered for the sport.
- **Tournament and Trophies**
  - Tournaments will consist of championship and consolation brackets for seventh and eighth grade A teams only.
  - Awards will be given to first and second place winners.
  - Tournament rosters must not exceed 15 players.
- **A Team-Tournament Consideration**
  - All A teams qualify for the tournament
  - The tournament will be a single elimination format
  - Teams will be seeded based on regular season record
  - Higher seeded teams will be designated as the home team
  - Home teams will host rounds 1 and 2 of the tournament and will be responsible for all game duties.
  - Championship rounds will be played at neutral district high school sites
- **Breaking Two-Way Ties (Seeding)**

- Head to head record
  - If still tied, the league record for each team will be compared against the first place team in the final league standings, then the second etc. until the tie is broken.
  - If still tied, a coin flip will determine the higher seed.
- **Breaking Three-way ties (Seeding)**
    - Head to head records of all teams involved will be compared.
    - Points differential will be used to break a tie beyond head to head records

## **Basketball (Boys and Girls)**

### **7th & 8th grade**

#### **Game Limit**

- Any player may participate in any regular season A or B team game as long as it does not violate the number of games allowed for that sport.
- If a school has low participation numbers, the expectation is that they will field an A team first before playing a B team.
- No A team player who is a starter should play in the B game, unless the entire grade level has 15 or fewer players. In that case, the top 3 kids from the A team should not play in the B game at all.
- Game conditions for B level games will be determined prior to the game by home school administrators/coaches in conference with visiting school administrators/coaches for special circumstances.

#### **Game Structure**

- **Clock**
  - A team- Four 6 minute quarters (clock stops for every whistle)
  - B team- Four or more 6-8 minute quarters (as determined by AD's and not to exceed 48 minutes of playing time); clock stops for shooting fouls resulting in free throws and stops for every whistle in the last two minutes of the final quarter
- **Fouls**
  - Athlete is out of the game on the 5th foul
  - Two technical fouls = ejection from the game
- **Full court press**
  - A team games- No full court press allowed if one team is up 20+ points; if that lead drops below 20 then full court press can resume.
  - B team games- No full court press allowed.
- **Mercy rule**
  - Once a team hits 20+ points ahead, the mercy rule will be enacted for the remainder of the game. This means a running clock only and no stopping the clock the last two minutes
- **Overtime (A teams only)**
  - Overtime periods will consist of a 3 minute clock. Clock will stop for every whistle.
  - A jump ball will determine possession.
  - Each team receives one additional timeout.
- **Rosters (A teams only)**
  - A team rosters must not exceed 15 players.
- **Timeouts**
  - Each team gets three FULL (1 minute) timeouts and two 30-second timeouts (mirrors HS rules).
- **Warm-ups**
  - Pre-game warm ups will take place for no more than 10 minutes with a 5 minute half time.

## **Basketballs**

- Home teams are expected to provide 6 basketballs for both the visiting and home team
- Home teams will also be responsible for providing a game ball