



Adams 12 Middle School Sports Handbook 2024-2025

General Purpose

To promote controlled situations that will help Middle School students learn the value of competition, teamwork, 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 Soccer: August-October
- Boys Basketball: October-December
- Girls Volleyball: January-March
- Girls Basketball- March-May
- Boys Soccer- 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

Team sports (Basketball, Volleyball, Soccer)

- **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

Volleyball (Girls) 7th & 8th grade

Game Limit

- Any female 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 structure

- **Officiating**
 - If there are not enough officials for B level games, then coaches can help officiate
 - Home team will supply the line judges and they can be student managers, student athletes or volunteers
 - For each set, you will need two line judges and they should be placed on opposite corners.
 - If a ball hits the line, the ball is IN!
- **Rotations/Substitutes**
 - 6 players on the court
 - Teams rotate when it's their turn to serve
 - Teams serve until they lose a point OR after they have five successful serves
 - Substitutions-
 - There is no cap on the number of substitutions.
 - A server may not serve more than once every six players
 - A teams- The same players must sub for the same players (up to 3 players). Exception: In the event of an injury, rotations can be adjusted but must stay that way for the remainder of the game, barring any other injuries. If there are any discrepancies, the officials will resolve the issue with the coaches.
 - B teams- Substitutions need to be either player for player or from the same position on the court (i.e. right front, right back, etc.)
- **Rules of play**
 - A back-row player (on or in front of the attack line) cannot contact the ball completely above the height of the net and complete an attack. As long as the point of the contact is made completely below the height of the net, that is a legal contact
 - A player may touch the floor across the center line with one or both feet/hands provided a part of the foot/feet or hand(s) remains on or above the center line. Contacting the floor across the center line with any other part of the body is illegal.
 - Nets should be set at approximately 7 ft high/regulation women's height
 - Teams can switch sides after each set- this will be decided by the coaches and officials at the beginning of the game

- Jewelry- No jewelry or watches allowed except for religious or medical medals. A religious medal or other religious items must be taped to the body and worn under the uniform. A medical alert must be taped and may be visible. Small, secured studs or posts worn above the chin allowed.
- Uniforms-
 - Home teams will decide on jersey color; visiting school will wear opposite
 - No uniform alterations, no glitter, face/body paint or metal hair accessories.
- **Scoring**
 - Rally scoring will be used for all contests.
 - A team matches-
 - All matches shall be the best two of three sets; rally scoring to 25; win by 2, capped at 29.
 - If a third set is necessary, that set will be played to 15 points, win by 2, capped at 19.
 - B team matches-
 - All matches shall be the best two of three sets; rally scoring to 25; capped at 29.
 - The B team will play a third set regardless. That set will be played to 15 points, first one to 15 wins.
 - In the event that a B team already won the first and second sets, the third set will be played so that more athletes have an opportunity to play; this set will not count in record keeping. Otherwise the third set will be played to determine the winner of the match.
 - Official book-
 - Must keep track of the official score.
 - Must keep track of consecutive serves and let officials know when that server has reached 5 consecutive serves.
- **Serving**
 - A & B teams-
 - Students are allowed one attempt at an overhand serve (per serve possession).
 - If it doesn't clear the net then they will get a second attempt but it must be underhand.
 - If the ball does not travel over the net for the second attempt, the other team gets the point.
 - If the first serve is underhand and does not clear the net then the other team gets the point and serves.
 - B teams-
 - Students will serve from the service line, but if they step over, they will not be assessed a loss of point for a foot fault.
 - If the ball does not travel over the net, the other team gets the point.
 - No attack contact allowed on first contact of serve receive.
 - There is a five (5) serve per person, per team limit. At the completion of the server's fifth successful serve, the point is awarded accordingly and the serve transitions to the other team.
 - For overhand serves, the server may drop the tossed ball once per serving session
 - Rock, paper, scissors will be used to determine which team will serve first in the first set. The team that serves first in the first set will serve second in the second set. Rock, paper, scissors will be used to determine the first serve for the third set.
 - The let-serve shall be allowed, and play shall continue provided net contact is entirely within the net antennas.
 - If a serve hits the antenna, the ball is OUT!
- **Timeouts**
 - Each team shall be allowed 2 timeouts per set for 30 seconds each, with a total of 6 time outs if three sets are played.

- **Warm-ups**

- Pre-game warm ups will consist of each team taking the entire court for 5 minutes of warm-up and 2 minutes of joint serve prior to the set beginning. Visiting team warms up first.

Volleyballs

- Home teams are expected to provide 11 volleyballs for each of the visiting and home team (total 22 volleyballs)
- Home teams will also be responsible for providing a game ball