

PIKES PEAK ATHLETIC CONFERENCE - MIDDLE SCHOOL

SERVING MIDDLE ATHLETICS FOR
GRADES 6-12 IN THE COLORADO
SPRINGS AND SURROUNDING AREA

ESTABLISHED 12-2024



PIKES PEAK ATHLETIC CONFERENCE – MIDDLE SCHOOL

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ARTICLE I – NAME AND PURPOSE

Section 1 – Official Name

The Pikes Peak Athletic Conference – Middle School (PPAC-MS) was formed to improve the middle school athletic experience across the Colorado Springs metro and surrounding area.

Section 2 – Purpose

The PPAC-MS shall operate to provide competitive athletic opportunities for the middle schools, junior highs, and community schools serving 6th-8th grade in the Colorado Springs metro and surrounding area by aligning seasons and providing competitive opportunities across the region.

ARTICLE II – AUTHORITY

Section 1 - Governance

The PPAC-MS member schools are bound by the PPAC-MS Constitution and Bylaws, the Colorado High School Activities Association Bylaws relative to middle school athletics, and State and Federal Statutes.

Section 2 – PPAC-MS Executive Committee

Each school district represented by the PPAC-MS member schools shall have one representative on the PPAC-MS Executive Committee. The PPAC-MS Executive Committee will serve as the governing body of the PPAC-MS on all matters. Responsibilities will include, but are not limited to, voting on additions or changes to the Bylaws once formally adopted, acting on new member school applications, and consideration of other matters brought to the Executive Committee.

The PPAC-MS Executive Committee will host regular meetings that are open to representatives from each of the member schools. Agendas and minutes from meetings will be made available to member schools. Members of the Executive Committee from each member district are identified below:

Academy District 20	Ron Alexander, Director for Athletics and Activities
Cheyenne Mountain District 12	Kris Roberts, Cheyenne Mountain High School Assistant Principal/Athletic Director
District 2	DeAngelo Nedd, Director of K-8 Athletics and Activities
District 11	Yann Ulrich, Assistant Director of Athletics
District 38	Bill Kissell, Lewis Palmer Middle School, Athletic Director
District 49	Megan Anderson, Horizon Middle School, Assistant Principal/Athletic Director
Elizabeth School District	Jared Lewis, Elizabeth Middle School, Assistant Principal/Athletic Director
Fountain Fort Carson District 8	Jarrett Sweckard, District Athletic Director
Widefield School District 3	Josh Trahan, Janitell Junior High School, Athletic Director

Section 3 – Member School Operations

Individual building administrators from PPAC-MS member schools will make decisions regarding the operation of their middle school athletic programs within the formal structure and governance policies of the PPAC-MS.

Section 4 – Official Assigners

The PPAC-MS Executive Committee shall contract an Official Assigner for each sport that the conference offers. The Assigner will coordinate the scheduling of officials for their assigned sport. The PPAC-MS Executive Committee will work with each Assigner to establish game fees and assigner fees for each level of respective sport.

ARTICLE III – MISSION AND VALUES

The PPAC-MS through education-based athletic opportunities strives to:

- Create opportunities for team building.
- Teach fundamental skills development.
- Emphasize good sportsmanship.
- Provide developmentally appropriate competition.
- Establish high academic and behavioral standards.
- Commit to excellence on and off the playing field.

To these ends, member schools agree to the following basic premises:

- To abide by all applicable rules and regulations relative to each sport.
- To fulfill all scheduling commitments made to member schools.

ARTICLE IV – LEVELS OF PLAY

PPAC-MS member schools may form teams from the 6th-8th grade students that attend their school or that have been placed to participate at their school. Per CHSAA bylaws, home school students and other students without a program that are placed through district policy are eligible to participate at member schools. Individual schools may elect to restrict participation in certain sports to 7th-8th grade students. The determination is left to the member school to decide what is best for their student population.

ARTICLE V – MEMBERSHIP

Section 1 – Member Schools

Each of the 34 original member schools shall be formal members of the PPAC-MS. Member schools may choose to compete in any number of the sports offered through the PPAC-MS. Member schools may also elect not to offer sports or levels based on school offerings or interest levels. In addition, member schools may offer intramural offerings in sports and not elect to participate in PPAC-MS competitions if this is designated prior to scheduling deadlines.

League Members:

Carmel Community School
Carson Middle School
Challenger Middle School
Cheyenne Mountain Junior High
Chinook Trail Middle School
Discovery Canyon Middle School
Eagleview Middle School
Elizabeth Middle School
Falcon Middle School
Fountain Middle School
Fox Meadow Middle School
Galileo Middle School
Grand Mountain School
Holmes Middle School
Horizon Middle School
Janitell Junior High School
Jenkins Middle School
Lewis Palmer Middle School
Mann Middle School
Mountain Ridge Middle School
Mountain Vista Community School
North Middle School
Panorama Middle School
Russell Middle School
Sabin Middle School
Sand Creek International Middle School
Skyview Middle School
Soaring Eagles Community School
Sproul Junior High School
Swigert Middle School
The Classical Academy Middle School

Timberview Middle School
Watson Junior High School
West Middle School

Section 2 – New Member Schools

Non-member schools may apply for membership to the PPAC-MS by completing a new membership application. The PPAC-MS Executive Committee must vote to accept a new member by an affirmative vote of 2/3 or more of the PPAC-MS Executive Committee. Applications will only be accepted in January-March of a calendar year with membership (if approved) being active the following school year.

Section 3 – Probation or Revoking Membership

The PPAC-MS Executive Committee is granted the authority to place member schools on probation, institute conditions for a member school to follow, or to revoke membership to the PPAC-MS. A vote of 2/3 (6 affirmative votes) or more must be made to place a member school on probation, to impose conditions on member school, or to remove a member school from league participation. The request to place a member school on probation, to consider implementing conditions on member school, or to recommend removal of a member must be made by a 2/3 vote (6 affirmative votes) of the member schools in the Sub-League level.

Initial steps should be addressed between Athletic Director and administrative team of member school involved within the Sub-League or schools involved prior to a formal complaint being submitted to the PPAC-MS Executive Committee.

Section 4 - Adding Conference Sports

The PPAC-MS Executive Committee by 2/3 vote (6 affirmative votes) may add a sport as an official league sport.

ARTICLE VI – OPERATING STRUCTURE

Section 1 - Sport Declaration

All PPAC-MS member schools must complete a declaration of sports and levels the school will compete in for the following school year no later than April 1 of each calendar year. The declaration will identify sports and levels each member school plans to have moving forward. Once a declaration has been accepted, the member school must submit a formal request to the PPAC-MS Executive Committee to make any changes. Participant levels may cause some adjustments each year for member schools in different sports.

Section 2 – Sub Leagues

Each PPAC-MS Sub-League will meet to draft a schedule in each sport offered by the PPAC-MS. Member schools will work with individual schools outside of their Sub-League to complete their scheduling in each sport. Member schools may compete against non-member schools; however, priority should be given to scheduling with PPAC-MS member schools when possible.

Sub-Leagues for All Sports Except Football

Carmel Community School
Fox Meadow Middle School
Galileo Middle School
Panorama Middle School
West Middle School

Carson Middle School
Grand Mountain School
Mann Middle School
Mountain Vista Community School
Swigert Middle School

Russell Middle School
Sabin Middle School
Sand Creek International Middle School
Sproul Junior High School
Watson Junior High School

Horizon Middle School
Janitell Junior High School
Jenkins Middle School
North Middle School
Soaring Eagles Community School

Cheyenne Mountain Junior High
Falcon Middle School
Fountain Middle School
Holmes Middle School
Skyview Middle School

Challenger Middle School
Chinook Trail Middle School
Timberview Middle School
The Classical Academy Middle School

Discovery Canyon Middle School
Eagleview Middle School
Lewis Palmer Middle School
Mountain Ridge Middle School

Elizabeth Middle School – Independent*

*Two schools from the NPAC Sub-Leagues will ensure that Elizabeth MS has two home games for each sports season. Elizabeth MS will then complete their schedules by scheduling with other member schools.

Football Sub-Leagues

Carson Middle School
Fox Meadow Middle School
Grand Mountain School
Sproul Junior High School
Watson Junior High School

Elizabeth Middle School
North Middle School
Russell Middle School
Sand Creek International Middle School

Horizon Middle School
Janitell Junior High School
Jenkins Middle School

Skyview Middle School

Cheyenne Mountain Middle School

Falcon Middle School

Fountain Middle School

Holmes Middle School

Discovery Canyon Middle School

Eagleview Middle School

Lewis Palmer Middle School

Mountain Ridge Middle School

Challenger Middle School

Chinook Trail Middle School

The Classical Academy

Timberview Middle School

Section 3 – Championship Tournaments/Events

PPAC-MS Sub-Leagues may elect to hold championship tournaments at the end of each season within the date parameters established for each sport season. For some sports (i.e. Basketball or Volleyball, two Sub-Leagues will be paired for championship tournament events). Other sports (i.e. Cross Country, Wrestling, and Track and Field) will offer league-wide championship events. Sites for the league-wide events will be determined annually.

Section 4 – Game/Event Supervision

PPAC-MS member schools must ensure that game supervision and support staff are adequate for all home contests and tournaments/meets if held.

It is strongly recommended that PPAC-MS member schools provide an administrator for away contests in football and basketball. Further, it is encouraged to send an administrator for soccer and wrestling.

Member school coaching staff shall be responsible for supervision during road contests unless an administrator has been assigned to cover the event for the visiting school. Any issues or concerns should be brought to the attention of the host site game administrator or supervisor.

A PPAC-MS member school may elect to send administrative support to road contests if a need is determined. Communication between competing schools prior to the contest or event is essential if added supervision is needed.

Supervision Responsibilities of the Administrator/Supervisory Designee:

- Arrive at the contest prior to the start of the event and stay until your school's team has left the site.
- Introduce yourself to the school's gate workers and the scorer's table and let them know where you will be sitting.
- Notify the other school and your coach that you are the administrator on duty.
- Make yourself visible in front of your spectators during the contest.
- Be an active participant in crowd control.
- Keep students and spectators in assigned areas.
- Host school should email/contact visiting school a minimum of 24-hours before competition letting the opponent know who is supervising the event.
- Address unwanted/inappropriate behavior.
- Removal of spectators if necessary.

Section 5 – Charging Admission

Sub-leagues or member schools may elect to charge admission for events if communicated to all participating schools in advance.

Section 6 – Visiting Schools

Visiting schools must be respectful of arriving early for a contest or event. If a visiting school must arrive prior to school being released, the visiting school must communicate with the host school prior to the day of the event to coordinate arrival time and the needs that are involved. If a visiting team is requesting to be "housed" in a location due to arriving early, the visiting team must send an administrator to accompany the team. The administrator may leave once the team has reported to competition site for warm-ups.

Due to security concerns, parents or other adults not under contract with visiting school may not arrive prior to dismissal.

Visiting teams should come dressed to play for all contests or events. Host schools will inform visiting schools where emergency shelter areas are on their campus.

Section 7 – Postponement/Cancellations

The PPAC-MS recognizes that postponements and cancellations occur in conducting athletic events over the course of a season. The following timelines serve as a guide in navigating postponements and/or cancellations:

- Lack of numbers – many times a school is doing everything possible to play a contest and waits as long as possible before having to cancel a contest. However, a host school must contact officials, communicate cancellation, etc. A minimum of 24-48 notice is recommended for all cancellations in this category.
- Weather cancellations and postponements – if school is cancelled for either school, the contest will need to be rescheduled. If making the call due to inclement weather moving in the day of an event, it is encouraged that the host school attempt to make the call before 12noon whenever possible so that the visiting team can communicate with parents, transportation, etc. If an event must be cancelled or postponed due to weather or other reasons, every attempt will be made to reschedule the contest on the next available date for both schools.
- Postponements or cancellation decisions once an event has started will be made by game administrators and game officials.

Section 8 – Universal Precautions

Universal precautions will be followed for all blood and body fluid clean-up.

Section 9 – Coaching Certifications

The following minimum certifications are required for all PPAC-MS coaches:

- CPR/1st Aid
- Concussion Awareness
- Mandatory Reporter
- Current Background Check

PPAC-MS member schools may require additional certifications or training for coaches.

Section 10 – Certified Officials

PPAC-MS requires the use of officials approved by the Official Assigner for all A and B or 7th and 8th grade contests.

Section 11 – Entry Fees

Schools that are hosting tournaments may set entry fees to share costs. Such entry fees must be reasonable and must be communicated to all participating schools prior to committing to the event. Schools or districts hosting championship events may share costs with participating schools for items such as awards, timing systems, etc. Any entry fees should be communicated prior to a school agreeing to attend whenever possible.

Section 12 – Cheerleaders, Pep Bands, and National Anthem or Pledge of Allegiance

PPAC-MS member schools may allow cheerleaders at home events. Host schools that allow cheerleaders must use CHSAA sport manuals to determine the location to place cheerleaders. For example, in volleyball the cheerleaders may stand behind their team's court if space permits.

Pep bands are permitted and may play during pre-game, timeouts, and intermissions. At no time may pep bands play while the event is occurring.

PPAC-MS member schools may play the National Anthem or recite the Pledge of Allegiance prior to contests.

ARTICLE VII – SPORTSMANSHIP

Section 1 – Sportsmanship Expectations and Conference Pledge

Pledge to be read prior to each PPAC-MS contest:

“Pikes Peak Athletic Conference – Middle School, in fostering sportsmanship, would like to remind fans to let players play, officials officiate, coaches coach and fans support your team; thank you for helping to be role models for our students.”

Taunting, intimidation, or profanity directed toward an official, staff member, opposing player, or spectator will result in the removal of the spectator. Artificial noisemakers, cheers that are derogatory or demeaning in nature, and signage that contains negative messages or profanity are NOT allowed at competitions. Spectators may not yell, bark, stomp, or otherwise distract the free throw shooter in basketball or the server in volleyball.

Athletes and/coaches that are ejected from a contest must sit out the next scheduled contest at the level involved. If other contests occur prior to the suspension being served at the level involved, the coach or athlete would not be eligible for these levels until suspension is served.

PPAC-MS member schools must have a plan to address spectators that have been ejected from a contest. At a minimum, the spectator may not attend any further contests during a school year after being ejected from a contest unless the offending party has progressed through required steps to be cleared to return (i.e. meeting with school officials, setting clear return expectations, etc.).

Continual or egregious violations of sportsmanship will be acted on at the Sub-League and Executive Committee level.

ARTICLE VIII – PRACTICE AND CONTEST LIMITATIONS AND DEFINITIONS

Section 1 – In-Season and Out-of-Season Periods

The PPAC-MS shall have two defined seasons throughout a calendar year. The season breakdown is defined below:

The in-season period will be all dates within the formal sport season as outlined by the PPAC-MS bylaws each year.

The out-of-season period includes all dates outside of the formal sport season, including the summer, as outlined by the PPAC-MS bylaws each year.

<u>Season</u>	<u>Permitted Activities</u>
In-season	Meetings, practices, strength and conditioning activities, and contests.
Out-of-season	Open gyms/fields, organizational or informational meetings, strength and conditioning activities, and camps or clinics.
Member schools will have the authority to set parameters around out-of-season and summer activities.	

Section 2 – Practice Definition and Scrimmage Allowance

A practice shall be defined as any required or optional team activity that includes sport-related instruction provided to athletes of a member school.

Organized practice in a sport may only occur during the formal season as defined in the PPAC-MS bylaws.

Each member school may conduct one scrimmage per sport season. A school may invite other schools to participate in a scrimmage.

Section 3 – Sport Acclimation

An acclimation period of 10 days for football (5 days with helmets only and five days with full pads) and 5 days for all other sports must be provided for all sports prior to the participation in any scrimmage or contest. The acclimation period must be tracked for each individual athlete. Member schools should also consider requiring an acclimation period for any athlete returning from an extended absence for an injury or other reason. Only formal practices with the majority of team members present shall count for acclimation requirements.

Section 4 – Contest Limits

All contests or events scheduled by a member school shall count towards sport contest limits. Participation in a championship tournament or event will not count towards contest limit in any sport. Member schools must schedule all schools within their Sub-League but may schedule other PPAC-MS schools or other schools to complete their schedules. Priority should be given to supporting member schools. Start times will be set by Sub-Leagues for contests between schools within a Sub-League, and between competing schools for other contests.

Member schools must meet minimum scheduling requirements for each sport.

Contest Limits

*Limits apply to participants. For example, a school might schedule more than the sport maximum to add contests or events for participants at a given level; however, no participant may exceed the sport maximum regardless of level(s) played.

1. Cross Country
 - a. Sport minimum: 5 meets
 - b. Sport maximum: 7 meets
2. Football
 - a. Sport minimum: 5 games
 - b. Sport maximum: 5 games
3. Girls' Volleyball
 - a. Sport minimum: 7 games
 - b. Sport maximum: 10 games
4. Girls' Soccer
 - a. Sport minimum: 7 games
 - b. Sport maximum: 10 games
5. Wrestling
 - a. Sport minimum: 7 duals
 - b. Sport maximum: No more than 14 competitions (duals and tournaments)

- c. No more than three competitions in one calendar week
- 6. Boys' and Girls' Basketball
 - a. Sport minimum: 7 games
 - b. Sport maximum: 10 games
- 7. Boys' Soccer
 - a. Sport minimum: 7 games
 - b. Sport maximum: 10 games
- 8. Girls' Softball
 - a. Sport minimum: 7 games
 - b. Sport maximum: 10 games
- 9. Track and Field
 - a. Sport minimum: 5 meets (triangulars or quads)
 - b. Sport maximum: 7 meets

Each contest played in a regular season tournament shall count towards the sport contest limit. Participation in a championship tournament will not count towards the maximum sport limit.

Season 5 – Out-of-Season Period

Out-of-Season activities are defined as any sport-related activity that occurs outside of the formal season for a sport as defined by the PPAC-MS bylaws. Open gyms/fields, camps, and strength and conditioning activities may occur in this period.

Section 6 – Open Gym or Field

An open gym or field is defined as one or more athletes working voluntarily with a member of the coaching staff and may include sport-specific drills or instruction.

Section 7 – Season Dates

Season 1	08/11/2025 - 09/26/2025	Cross Country, Football, Girls' Volleyball
Season 2	09/29/2025 - 10/30/2025 10/06/2025 - 11/21/2025	NPAC Girls' Softball Girls' Soccer, Wrestling
Season 3	11/30/2025 - 01/30/2026	Boys' Basketball
Season 4	02/02/2026 - 03/20/2026	Girls' Basketball
Season 5	03/30/2026 - 05/15/2026	Boys' Soccer, Girls' Softball, Track and Field

ARTICLE IX – ELIGIBILITY

Section 1 – Seasons of Eligibility

Students that participate in the PPAC-MS will be limited to a maximum of one year of eligibility per grade level offered at member school (i.e. 6th, 7th, and 8th).

Any hardship appeals relative to eligibility must be filed with the Executive Board. All actions by the Executive Board must meet the 2/3 majority (6 affirmative votes) to be approved.

Students may participate in multiple sports within the same season. Member schools may elect to not allow this practice at their school.

Section 2 – Minimum Eligibility

The minimum eligibility criteria for all PPAC-MS member schools shall include:

- Student must be enrolled in a minimum of 2.5 Carnegie units during semester of participation.
- Student may not fail more than one class to be deemed eligible during each eligibility check.

PPAC-MS member schools may impose more stringent eligibility requirements.

PPAC-MS member schools must determine how grades are checked and their process for certifying eligibility throughout the season.

ARTICLE X – SPORT BYLAWS

Section 1 – BASKETBALL (BOYS AND GIRLS)

1. Member schools may form teams composed of 6th, 7th and 8th grade students that attend or that have been placed in their programs in the sport of Basketball. Member schools may limit participation to 7th and 8th grade students if desired.
2. Participants must have attended 5 practices before participating in a scrimmage or contest in the sport of Basketball. Only formal practices with the majority of team members present shall count for acclimation requirements.
3. Schools must play a minimum of 7 games and are limited to a maximum of 10 games in the sport of Basketball. Each game that a school plays that is a part of a tournament shall count as one of the allowable contests. Contests should be scheduled with all schools in the member school's Sub-League with the remaining allotment of contests to be filled outside of the Sub-League. Participation in a championship tournament will not count towards the season limit.
4. Member schools may form A, B, and C-levels or 7th, 8th, and C-levels in basketball. Schools will coordinate scheduling opportunities for each level that they offer.
5. Warm-up time for all contests shall be 10-minutes in length. Contests at A and B or 7th and 8th levels will consist of 4, 7-minute quarters. C-level contests will consist of 4, 8-minute quarters with a running clock. The running clock will only stop for time outs, intermissions, injured players, and free throw attempts unless otherwise directed by the officials due to an unexpected delay (i.e. blood clean-up or lost contact, etc.). Overtimes, if needed, will be 3-minutes in length (at the A-level and B-levels). No overtimes will be played at the C-level.
6. Teams will be allotted 5 timeouts per game (3 full (60-second) timeouts and 2, 30-second timeouts). Teams will be allotted one additional, full timeout per overtime.
7. Mercy rule – The PPAC-MS mercy rule for Basketball shall be 20 points. Once the 20-point margin is reached at any point of the contest the clock will run continuously with the exception of time outs, intermissions, injured players, and free throw attempts unless otherwise directed by the officials due to an unexpected delay (i.e. blood clean-up or lost contact, etc.) for the remainder of the contest regardless of the point differential.
8. If a point differential of 20-points or more is reached in a contest, the winning team may not press, or half-court trap the opposing team unless the point differential drops below the 20-point threshold.
9. Halftime at all levels will be 7-minutes.
10. At a minimum the host school must provide a timer, scorer, and game supervisor or administrator.
11. Officials will be secured by the host school through the Official Assigner for Basketball.

12. No athlete may compete in more than one level per day unless it is necessary to swing an athlete or athletes to play another level. Swinging of an athlete or athletes to multiple levels in a day must be communicated in advance and approved by the competing school.
13. The game ball shall be marked with the NFHS symbol. Size for boys 29.5", girls 28.5"
14. The NFHS basketball rules will govern play in the sport of Basketball in all areas not specifically addressed in the PPAC-MS bylaws.

Section 2 – CROSS COUNTRY (BOYS AND GIRLS)

1. Member schools may form boys' and girls' teams from 6th-8th grade students that attend or that have been placed in their programs in the sport of Cross Country. Member schools may limit participation to 7th and 8th grade students if desired.
2. Member schools must schedule a minimum of 5 meets and are limited to 7 meets during the Cross Country season. Participating in a championship event shall not count as one of the allowable contests.
3. Participants must have attended 5 practices before participating in a scrimmage or contest in the sport of Cross Country. Only formal practices with the majority of team members present shall count for acclimation requirements.
4. Course distance will be communicated in the meet information/invitation to all participating schools. It is recommended that courses be approximately 1.5 miles in length and may not exceed 2 miles.
5. Host schools may charge participating schools for meet costs such as renting of a facility (i.e. a park or golf course) or timing systems, etc. All meet costs must be communicated prior to commitment to attend. All participating schools will divide the costs equally.
6. The host school will determine and communicate the order of events for all meets.
7. All participants must come to each meet with a computer-generated, pre-printed name tag that lists name, school, grade level, and gender. Labels should be 2 5/8" x 1" in size and placed on the front torso of each participant.
8. For each meet, teams may enter 7 and score the top 5 runners in all divisions unless a division is an open division in which entries would be unlimited.
9. A host school may elect to provide awards for larger meets. All costs to participate in an event must be shared with all participating schools prior to agreeing to attend.
10. Member schools that host Cross Country meets are responsible for securing event workers and a starter.
11. Host schools must also secure a viable course and must mark courses consistent with NFHS rules.
12. The NFHS Cross Country and Track and Field rule book will govern all rules for Cross Country not addressed in the PPAC-MS bylaws.

13. A league-wide championship meet will be held by Cheyenne Mountain School District #12. The meet will include three divisions by gender. Member schools may enter 7 runners (and will score 5) in each of the A and B divisions. An open division will also be included that will allow unlimited entries. More details including the date of the meet will be shared with member schools.

Section 3 – FOOTBALL

1. Member schools may form teams from the 6th, 7th and 8th grade students that attend or that have been placed in their programs in the sport of Football. Schools may elect to limit participation to 7th and 8th grade students in a sport if desired.
2. Member schools must schedule (and may not exceed) 5 contests in the sport of Football.
3. Member schools may form A, B, and C-levels or 7th and 8th grade levels in Football. Schools will coordinate scheduling opportunities for each level that they offer. Any changes must be communicated in a timely manner to schools that the member school competes against.
4. The following acclimation guidelines will be followed for all participants:
 - a. All participants must practice in helmets only for the first five practice opportunities.
 - b. Days 6-10 may be in full pads.
 - c. Only formal practices with the majority of team members present shall count for acclimation requirements.
 - d. Scrimmages may occur on Day #11 or after.
 - e. It is recommended that any athlete who is returning from an extended absence must repeat the acclimation period prior to participation in a practice or contest with contact.
5. Warm-up time for all contests shall be 10-minutes in length. Halftime intermission will be 5+3 minutes for all contests.
6. Contests will consist of 4, 8-minutes quarters at 8th, 7th or A and B-levels. C-level contests will consist of 4, 7 –minute quarters, unless both teams agree to shorten the time for contest. Sub-Leagues may elect to play 4, 7-minute quarters if agreed upon ahead of the season. Schools competing in non-league contests shall agree to the time parameters at the time of scheduling.
7. Scoring will be as follows: a touchdown will count as 6 points. An extra point scored by kicking a field goal will count as one point. An extra point being scored by running or passing the ball into the end zone will count as two points.

8. For the 8th and 7th (or A and B-levels) a single overtime will be played using the California tiebreaker. Both teams will have 4 downs to score from the 10-yard line. The team scoring a touchdown in the least number of downs during their possession will be declared the winner. A team may elect to kick a field goal. The opposing team must match or exceed the score of the opposing team to be declared the winner. If neither team scores or the teams match scoring opportunities, the game will be declared a tie.
9. Teams will be allotted 3 timeouts per half at all levels.
10. Mercy rule – The PPAC-MS mercy rule for Football shall be 30 points at any point in the second half. Once the 30-point margin is reached at any point of the contest, the clock will run continuously except for during time outs, intermissions, injured players, and as otherwise directed by the officials due to an unexpected delay (i.e. blood clean-up or lost contact, etc.).
11. At a minimum the host school must provide a timer, chain crew, and game supervisor or administrator. An adult must be assigned to the down marker.
12. An adequate safety zone of 10 or more yards must be maintained for spectators around the perimeter of the playing field.
13. Officials will be secured by the host school through the Official Assigner for Football.
14. No athlete may compete in more than one level per day unless it is necessary to swing an athlete or athletes to play another level. Swinging of an athlete or athletes to multiple levels in a day must be communicated in advance and approved by the competing school. Starters of one level should not swing to another level unless it is necessary to play the secondary level contest.
15. An athlete or team must have four calendar days of rest between contest dates.
16. The host school shall determine the location for all contests. Sub-Leagues may schedule special sites for contests if desired (i.e. playing in a HS or district stadium).
17. A TDY-sized football must be used for all contests.
18. Football helmets must have a four-point chin strap and must be recertified at a minimum of every 2 years whether used or not.
19. White and clear mouth guards are prohibited.
20. The NFHS football rulebook will be followed for all Football game rules not addressed in the PPAC-MS bylaws.

Section 4 – SOCCER (BOYS AND GIRLS)

1. Member schools may form A, B, and C-levels from 6th, 7th and 8th grade students that attend or that have been placed in their programs in the sport of Soccer. Member schools may limit participation to 7th and 8th grade students if desired.

2. Schools may play a minimum of 7 games and are limited to a maximum of 10 games in the sport of Soccer. Each game that a school plays that is a part of a tournament shall count as one of the allowable contests. Contests should be scheduled with all schools in the member school's Sub-League with the remaining allotment of contests to be filled outside of the Sub-League. Participation in a championship tournament will not count towards sport contest limits.
3. Warm-up time for all contests shall be 10-minutes in length for all contests. Halftime at all levels shall be 7-minutes in length.
4. Contests at the A-level or 8th grade level will consist of 2, 30-minute halves.
5. Subsequent levels will be 2, 20-minute halves.
6. Clock will run continuously except for injured players, unretrievable balls, or halftime. No timeouts will be allotted.
7. Games at all levels will be played 11 vs. 11.
8. PPAC-MS mercy rule for Soccer – once a team has an 8-goal lead, the leading team must remove one player from the field for the duration of the contest. If a team has a 9-goal (or more) lead a second player must be removed from the field. In the second half, if a team ever has a 10-goal lead, the contest shall be called.
9. No overtimes will be played unless a Sub-League offers a season ending tournament. If a Sub-League offers a tournament, the overtime rules shall be governed by the NFHS Soccer Manual unless otherwise agreed upon by participating schools.
10. At a minimum the host school must provide a timer/score keeper and game supervisor or administrator.
11. Officials will be secured by the host school through the Official Assigner for Soccer.
12. Shin guards must be worn by all athletes during practices and events.
13. No cleats that have a toe spike or metal spikes are allowed.
14. A size 5 ball will be used for all competitions.
15. The game supervisor or administrator is recommended to keep fans away from the playing areas by establishing a minimum of a 10-yard buffer from the sideline area surrounding the field. Spectators may not be seated near the goal area on either end of the field.
16. The NFHS Soccer Manual shall govern play in Soccer for all games rules not addressed in the PPAC-MS bylaws.
17. No athlete may compete in more than one level per day unless it is necessary to swing an athlete or athletes to play another level. Swinging of an athlete or athletes to multiple levels in a day must be communicated in advance and approved by the competing school. Starters of one level should not swing to another level unless it is necessary to play the secondary level contest.

Section 5 – SOFTBALL (GIRLS)

1. Member schools may form A, B, and C-levels from 7th and 8th (or 6th-8th) grade students that attend or that have been placed in their programs in the sport of softball. Member schools may limit participation to 7th and 8th grade students if desired.
2. Sub-Leagues may determine if all levels are fast pitch or if lower levels are slow pitch. Competing schools outside of Sub-League play must schedule with schools that designate levels consistent with their designations.
3. Schools may play a minimum of 7 games and are limited to a maximum of 10 games in the sport of Softball. Each game that a school plays that is a part of a tournament shall count as one of the allowable contests. Contests should be scheduled with all schools in the member school's Sub-League with the remaining allotment of contests to be filled outside of the Sub-League. Contests in a championship tournament will not count towards the sport limits.
4. The order of play shall be coordinated by Sub-Leagues and/or competing schools.
5. Each team may take the infield for 5 minutes prior to the start of the contest at all levels.
6. Contests will be 75-minutes in length at all levels, with no new inning being started after the 65-minute mark. Half innings will be 5 runs or three outs. Contests are ruled as complete after 3 full innings of play. Any contests postponed prior to 3 innings being completed will resume from the point of interruption. Competing schools should make every attempt to reschedule contests on the next available date for both schools.
7. Sub-Leagues that offer a tournament may alter time limit or scoring rules for contests if communicated to all participating teams prior to the event.
8. The high school re-entry rule is in effect.
9. The DP/flex can be used if coaches choose. This designation must be made to opposing coach and umpires and coaches meeting prior to the contest.
10. Helmets must be worn by batters, players outside of dugout (on deck batters), base runners, and all student base coaches.
11. The pitching distance will be 43' with a 16' pitching circle.
12. The base distance is 60'.
13. Game ball – 12" optic yellow, NFHS stamp.
14. Catcher's gear must be NFHS approved. Any player warming up a pitcher must have a mask on.
15. Pitcher or 3rd base protection is encouraged in Fast Pitch Softball.
16. PPAC-MS mercy rule for softball – the game will be called if a team leads by 15 runs after 4 innings or by 10 runs after 5 innings.
17. At a minimum the host school must provide a scorer, scorebook personnel, and game supervisor or administrator.
18. Officials will be secured by the host school through the assigner for Softball.

19. No athlete may compete in more than one level per day unless it is necessary to swing an athlete or athletes to play another level. Swinging of an athlete or athletes to multiple levels in a day must be communicated in advance and approved by the competing school. Starters of one level should not swing to another level unless it is necessary to play the secondary level contest.
20. A pitcher may not pitch multiple levels on the same day.
21. Rubber cleats only.
22. No parents may be on the field.
23. The NFHS Softball Manual shall govern play in Fastpitch Softball (and the USSSA Manual for Slow Pitch Softball) for all games rules not addressed in the PPAC-MS bylaws.

Section 6 – TRACK AND FIELD (GIRLS AND BOYS)

1. Member schools may form teams from 6th-8th grade students that attend or that have been placed in their programs in the sport of track and field. Member schools may limit participation to 7th and 8th grade students if desired.
2. Member schools must schedule a minimum of 5 meets (triangulars or quads) and are limited to 7 meets during the Track & Field season. Participating in a championship event will not count as one of the allowable contests.
3. Meets will be scored as follows:
 - a. Full Meet (8): 10-8-6-5-4-3-2-1 Relays: 10-8-6-5-4-3-2-1
 - b. Five-Team Meet: 8-6-4-2-1 Relays: 8-6-4-2
 - c. Quad Meets: 6-4-3-2-1 Relays: 6-4-2
 - d. Tri Meets: 5-3-2-1 Relays: 5-3
 - e. Dual Meets: 5-3-1 Relays: 5
4. An entry limit of 4 events per athlete will apply to all meets. The host school will determine the number of entries per event for meets they host. This information should be communicated to all schools attending the meet prior to attending.
5. Member schools that host Track & Field meets are responsible for securing event workers and a starter. Host schools may ask for help from attending schools to run events.
6. Start times for field events and running events will be set and communicated by the host school.
7. A sample meet schedule is included below. The host school may alter this schedule if mutually agreed upon and communicated with participating schools.
 - a. 1600m Run GIRLS
 - b. 1600m Run BOYS
 - c. 100m Hurdles (30") GIRLS
 - d. 110m Hurdles (36") BOYS
 - e. 100m Dash GIRLS
 - f. 100m Dash BOYS
 - g. 100m Dash UNIFIED (if included in meet)
 - h. 800m Relay GIRLS
 - i. 800m Relay BOYS
 - j. 400m Relay GIRLS
 - k. 400m Relay BOYS
 - l. 400m Relay UNIFIED (if included in meet)
 - m. 800m Run GIRLS
 - n. 800m Run BOYS
 - o. 200m Dash GIRLS
 - p. 200m Dash BOYS
 - q. 1600m Relay GIRLS
 - r. 1600m Relay BOYS

*Additional events may be added to meets by the host school (i.e. Intermediate Hurdles or different relays) if this information is communicated in advance to all participating schools.

8. Field events will include the following for each gender:

a. Discus

- i. The host school will provide 4 legal discuses for all meets.
- ii. A rubber discus will be used (1 kilo, junior discus for all competitors).
- iii. The host school shall communicate when Throwing Pits will open for warm-ups to all participating schools. Supervision must be provided during all warm-up and competition activities.
- iv. Throwers will receive 4 throws (1 warm-up and 3 flagged throws). Throwers or a thrower's coach may request throws to be successive.
- v. All throws will be measured unless successive throws requested by a thrower or thrower's coach in which only the furthest throw be measured.
- vi. Measurement shall be from the nearest edge of the mark made by the discus to the inside edge of the throwing circle.
- vii. Athletes can touch the inside of the toe board; however, the athlete may not touch the top or outside.
- viii. A 34.92-degree measurement sector shall be marked.

b. High Jump

- i. 5 minutes after the final call, all warm-ups and steps will conclude.
- ii. The host school shall communicate when jumping areas will open for warm-ups to all participating schools. Supervision must be provided during all warm-up and competition activities.
- iii. If an athlete checks-in and then checks-out from the high jump to go to another event. The athlete will come back in at the current height when they return.
- iv. Starting heights will be 3'8" for Girls and 4' for Boys.
- v. Heights will progress in 1-inch increments.

c. Long Jump (to include Unified if included in meet)

- i. 5 minutes after the final call, all warm-ups and steps will conclude.
- ii. The host school shall communicate when jumping areas will open for warm-ups to all participating schools. Supervision must be provided during all warm-up and competition activities.
- iii. 3 attempts allowed per athlete. An athlete doesn't have to complete all 3 attempts.

d. Shot Put

- i. Boys will use an 8 lb. shot and girls will use a 6 lb. shot for all competitions. The host school will provide four, legal shots for each gender.
- ii. The host school shall communicate when Throwing Pits will open for warm-ups to all participating schools. Supervision must be provided during all warm-up and competition activities.

- iii. Throwers will receive 4 throws (1 warm-up and 3 flagged throws). Throwers or a thrower's coach may request throws to be successive.
 - iv. All throws will be measured unless successive throws requested by a thrower or thrower's coach in which only the furthest throw be measured.
 - v. Measurement shall be from the nearest edge of the mark made by the discus to the inside edge of the throwing circle.
 - vi. Athletes can touch inside of the toe board; however, the athlete may not touch the top or outside.
 - vii. A 34.92 degree measurement sector shall be marked.
 - e. Triple Jump
 - i. 5 minutes after the final call, all warm-ups and steps will conclude.
 - ii. The host school shall communicate when jumping areas will open for warm-ups to all participating schools. Supervision must be provided during all warm-up and competition activities.
 - iii. 3 attempts per athlete will be permitted. An athlete does not have to complete all three attempts.
 - f. Order of (a Schedule for) Field Events
 - i. The host school will communicate the order of events and scheduled start time for all Field Events.
9. Two league-wide championship events will be held in Track and Field. The Gold Meet will be limited to the top three participants per event, and will be held at D20 South Stadium on the campus of Liberty High School. The Silver Meet will be hosted by D11 and will be open to three entries per event. More details, including the date of the meets will be shared with member schools.
10. The NFHS Cross Country and Track and Field rule book will govern all rules for Track & Field not addressed in the PPAC-MS bylaws.

Section 7 – VOLLEYBALL (GIRLS)

1. Member schools may form A, B, and C-levels from 6th, 7th and 8th grade students that attend or that have been placed in their programs in the sport of volleyball. Member schools may limit participation to 7th and 8th grade students if desired.
2. Schools will coordinate scheduling opportunities for each level that they offer.
3. Schools may play a minimum of 7 matches and are limited to a maximum of 10 matches in the sport of Volleyball. Each match that a school plays that is a part of a regular season tournament shall count as one of the allowable contests. Contests should be scheduled with all schools in the member school's Sub-League with the remaining allotment of contests to be filled outside of the Sub-League. Participation in a championship tournament will not count towards contest limit for sport.
4. Warm-ups will be 10-minutes in length for all contests – the 4, 4,2-minute protocol will be used.
5. Contests will be 2-out-of-3 sets with the first two sets played to 25-points (cap of 30 points) and the 3rd set (if needed) will be played to 15-points (cap of 20 points).
6. A libero may be used. If a school uses a libero in a match, the school must provide a libero tracker (home or away).
7. Net height will be 7'4 ¼" for all levels of play.
8. NFHS-approved volleyball shall be used for all levels of play.
9. At a minimum the host school must provide a scorer, scorebook personnel, and a game supervisor or administrator. Teams using a libero must provide a libero tracker regardless of where the contest is played.
10. Officials will be secured by the host school through the Official Assigner for Volleyball.
11. Two timeouts per set are allowed, limited to one-minute each.
12. No athlete may compete in more than one level per day unless it is necessary to swing an athlete or athletes to play another level. Swinging of an athlete or athletes to multiple levels in a day must be communicated in advance and approved by the competing school. Starters of one level should not swing to another level unless it is necessary to play the secondary level contest.
13. The NFHS Volleyball rulebook will govern all playing rules for those rules not addressed in the PPAC-MS bylaws.

Section 8 – WRESTLING

1. Member schools may form teams from 6th-8th grade students that attend or that have been placed in their programs in the sport of Wrestling. Member schools may limit this to 7th and 8th grade students if desired.
2. PPAC-MS approved weight classes – 70, 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 155, 165, 180, 210, and 285.
3. No athlete may compete in more than 14 competitions during the formal wrestling season as defined by the PPAC-MS bylaws. Participation in a championship event will not count towards the contest limit in the sport.
4. 45 minutes between matches on the same day must be provided to all wrestlers.
5. Wrestlers within one weight class higher may be paired.
6. No artificial means of weight loss allowed. Member schools and coaching staff shall educate athletes and parents in regard to safe weight management and monitoring/reporting any abnormal skin conditions.
7. Mats shall be cleaned prior to any practice or competition.
8. Universal precautions must be followed for all blood and body fluid clean-up.
9. Each member school must maintain a weight chart for all wrestlers throughout the season.
10. Weigh-ins will be held as follows:
 - a. For dual or triangular competitions, member schools will weigh-in all wrestlers the day before the meet at their site. The weigh-in sheet must be signed by the member school's Athletic Director before submitting the sheet to the host school.
 - b. Line-ups will be shared between competing schools no later than 12 Noon on the day prior to the event.
 - c. For tournaments or invitationals, wrestlers will weigh-in at the host school or site on the day of the event.
11. A weight allowance of 1-pound will be permitted to a team that is impacted by practice cancellation due to weather or other factors beyond their control.
12. Member schools must certify scales that are used for weigh-ins annually.
13. The timing for all Varsity matches will be 90-seconds for three periods and 60-seconds for three periods for the JV level.
14. TrackWrestling will be used for all member schools for operating meets. In addition, all matches must be entered into TrackWrestling for all participants.
15. A league-wide championship event will be held at Widefield High School. Each member school may enter one wrestler per weight class in the championship event. More details, including the date of the event, will be shared with all member schools.
16. The NFHS Wrestling rule book will govern all rules for Wrestling not addressed in the PPAC-MS bylaws.