



## 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

## **Cross Country (Boys and Girls)**

### **6th, 7th & 8th grade**

#### **Meet Limitations/Scoring**

- Any athlete may participate in any regular season cross country meet.
- MS cross country meets will be 2 miles in length.
- Meets will consist of a girls race and a boys race.
- Scores will be taken on the top 5 runners for each school at each meet. All other runners will still be timed but not scored.

#### **District Meet and Trophies**

- The end of the season district meet will be scored and awards will be given.
- Awards will be given as follows:
  - Trophies for 1st, 2nd and 3rd place teams (boys and girls)
  - Medals for 1st, 2nd and 3rd place individuals (boys and girls)
  - Ribbons for 4th, 5th, 6th, 7th, 8th place (boys and girls)