



Norfolk Public Schools
The cornerstone of a proudly diverse community

Middle School League

Handbook

Norfolk Public Schools Athletics

2026-2027

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Introduction

The purpose of the *Norfolk Public Schools Middle School League Handbook* is to outline the policies and procedures that govern Norfolk Public Schools middle school league athletics.

Norfolk Public Schools Athletic Department

The athletics staff of Norfolk Public Schools are dedicated to the development of the total student athlete. Both the physical and psychological growth of each person is conscientiously considered when planning and implementing our athletic program.

Our professional staff is aware of the individual needs of our students as well as the social implications of being able to work as a member of a team. Dedicated students are given the opportunity to reach their maximum potential through extensive training, excellent equipment, and good coaching.

Participants and responsible adults involved in school board approved extracurricular activities are expected to demonstrate the same level of responsibility and behavior at practice and competitions as is expected in the classroom. The school board further encourages the development and promotion of sportsmanship, ethics and integrity not only for athletes but also for administrators, adult supervisors, parents, fans, spirit groups and support/booster groups.

Department of Athletics

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Chief Operations Officer

Richard C. Fraley

Superintendent of Schools

Dr. Jeff Rose

www.npsk12.com/departments/athletics/overview

Mission & Vision

Our goal is to develop young men and women to be successful citizens in our highly competitive world. Opportunities supported by the Norfolk Middle School League across 17 athletic programs, as well as scholastic bowl and speech academic competitions, help increase student participation.

Constitution

ARTICLE I. Name

The name of this organization shall be the Norfolk Middle School League.

ARTICLE II. Purpose

The purpose of this organization shall be to administer and coordinate League sponsored athletic and academic activities in the middle schools of Norfolk.

ARTICLE III. Membership

Section 1. The membership of this organization is limited to the public middle schools under the jurisdiction of the Norfolk School Board.

Section 2. Schools shall be represented at all meetings of this organization by the principal or a designee. In matters requiring voting, each school shall be entitled to one (1) vote by the principal or designee.

ARTICLE IV. Officers

Section 1. The officers of this organization shall be Chairperson, Vice Chairperson and Treasurer elected from the principals' group. the secretary will be appointed by the Chairperson.

Section 2. The terms of office shall be for Two (2) years beginning with the June workshop meeting of the organization. An officer may not succeed himself/herself for more than one term.

ARTICLE V. Committees

Section 1. The Following standing committees shall exist:

Basketball	Volleyball	Football
Cheerleading	Wrestling	Baseball
Soccer	Track & Field	Softball
Field Hockey	Speech	Scholastic Bowl
Cross Country		

Section 2. Standing Committee Chairpersons:

The League Chairperson shall appoint standing committee chairpersons for a term of two (2) years to begin with the August meeting. Those eligible for appointment must come from the middle school administrative staff.

Section 3. The chairperson of each standing committee shall assume the following responsibilities:

- a. Serves as the liaison for the coaches and the League by establishing appropriate communications. All requests/protests shall be channeled through the committee chairpersons.
- b. Standing committee reports shall be submitted for consideration at the close of the activity season. These program reports shall be reviewed at the regular scheduled principals' meeting following the conclusion of the activity. Changes will be reflected in the Handbook to be published in August.
- c. Serves as interpreter of National Federation rules or special local rules in effect. Appeals will be referred to the League chairperson who in turn will provide for appropriate resolutions with the consensus of the League principals and the City-wide Director of Athletics.

Section 4. Special Committees:

Special committees shall be appointed by the League chairperson as the need arises.

ARTICLE VI. Meetings

Section 1. This organization shall meet before and after each season. Meeting times shall be established by the principals. Principals may designate certain meetings, as meetings to include student activity coordinators and standing committee chairpersons. Time and place of the meetings shall be selected by the principals.

Section 2. The number of school voting representatives needed to conduct business is four (4).

Section 3. The principal may elect to send a proxy vote with an administrative designee.

ARTICLE VII. Rules Of Procedure

An annual handbook shall be published by the organization which shall be available to all administrators and coaches in August of each year. The content of this handbook shall include the following:

Section 1.

- a. League Rules and Regulations
- b. Individual Program Procedures
- c. League Constitution

The National Federation of State High School Association Rule Books shall govern all sports activities unless special local rules have been specifically established and published in the Handbook. Appropriate current copies of rule books shall be made available to each school.

Parliamentary authority will be Robert's Rules of Order, revised edition.

ARTICLE VIII. Amendments

This constitution may be amended by four (4) votes of eligible schools.

Member Schools

School	Principal	Athletic Director	Phone Number
Academy for Discovery at Lakewood	Romanda Hannigan	Tim Maynard	628-2477
Azalea Gardens Middle School	Tammi Hinton	OPEN	531-3000
Blair Middle School	Shenay Lewis	Kurt Straub	628-2400
Lake Taylor School	Melanie Patterson	Brett Jones	892-3230
Northside Middle School	Letisha Lawrence	Audra Gardenhire	531-3150
Norview Middle School	Melissa McFarland-Bryant	Raekwon Johnson	852-4600
Ruffner Academy	Tracey Flemmings	Melissa Castle	628-3466

Middle School Athletic Program: 2026-2027

League Athletic Offerings	
Fall 8/31/26 – 10/14/26	Winter I 10/12/26 – 11/21/26
- Baseball - Competition Cheer (8/31/26 -11/14/26) - Softball B. Track G. Track - Wrestling	G. Basketball B. Basketball - Sideline Cheer - Scholastic Bowl
Winter II 1/19/27 – 3/3/27	Spring 3/1/27 – 5/27/27
- Speech B. Soccer (begins 1/19) G. Soccer (begins 1/19) - XC (2/16 – 3/23)	- Field Hockey - Football - Sideline Cheer B. Volleyball G. Volleyball

Standing Committee Chairperson:

Baseball:	Melissa McFarland-Bryant, Principal, Norview Middle School Raekwon Johnson, Athletic Director, Norview Middle School
Basketball:	Melissa McFarland-Bryant Principal, Norview Middle School Raekwon Johnson, Athletic Director, Norview Middle School
Cheerleading:	Melanie Patterson, Principal, Lake Taylor Middle School Brett Jones, Athletic Director, Lake Taylor Middle School
Scholastic Bowl:	Tracey Flemmings, Principal, Ruffner Academy Melissa Castle, Athletic Director, Ruffner Academy
Field Hockey:	Letisha Lawrence, Principal, Northside Middle School Audra Gardenhire, Athletic Director, Northside Middle School
Football:	Steve Suttmitter, Senior Coordinator, Office of Athletics
Speech:	Tracey Flemmings, Principal, Ruffner Academy Melissa Castle, Athletic Director, Ruffner Academy

B Soccer:	Shenay Lewis, Principal, Blair Middle School Kurt Straub, Athletic Director, Blair Middle School
G Soccer:	Tammi Hinton, Principal, Azalea Gardens Middle School OPEN, Athletic Director, Azalea Gardens Middle School
Softball:	Shenay Lewis, Principal, Blair Middle School Kurt Straub, Athletic Director, Blair Middle School
Cross Country:	Romanda Hannigan, Principal, Academy for Discovery at Lakewood Tim Maynard, Athletic Director, Academy for Discovery at Lakewood
Track & Field:	Tammi Hinton, Principal, Azalea Gardens Middle School OPEN, Athletic Director, Azalea Gardens Middle School
Volleyball:	Letisha Lawrence, Principal, Northside Middle School Audra Gardenhire, Athletic Director, Northside Middle School
Wrestling:	Romanda Hannigan, Principal, Academy for Discovery at Lakewood Tim Maynard, Athletic Director, Academy for Discovery at Lakewood

Officials’ Negotiations Committee: League Chairperson, Representative from the Office of Athletics and Respective Committee Chairperson.

Participation in Athletics

All middle school students are encouraged to participate in their schools’ athletics and activities. Each student-athlete must have a valid physical on file before participating in the Norfolk Public Schools athletics program. The sports physical must be completed by a physician within the past 14 months and clear the student-athlete to participate in athletics. *Once the physical expires (14 months from the date of the physician’s signature), the student-athlete will become ineligible and cannot participate in any capacity until a current physical has been turned into the Athletic Director or Athletic Trainer. This includes during the middle of an athletic season.*

Additionally, all student athletes and parents **must** review the Preparticipation Forms annually, which include Concussion, Sudden Cardiac Arrest, & Heat-related Illness Education acknowledgement letters. Each student-athlete and parent **must** sign and return the form to the school’s athletic director prior to the student athletic practicing or trying out for a team.

For rising ninth grader to be eligible for senior high school athletics, he or she must be enrolled and reside within the schools attendance zone and attend the middle school feeder for that high school for the entirety of their 8th grade year.

Rules & Regulations

School Regulations

Member schools shall observe the following regulations in all interschool contests, including those not sponsored by the League.

Principal’s Responsibility Rule – Final authority and ultimate responsibility in all matters pertaining to interschool activities of each school, both athletic and non-athletic, shall be vested in the principal, who acts under authority granted by the Executive Director of Schools. The principal’s responsibilities shall include, but shall not be limited to, the following:

Control:

1. The principal shall exercise control over all interscholastic contests in which his/her school engages. It is his/her responsibility, as well as that of his/her coaches, faculty members, and all representatives of his/her school, to practice the highest principles of sportsmanship in all interscholastic relationships with visiting coaches and official representatives, contest officials, visiting contestants, and the general public, as well as to inculcate a sportsmanlike attitude toward visitors on the part of his/her school and community.
2. The principal shall seek by every reasonable means at his/her command to prevent the development of riots, fights, pilfering, defacement, or destructing of property, or any other unsportsmanlike conduct in connection with contests with other schools, on the part of his/her students or the supporters or partisans of his/her school.
3. Each school of this organization is responsible for the eligibility of its own students in carrying on an interscholastic program. If the principal of a member school has a question about the eligibility of a student of another school, he/she shall direct it to the principal of the other school. In taking such action, the first principal is not casting reflection upon the other school's adherence to eligibility regulations, but is acting in the best interest of the League. If a principal has knowledge of an ineligibility, he/she is obligated to report it.

Finances – The principal shall exercise control over all finances involved in the interschool activities program and not otherwise controlled by the School Board.

Contests – The principal shall approve all contests in which representatives of his/her school participate. No agreement to engage in any contest not approved by the principal shall be binding.

Eligibility List – The principal shall certify on the Master Eligibility List the eligibility of all contestants representing his/her school. Certification becomes effective upon the signing of the eligibility list by the principal or his/her designee. Master Eligibility Lists are required even though a school participates in only one event during a designated season. Master Eligibility List will be maintained and kept one file in the athletic director's office in each school.

A separate list shall be prepared for each activity and kept on file in the Athletic Director's Office of each school. Since the principal is held strictly accountable for the accuracy of the lists, he/she should check carefully the eligibility of each student whom he/she certifies. Any transfer student who is to be certified for participation must have an official transcript of records or other evidence on file in the school office. The principal shall, when so requested, furnish such additional information as may be required to determine the eligibility or ineligibility of a student in his/her school. Failure to comply with the provisions of this regulation requiring the preparation of eligibility lists or additions to the list will result in an automatic penalty of \$10.00 per violation. The fine shall be paid to the League.

Interpretations:

- 1) The day of the first contest is the day on which a team representing the school plays another team. Whether or not the game counts in League competition is not a factor in making this determination.
- 2) The date of birth and the date of entry, as reported on the Master Eligibility List on which a student appears for the first time, will be considered controlling and may not be changed in later lists for the same year or later years except when specifically authorized to correct an error. It is recommended that a new principal, before certifying a Master Eligibility List, verify the information by checking it with lists previously submitted.

Excluding Injured Students – The principal shall exclude from athletic participation any student who has suffered serious illness or injury, until such time as that student has been pronounced physically fit to participate by NPS sports medicine staff.

Accompanying Teams – the principal or his authorized designee shall accompany all groups representing his school in any interschool activity, and shall be responsible for the conduct of all students under his charge during that activity.

Local Rules – the principal shall be authorized to make and enforce any local rule supplementary to League rules and regulations, but not inconsistent with them. The authority of a principal to impose and enforce such local rules is absolute and will not be subject to League review. The League will not question the right of any principal to exclude any student in the school from participation in any League activity at any time.

Interpretations:

- 1) The principal may delegate the exercise of his/her responsibilities under this rule to one or more faculty representatives, but he/she him/herself will be held responsible (by the League) for the observance of all provisions of this rule.
- 2) The word “principal,” as used in this rule, refers to the middle school principal, or to the Executive Director of Schools in those cases in which they perform the duties of the principal.

Coaches Rule – All coaches and sponsors of interschool and League activities, both athletic and non-athletic, shall be employed by the School Board and responsible to the school principal. All coaches and sponsors of athletic and non-athletic activities not employed by the School Board shall be authorized by Department of Human Resources and approved by the principal.

NOTE: Interscholastic competition for girls and boys should be coached or directly supervised by a woman or man respectively, who is responsible to the school principal. If a man coaches girls on a mixed team or coaches a girls’ team, it is recommended that a female supervisor be present at all games and practices. If a woman coaches boys on a mixed team or coaches a boys’ team it is recommended that a male supervisor be present at all games and practices.

Out-Of-Season Practice Rule

Schools will follow the below out-of-season conditioning guidelines.

Middle School Athletics Out-of-Season Conditioning Schedule

Fall Season:

Winter I: 2 days per week
Winter II: Dead Period
Spring: Dead Period

Spring Season:

Fall/W1/W2: Dead Periods

Winter I Season:

Winter II: 2 days per week
Fall/Spring: Dead Period

Last day of school – July 5, 2026

Dead period for all sports

Winter II Season:

Spring: 3 days per week
Fall/Winter I: Dead Period

July 6 – Fall '26/'27 start date

Fall sports can workout 3 days per week
**Competition cheer may not participate in out of season conditioning*

NOTE: a member of the school's coaching staff may be employed to assist a school-approved community recreation program without violating this rule provided the coach does not cause such programs to become, for all practical purposes, a middle school squad practice scheme. A great responsibility rests upon the coaches engaged in such recreation programs to make certain that the spirit and the letter of the Pre-season and Out-of-Season Rule are observed.

- A member school is permitted to organize and supervise conditioning programs to include weight lifting, running, and exercising as long as the program is general in nature and includes only exercises designed to promote physical fitness. No school may issue equipment designed for a specific sport for this type of program. The conditioning programs must be opened to all members of the student body. Any student wishing to participate must have a valid physical, and preparticipation forms on file.
- A candidate for a school's athletic team may attend a specialized camp, school clinic or other similar program involving coaching and instruction as long as the school does not provide the fee for the specialized sports camp. Attendance at a summer recreation type camp at which a variety of recreational and sports activities are treated equally is not considered a specialized sports camp.
- A student may participate as an individual and in a manner that is in no way connected with his school.
- A student shall not be provided nor may he/she use any uniform belonging to a school. A student may use shoes provided by his/her school.

Penalty: Any school adjudged guilty of violating the Out-of-Season Practice Rule shall be subject to such disciplinary action, including ineligibility for League Championships, as the appropriate committee may impose.

Proselyting Rule – No member school or group of individuals representing the school shall subject a student from another school to undue influence by encouraging him/her to transfer from one school to another for League activities.

Interpretations:

The League shall decide what constitutes undue influence on the basis of the evidence presented in each case. Undue influence has generally been interpreted to mean an act by any person or group connected with the school or not connected with a school to persuade a student to enroll in a school

outside the area in which he resides or persuade his/her parents or guardian to move to the area of another school. Some specific examples of undue influence are:

- Being asked to move by a member of the school faculty.
- Being asked to move by a booster organization or a member of such an organization.
- Being given equipment money, free materials, allowance for transportation, or consideration not afforded to other students, athletic or non-athletic.
- Any other evidence that a transfer or enrollment was made because of athletic ability.

Penalty: Any school adjudged guilty of bringing such undue influence to bear upon a student through any individual connected with the school, either directly or indirectly, shall be subject to disciplinary action.

Athletic Practice Rule – Practice is defined as the involvement of a student or of students from a member school in any organized program of demonstration, instruction or participation conducted in part or in entirety by a person or group of people who are involved in the coaching of any of these athletics for pay or other enumeration.

- Athletic practice time is limited to two hours per day. This time is exclusive of preparation time. Preparation time is defined as the time needed to properly prepare team members for participation in an actual practice session. All teams will be allowed ten (10) minutes of preparation time.
- Saturday Practice: No practice is allowed on Saturday unless approved by the Middle School League.

Sportsmanship Rule – Member schools are required to conduct all their relations with other schools in a spirit of good sportsmanship. Acts, which are prima facie evidence of failure to abide by this rule, are those that are noted below and others of a similar nature that transgress the usually accepted code for good sportsmanship:

- Failure of any team or competitor to stay in a contest until its normal end when the failure to do so is related to dissatisfaction with the officiating of the contest, unless the physical safety of the team or competitor would have been endangered by continuing the contest.
- Harassment of game officials by a coach going on the floor or field to interrupt a contest while the ball is alive in protest of a decision by an official, conduct which invokes a penalty against the team because of the conduct of a coach or team member of any individual in the official party of a team, continued and visible actions on the part of a coach which will indicate to team members and/or to spectators that the coach believes the game is being improperly officiated, public demonstrations with game officials which indicate to others extreme dissatisfaction with officiating, and such related actions when exhibited in aggravated form are evidence of poor sportsmanship.
- Failure of a school to use every means at its disposal to impress upon its faculty, student body, team members, coaching staff, and officials the values of sportsmanship in the preparation for, and the conduct and management of, interscholastic contests. School personnel must make every effort to ensure that substitute players and bench personnel do not enter the playing field/court to engage in an altercation, fight, or other unsportsmanlike conduct; such action is a violation of the Sportsmanship Rule.
- **Failure of an administrator, spectator, athlete, coach, or official to follow those directions provided for in the code for Interscholastic Athletics.**

Code for Interscholastic Athletics

The School Administrator Should:

1. Encourage and promote friendly relationships and good sportsmanship throughout the school by requiring courtesy and proper decorum at all times, by acquainting students and others in the community with ideals of good sportsmanship, and by so publicizing these concepts and attitudes that all members of the school community will understand and appreciate their meaning.
2. Insist upon implicit compliance with all rules and regulations of the League.
3. Secure qualified officials for all contests.
4. Insist upon adequate safety provisions for all activities, for both participants and spectators.

5. Approve only those activities and schedules that are educationally and physically sound for the school pupil.
6. Encourage all to judge the success of the athletic program on the basis of the attitude of the participants and spectators, rather than on the basis of the number of games won or lost.
7. Insist that the school cheerleaders and athletes exemplify the highest standards of good sportsmanship, as a means of inculcating desirable spectator attitudes.
8. Provide adequate hygienic, sanitary, and attractive facilities for the dressing and housing of visiting teams and officials.
9. Provide for the efficient handling of all athletic funds, with such safeguards as audits, insurance and proper bookkeeping; in order that maximum benefits may be derive from available funds.
10. Review the Sportsmanship Rule with staff.

The Spectator Should:

1. Realize that he/she represents the school just as definitely as does the member of a team, and therefore, has an obligation to be a positive model, encouraging through this behavior the practice of good sportsmanship.
2. Recognize that good sportsmanship is more important than victory, by approving and applauding good team play, individual skill, and outstanding examples of sportsmanship and fair play exhibited by either team.
3. Recognize that since the primary purpose of interschool athletics is to promote the physical, mental, moral, social, and emotional well being of the players through the medium of contests, victory or defeat is of secondary importance.
4. Treat visiting teams and officials as guests, extending to them every courtesy.
5. Be modest in victory and gracious in defeat.
6. Respect the judgment and integrity of officials, realizing that their decisions are based upon game conditions as they observe them.

The Athlete Should:

1. Be courteous to visiting teams and officials.
2. Play hard and to the limit of his/her ability, regardless of discouragement. The true athlete does not give up, nor does he/she quarrel, cheat, bet, or grandstand.
3. Retain his/her composure at all times and never leave the bench or enter the playing field/court to engage in a fight.
4. Be modest when successful and be gracious in defeat. A true sportsman does not offer excuses for failures.
5. Maintain a high degree of physical fitness by observing team and training rules conscientiously.
6. Demonstrate loyalty to the school by maintaining a satisfactory scholastic standing and by participating in or supporting other school activities.
7. Play for the love of the game.
8. Understand and observe the rules of the game and the standards of eligibility.
9. Set a high standard of personal cleanliness.
10. Respect the integrity and judgment of officials, and accept their decisions without questions.
11. Respect the facilities of host schools and the trust entailed in being a guest.

The Coach Should:

1. Exemplify behavior that is representative of the educational staff of the school and a credit to the teaching profession.
2. Demonstrate high ideals, good habits, and desirable attitudes in personal behavior, and demand the same standards of the players.
3. Emphasize to his/her players and bench personnel the importance of proper sideline behavior and the necessity of restraining from entering the playing field/court to engage in a fight.
4. Recognize that the purpose of competition is to promote the physical, mental, social, and emotional well being of the individual players and that the most important values of competition are derived from playing the game fairly.

5. Promote the transformation of student-athletes through sport.
6. Be a modest winner and a gracious loser.
7. Maintain self-control at all times, accepting adverse decisions without public display of emotion or of dissatisfaction with the officials.
8. Cooperate with the school principal in the planning, scheduling, and conduct of sport activities.
9. Employ accepted educational methods in coaching, giving all players an opportunity to use and develop initiative, leadership, and judgment.
10. Pay close attention to the physical condition and well being of players, refusing to jeopardize the health of an individual for the sake of improving his/her team's chance to win.
11. Teach athletes that it is better to lose fairly than win unfairly.
12. Discourage gambling profanity, abusive language, and similar violations.
13. Refuse to disparage an opponent, an official, or others associated with sports activities, discourage gossip and questionable rumors.
14. Properly supervise student athletes under his/her immediate care and specifically observe a coach's responsibilities in conjunction with district and state contests.
15. Coaches should refrain from transporting students/athletes in their vehicles unless it is an emergency.

The Official Should:

1. Know the rules and interpretations and be thoroughly trained to administer them.
2. Maintain self-control under all conditions.
3. Report to duty well in advance of game time in a rested condition and with an alert mind, and dressed appropriately in the specified uniform.
4. Make clear all interpretations and rulings during the progress of a game, yet conduct the game in an unobtrusive manner.
5. Be impartial and fair; yet firm, in all decisions. A good official does not attempt to compensate later for an unpopular decision.
6. Refrain from commenting upon or discussing a team, play, or game situation with those immediately concerned.
7. Conduct the game as to enlist the cooperation of all players, coaches, and spectators in the interest of good sportsmanship.
8. Honor all commitments and abide by all school and League regulations in a professional manner.

Hosting Member: Facility Responsibilities

The home team will furnish adequate uniformed security/police where the number of spectators is projected to be large, the rivalry intense and where the game is expected to be close and highly contested. The playing field should be separated from the stands by a restraining barrier fence, wire, rope, etc. Officials should be provided with private dressing facilities not assessable to unauthorized personnel. The use of trained, competent, adult assistants to officials, (not students) i.e., scorers, timers, chain and down markers crews, and etc., is strongly recommended.

Uniformed security/police available for control will be provided at all home contests. If uniformed security/police cannot be provided, it is expected that the home school shall have taken reasonable and proper steps that would be expected to assure proper control of spectators under any foreseeable conditions. It is expected that a school administrator or designee from the home school will attend and remain in attendance until the conclusion of the contest.

Penalty - Violations of the above rules shall be subject to letters of censure drafted by the League chairman. Copies of such letters may be forwarded to the Department of Athletics and the Executive Director.

General Rules Applicable to All Students

To be eligible to represent the school in any interschool contest, a student shall meet the following requirements:

Bona Fide Student Rule

The student shall be a regular bona fide sixth, seventh, or eighth grade student in good standing of the school that he/she represents.

Interpretations:

- A regular student is considered a full-time student who is in regular attendance and is carrying a schedule of subjects if successfully completed, will render him/her scholastically eligible for League participation the ensuing grading period.
- Any student who is under the penalty of suspension or whose character or conduct is such as to reflect discredit upon his/her school, is not considered in good standing.
- A student charged with a felony shall be suspended from the team pending court action.
- A student charged with possession, use, distribution of illegal drugs or weapons shall be suspended from the team pending court action.
- Any student who has been voluntarily or involuntarily placed in an alternative educational setting, because of a disciplinary action, must complete one semester in his/her home school before becoming eligible for Norfolk Public Schools activities.

For Middle School Appeal:

The principal of the home school will contact the middle school principals via email to request a panel review. The parent and student will be required to attend the panel review. The review panel will consist of 3 middle school principals. The panel will hear the request for reinstatement in person, and make an immediate decision at the completion of the panel review. The presenting principal will not cast a vote for the reinstatement. A majority vote is needed to reinstate the student. The three member panel's decision is final, and no other appeal will be reviewed for that individual student during the first semester of their return. The student will also have to qualify for reinstatement under the same academic guidelines as all other student athletes in Norfolk Public Schools.

- A student CONVICTED of use and or possession, and or distribution of illegal drugs or weapons or of any felony, shall be ineligible for athletic participation for one (1) academic year from the date of conviction.
- McKinney Vento – students who fall under McKinney Vento status can continue playing for their school.

Grade Rule

Students shall follow the Age Rule and Participation Rule to participate. The student shall be enrolled in grade six, seven or eight.

Scholarship Rule

The student shall:

- For the first grading period (grade period is interpreted as a nine week report card), be currently enrolled in not fewer than five subjects, or their equivalent, and have passed three subjects, or their equivalent, the immediate preceding school year. (Referenced in more detail below)
- For all subsequent grading periods, be currently enrolled in not fewer than five subjects, or their equivalent, and have passed three subjects, or their equivalent, the immediately preceding grading period.
- All first-time 6th graders will be eligible for the fall season. All subsequent grading periods, be currently enrolled in not fewer than five subjects, or their equivalent and having passed three subjects, or their equivalent, the immediately preceding grading period.

NOTE: Deficiencies at the end of the school year may be made up only by work recognized by the Norfolk City Public Schools provided that the deficiencies are made up before the opening of the first semester.

Exceptions:

- 1) Any student who has been forced to withdraw from school (a) because of confining illness, (b) because of unavoidable circumstances or because no formal school was reasonably available, upon re-entry in the school at the opening of the subsequent semester, may be exempt from the provision of this rule. If the withdrawal from school was because of confining illness, a written request for the exemption must be made by his/her principal to the Standing Committee with an attached affidavit from the attending physician stating that the illness on the part of the student was of such a nature and duration as to make it impossible for him/her to earn credit for a grading period work. If the forced withdrawal was because of the unavoidable circumstances or because no formal education was reasonably available, a statement verifying the condition shall accompany the request. In making application for such exemption, the principal shall indicate the grades of the student at the time of his/her withdrawal from school. The Standing Committee in each such case shall take these into consideration. The exemption shall be available only to a student who has been forced to withdraw from school for the reasons set forth in the above exception.
- 2) A student with special needs attending regular education classes must take and pass the equivalent of five subjects in accordance with any IEP modifications. If the IEP Committee determines that a student with special needs taking regular education classes should take fewer than five subjects, he or she must pass those subjects mandated by the IEP.
- 3) A student with special needs who is self-contained must make standard progress in those courses taken as determined by the student's IEP.
- 4) A student who loses scholastic eligibility during the competitive season shall not be allowed to complete that season unless eligibility standards are met. Pre-season practice is not included as part of the competitive season.

Interpretations:

- Immediately preceding grading period is the last grading period prior to that in which the student desires to compete.
- For purposes of this rule, the student's eligibility or ineligibility shall be determined on the first day of the grading period following the end of the previous quarter.
- A student who is long-term suspended or expelled from school and, as a result of this, does not finish a grading period is ineligible throughout the following quarter.
- The scholastic eligibility of a student who attended another school during the preceding grading period may be established only by an official certificate of transcript from that school.

Age Rule

The student shall not have reached the age of 15 on or before the first day of August of the school year in which he/she wishes to compete.

Interpretation:

If a student is deemed eligible by the age rule, is a current eighth grade student and is selected for the high school team, he/she may play that sport in the middle school interscholastic League as long as the middle school sport does not occur during the high school season. He/She may participate if the sport in the middle school interscholastic league is not the same season as high school season.

NOTES:

1. In case of doubt as to age, the following evidence may be accepted as proof thereof: Birth certificates from the State Bureau of Vital Statistics, affidavit of the physician attending at birth, and documentary evidence such as the family record of birth in the Bible, official school record, and the affidavit or parent or guardian. Documentary proof of age other than a birth certificate will be accepted in cases of doubt only when the Bureau of Vital Statistics in the state of birth reports no record.
2. If there is discrepancy in the age record on the Master Eligibility List, the earliest date shall be considered correct until proof otherwise has been submitted and accepted.

Transfer Rule

The student shall not have enrolled in one middle school and subsequently transferred to and enrolled in another middle school without a corresponding change in the residence of his parents, parent, or guardian.

Exceptions:

1. A student whose transfer from one League school to another has been authorized by the Department of Pupil Personnel Services is immediately eligible provided all other eligibility requirements are met unless the student is currently a team member for the sending school. No student may play on two opposing League school teams in the same sport during one season. The student may be eligible to play on the remaining sport teams as a member of the new school.
2. A student transferring from a school closed by executive or administrative order to the school serving the district in which his/her parent, parents, guardian reside.
3. A student entering the 6th, 7th, or 8th grade for the first time becomes immediately eligible in the middle school in which he/she enrolls regardless of his/her residence status, providing he/she meets all other eligibility requirements.
4. A student under the care and guidance of the department of welfare, the department of corrections, or an orphanage or required to change residence by court order, or who is legally adopted, is eligible to participate in League activities in the school district in which he/she is placed.
5. A foreign exchange student becomes immediately eligible in the school in which he/she is placed regardless of his/her residence status; however, all other eligibility requirements shall be met.
6. A student who has completed a season in a particular sport in another school district is considered ineligible for the same sport in that academic year.

NOTE: The provisions of the Transfer Rule apply to students transferring from one school to another, including transfers from a private school to a public school as well as transfers from one public school to another. For the purposes of this rule only, the phrase “middle school” is defined as a school providing instruction at the 6th, 7th or 8th grade level(s).

Participation Limitations

The student may not participate in the same League-sponsored activity more than three (3) years while enrolled in grades six through eight.

Example: The student may not participate in basketball more than three (3) seasons while enrolled in grades six through eight.

- Participation Limitation – Boys may not participate on girls’ teams. If a school maintains separate teams in the same sport for girls and boys and during the school year, regardless of sports season, girls may not compete on boys’ teams and boys may not compete on girls’ teams. If a school maintains only a girls’ team in a sport, boys may not participate in that team.
- The 6th & 7th grade students cannot participate at the Junior Varsity Level, unless the student is over aged for Middle School Sports.
- The student can participate in more than one sport during the same season.
- 8th graders may compete in their home zoned High School JV programs in the following sports –
 - Baseball
 - Basketball (following the middle school season)
 - Field Hockey
 - Football
 - Softball
 - Sideline Cheer: Basketball (the middle school season)

** Eighth grade students that try out and make the junior varsity team at their home-zoned high school must provide their own transportation to practices. Transportation after practices will be provided by NPS transportation department.*

Hardship Rule

The Standing Committee is authorized to make exceptions in the case of an individual student. Full particulars must be given and the principal must be prepared to certify that such information as is given is correct to the best of his/her knowledge and beliefs. These cases will be handled under the following considerations:

1. The Standing Committee shall meet within one month after the opening date of each sports season to decide all cases that have been filled with the committee for action. The committee shall have full power and authority to make all exceptions and to grant such further relief in hardship cases as are authorized under the Hardship Rule. The decisions of the Standing Committee shall be final.
2. The conditions causing the student to fail to meet the eligibility requirements of any rule may have been beyond the control of the school, the student, and/or his/her parent(s). Only such circumstances as broken home conditions, death of parent(s) or guardian, abandonment, such types of situations, or other exceptional emergency reasons resulting in a change of residence usually for home betterment will justify a hardship case.

Due Process Rule

Whenever a principal has information that a student who wants to represent the school in a League-sponsored activity may be ineligible to do so because of failure to qualify under one or more of the individual eligibility regulations, he/she shall promptly investigate the matter. The student shall be entitled to be present at a hearing and to offer information about his/her eligibility. If, subsequent to the investigation, the principal determines that the student is ineligible, he/she shall inform the student by letter of his/her ineligibility and the specific individual eligibility regulations involved. The student may appeal the principal's declaration of ineligibility by writing to the Chairman. The decision of the League in such cases shall be final.

- 1) Upon receipt of information that the student may be ineligible, the principal may temporarily suspend the student's participation in the League activities until the required hearing has been completed and the question resolved. If the principal permits the student to continue participating until the hearing, and the student is subsequently found to have been ineligible, forfeiture and disqualification will result.
- 2) In deciding appeals under the rule, the Standing committee is not required to conduct another hearing but may decide on the basis of written presentations by the concerned parties.

Reporting Violations

The principal of each member school is obligated to report any violation of League to the League Chairperson.

Penalties

For participation of an eligible student and students in any interschool contest or contests: forfeiture of the contest of contests in which the ineligible student or students participated, and disqualification of ineligible student or students until such times as he/she or they become eligible under League rules.

Penalty: Falsification of Eligibility – If a student or his/her parent(s) or guardian(s) gives false information, written or verbal, that affects his/her eligibility upon entering and/or during his/her years of eligibility, the student shall become ineligible at any Norfolk Middle School League school for a period of one year from the date the information is certified as being false.

Note: If an ineligible student participated in any interschool contest without the knowledge of his/her principal, the principal should report such participation to the principals of all school against which the ineligible student participated and to the League Chairperson.

Protests

Filing:

1. Protests or complaints growing out of interschool competitions, such as those dealing with the eligibility of participants or with alleged violations of rules and regulations, shall be filed with the League Chairperson for adjudication or settlement by the principals.
2. Protests in order to be considered shall be filed with the League Chairperson by the Activity Chairperson in accordance with the procedures as outlined below to the adjudicated by the League principals.

Procedures:

Principals only may initiate protest. Protest, in writing through the appropriate activity chairperson shall contain a digest of all the facts pertinent to the case. They shall be delivered to postmark not later than two working days after the contest or receipt of the information on which the protest is based. The principals shall meet to consider and act upon each protest properly filed with the League Chairperson. Principals aware of possible violation will contact appropriate principal of school that is in violation.

Norfolk Public Schools' 2.0 Grade Point Average (GPA) Requirement

1. All first-time 6th graders are eligible to participate in middle school league athletics and activities during the fall semester of their freshman year. Beginning in the second semester—and for each semester thereafter—student-athletes must pass at least 5 of 8 courses, or 3 of 4 courses on a 4x4 schedule, from the previous semester to remain eligible.
2. GPA will be based on all courses taken for credit
3. GPA will be based on the following:
 - Fall/Winter Student Athletes - year long courses from preceding year.
 - Cumulative GPA
 - Spring Student Athletes – semester 1 GPA or cumulative GPA
4. The grading scale shall be the current scale used by NPS, including weighted classes
5. Summer school shall count two ways:
 - In the event a student must repeat a course, he/she shall be allowed to take the highest grade and average into yearly grades.
 - New classes shall be added to yearly grades.
6. Students shall have one appeal or probation period during their middle school (8th grade only) if they fall below the minimum GPA requirement and meet VHSL standards.
7. Students receiving special education services, as well as others whose eligibility must be determined under applicable federal and state laws, and who fall below a 2.0 GPA, will be evaluated on an individual basis. Waivers shall only be granted by the superintendent or his designee. Special education students, who request a waiver, must be making standard progress in those courses taken as determined by the student's Individual Education Plan (IEP).

Change of Semester

1. Eligibility will begin on the first calendar day of the new semester.
2. Students who use a waiver in the first semester for fall sports will be allowed to continue eligibility with winter sports if they fall below a 2.0 but have passed a minimum of 5 out of 8 scheduled classes at the change of semester. Those students who continue with winter sports and will try out for a spring sport must meet the 2.0 rule to compete in the spring.
3. Students must have passed 5 out of 8 scheduled classes at the change of the semester.

Middle School Athletic League Participation

1. Any student in grades 6, 7, or 8 establishes athletic eligibility upon first appearing on a team roster in middle school. Once eligibility is established at a middle school, the student-athlete may not compete for another member school or transfer eligibility without a bona fide change of address.
2. All eligible 8th grade student athletes may participate in sports at the middle school level. 8th grade students that are over aged (August 1, 2010) and have a 2.0 can participate at their home zoned High School at the J. V. level. Additionally, 8th graders may compete in their home zoned High School JV programs in the following sports –

- Baseball
- Basketball (following the middle school season)
- Field Hockey
- Football
- Softball
- Sideline Cheer: Basketball (the middle school season)

** Eighth grade students that try out and make the junior varsity team at their home-zoned high school must provide their own transportation to practices. Transportation after practices will be provided by NPS transportation department.*

3. Student's enrolled in specialty schools may participate in athletics at either their designated 'sister' school or home-zoned school. Sister school designations are as follows –
 - a. Academy of International Studies at Rosemont
 - a. Lake Taylor MS: all 6th-8th graders would participate at Lake Taylor School.
* Transportation will be provided by Norfolk Public Schools.
 - b. Southside STEM Academy
 - a. Ruffner MS: all 6th-8th graders would participate at Ruffner Academy.
* Transportation will be provided by Norfolk Public Schools.
 - c. Crossroads
 - a. Academy for Discovery at Lakewood*
* Transportation will be provided by Norfolk Public Schools.
 - d. Ghent Elementary
 - a. Blair MS*
*Transportation will be provided by Norfolk Public Schools.

If a student wishes to participate at their home-zoned school, the parent/guardian must provide their own transportation.

4. NEW VHSL Transfer Rule Exception 28A-7-2(5) – Transition to High School
A new rule set fourth by the Virginia High School League that goes into effect on July 1, 2026, notes that a student must attend the feeder middle school for 8th grade in order to be eligible as a 9th grade student in the Fall of 2027 if he or she attends a high school outside of the attendance zone where he or she resides. If the 9th grade student does not attend their zoned high school, this is considered a transfer and is subject to the VHSL Transfer Rule 28A-7 referenced above, and the eligibility ruling as outlined below -

(a) If a student in 9th, 10th, 11th, or 12th grade transfers before the student was eligible to participate in either (1) at least 50% of the maximum number of regular season contests, or (2) at least 50% of the total number of games on the student's previous team's schedule in that sport, the student is ineligible for participation in the postseason (district championships tournament and thereafter) in that same sport, for the current school year.

(b) If a student in 9th, 10th, 11th or 12th grade transfers after the student was eligible to participate in either (1) at least 50% of the maximum number of regular season contests, or (2) at least 50% of the total number of games on the student's previous team's schedule in that sport, the student will be deemed to have participated in an entire season and, following the transfer, is ineligible for further participation in that sport for the current school year, including post-season for the current school year only.

Individual Sports

Basketball

Chairperson: Melissa McFarland-Bryant and Raekwon Johnson

School: Norview Middle School

Season: Winter I

Contests: Six (6) games – The champions will be determined by the teams winning the basketball tournament.

Officials: Two (2) – 1 referee @ TBA
1 Umpire @ TBA

Time: Four (4) six (6) minute quarters
One (1) Six (6) minute half-time
Ten (10) minute warm-up – 1st game, 2nd game – Both coaches can agree on a time of six (6) minutes

Running clock rule: 4th quarter team up 30 or more then stops for foul shots, technical fouls and injury.

Overtime: Overtime will be 3min in length.

Cheerleaders: Cheerleaders will be permitted to attend and cheer at their home events only. Cheerleaders may not travel with the visiting team.

Citywide Championship Game: The champions will be determined by the team winning at the end of the season tournament.

Criteria for Determining Tournament Seeding:

1. The best record will determine the order of seed.
2. The top eight teams in the league will move into the end-of-year tournament.
3. If there is a two-way tie for first, second, third or fourth place, head-to-head competition will be used to determine the champion and top seed in the tournament.
4. If there is a three-way tie for first or second place, head-to-head, new rank system will be used to determine seeding.
5. If there is a three-way tie for third, head-to-head, new rank system will be used to determine seeding.

6. If there is a three-way tie for fourth place, head-to-head competition will be used to determine tournament seeding. If the tie remains, new rank system will be used to determine seeding.

Cheerleading

Chairman: Melanie Patterson/Brett Jones

School: Lake Taylor Middle School

Seasons: Fall {Competition}, Winter 1 {Sideline}, Spring {Sideline}
(No Saturday practices at school or outside of school)

Selection Process

Eligibility

1. The student shall have passed not fewer than three subjects at the end of the grading period preceding that in which the student desires to try out. Member schools may elect to establish a more stringent academic eligibility requirement but not less stringent than the eligibility requirement for athletic participation.
 1. The sponsor should check academic records.
2. The students must be currently enrolled in at least five subjects or their equivalent.
3. The student must be in good standing with the school.
 - The student should not be under suspension, expulsion, or continuous disciplinary action by the administration.
 - Personality evaluations by teachers should not influence a student's position of "good standing."
4. The student should receive and complete an application signed by both the student and parent(s) indicating that they understand and will accept the designated responsibilities if selected.
5. Grade Level
 - Middle School candidates must be sixth through eighth grade students.
 - The cheerleader sponsor should provide tryout information to feeder schools that have students eligible to participate in the tryouts.
6. Students will be required to provide transportation to and from school grounds if selected; transportation will be provided by the school to and from away events where attendance is required.
7. Selection must be made on a one-year basis. A current cheerleader who wishes to cheer again must try out on the same criteria that will be used to judge all other candidates.

Scoring

1. Selection will be made on the basis of scores given individually and tallied, rather than group discussion by judges.
2. A simplified method of scoring should be used. Example: Rate each student –

5-Excellent

4-Good

3-Fair

2-Poor

1-Unacceptable

0-Not for consideration

3. A semi-final round of scores can narrow down the group from which the final number of students can be selected. This also allows judges to review all top candidates before they make a final decision.

Discipline

- . Policies and procedures for cheerleaders will be established prior to the tryouts and made known to all participants.
- . Each member of the selected cheering squad and his parents will receive the written policies and procedures.
- . If, in the opinion of the sponsor, a cheerleader who has violated the set policies should incur probation, suspension, or dismissal from the cheering squad it is the sponsor's responsibility to discuss the action with the principal.
- . Parents must be notified if probation, suspension, or dismissal is applied to their child.

Miscellaneous

- . School insurance or proof of personal insurance must be required of all selected cheerleaders.
- . Cheerleading practice may not begin before the first day of school. All practices will be conducted on school grounds. Summer practice may not be held. Saturday practice will not be allowed during the year.
- . A member of the teaching staff will be present on the ground during practices with the knowledge that he/she is responsible for students involved in the practice, i.e., injury, safe departure, etc.
- . Uniforms will only be worn to athletic events and designated school functions.
- . Good sportsmanship will be assumed as a major responsibility of the cheerleaders and established in their goals and objectives for the year. Below are some suggestions:
 - . Sportsmanship skits and programs
 - . Talk at pep rallies
 - . Encourage sportsmanship at events
 - . Show hospitality to other teams and cheerleaders
 - . Sportsmanship campaign in the school
 - . Thanking officials, tournaments directors, etc.
 - . Help visitors in the school attending events
 - . Congratulating "good play" on the part of the opponents
 - . All cheering should be of a positive nature and in good taste
- . **Length of Season** – Cheerleading, as an activity with organized group cheers and required participation, is limited to the following sports: football and basketball.
 - . **Basketball** - Cheerleaders will be permitted to attend and cheer at their home events only. Cheerleaders may not travel with the visiting team.

Volleyball

Chairman: Latesha Lawrence/Brett Jones

School: Northside Middle School

Seasons: Spring

Contests:

Number: Six (6) matches

Officials: Two (2) officials (up and down)

Time: Best two of three games/rally scoring – 25 points
(3rd game 15 by 2)

Net Height 7ft 4 1/8 in will be used for both boys & girls

General Rules:

1. Twenty-five points determines a game (must win by 2 points)
2. Six persons to a team
3. Three-minute intermission between games
4. Teams will remain on same side for entire game
5. Each team may have up to 18 total substitutions per game
6. Beginning of game determined by flip of coin
 - . winner gets choice of service or side
 - . winner warm-up – 6 minutes
 - . loser warm-up – 6 minutes

Citywide Championship Rules:

Champions will be determined by the end-of-the-season tournament winner.

Criteria for determining Tournament Seeding:

- . The best record will determine the order of seed in each division
- . Top six teams, top 3 in each division, will move on to the end-of-year tournament.
- . If there is a two-way tie for first, second, or third place, head-to-head competition will be used to determine the champion and top seed in the tournament.
- . If there is a three-way tie for first, second or third place head-to-head competition will be used to determine tournament seeding. If the tie remains, new rank system will be used to determine seeding.

Soccer

Chairpersons:

Girls Soccer – Tammi Hinton/OPEN

Boys Soccer – Shenay Lewis/Kurt Straub

School:

Girls Soccer - Azalea Gardens Middle School

Boys Soccer – Blair Middle School

Season: Winter II

Contests:

Number: Six (6) games

Officials: Two (2) officials

Tidewater Soccer Referees' Association

Time: Two (2) twenty-five (25) minute halves

One (1) seven (7) minute half-time

Ten minutes in between each game

Mercy Rule: Up by 6 with 12.5min left in the second half, the contest will be concluded.

Tie Break: Regular Season and Tournament

Shoot Out

1. Each coach will present a list of five players to the official.
2. The shots should be on an alternate basis and the team scoring the most goals will be declared the winner.

If a tie still exists:

Shoot Out – “Sudden Victory”

1. The coach will select a player who has yet to shoot.
2. “Sudden Victory” shots will be taken on an alternating basis.
3. The first team to score an unanswered goal wins the contest.

This procedure will continue until the tie is broken.

NOTE: If one of the teams goes through their line-up, and a tie remains, both teams may start again at the top of their lineup.

Citywide Championship Game:

The champion will be determined by the team winning the end-of-the season tournament.

Criteria for determining Tournament Seeding:

1. The best record will determine the order of seed.
2. Top four teams in the league will move into the end-of-year tournament.
3. If there is a two-way tie for first, second, third or fourth place, first head-to-head competition will be used to determine the champion and top seed in the tournament.
4. If there is a three-way tie for first or second place, head-to-head competition will be used to determine tournament seeding. If the tie remains, new rank system will be used to determine seeding.
5. If there is a three-way tie for third, head-to-head competition will be used to determine tournament seeding. If the tie remains, new rank system will be used to determine seeding.
6. If there is a three-way tie for fourth place, head-to-head competition will be used to determine tournament seeding. If the tie remains, new rank system will be used to determine seeding.

Track

Chairperson:	Tammi Hinton/OPEN
School:	Azalea Gardens Middle School
Season:	Fall
Contests:	Three (3) regular season meets One City Championship

Order Of Events

Individual Events: Listed in order of competition

Track

Girls - 100m Hurdles
Boys - 100m Hurdles
Girls - 100-Meter Dash
Boys - 100-Meter Dash
Girls - 1600-Meter Run
Boys - 1600-Meter Run
Girls - 400-Meter Relay (4x 100M)
Boys - 400-Meter Relay (4x 100M)
Girls - 400-Meter Dash
Boys - 400-Meter Dash
Girls - 200-Meter Dash
Boys - 200-Meter Dash

Girls - 800-Meter Run
Boys - 800-Meter Run
Girls - 4x400 Relay
Boys - 4x400 Relay

Field

Boys - Shot Put
Girls - Shot Put
Boys - Long Jump
Girls - Long Jump
Boys - Discus
Girls - Discus

Quad/Tri Meets:

Officials: One (1) starter per meet
One (1) clerk per meet
One (1) scorer per meet
One (1) referee per meet
Three (3) Umpires per meet

Rules

1. A Competitor is limited to four (4) events total and no more than three (3) running events.
2. If a student competes in the 400 meters (440) or less he/she may compete in two other running events at that distance (or less) as the coach feels the student can physically handle.
3. Meets must start by 5:30 p.m. or no later than 15 minutes after the arrival of the visiting team. Field events can begin as soon as teams arrive.
4. There are only three (3) official entries in each event in quad meets. If coaches wish to enter more than three (3) in a dual meet, they must agree.
5. If a team competes with more than one (2) relay teams, an official team must be designated to receive points.
6. A runner will be allowed one (1) false start in an event. He/she will be eliminated from competition for a second false start (Quad meet only). Runner will be eliminated for false start.
7. Copies of these special rules should be handed to the official starter because there will be some differences between these rules and high school rules.
8. **Facilities** – There will be no dressing facilities at the meet sites.
9. **Rules Committee** – A committee composed of the Starter, Head Finish Judge, and Head Field Judge will rule on any rule violation decision.

Scoring for Quad/Tri Meets

Provided by electronic timing system

City Championship Scoring

City champion will be determined by the team that wins the championship meet.

Wrestling

Chairperson: Romanda Hannigan/Tim Maynard

School: Academy for Discovery at Lakewood

Season: Winter I

Contests:

Number: Six (6) matches

Individual Events: Seventeen (17) weight classifications

77 lbs.	112 lbs.	145 lbs.	225 lbs.
84 lbs.	119 lbs.	155 lbs.	250 lbs.
91 lbs.	126 lbs.	165 lbs.	
98 lbs.	132 lbs.	175 lbs.	
105 lbs.	138 lbs.	190 lbs.	

*any wrestler who weighs over 250 lbs. is not allowed to participate in a middle school match

Officials: One (1) referee is TBA to be billed by the association.

Southeastern Virginia Wrestling Officials' Association

Time: One (1) period of one (1) minute and two (2) periods of one-half (1½) minute each

Overtime: 30 second – First individual to score wins the match.
If still tied – 30-second ride-out format will be used.

Tournament Participation:

1. Team – All Schools
2. Individual – One (1) student from every school in each of the sixteen (16) weight classes.
3. Medals to be awarded to first three places in each weight class
 - a. overall record
 - b. head-to-head competition
 - c. overall record
 - d. past tournament placing

e. coin flip

Officials: Three (3) officials will work 2 mats

Schedule: TBA

Seeding: Shall be determined in a meeting of coaches prior to the tournament. Seeding meeting will be conducted by wrestling chairman and tournament director. Following the completion of the seeding meeting, there will be no further seeding of wrestlers due to substitutions. (A wrestler unable to compete in the tournament will be recorded as a forfeit.)

Weigh-in - to be held each day at the tournament with weight gain as specified.

Special Rules:

Certification – Certification of wrestlers will be conducted and verified by an administrator or athletic director on the date of the first match. All initial weight requirements allow for a three (3) pound gain during the season as follows: These additional pounds are only given to wrestlers who made weight on or before the certification date.

One (1) pound over scratch weight on TBA

Two (2) pounds over scratch weight on TBA

Three (3) pounds over scratch weight on day of tournament

Weigh-in:

- On the day of the contest, wrestlers will weigh in at the site of the match. If a wrestler doesn't make weight on the home scale then they can step off and use another certified scale that is present. No weight cutting is allowed once a wrestler steps on to the scales.
- The head coach is responsible for keeping all certification forms and using them for the seeding meeting.

After certification, a wrestler may weigh-in and wrestles one weight class above his certified weight with the following stipulations:

- He may weigh in at the higher weight class for no more than 50% of his weight-ins or the date of his certification. If the wrestler desires to return to his certified weight after wrestling up a weight class, he may do so at any time during the season. At no time may a wrestler compete in a weight class lower than his certified weight class.

- If the wrestler weighs-in no more than 50% of his total weigh-ins at the higher weight levels after his certification date, he shall be automatically recertified at that higher weight for the citywide tournament.
- If the wrestler competes in a weight class more than one weight class above his certified weight, he will automatically be recertified at that weight class immediately below the highest at which he has competed.

Citywide Champions:

City champions will be determined by the team that wins the end-of the season tournament.

Cross Country

Chairperson:	Romanda Hannigan/Tim Maynard
School:	Academy for Discovery at Lakewood
Season:	Winter II
Contests:	
Number:	Four (4) meets

General Rules:

- 4k Course

Field Hockey

Chairperson:	Letisha Lawrence/Audra Gardenhire
School:	Northside Middle School
Season:	Fall
Contests:	Number: Six (6) games
Officials:	Two (2) officials – Regular Season Two (2) officials – Tournament
Time:	Four (4) Twelve and a half (12.5) minute quarters One (1) Seven (7) minute half-time

Mercy Rule: If a team is ahead of the other team by 6 goals at half, only 12 minutes of play will occur in the second half. If after the second half, a team goes up by 6 goals, you still only finish out 12 minutes of the second half.

Tie Break: Regular Season and Tournament

Ten (10) minute “Sudden Victory” – 7 on 7

A 5-minute overtime period, with the winner being decided by the first team to score.

If a tie still exists:

1 v 1 Shoot Out

Each coach will present a list of five players to the official. Players have 8 seconds to try and score on an alternate basis and the team scoring the most goals will be declared the winner.

If a tie still exists in a regular season game, the game will be considered a tie. In a playoff game, ‘sudden’ victory shots will be taken on an alternating basis until the tie is broken. Teams may allow a repeat of the first 5 players. The order of the players may be changed at this time.

Citywide Championship Game:

- A. The champion will be determined by the team winning the end-of-the-season tournament.

Criteria for determining Tournament Seeding:

1. The best record will determine the order of seed.
2. Top four teams in the league will move into the end-of-year tournament.
3. If there is a two-way tie for first, second, third or fourth place, head-to-head competition will be used to determine the champion and top seed in the tournament.
4. If there is a three-way tie for first or second place, head-to-head competition will be used to determine tournament seeding. If the tie remains, new rank system will be used to determine seeding.
5. If there is a three-way tie for third, head-to-head competition will be used to determine tournament seeding. If the tie remains, new rank system will be used to determine seeding.
6. If there is a three-way tie for fourth place, head-to-head competition will be used to determine tournament seeding. If the tie remains, new rank system will be used to determine seeding.

Speech

Chairperson:	Tracey Flemings/Melissa Castle
School:	Ruffner Middle School
Season:	Winter II
Contests:	One event will be held for all seven {7} schools

General Description:

1. **Poetry Reading (10 minutes):** This is a program of single or multiple selections of published poetry read from a manuscript, preceded by an original, memorized introduction.
2. **Prose Reading (10 minutes):** This is a program of single or multiple selections of published prose (children's lit is allowed) read from a manuscript, preceded by an original, memorized introduction.
3. **Children's Storytelling (10 minutes):** Following a brief memorized introduction, the student will deliver a memorized, story-form recitation of a published work of children's literature. Gestures are encouraged, but movement must be in place. The audience for this category is a group of children, and the selection should be presented with that audience in mind.
4. **Duo Interpretation (10 minutes):** Two students will present a recitation of any play or book. The selection may be memorized, but the students will be holding scripts. The selection may be edited for unity and/or coherence. The students may not directly interact with one another except during the introduction, which must be memorized. Only suggestive, limited movement is allowed.
5. **Serious Dramatic Interpretation (10 minutes):** Following a brief, memorized introduction, the student will deliver a memorized recitation of a play, book, or declamation. Only suggestive, limited movement is allowed.
6. **Humorous Dramatic Interpretation (10 minutes):** Following a brief, memorized introduction, the student will deliver a memorized recitation of a play, book, or declamation. The selection must be humorous in nature. Only suggestive, limited movement is allowed.
7. **Extemporaneous Speaking (7 minutes):** Prior to each round, the speaker will choose, at random, three topics phrased as questions on news taken from the last two months of Time, Newsweek, and U.S. News & World Report. The student will choose one, return the other two, and will have thirty minutes to prepare a speech. An index file, old issues of magazines, and both sides of a 3 & 5 may be used. Only the index card may be used during the speech. Each round requires a new speech.
8. **Impromptu Speaking (7 minutes):** Given a topic, the student is allowed four minutes of "think" time, and then must begin. The student may begin earlier, but should speak for a minimum of two minutes (though this is not a requirement, it is good practice). The student may take organizational notes during the think time, and an index card may be used during the speech.
9. **Original Oratory (10 minutes):** This is an original speech, written by the speaker that is persuasive in purpose (convince, stimulate, or inspire). The speech may have a maximum of 150 words of quoted, cited material. The speech must be memorized.

Speech Events: Overview

Category	Piece	Time	Memorization	Feet Movement	Special Rules
Poetry Interpretation	Published Poems	10 min.	No (Binder)	No	☐ Memorized introduction written by student
Prose Interpretation	Published Short Story	10 min.	No (Binder)	No	☐ Memorized introduction written by student
Storytelling	Published Children's Story	10 min.	Yes	No	☐ Memorized introduction written by student
Duo Interpretation	Published Duet	10 min.	No (Binder)	No	☐ Memorized introduction written by student ☐ Students may not face each other or directly interact with each other
Serious Dramatic Interpretation	Published Monologue/Short Story	10 min.	Yes	No	☐ Memorized introduction written by student
Humorous Dramatic Interpretation	Published Monologue/Short Story	10 min.	Yes	No	☐ Memorized introduction written by student
Extemporaneous Speaking	Original Argument Speech	7 min.	No. (1 Notecard)	Yes	☐ Students will have 30 minutes to prepare the speech prior to the round. ☐ Topics are phrased as questions taken from the last two months of Time, Newsweek, or U.S. News and World Report (March & April) ☐ Students are expected to bring their own magazines for research/preparation.

Impromptu Speaking	Original Speech	7 min.	3 x 5 No. (1 Notecard)	Yes	☐ Students have a total of 7 minutes for both preparation/speaking. If a student uses 3 minutes to prepare his/her speech, then he/she will have only 4 minutes to speak.
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Original Oratory	Original Persuasive Speech	10 min.	No. (1 Notecard)	Yes	☐ The speech may have a maximum of 150 words of quoted cited material.

Middle School Football

Chairperson: Office of Athletics

Season: Spring

Contests: 6

Officials: 5 per contest

Time: 4 quarters (8 mins each) 10 min half time

Middle School Football: General Rules

- Athletes may only be enrolled in the 6th, 7th or 8th grade
- Athletes may not have reached the age of 15 on or before the first day of August { see age rule}
- Athletes shall not be in their 4th year of Middle School since entering the 6th grade.
- MS athletes may wear their jerseys during the games and during school hours on game day with permission of the principal.
- MS athletes are not permitted to wear jerseys at games in which the team is not involved.
- During games, only coaches, players and other designated team/staff members are allowed on the sidelines.
- Each team has the responsibility of general cleanup after games.
- The head coach is responsible for sideline management and conduct.
- All athletic injuries should be reported to the athletic trainer on staff.
- Coaches should do a general survey of field conditions before practice and games { i.e., potholes, broken glass}
- Each coach will monitor environmental conditions { NPS Heat Guidelines will be used}
- Each coach should be familiar with all the rules and regulations that govern the sport of football.
- Middle School football players are encouraged to play for one team during the middle school season. Due to safety/concussion incidents one team refers to either choosing recreation/select leagues or middle school league. Players should not play for 2 teams during the same season.

Baseball

Chairperson: Melissa McFarland-Bryant /Raekwon Johnson

School: Norview Middle School

Season: Fall

Contests:

Number: Six (6) games – The champions will be determined by the teams winning the baseball tournament.

Officials: Two (2) – 2 Umpires

Time: Six (6) innings or 2:00 hours (Drop Dead)

Citywide Championship Game:

The champions will be determined by the team winning at the end of the season tournament.

Middle School Baseball General Rules

1. Base distance: 90 Ft.
2. Pitching Mound: 60 ft. 6 in.
3. Game length: 6 innings or 2:00 hours (drop dead)/15 after 3.5 innings
4. 5 run rule per inning or 3 outs.
5. Home team: provide 3 game balls and bases. Home team is listed 2nd on the schedule.
6. Home Team: 3rd base dugout
7. Visiting Team: 1st base dugout
8. Pitching limit is 50 pitches per outing. Coaches will track this during the contest. Umpires will not be involved in tracking number of pitches. This rule is put in place for the safety of the athletes. For the tournament, the pitch count will increase to 75 pitches.
9. Bat Rule: Bat must be in the range of -3 to -8. If an illegal bat is being used the player will be recorded as an out and play continues. Check your bats before play begins.
10. 6 runs or 3 outs will determine the inning. If a team is down by 7 or more runs going into the last inning, the game will end.
11. Batting Order: teams can only bat 9 and one can be a designated hitter for a position player in the line up.
12. Tournament Rules:
 - 6 Innings
 - 10 run rule after 3.5innings
 - 75 pitch limit

- No run rule per inning

*Middle School baseball players are encouraged to play for one team during the middle school season. To prevent overuse pitching injuries in adolescents, one team refers to either choosing to play for recreation/select leagues or middle school league. Players should not pitch for 2 teams during the same season.

Criteria for Determining Tournament Seeding:

1. The best record will determine the order of seed.
2. The top four teams in the league will move into the end-of-year tournament.
3. If there is a two-way tie for first, second, third or fourth place, head-to-head competition will be used to determine the champion and top seed in the tournament.
4. If there is a three-way tie for first or second place, head-to-head competition will be used to determine tournament seeding. If the tie remains, a coin flip will determine the tournament seeding.
5. If there is a three-way tie for third, head-to-head competition will be used to determine tournament seeding. If the tie remains, there will be a three-way coin flip with the odd team getting the third seed and a play-off with the remaining two teams.
6. If there is a three-way tie for fourth place, head-to-head competition will be used to determine tournament seeding. If the tie remains, there will be a three-way coin flip with the odd team out and a play-off with the remaining two teams.

Softball

Chairperson: Shenay Lewis/Kurt Straub

School: Blair Middle School

Season: Fall

Contests:

Number: Six (6) games

Officials: Two (2) – 2 Umpires

Time: Six (6) innings or 1:45 hours (Drop Dead)

Middle School Softball General Rules

1. Base distance: 60 Ft./Pitch Distance: 43 Ft.
2. Game length: 6 innings or 2:00 hours (drop dead)/15 after 3.5 innings
3. Each team: provide 1 game ball each. Home team is listed 2nd on the schedule
4. Bat Rule: Drop weight can be -8 to -11, length must be under 34 inches
5. Pitching limit is 75 pitches per outing. Coaches will track this during the contest. Umpires will not be involved in tracking number of pitches. This rule is put in place for the safety of the athletes. For the tournament, the pitch count will increase to 100 pitches.
6. Home Team: 3rd base dugout
7. Visiting Team: 1st base dugout
8. 5 run rule per inning or 3 outs.
9. Batting Order: teams can bat 10. EH or DH or both
10. After Game:
 - Clean Dugouts
11. Tournament Rules:
 - 6 Innings
 - 15 run rule after 3.5innings
 - No run rule per inning
 - 100 pitch limit.

Criteria for Determining Tournament Seeding:

1. The best record will determine the order of seed.
2. The top four teams in the league will move into the end-of-year tournament.
3. If there is a two-way tie for first, second, third or fourth place, head-to-head competition will be used to determine the champion and top seed in the tournament.
4. If there is a three-way tie for first or second place, head-to-head competition will be used to determine tournament seeding. If the tie remains, new rank system will be used to determine seeding.
5. If there is a three-way tie for third, head-to-head competition will be used to determine tournament seeding. If the tie remains, new rank system will be used to determine seeding.
 - *If there is a three-way tie for fourth place, head-to-head competition will be used to determine tournament seeding. If the tie remains, new rank system will be used to determine seeding.