



## 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 & Girls Soccer: August-October
- Boys Basketball: October-December
- Girls Volleyball: January-March
- Girls Basketball & 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

## **Court & Field sports (Basketball, Volleyball & Soccer)**

- **Division Alignment**
  - For all court and field 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 18 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
    - 1 seed gets a BYE in round one
    - Seed 2 will play and host Seed 5
    - Seed 3 will play and host Seed 4
  - 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
  - Goal differential- how many goals you have scored against other teams vs. how many goals have been scored against you
  - Goals for (total season goals scored during regular season)
  - Goals against (total season goals allowed during regular season)
  - 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.
  - Goal differential- how many goals you have scored against other teams vs. how many goals have been scored against you
  - Goals for (total season goals scored during regular season)
  - Goals against (total season goals allowed during regular season)

## **Soccer (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**
  - Each game will consist of two 30-minute halves with a running clock. If official stops clock for an injury, there will be no stoppage time added, the game will just resume.
  - Half time can be 5-10 minutes- mutually agreed upon by coaches. If the game does not start on time, then half time must be 5 minutes.
- **Fields**
  - Games will be played on fields that are 100 yards long by 60 yards wide.
- **Mercy rule**
  - Once a 7-goal differential between two teams is achieved, the referee will inform both coaches that the Mercy Rule has been invoked and the referee and/or timekeeper will let the official clock run during injuries, penalty kicks, after goals, and during referee disciplinary actions.
  - Game termination- once a 10-goal differential is reached, and the first half of play has been completed; the referee will end the game during regular and postseason play.
- **Overtime**
  - Regular season- If the game is tied at the end of regulation, the result will be recorded as a tie. There is no overtime for regular season.
  - Post-season (tournament)-
    - Up to two 10-minute sudden victory (golden goal) overtime periods will be played.

- Flip a coin for the start of the first overtime. Visitor calls the coin toss. The winner of the toss shall choose a goal to defend or to kick off in the first overtime.
- The game is over when either team scores a goal.
- If a second sudden victory overtime is required, there will be a two-minute interval. Teams shall exchange ends and alternate the kickoff.
- If, after both overtime periods, the score still remains tied, all Coaches, Officials and Team Captains shall assemble at the halfway line to review the Kicks-from-the-Penalty Mark procedure as outlined below.
- Kicks-from-the-Penalty Mark (KFTPM) mechanics:
  - The Referee shall choose the goal at which all of the kicks from the penalty mark shall be taken.
  - A coin toss shall be held; visiting team calls. The team winning the toss shall have the choice of kicking first or second. Teams will alternate kickers.
  - Each Coach will identify **any** five rostered players, including the Goalkeeper- on or off the field at the end of overtime- who will participate in the first five kicks. Exception: Any Player who may have been disqualified/ejected during the game is not eligible to participate in KFTPM.
  - Players shall remain in the center circle until beckoned by the Referee.
  - Each kicker shall report to the Referee in the penalty area. The Referee will record the player's number and the kick order in their team's cycle.
  - The Goalkeeper who is to defend against the next kick attempt shall be located outside the field of play at the intersection of the goal line and penalty area boundary behind the Assistant Referee.
  - Once the kicker has reported to the Referee to attempt a kick, they may place the ball on the penalty mark.
  - The Referee tells the Goalkeeper to take their place on the goal line, and then signals for a whistle for the kick.
  - The kick is completed when the ball stops moving, goes out of play, or the Referee stops play for any infringement of the rules.
- Mechanics for sudden victory KFTPM (if tied after each team has attempted five kicks):
  - Kickers 6-10, each Coach will identify five **different** players than the first five who have already kicked.
  - Kickers 11-15, if the score remains tied, continue the sudden victory kicks with the Coaches identifying **any** five players to take the next set of alternating kicks.
  - Kickers 16-18, if the score remains tied, continue the sudden victory kicks with the coach identifying five **different** players except those who participated in bullet 2 (11-15 players).
  - Repeat the steps in bullet 2 and 3 as necessary
- Kicks-from-the-Penalty Mark (KFTPM) are complete when:
  - Before both teams have taken five kicks, one team has scored more goals than the other team could score- even if it were to complete its allocated five kicks (i.e. 4-2). In this case, no more kicks are taken.
  - After both teams have taken five kicks, the team with the most goals (i.e. 5-4).
  - If the score remains tied after each team has had five kicks, KFTPM becomes a sudden victory situation (i.e. wherein if one team scores and the other team does not score, the game is ended without more kicks being taken).

- **Rosters**

- Teams should maintain a roster of at least 15 players.

- Games will be played with 11 v 11 players. A game should start with 11 players, but can start with fewer if needed. Anytime a team is starting a game with fewer than 11 players it is recommended the opposing team start with a full team and reduce players as appropriate.
- **Substitutions**
  - Generally, substitutions are made prior to a throw-in, a corner kick, after a goal, at halftime or because of an injury.
- **Suspended games**
  - During the regular season, if one half of play has been completed, the contest will be declared official. If one half of play has not been completed, it will be restarted from the point of interruption.
- **Team Benches**
  - Home coaches will designate team areas that all players and coaches will remain in during the course of the game (for both teams). Team benches should be on the same side of the field. Parents are not allowed into this area. Parents and spectators will sit on opposite sidelines of the team benches. Coaches may designate this area using cones or other marking methods.
- **Uniforms**
  - Home teams will wear dark uniforms.
  - Goalie jerseys must be a different color than their team color. Goalies may wear the same color though. Goalies must wear goalie gloves.
  - Shin guards and soccer socks are required.
  - No metal cleats
  - 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.
  - No hair pins, clips, bobby pins or other hair devices made of abrasive or hard materials. Head coverings worn for religious reasons shall not be made of abrasive or hard materials, and must fit securely.
- **Warm-ups**
  - Pre-game warm ups will take place for no more than 10 minutes.

### **Soccer balls**

- We will use a size 5 soccer ball.
- Teams will bring their own soccer balls for warm-ups and the home team will provide the game ball.