

**HANDBOOK OF
MIDDLE SCHOOL ATHLETICS**



EVANSVILLE, INDIANA

2025-2026

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2025-2026 EVSC Middle School Sports Seasons at a Glance

| Sport | 1st Practice | 1st Contest | No. of Contests | Roster Deadline | Tourney Draw Date | City Tournament |
|--|--------------|-------------|-----------------|-----------------|--------------------------|-----------------------|
| <u>Fall Sports</u> | | | | | | |
| Girls Cross Country | Sept 3 | | 2 | Sept 15 | District Sept 23 | Sept 30 |
| Boys Cross Country | Sept 3 | | 2 | Sept 15 | District Sept 23 | Sept 30 |
| 6 th Grade Volleyball | Aug 11 | Aug 20 | 6 | Sept 5 | | |
| Reserve/Varsity Volleyball | Aug 11 | Aug 20 | 11 | Sept 12 | Sept 12 | Sept 29, Oct. 1, 6, 8 |
| <u>Winter Sports</u> | | | | | | |
| 6 th Grade Girls Basketball | Oct 9 | Oct 28 | 8 | Nov 7 | | |
| Reserve/Varsity Girls Basketball | Oct 9 | Oct 30 | 11 | Nov 14 | Nov 14 | Dec 9, 11, 16, 18 |
| 6 th Grade Boys Basketball | Jan 6 | Jan 21 | 8 | Feb 6 | | |
| Reserve/Varsity Boys Basketball | Jan 6 | Jan 22 | 11 | Feb 13 | Feb 6 | Mar 3, 5, 10, 12 |
| <u>Spring Sports</u> | | | | | | |
| Reserve/Varsity Girls/Boys Track | Mar 16 | Apr 2 | 4 | Apr 24 | Districts Apr 28 & 29 | May 6 |

MIDDLE SCHOOL HOSTING ASSIGNMENTS

| | 2023-2024 | 2024-2025 | 2025-2026 | 2026-2027 | 2027-2028 | 2028-2029 | 2029-2030 | 2030-2031 | 2031-2032 | 2032-2033 |
|---------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
| Cedar Hall | | District Track | | Cheer Dance | City Track | | District Track | | | |
| Glenwood | | City Track | Cheer Dance | | | District Track | | | | |
| Helfrich Park | City Track | | District Track | | | | Cheer Dance | District Track | | |
| Lincoln | | | | District Track | | | | | Cheer Dance | District Track |
| Lodge | | | City Track | | District Track | Cheer Dance | | | | |
| McGary | | | | District Track | Cheer Dance | | | City Track | | District Track |
| North Jr High | Cheer Dance | | District Track | | | City Track | | | District Track | |
| Perry Heights | | Cheer Dance | | | District Track | | City Track | | District Track | |
| Plaza Park | District Track | | | City Track | | | | District Track | | Cheer Dance |
| Thompkins | District Track | | | | | District Track | | | City Track | |
| Washington | | District Track | | | | | District Track | Cheer Dance | | City Track |

The Middle School Principal is the administrative head of the athletic program as he/she is of all other activities of the local school. As administrative head of the school, the principal is directly responsible for compliance with the policies herein established regarding middle school intramural and interscholastic competition.

Program Policy - The middle schools should maintain a well-balanced activity program consisting of intramural and interscholastic competition.

1. **INTRAMURAL PROGRAM**

The intramural program should be an outgrowth of the physical education program and should provide for a wide variety of activities for maximum student participation. Activities for boys and girls may be scheduled concurrently or separately depending on the activity or facilities available. Intramural activities are not to be limited by policies related to either the interscholastic or extramural program.

Objectives of Intramural Program

To offer a participation-oriented program of physical activities to all students in grades six through eight.

To provide skilled professional leadership in a varied number of activities. (team and individual).

To promote activities that will afford wholesome use of leisure time.

To instill a feeling of fair play and sportsmanship through cooperative and competitive activities.

To provide experiences in wholesome physical activities that will aid in the development of desirable traits.

2. **INTERSCHOLASTIC PROGRAM**

The purpose of the middle school interscholastic athletic program is to provide opportunities for students with athletic abilities to further their skill development and to participate in competitive sports.

Each activity must be in accord with the athletic policy handbook developed by the Evansville Vanderburgh School Corporation.

The middle school interscholastic athletic program offers the following:

| | |
|----------------------------|------------------------------|
| Boys & Girls Cross Country | 6th, 7th, 8th grade |
| Girls Volleyball | 6th, Reserve & Varsity Level |
| Girls Basketball | 6th, Reserve & Varsity Level |
| Boys Basketball | 6th, Reserve & Varsity Level |
| Girls Track | Reserve & Varsity Level |
| Boys Track | Reserve & Varsity Level |

Interscholastic competition is limited to middle schools or their equivalent in the counties adjoining Vanderburgh County. Other destinations must receive prior approval of the Assistant Athletic Director.

Interscholastic competitive athletic contests shall be limited to not more than two activities per week, excluding tournaments. If games must be rescheduled due to postponement, it may be necessary to schedule more than two games per week.

A. Spectator Regulations

Students may attend games played at their own school, but may not attend games played at other middle schools unless they are accompanied by their parent/guardian.

Middle school students may attend all middle school tournaments and the district and city middle school track meets. Students may also attend events when their school is a participant at the high school.

It is important to have faculty supervision for each school's cheering section during the playing of their games. Cheerleaders may lead yells during their school's participation. Each school will be assigned sections in the gym. No noise makers or confetti are permitted.

B. Admissions

An admission charge will be set by the Asst. Athletic Director for cross country, volleyball, girls' and boys' basketball, and girls and boys track.

The admission charge for cross country is \$1.00 for students and \$2.00 for adults. Volleyball, basketball, and track (District and City only) contests are \$1.00 for students and \$4.00 for adults.

C. Academic Eligibility

To be eligible to participate in middle school extra-curricular activities, students must be passing in at least seventy (70%) of their classes. This policy is established as a minimum requirement.

This policy was established by the Middle School Athletic Council and applies to the following programs: Cross Country, Cub Football, Volleyball, Boys Basketball, Girls Basketball, Boys Track, Girls Track, Dance Teams, Cheer Teams, and any additional programs that are considered to be extracurricular.

Grading periods to check for eligibility are as follows:

Football, cross country, volleyball – last 9-week grading period of the spring semester of the previous school year. (Semester grade takes precedence)

Girls Basketball – first 9-week grading period of the fall semester of the current school year

Boys Basketball – second 9-week grading period of the fall semester of the current school year. (Semester grade takes precedence)

Track – first 9-week grading period of the spring semester of the current year

The principal must be the final authority on matters of eligibility. Citizenship and scholarship should be determining factors in judging whether or not a student may compete in middle school athletics.

Each game will be forfeited in which an ineligible player participates.

If a student-athlete has been sent from a school to an alternative school/program he or she may participate in athletics at the school in the district in which he or she resides.

D. Age Limitations

As stated in the IHSAA Interschool Guidelines for Middle Level School, students participating in sixth grade, seventh grade and/or eighth grade athletic contests should be eligible within the following guidelines:

6th Grade: A student who is or shall be 14 prior to or on the scheduled date of the last contest in a sport should be ineligible for athletic competition in that sport.

7th Grade: A student who is or shall be 15 prior to or on the scheduled date of the last contest in a sport should be ineligible for athletic competition in that sport.

8th Grade: A student who is or shall be 16 prior to or on the scheduled date of the last contest in a sport should be ineligible for athletic competition in that sport.

E. Tournament Awards

The following awards will be purchased from tournament receipts:

A plaque is to be kept by the school for all interscholastic tournament winners. This includes the varsity and reserve city track & field meet champions. A runner-up plaque will be awarded to the losing team in the championship game of the girls' volleyball and girls and boys basketball tournaments. Trophies and plaques will not be awarded to district track & field meet champions.

F. Cancellations of Games

Middle School Principals may cancel their regular season contests if they feel conditions warrant cancellation. The Assistant Athletic Director may cancel all games if conditions become such that it is necessary and will make every effort to reschedule all contests.

Regular season volleyball and basketball games which are cancelled will be rescheduled by the Assistant Athletic Director, but may be rescheduled at the discretion of the middle school principals involved. Regular season track and field meets cancelled will not be rescheduled.

G. Scheduling

Interscholastic sports are scheduled by the Assistant Athletic Director and may be approved by the Middle School Principal.

Boys and girls track and field meets are scheduled concurrently.

Sixth, reserve and varsity volleyball matches and boys' and girls' basketball games are scheduled as doubleheaders.

H. **Officials**

Officials for all interscholastic athletic events are assigned by the Assistant Athletic Director.

The rate of pay is as follows:

Volleyball Officials \$30 per contest
Basketball Officials \$40 per contest

When an official is forced to officiate a match/game alone, the official shall receive double his/her pay rate.

I. **Interscholastic Sports**

CROSS COUNTRY

Cross country is offered as an intramural program which is coordinated by the Assistant Athletic Director. Boys and girls in grades 6-8 may participate in the District and City meet.

Middle schools will be divided into two districts (District 1 and District 2). The District meet will serve as a qualifier for the City meet.

Each middle school may have a boys and girls team and may enter unlimited participants for the District meet. The top ten (10) boys and girls from each team will advance to the City meet, along with any individual who places in the top fifteen (15).

District and City meet ribbons will be awarded 1st thru 15th place for individual winners and team ribbons will be awarded 1st thru 5th place for the City meet only. Medals will be awarded to the top individual 6th, 7th, and 8th grade City champions.

Schools may organize and run additional cross country meets upon approval of the building principal.

CUB FOOTBALL

The cub football program is supervised and conducted by the high school athletic department.

Each Evansville high school will field a cub football team composed of qualified 7th and 8th grade students who will attend that high school as freshman.

All cub football hopefuls must have an IHSA Parent-Physician Certificate on file in the high school athletic office before they may try out, practice, or participate in any way.

Each cub coach should submit a roster to each middle school in their district as well as the Assistant Athletic Director prior to their first cub game. This roster should include the player's name, school, address, and birth date. The middle school principals and Assistant Athletic Director should be informed immediately when a change in the roster occurs.

The high school athletic office should keep the middle schools informed as to matters pertaining to the cub team.

The principal must be the final authority on matters of eligibility. Citizenship and scholarship should be determining factors in judging whether or not an athlete may compete.

VOLLEYBALL

Each middle school shall have a 6th grade, reserve and varsity volleyball team. The 6th grade team shall consist of only 6th graders. The reserve team may consist of 6th and 7th graders. The varsity team may consist of 7th and 8th graders.

A winner of the match shall be determined by the best two (2) out of three (3) sets. Sets will be played to 25 points with a cap at 25. If a third set is needed to decide the match, the set will be played to 15 points. The winning team must win by two points.

Sixth grade matches will be scheduled as doubleheaders at four different sites. Reserve and varsity matches will be scheduled as doubleheaders with the reserve match played first followed by the varsity match. Every effort should be made to start all matches by 4:30pm.

The official game ball will be a leather volleyball. Volleyball nets should be set at a height of 7 ft. 4 ¼ in.

Students will not be used as line judges, if the official does not see the play, it will be played over.

A reserve and varsity volleyball tournament will be held to determine the city champion. A blind draw will be conducted to determine the pairings. The reserve team bracket will mirror the varsity team bracket. The first team listed in the bracket will host in their school. All tournament matches will begin at 4:30 p.m.

BASKETBALL

Each middle school shall have a 6th grade, reserve and varsity girls and boys basketball team. The 6th grade team shall consist of only 6th graders. The reserve team may consist of 6th and 7th graders. The varsity team may consist of 7th and 8th graders.

Sixth grade games will be scheduled as doubleheaders at four different sites. Reserve and varsity games will be scheduled as doubleheaders with the reserve game played first followed by the varsity game. Every effort should be made to start all games by 4:30pm.

A girls and boys reserve/varsity tournament will be held to determine the city champion. A blind draw will be conducted to determine the pairings. The reserve bracket will mirror the varsity bracket. The first three rounds of the tournament will begin at 4:30 p.m. with the first team listed in the bracket hosting. Championship game will be played at a high school gym starting at 5:30 pm and the first team listed will be designated as the home team.

Each middle school team is limited to two (2) school night games (M-TH) per week and may participate in a maximum of fourteen (14) regular season games. Middle schools may play in one special tournament and the traditional single elimination tournament to determine a city champion.

Pep bands may perform during their school's home tournament games. Members of the pep band may be admitted free of charge by presenting their musical instrument at the door.

Cheer/Dance squads may perform for their school's home tournament games. Cheer/Dance squads in uniform will be admitted free of charge on the day or evening their school is participating.

TRACK

There will be a reserve and varsity track team for both boys and girls. Eighth graders cannot run on the reserve track team.

Middle schools will be divided into two districts (District 1 and District 2) with each school participating in a dual or triangular meet during the regular season. At the conclusion of the regular season meets, there will be a District meet with qualifiers advancing to the City meet.

Dual or triangular track meets should be run at 4:30 p.m. scheduled at the high school tracks. (Boys and girls track and field meets will be run concurrently at the same site.)

The running of the meets will be the responsibility of the participating middle schools.

Track events for both boys and girls reserve and varsity teams will be as follows and should be conducted in the order as listed:

- 100 M Low Hurdles
- 100 M Dash
- 1600 M Run
- 400 M Relay
- 400 M Dash
- 800 M Run
- 200 M Dash
- 1600 M Relay

Field events for both boys and girls should be as follows: High Jump, Long Jump, and Shot Put

Entries for Dual Meets

Each school may enter unlimited participants in each race for the reserve and varsity 800M and 1600M runs.

At Central, Harrison, North -- Four (4) in the running events; three (3) in the field events and one team in the relay races.

At Bosse and Reitz -- Three (3) in the running and field events and one team in the in the relay races.

Entries for Triangular Meets

Each school may enter unlimited participants in each race for the reserve and varsity 800M and 1600M runs.

At Central Harrison, North – Two schools may enter three (3) in the running events; one school may enter two (2) in the running events. Three (3) in the field events and one (1) team in the relay races.

At Bosse and Reitz – Schools may enter three (3) in the running events; three (3) in the field events and (1) team in the relay races (If more than six (6) participants in a race, run a timed final in the sprints)

Entries for District Meets

The District meet will be ran as a timed final meet for all track events. Schools will be divided into two districts (District 1 and District 2) with qualifiers advancing to the City Meet.

No more than three (3) participants from each school may be entered in any individual running or field event. Each school may enter only one relay team in each of the relay races. A participant may be entered in any three events.

City Meet Qualifiers:

| | |
|----------------|---|
| Relays | First four places from each district meet |
| Running Events | First four places from each district meet |
| Field Events | First four places from each district meet |

Scoring and Awards:

Standardized silk ribbons will be awarded for the district and city meets.

Points will be awarded for eight places for the district and city meet. (10, 8, 6, 5, 4, 3, 2, 1)

All lanes will be timed in the district meet finals with the top four place finishers advancing to the City meet.

All lanes will need to be timed in the district meet in order that runners may be properly seeded for the city meet.

High Jump-Starting heights for dual meets:

| | |
|---------------------------|--|
| Boys High Jump (Varsity) | Begin at 4'4" and raise 2" thereafter until 6' and then 1" thereafter |
| Boys High Jump (Reserve) | Begin at 4' and raise 2" thereafter until 6' and then 1" thereafter |
| Girls High Jump (Varsity) | Begin at 3'10" and raise 2" thereafter until 5' and then 1" thereafter |
| Girls High Jump (Reserve) | Begin at 3'8" and raise 2" therefore until 5' and then 1" thereafter |

The starting heights for the District and City meet will be determined by a games committee.

100 M Hurdles - Spacing for the hurdle race is as follows:

100 M 10 hurdles hurdle height is 33 inches

Distance between hurdles is 42'8" to the first hurdle and 27'11" between each hurdle.

Use of starting blocks and spike shoes are permitted.

Order of Track Events for District and City Meets:

Finals

100 M Hurdles
100 M Dash
1600 M Run
400 M Relay
400 M Dash
800 M Run
200 M Dash
1600 M Relay