

STAFFORD COUNTY PUBLIC SCHOOLS

MIDDLE SCHOOL ATHLETIC MANUAL



Stafford County Public Schools

Middle School Athletic Manual

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PHILOSOPHY

PART I

PHILOSOPHY

Stafford County Public Schools 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 Stafford 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
4. The development of courage, tenacity, desire, and responsibility
5. The creation of team unity: i.e. contributing to and being part of a team
6. The development of an understanding of and appreciation for the endeavors of winning and losing athletic programs
7. The promotion of greater participation in athletic programs
8. Activities of recreational interest which develop skills that may carry over into adult lives, and
9. The stimulation of support from the community by exemplifying the educational and social values of middle school athletics.

MIDDLE SCHOOL ATHLETIC COUNCIL

PART II

STAFFORD COUNTY MIDDLE SCHOOL ATHLETIC COUNCIL

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

Purpose

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

1. Develop rules that shall be used by the middle schools in all of their athletic programs.
2. Decide if these rules have been followed, and
3. Review the program each year and to make any changes which will help the program operate better.

Membership

The Athletic Council shall be composed of each middle school principal, athletic director, and the Instructional Coordinator for Health, Physical Education and Driver Education. It is suggested that this body meet twice a year.

Quorum

A quorum shall consist of 75% of the members for a called meeting.

Voting

Voting shall be by a simple majority vote of all members present. Each school must be represented.

Meetings

The Middle School Athletic Directors and the Coordinator for Health, Physical Education, and Athletics shall set the agenda and capture the minutes for each meeting.

Responsibilities

The Athletic 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 the middle schools in all sports, using the guidelines of the Council.
2. Reviewing the Stafford County Middle School Athletic Handbook annually and making changes as deemed necessary.
3. Ruling on any protest brought before the Council of ADs/Principals 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 principal to determine if any further action should be taken. This should take place as soon as possible.
2. If more discussion is necessary, then the principals of the concerned schools should meet and attempt to settle the problem.
3. 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 Executive Director of Middle Schools and the Coordinator of Health, PE, Athletics, and Activities within five working days following the incident.
4. Staff will review the issue and make a decision. The decision is final.
5. Responsibilities of staff in an appeals procedure:
 - a. Receives written protest.
 - b. Informs all members of the Athletic Council excluding the schools involved.
 - c. Sets date, time and place for the appeals inquiry.
 - d. Conducts the appeals inquiry meeting but does not have voting privileges.
 - e. Notifies, in writing, the schools involved in the protest of the Appeal Committee's vote.
6. The ultimate step of an unsatisfied protest would be to appeal it to the Superintendent of Schools.

GENERAL RULES AND REGULATIONS

PART III

GENERAL RULES AND REGULATIONS

Rule 1

SECTION 1. Age: See Virginia High School League rulebook. It states that a participant cannot be 15 years of age as of August 1st of that school calendar year. Each student has only three years of eligibility if they meet the above age requirement.

SECTION 2. Grade: Students in the 8th grade and those 7th and 6th grade students who are considered physically and emotionally able are eligible to compete. Consideration of 6th grade students for team membership will be based on the following criteria:

- Possessing exceptional emotional maturity and skill development,
- Performance on the team tryout process,
- Consideration of 6th grader's participation on the designated middle school athletic teams will be limited to the following sports:
 - Girls Volleyball
 - Girls Field Hockey,
 - Boys and girls basketball,
 - Wrestling,
 - Track and Field and
 - Girls Softball
- Football will not be an option for participation for 6th grade students due to the physical nature of that particular sport. 6th grade students may also serve as managers or help on game days.

We recognize that the revision of the middle school athletic participation guidelines will provide, at best, limited opportunity for inclusion of 6th graders on our athletic teams, as such this policy modification will not take the place of continued development, support and/or enhancement of a strong intramural program. An organized intramural program which supports the interests of the entire student population is still the main avenue for athletic skill and fitness development for the majority of students... especially the 6th grade population.

SECTION 3. Scholastic: Nine-week rule will be in effect. In order for a student to participate in any sport, the student must meet the eligibility criteria established by the individual school and/or coach. This criteria must be approved by the principal. Transfer students from school to school in the county are eligible to play. Students must pass five subjects.

SECTION 4. Stafford County Athletics & Activities Code of Conduct: Students must have an AACC signature packet signed by student and parent and returned (digitally or on paper) in order for students to participate before the first game or match.

SECTION 5. Physical: Each member of a team must have a physical examination before they will be allowed to try out for a sport. A record of this examination must be kept on file at the school. The examination must take place after May 1st preceding the school year in which the student wishes to participate. Each page must be fully completed.

SECTION 6. Absence from school: Students may not **practice** or **play** in a game if they have been absent from school, unless they have written permission of the principal. This permission will be given for non-sickness reasons only.

SECTION 7. Vacation practices will be limited to a maximum of two days over Winter and Spring Break. These practices cannot be deemed mandatory.

Rule 2

SECTION 1. Employment: All coaches and assistant coaches must be employed in accordance with the criteria established by the local school board. Any volunteer must be twenty-one (21) years of age and meet proper Human Resources requirements.

SECTION 2. Supervision: The head coach, an assistant coach or a faculty representative must accompany each team to, during, and from each practice session or contest. At least one coach must stay until the last student leaves the 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.

Rule 3

SECTION 1. Fall Sports: Football, girls' field hockey, girls' volleyball, and girls' basketball

SECTION 2. Winter Sports: Boys' basketball, and wrestling

SECTION 3. Spring Sports: Girls' track, boys' track, and girls' softball

Rule 4

Section 1. There shall be a minimum of 2 days of try-outs for sports where cuts are made.

Section 2. Each coach needs to use a written performance evaluation during try-outs and kept on file.

Rule 5

Practice

SECTION 1. Starting date: The earliest date for starting try-outs in all sports will be 20 school days before the first scheduled contest. Participants must practice a minimum of 15 school days before their first contest.

Under no circumstances may any team start practice before the first day of school for students. The starting dates for each sport will be established by the Athletic Council.

SECTION 2. Sunday practice: There will be no practice sessions or meetings on Sunday.

SECTION 3. Out-of-Season practice: There will be **no** out-of-season practices.

SECTION 4. Length of practice sessions: The maximum length of all practice sessions shall be two (2) hours. All practices must be completed by 6:15 p.m. This limit is for actual practice time, not for dressing and transportation. Factors such as weather, transportation problems, and the students' physical condition should help the coaches decide on the days and lengths of practices.

SECTION 5. Intramural sports for a similar sport in the athletic program can not be held prior to tryouts for that sport. (Example - basketball intramural prior to basketball tryouts.)

First semester sports: Girls' volleyball, girls' field hockey, football, girls' basketball

Second semester sports: Wrestling, boys' basketball, boys' track, girls' track, girls' softball

Rule 6

Participation Limitation

A student cannot participate on two different sports teams at the same school during the same season.

Rule 7

High School Participation

SECTION 1. Middle School student-athletes will not be allowed to compete or practice in any high school sport, practice or conditioning program except on a case by case basis where there is no middle school program or an equivalent community based program which makes the sport available to the middle school student-athlete.

Each exception made to the High School Participation rule must be reviewed and supported by the majority of the Middle School Principals. Exceptions will only be made only to 8th grade students (per VHSL rules) and students will only be allowed to participate for a one year period at this level.

SECTION 2. Middle School student-athletes cannot take the place of a high school student-athlete on the team.

SECTION 3. Middle School student-athletes will have the same Code of Conduct as high school athletes.

SECTION 4. Middle School student-athletes must provide their own transportation to and from the high school practice.

SECTION 5. Middle School student-athletes cannot arrive at the high school practice prior to middle school dismissal.

SECTION 6. Middle School student-athletes are allowed to use the same transportation to athletic events as the high school student-athletes provided they do not miss any class time.

SECTION 7. Exception has been granted to the following sports:

- Cross Country beginning in Fall of 2011

Rule 8

Cheerleaders

There will be no cheerleading teams in middle school. This includes both athletic teams as well as intramural teams. Middle school games will not have cheerleaders.

Rule 9

Insurance

Insurance is not required but strongly recommended. Some type of accident insurance must cover all students trying out and/or participating on any athletic team. If a family does not have insurance and can't afford to pay for insurance, then the school will provide the school insurance for the athlete. The student accident insurance policy that is made available by the school system will cover a student's participation. If the student does not use this school insurance policy, then the student must have coverage under a similar policy. A record should be kept stating that each student is covered.

Rule 10

Safety Precautions

SECTION 1. Supervision: A coach or faculty representative must be present at every practice session and contest.

SECTION 2. Equipment: A first aid kit and AED should be present at every practice or contest. All athletes must have properly fitting, required equipment for all practices or contests. All equipment must meet ASTM Standards.

SECTION 3. Weather: Extreme heat, extreme cold, rain, or other adverse weather conditions should be carefully considered in deciding whether to practice or hold a contest. Please see attached Heat & Lightning policy.

SECTION 4. Emergencies: Coaches must not attempt to diagnose injuries. They should use simple first aid only. Each student should have an emergency information form/sheet on file. The phone number for rescue squads should be kept in a readily available place. All coaches shall have training/certification in the following (prior to the start date of their season):

- First Aid/CPR/AED certified
- Medication and Diabetes training
- Concussion in Sports (for Coaches) from NFHS Learn

Rule 11

Forms

SECTION 1. Athletic participation forms: The standard Virginia High School League physical and parental permission form must be used. Particular emphasis should be placed on ensuring that the parental permission, insurance, medical history, and physical examination sections are completely filled out.

SECTION 2. Eligibility lists: The standard Stafford Schools Middle Schools Eligibility List must be used. Each school must save the Eligibility Lists to the Shared Drive. 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 they are not eligible to participate. Changes and additions may be made to the list, as long as the athletes do not participate in a contest until they have been listed on the eligibility list. All information on the list must be checked for accuracy and the principal must sign the list.

Rule 12

Contest Days and Times

SECTION 1. Contest days: All contests will be scheduled to accommodate official/umpire requests.

SECTION 2. Contest time: Each contest shall start by 5:00 p.m. or sooner when possible. Track meets shall start by 4:45 p.m. or sooner when possible. For all sports, each team shall get at least 10 minutes to warm-up, regardless of arrival time.

SECTION 3. Night contest: No contests will be scheduled at night unless special permission is granted.

SECTION 4. Exceptions: Make-up contests, county championships, use of high school facilities or other problems could cause changes in the normal contest days and times.

Rule 13

Postponements and Cancellations

SECTION 1. Closing of schools: If schools are closed early or not opened at all because of inclement weather or other emergencies, then all practices and contests will automatically be called for that day.

SECTION 2. Mutual consent: The principals or designee of all involved schools may, by mutual consent, postpone or cancel athletics contests.

SECTION 3. Responsibility for rescheduling: The home team Athletic Director is responsible for rescheduling any postponed contest and arranging for officials. This is to be done with the agreement of all other involved schools.

SECTION 4. Make-up dates: Games are to be made up as soon as it is convenient for all involved schools. All efforts should be made not to extend a season into another season.

SECTION 5. No game or contest should be canceled until all other make-up possibilities have been exhausted.

Rule 14

Admissions

SECTION 1. Sports: Admission will be charged for football, basketball, volleyball, field hockey, and wrestling. There will be no admission charge for softball or track with the exception of the county track meet.

SECTION 2. Prices: Admission prices for all contests, including tournaments, will be as listed below:

a)	Adults	- \$3.00
b)	Students/K-12	- \$3.00
c)	Wrestling Tournament & County Track Meet	- \$5.00
d)	Family Pass (for your home school)	- \$75.00
e)	Pre-school	- No charge
f)	Senior Citizens	- No charge
g)	Employees + one	- No charge
h)	VHSL Pass	- No charge

Rule 15

Scrimmage Games

Each school will be allowed one scrimmage contest per sport. These scrimmage contests are to be scheduled by the individual schools.

Rule 16

Transportation

All teams must be transported to and from all contests via county transportation unless the Superintendent of Schools gives special permission. Each individual school is responsible for requesting or canceling their own transportation.

Rule 17

Early Dismissal

Early dismissal for athletic competition from class time should be held to a minimum. Early dismissal will be at the discretion of the School Board.

Rule 18

Trophies and Awards

Team trophies will be awarded to each county champion. Trophies will be ordered at the beginning of each school year by the athletic director of the school where the County Tournament Fund is based.

Other awards to be ordered by the athletic director of the school where the County Tournament Fund is based are:

Wrestling:	Medals	-	1 st , 2 nd , 3 rd , and 4 th places
Track:	Medals	-	1 st - 4 th Place
	Ribbons	-	5 th , 6 th , 7 th , and 8 th places

SECTION 1. County Athletic Fund: The treasurer (Dixon-Smith) shall be responsible for setting up a County Middle School Athletic Fund at his/her school. All tournament gate funds should be sent to the treasurer at the end of tournament play. All trophies and awards shall be paid for from this fund.

SECTION 2. Deficits: If the county events do not provide enough money to pay for all trophies and awards, then the treasurer is to determine the total deficit and bill each school equally.

Rule 19

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 fundraising projects. Equipment should be purchased with the safety of the students as the highest priority.

Rule 20

Organization Meetings

Organizational meetings with students can be held before the first day of official practice. These meetings can include the distribution of information and equipment, but under no circumstances shall there be any practice session until the first possible practice date.

Rule 21

Coaches Meetings

The Middle School Athletic Director is to meet with all prospective coaches for an orientation of the athletic handbook, AACC document and official manuals. A pre-season coach's meeting is mandatory for all coaches. This meeting is informational only – policy cannot be changed at this time.

Rule 22

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. Any player or coach ejected from a contest will be suspended for the next two scheduled contests. All ejections need to be reported to their respective athletic directors and principals for the appropriate action. Both principals will confer and alert the principal of the next contest of the ejection. Prior to returning to coaching after serving the two-game suspension, the coach must meet with the Executive Director for Middle Schools, Coordinator for H.P.E. Athletics and Activities and the Principal.

Rule 23

Tiebreakers

½ Win & ½ Loss

Tie-Breaker Procedure will be as followed:

1. Season record used when all games played (head to head). In the event of a three way tie, three way tie numbers will be used to determine seeding.
2. Shortened season:
 - a. Team record stands on the first game played with each school
 - b. If the tie is not resolved, both teams will be declared co-county champions.

Rule 24

JOB RESPONSIBILITIES OF MIDDLE SCHOOL ATHLETIC DIRECTOR:

1. Reschedule any postponed athletic event.
2. Schedule buses/complete trip forms.
3. Schedule and reschedule referees.
4. Review eligibility forms.
5. Prepare fields for events (in conjunction with coaches).
6. Order equipment.
7. Review Athletic Manual and AACC document with coaches.
8. Meet with all Athletic Directors at the beginning and conclusion of each year (end of semester and end of year).

9. Check and review grades per nine-weeks.
10. Liaison between the coaches and the principals.
11. Check VHSL physicals.
12. Attend all coaches education meetings and meet with the Coordinator of HPE and Athletics and Activities as needed.

Rule 25

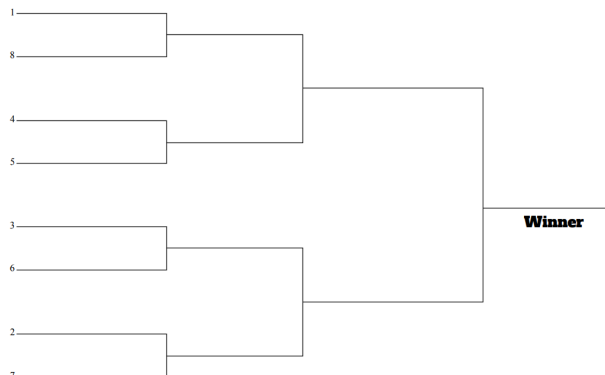
Tournaments

During tournament play, there will be no “B Team” quarter. There will be no time limit for tournament games or events. Example, there is no 2-hour time limit for softball. However, the slaughter rule is still in effect.

Single Elimination Tournament Format: 1 – 8
 (Highest Seed will Host) 4 – 5

3 – 6
 2 – 7

8 Team Single Elimination



Rule 26

Coaching Ethics

As coaches in middle school athletics, we strive to exemplify the highest standards of sportsmanship and fair play. Our commitment extends beyond the scoreboard to nurturing a positive environment where respect, integrity, and teamwork are paramount. We lead by example, instilling in our young athletes the values of good sportsmanship both on and off the field. Together, we celebrate victories with humility and learn from defeats with grace, fostering an atmosphere where every participant feels valued and supported. Our dedication to sportsmanship not only shapes our athletes' character but also enriches the broader community of sports. Let us continue to uphold these principles as we guide our students through their athletic journey

SPORTS

PART IV SPORTS

BOYS' BASKETBALL:

Rule 1

Sport Season

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

Rule 2

Schedule

All teams will play a regular game schedule followed by a tournament to be determined by regular season standings.

Rule 3

Playing time

All teams will play 6-minute quarters in every game with a 6-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 officials. The B game will be called by the coaches.

Rule 6

Rules

All games will be governed by the rules of the Middle School Athletic Council and VHSL.

Rule 7

Full Team Participation

In order to allow each member of the team to participate, a fifth quarter ("B" game) 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. Every member of the team must play in either the fifth quarter or the regular game or both. The only exception to this rule would be physical inability of the athlete or disciplinary action by the coach or principal.

Rule 8

Ethics & Sportsmanship

Any team leading by 20 points or more will begin substituting with only two starters on the floor at a time. Teams may not continue to use a full or half-court press.

FOOTBALL:

Rule 1

Sport Season

Football will be played during the fall sports season.

Rule 2

Schedule

All teams will play a county game schedule.

Rule 3

Playing Time

All teams will play eight-minute quarters in every game.

Rule 4

Team Size

The size of the football team will be limited to a maximum of 45 athletes.

Rule 5

Officials

Each game played shall have three or four officials. The B quarter will be called by the coaches. Championship game will have five officials (four on the field and the fifth in the booth).

Rule 6

Rules

All games will be governed by the rules of the Middle School Athletic Council and VHSL.

Rule 7

Dark jersey - Home; Light jersey – Away

Rule 8

Full Team Participation

In order to allow each member of the team to participate, a fifth quarter (“B” game) 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. Every member of the team must play in either the fifth quarter or the regular game or both. The only exception to this rule would be physical inability of the athlete or disciplinary action by the coach or principal.

Rule 9

Game Balls

All schools will use a National Federation-sized ball for all games.

Weight	14 to 15 ounces
Long circumference	27 3/4 to 28 1/2 inches
Long Axis	10 7/8 to 11 7/16 inches

Rule 10

Sportsmanship

Any team leading by 30 points or more may not have more than five (5) starters on the field.

Rule 11

Ties

One set of downs from the opponent’s 10 yard line to score for each team. If the game remains tied after one overtime round, a second overtime round will begin. If the game still remains tied, the game ends after this process.

WRESTLING

Rule 1

Sport Season

Wrestling season will take place during the winter sports season.

Rule 2

Schedule

All teams will be scheduled to participate in dual meets and the county tournament.

Rule 3

County Champion

There will be a county champion. The county tournament will be held at a county high school. The wrestling tournament rotation starting with the 2009 - 2010 school year will be: H.H. Poole, Gayle, Stafford, A.G. Wright, Drew, Thompson, and Heim Middle Schools.

Rule 4

Rules

The school hosting the county track meet will be exempt from the rotation to host the wrestling tournament. All meets will be governed by the Middle School Athletic Council and VHSL.

Rule 5

Full Team Participation

SECTION 1. Exhibition Matches: Preliminary exhibition matches shall be arranged whenever possible. There shall be a limit of 8 to the number of exhibition matches for the 2023 season. In these exhibitions, the coaches shall attempt to pair as many wrestlers together as their weight classes and safety restrictions allow.

Rule 6

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 one-minute periods.

SECTION 3. For the county tournament championship, matches will be 2-2-2 and consolation matches will be 1-2-2 periods.

Rule 7

Weigh-In

Weigh-ins shall take place at least thirty minutes before the start of the first match. A wrestler will be allowed to weigh in wearing a uniform (singlet, shorts, compression shirt) and acceptable undergarments. If a wrestler does not make weight, they are not allowed to step off the scale to remove their uniform; however they are allowed to step off the scale, and then immediately step back on the scale in the event there is an error with the scale. Coaches will conduct the official weigh-ins. Wrestlers will need to wear suitable undergarments during competition.

Rule 8

Weight Classes

The sixteen weight classes shall be 70 pounds, 78 pounds, 86 pounds, 94 pounds, 103 pounds, 110 pounds, 118 pounds, 126 pounds, 134 pounds, 142 pounds, 150 pounds, 160 pounds, 175 pounds, 189 pounds, 215 pounds and heavyweight up to 285 pounds.

Rule 9

Certification

SECTION 1. Original Certification: Wrestlers can be weighed in for certification anytime starting with the first match and ending at the fourth scheduled meet. This shall be their certified weight. The wrestler must wrestle at this certified weight class **or the next higher weight class.**

SECTION 2. Recertification: In the event a wrestler certifies at one weight then weighs in at the next higher weight class the next week, they must recertify at the lower weight. In the event this weigh-in occurs on or after the 4th match, the wrestler is locked into that higher weight for future matches to include the county tournament.

SECTION 3. Certification List: After the original certification, each coach must present a complete roster of his team and each wrestler's certified weight to every team that they compete against. Coaches may use the same eligibility form with the certified weight written on it. The list will be maintained via a Google Document with the weights being inputted after each match.

Rule 10

Weight Allowance

There shall be a weight growth allowance of one additional pound. For three matches in a week, the wrestler will be allowed an extra pound.

Rule 11

County Tournament Seeding

During the season, each wrestler will receive 3 points for a win and 1 point for a loss for “A” team matches. These points will be tallied at the end of the season where they will be used to seed the wrestlers in each weight class. The wrestler with the highest point total will be seeded number 1 and the process will continue from there. In the event two wrestlers have the same points, the tie breaker criteria will be as follows:

- Who won the head to head match
- If tie still exists, who has the most number of wins in weight class
- If tie still exists, who has the most number of matches wrestled in weight class
- If tie still exists, a final coin flip

In the event three or more are tied, the same criteria will be used with the coin flip being substituted by a blind draw. Once there are two wrestlers left, it will revert back to the original criteria. Note: forfeits will count as a win and the wrestler will receive 3 points.

BOYS' TRACK AND FIELD

Rule 1

Sport Season

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

Rule 2

Schedule

All teams will be scheduled to participate in regular season dual meets and the county championship track meet.

Rule 3

County Champion

There will be a county champion. The county meet will be held at a county high school.

Rule 4

Full Team Participation

Every member of the team is to participate in at least one event at every meet, unless he is physically unable or is being withheld because of disciplinary action of the coaches or principals.

Rule 5

Rules

All meets will be governed by the Middle School Athletic Council and VHSL.

Rule 6

Order of Events (County Meet)

Note: Due to the revised middle school schedule, a different track meet order of events may occur for the Dual Meets.

SECTION 1. Field Events: The field events will be shot put, discus, long jump, triple jump, and high jump. The shot put will usually precede the discus and the long jump will usually precede the triple jump. Special circumstances, such as combined boys' and girls' meets, may cause the order of field events to be changed. Normally all field events will be completed before the running events will be started.

SECTION 2. Running Events: The order of the running events will be: 2400-meter run, 110-meter low hurdles, 100-meter dash, 1600-meter run, 400-meter relay, 400-meter dash, 800-meter run, 200-meter dash, 800-meter relay, and the 1600 meter relay. The 2400-meter will run during field events.

Rule 7

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 a 400. If an athlete runs in an event, which is longer than a 400, then he may run in a maximum of only two events.

TRACK – BOYS AND GIRLS

Rule 8

Team Limitations

SECTION 1. Dual Meets shall have a maximum of 6 entrants in field events and sprint events. All other running events will be unlimited (400 and up) with the exception of high jump, which will have 4 entrants.

Tri-Meets shall have a maximum of 4 entrants in field events and sprint events. All other running events will be unlimited (400 and up).

SECTION 2. County Meet: The following restrictions will apply in the County Meet:

- a. All field events - three entries per school.
- b. 100, 200, 110m low hurdles – three entries per school.

- c. 400, 800, 1600, 2400 – four (4) entries per school.
- d. Relays – no extra relay teams may be entered.
- e. Four (4) substitutes may be brought with the team for relays only.
- f. Non-participants will not travel with the team.

Rule 9

Field Events

SECTION 1. Attempts: Each competitor shall have three (3) attempts in the shot put, discus, high jump, long jump, and triple jump.

SECTION 2. Shot Put: Shots shall weigh eight (8) 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: High jump competition shall start at a height determined by the coaches prior to each meet, starting at 4'10" and progressing two inches each time until five feet is reached, then one inch thereafter.

Rule 10

Hurdles

SECTION 1. Low Hurdles: The low hurdles shall be set at a height of 30 inches. There will be five hurdles with a 13.72 m (45 ft.) start and a 23.16 m (75 ft. 10.5 in.) finish. The hurdles shall be spaced 18.288m or 60 feet apart.

Rule 11

Team Size

The size of each team will be determined at the Coaches Meeting.

Rule 12

Spikes

Spikes are not allowed at any meet.

Rule 13

Concession Rotation for the County Meet

Will be as follows: HH Poole, Gayle, Stafford, AG Wright, Drew, Thompson, and Heim.

GIRLS' VOLLEYBALL

Pregame Schedule

Officials will arrive at 4:35 pm. At 4:45pm, a Captains/Coaches meeting will be held. The Home Team has already secured their bench. At the conclusion of the meeting, a coin toss is conducted. Winner gets to choose to serve or receive. The result of the coin toss carries forward to the match.

Warm Ups

A 20 minute warm-up clock is set, and the countdown begins after the coin toss. Both teams share the court to warm up for 6 minutes. Then, the winner of the coin toss has the court alone for 7 minutes (which includes serving practice), and then the opponent has the final 7 minutes (again to include serving practice).

A "fifth quarter" set will begin at 5:00 pm, played to 25.

Match

All matches will be best 2 of 3 to 25. If there is a need for a 3rd set, that set will go to 15. Prior to the deciding set, Captains will be called over, and the Official will conduct a coin toss with the Home team calling the toss.

The Libero position is up to the coach's discretion. It is not mandatory for teams to use the Libero position. If you do, the uniform must be "clearly contrasting" to the other uniform tops (e.g. navy blue tops; white libero top - shorts are the same).

GIRLS' FIELD HOCKEY

Rule 1

Sport Season

Girls' field hockey will be played during the fall sports season.

Rule 2

Schedule

All teams will play a regular game schedule followed by a tournament. Seedings will be determined by regular season standings.

Rule 3

Playing Time

All teams will play four, ten-minute quarters with a seven-minute max halftime. There will be one timeout per game. A ten-minute (running clock) B game will precede each regulation game. If there is a tie, a 10-minute overtime will be played – 7 vs. 7 with a sudden victory. If necessary, a second 10-minute overtime will be played. If there is not a winner, the game ends in a tie. In the tournament, strokes will be used to determine a winner in the case of a tie after two overtime periods.

Rule 4

Team Size

The number of players will be decided by the coach.

Rule 5

Officials

It is recommended that each game will have two officials when available.

Rule 6

Rules

The games will be governed by the rules of the Middle School Athletic Council and VHSL.

Rule 7

Full Team Participation

In order to allow each member of the team to participate, a B game will be played prior to the start of the regular game. This game will be played under actual game conditions, but the score will not be counted in the regularly scheduled contest. Every member of the team must play in either the B game or the regular game or both. The only exceptions to the rule would be physical inability of the athlete or disciplinary action by the coach or principal.

Rule 8

Safety Equipment

Athletes may choose to wear protective eye goggles that are ASTM Field Hockey certified while on the field of play.

GIRLS' BASKETBALL

Rule 1

Sport Season

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

Rule 2

Schedule

All teams will play a regular game schedule followed by a tournament. Seedings will be determined by regular season standings.

Rule 3

Playing Time

All teams will play 6-minute quarters in every game with a 6-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 officials. The B game will be called by the coaches.

Rule 6

Rules

The game will be governed by the rules of the Middle School Athletic Council and VHSL.

Rule 7

Full Team Participation

In order to allow each member of the team to participate, a fifth quarter ("B" game) 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. Every member of the team must play in either the fifth quarter or the regular game or both. The only exceptions to the rule would be physical inability of the athlete or disciplinary action by the coach or principal.

Rule 8

Ethics & Sportsmanship

Any team leading by 20 points or more will begin substituting with only two starters on the floor at a time. Teams may not continue to use a full or half-court press

GIRLS' SOFTBALL

Rule 1

Sport Season

Girls' fast pitch softball will be played during the spring sport season.

Rule 2

Schedule

All teams will play a regular game schedule followed by a tournament. Seedings will be determined by regular season standings.

Rule 3

Length of Game

The length of the softball game shall be 7 full innings unless shortened by mutual consent or ruling of officials. If one team is ahead by 10 runs after the opposing team has been at bat 5 times, or 12 runs after 4 at-bats, or 15 runs after 3 at-bats, the game will be called and the victory awarded to the leading team. There will be a 2-hour time limit. No new inning will begin after 1 hour and 50 minutes.

Rule 4

Pitching

The pitcher should be limited to five (5) or less warm-up pitches between innings if they pitched the previous inning. If there is a pitching change, the new pitcher is limited to eight (8) or less warm-up pitches.

Rule 5

Team Size

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

Rule 6

Officials

Each game shall have one umpire. The B game will be called by the coaches. Two officials should be used for tournament games if possible.

Rule 7

Rules

All games will be governed by the rules of the Middle School Athletic Council and VHSL.

Rule 8

Full Team Participation

In order to allow each member of the team to participate, a fifth quarter ("B" game) 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. Every member of the team must play in either the fifth quarter or the regular game or both. The only exceptions to the rule would be physical inability of the athlete or disciplinary action by the coach or principal. Other B game particulars: the B players will bat first in their team's batting order, any player other than the starting A team pitcher can pitch, and there will be a 15 minute time limit at bat to ensure each team will bat and play the field.

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, helmet, shin guards, and chest protector. This shall be worn while warming up a pitcher and during the games.

SECTION 3. No metal cleats will be allowed.

GIRLS' TRACK AND FIELD

Rule 1

Sport Season

Girls' Track and Field will take place during the spring sport season.

Rule 2

Schedule

All teams will be scheduled to participate in regular season dual meets and the county championship track meet.

Rule 3

County Champion

There will be a county champion. The county meet will be held at a county high school.

Rule 4

Full Team Participation

Every member of the team is to participate in at least one event at every meet, unless she is physically unable or is being withheld because of disciplinary action of the coaches or principals.

Rule 5

Rules

All meets will be governed by the Middle School Athletic Council and VHSL.

Rule 6

Order of Events

Note: Due to the revised middle school schedule, a different track meet order of events may occur for the Dual Meets.

SECTION 1. Field Events: The field events will be shot put, discus, long jump, triple 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 field events to be changed. Normally all field events will be completed before the running events will be started.

SECTION 2. Running Events: The order of the running events will be: 2400-meter run, 110-meter low hurdles, 100-meter dash, 1600-meter run, 400-meter relay, 400-meter dash, 800-meter run, 200-meter dash, 800-meter relay, and the 1600-meter relay. The 2400-meter will run during field events.

Rule 7

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 a 400. If an athlete runs in an event, which is longer than a 400, then they may run in a maximum of only two events.

Rule 8

Team Limitations

SECTION 1. Dual Meets shall have a maximum of 6 entrants in field events and sprint events. All other running events will be unlimited (400 and up) with the exception of high jump – maximum of 4 entrants.

Tri-Meets shall have a maximum of 4 entrants in field events and sprint events. All other running events will be unlimited (400 and up).

SECTION 2. County Meet: The following restrictions will apply in the County Meet:

- a. All field events - three entries per school.
- b. 100, 200, 110-meter low hurdles– three entries per school.
- c. 400, 800, 1600, 2400 – four (4) entries per school.
- d. Relays – No extra relay teams may be entered.
- e. All times should be converted to a meter scale.
- f. Four substitutes may be brought with the team.
- g. Non-participants will not travel with the team.

Rule 9

Field Events

SECTION 1. Attempts: Each competitor shall have three (3) attempts in the shot put, discus, high jump, triple jump and long jump.

SECTION 2. Shot Put: Shots shall weigh six (6) 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: High jump competition shall start at a height determined by the coaches prior to each meet, starting at 3'10" and progressing two inches each time until 4'2" is reached, then one inch thereafter.

Rule 10

Hurdles

SECTION 1. Low Hurdles: The low hurdles shall be set at a height of 30 inches. There will be five hurdles with a 13.72 m (45 ft.) start and a 23.16 m (75. ft., 10.5 in.) finish. The hurdles shall be spaced 18.288 meters or 60 feet apart.

Rule 11

Team Size

The size of each team will be determined at the Coaches Meeting.

Rule 12

Spikes

No spikes can be worn at any meet.

Rule 13

Concession Rotation for the County Meet

Will be as follows: HH Poole, Gayle, Stafford, AG Wright, Drew, Thompson, and Heim.

Middle School Athletic Directors 2024-2025

Jason Brown	A.G. Wright
Shawn Thurston	Dixon-Smith
Corey Brooks and Kristi Proudfoot	Drew
Shelly Jones	Gayle
Sarah Dovel	H.H. Poole
Kim Lewis	Shirley Heim
Kristen Anderson	Stafford
Angie Harding	Thompson
Gregory Margheim	Coordinator of Health, Physical Education, Athletics and Wellness
Katie Hodgkins	Middle School Athletic Trainer