Bibb County School District
Department of Athletics

MIDDLE SCHOOL
ATHLETIC HANDBOOK
2026-2027



Revised 7/08/26

TABLE OF CONTENT

I. Message from the Director of Athletics
II. Mission
III. Vision
IV. Preface
V. Philosophy
VI. Department of Athletics Staff
VII. Middle School Coordinators & High School Athletic Directors
VIII. Middle School Athletic Committee
IX. Administration
X. Commitment to Gender Equity

Section 100: Administration and Implementation
Policy 101 Duties & Responsibilities of Athletic Director
Policy 102 Qualifications of Coaches
Policy 103 Coaching Restrictions
Policy 104 Coaching Management & Remuneration
Policy 105 Duties, Responsibilities & Conduct of Coaches
Policy 106 Sportsmanship
Policy 107 Practice Guidelines
Policy 108 Awards Guidelines
Policy 109 Recruiting/Undue Influence
Policy 110 Appeals Process
Policy 111 Health and Safety of Athletes
Policy 112 Concussion, Heat Illness, & Sudden Cardiac Arrest Mandate
Policy 113 Game Manager and Responsibilities
Policy 114 All-Star

Section 200: Eligibility & DragonFly
Policy 201 Certification of Eligibility
Policy 202 Age Eligibility
Policy 203 Residence Eligibility
Policy 204 Scholastic Eligibility
Policy 205 Make-up Work
Policy 206 Attendance Requirements
Policy 207 Effect of Suspension on Eligibility
Policy 208 Physical Examinations and Insurance Requirements
Policy 209 Limits of Participation
Policy 210 8th Grade Participation at High School

Section 300: Football
Policy 301 Rules/Guidelines
Policy 302 Football Practice
Policy 303 Maximum Number of Games
Policy 304 Football Officials

Policy 305 Length of Games
Policy 306 Scheduling
Policy 307 Play-Offs
Policy 308 Spring Practice
Policy 309 Uniforms and Equipment
Policy 310 Overtime Procedures
Policy 311 Magnet/Elite Scholars Middle School Students

Section 400: Basketball
Policy 401 Rules/Guidelines
Policy 402 Basketball Practice
Policy 403 Number of Games
Policy 404 Basketball Officials/Gym Managers
Policy 405 Length of Games
Policy 406 Scheduling of Games
Policy 407 Tournament Seeding
Policy 408 Tournament Hosting

Section 500: Track & Field
Policy 501 Rules/Guidelines
Policy 502 Track Practice
Policy 503 Number of Meets
Policy 504 Scheduling
Policy 505 Events
Policy 506 Limits of Participation
Policy 507 Cancellation of Meets

Section 600: Softball
Policy 601 Playing Field
Policy 602 Game Duration
Policy 603 Players
Policy 604 Pitching
Policy 605 Batting
Policy 606 Coaching
Policy 607 Base Running/conclusion of Play

Section 700: Cheerleading
Policy 701 Rules/Guidelines
Policy 702 Sanctioning Events
Policy 703 Space Restrictions
Policy 704 Cheerleading Tryouts

Section 800: Volleyball
Policy 801 Rules/Guidelines
Policy 802 Number of Games
Policy 803 Scheduling of Games

Policy 804 Spring Volleyball
Policy 805 Tournament Hosting

Section 900: Baseball
Policy 900 Games
Policy 901 Game Play
Policy 902 Line Ups & Ground Rules
Policy 903 DH & Extra Hitters
Policy 904 Re-Entry Rule
Policy 905 Base Running Violations
Policy 906 Coaches Responsibilities
Policy 907 Intentional Walk
Policy 908 Mercy Rule/Extra Innings
Policy 909 Warm Up/Speed Up
Policy 910 Equipment

Section 1000: Wrestling
Policy 1001 Weight Management
Policy 1002 Weight Classes
Policy 1003 Growth Allowance
Policy 1004 Weigh-in Regulation
Policy 1005 Participation Limitations
Policy 1006 Beginning and End Dates
Policy 1007 Rules
Policy 1008 Regular Season Match Formats

Section 1100: Soccer
Policy 1101 Regular Season & Tie Breaker
Policy 1102 Game Time
Policy 1103 Game Ejection

Section 1200: Flag Football
Policy 1201 Regular Season
Policy 1202 Removing the Flag Belt
Policy 1203 Footbal Size

Appendix

I. **Rule Violation Forms and Disciplinary Action**
II. **Guidelines for Outdoor Extra Curricular Activities**
III. **Heat Illness Symptoms and Treatments**
IV. **GHSA By-Law 2.67 - Practice Policy for Heat and Humidity**

MESSAGE FROM THE DIRECTOR OF ATHLETICS

WELCOME to the Bibb County School District athletic program. Our Department of Athletics is extremely excited that you and your family have made the decision to participate in our interscholastic athletic and extracurricular activities program. Our goal is to provide an environment so that each of you enjoys tremendous success and opportunities with the chance to gain valuable and lifelong experiences through your association with our athletic program and all our extracurricular activities. Our responsibility is to help everyone in our athletic programs be successful. Have a great year and the best of luck to you, your family, and your team!

The Bibb County School District is a member of the Georgia High School Association (GHSA) which is a member of the National High School Federation (NHSF) of State High School associations and follows the policies and guidelines of these organizations. Each year the GHSA publishes a handbook that includes the associations' constitutions and by-laws, tournament schedules, records, and policies. It is the responsibility of schools and their coaching staff to apprise themselves of information in the "white book" each year to remain current on any changes that may have occurred in the past year. Other information can be found on the Georgia High School Associations website at www.ghsa.net

This manual has been adopted to assist school-level personnel in the effective administration of Bibb County School District high school interscholastic athletic programs. It is very important that school staff understand that effective program management is an essential part of implementing a successful program. Program management includes academic monitoring of student-athlete progress; working with parents, partners, and boosters; equipment and facility maintenance; event and facility management, character, and sportsmanship development; team records administration; first aid and injury management; booster club support and fundraising.

Kevin Grooms
Director of Athletics
Kevin.Grooms@bcsdk12.net
484 Mulberry Street, Suite 225
Macon, Ga. 31204
Office: 478-765-8555

Mission

The Bibb County School District's Department of Athletics provides student-athletes with a rich co-curricular program that encourages our students to grow as individuals and leaders by experiencing the importance of being part of a team. The Department of Athletics fosters commitment and loyalty to teamwork, pride, leadership, and fair play.

Vision Statement

The Department of Athletics strives to be an all-inclusive program that provides access and opportunity for its students.

Preface

Interscholastic athletics for Bibb County School District's Middle Schools shall be administered as a part of the total school program and under the same administrative guidelines as other parts of the educational program. All events in which Middle Schools participate shall be conducted under the rules and regulations of the Bibb County School District, Georgia State School Board Policy, Georgia State Standards, and the Southern Association of Colleges and School Standards.

All Bibb County School District's Middle Schools shall abide by the Georgia High School Association (GHSA) Constitution unless otherwise noted in this Handbook.

Extra-curricular activities are an integral part of the total school program. All coaches must be considered teachers first and coach second with the understanding that the aspects of the two programs are interrelated.

Philosophy

The Bibb County School District's Middle Schools athletic program is based on the premise that students in the transitional years between childhood and adolescence have characteristics and needs that are unique to their age group. Coaches of middle school students should possess an understanding of the characteristics of the age group and should utilize a variety of methods in working with the students.

The goal of each athletic activity should be to improve physical fitness, coordination, confidence, and the ability to follow directions while developing such values as cooperation, sportsmanship, discipline, self-respect, and respect for others. Although excellence is a worthy goal and students should strive to win, they should also learn to recognize the value of participating in a team effort and in doing their best. To be effective, the athletic program at each school should be a cooperative venture shared by the administration, coaches, and parents working together to provide a positive experience for students.

Director of Athletics
Kevin Grooms, Ed. S, CMAA



Middle School Athletic Coordinators & Principals

School	Athletic Coordinator	Principal	Phone/Fax #
Appling Middle 1646-B Upper River Rd Macon, GA 31211	NIcholas Hargrove Sr Nicholas.hargrove@bcsdk12.net	Dr. Laquonta Williams-Smith	P: 478-779-2200 F: 478-779-2221
Ballard-Hudson Middle 1070 Anthony Road Macon, GA 31204	Michael Walker Michael.walker@bcsdk12.net	Dr. Latrina Pennamon-Nash	P: 478-779-3400 F: 478-779-3396
Howard Middle 6600 Forsyth Rd Macon, GA 31210	Jermaine Christian Jermaine.Christian@bcsdk12.net	Mr. Anthony Jones	P: 478-779-3500 F: 478-779-3458
Miller Magnet Middle 751 Hendley Street Macon, GA 31204	Jennifer Raymond Jennifer.raymond@bcsdk12.net	Mrs. Shandreka Gibson	P: 478-779-4050 F: 478-779-4032
Rutland Middle 6260 Skipper Road Macon, GA 31216	LaTanya Sandifer LaTanya.Sandifer@bcsdk12.net	Mr. Keith Groeper	P: 478-779-4400 F: 478-779-4373
Weaver Middle 2570 Heath Road Macon, GA 31206	Cateah Collins Cateah.collins@bcsdk12.net	Mr. Dominique Nichols	P: 478-779-4850 F: 478-779-4618

High School Athletic Directors & Principals

School	Athletic Director	Principal	Phone/Fax #
Central High 2155 Napier Ave Macon, GA 31204	Director: Andre Taylor Andre.Taylor@bcsdk12.net Assistant Director: Jarfaith Jones Jarfaith.jones@bcsdk12.net	Dr. Keturah Reese	P: 478-779-2330 F: 478-779-2307
Howard High 6400 Forsyth Road Macon, GA 31210	Director: Latavia Coleman Latavia.Coleman@bcsdk12.net Assistant Director: Jessie Porter Jessie.porter@bcsdk12.net	Michael Scott	P: 478-779-4850 F: 478-779-4860
Northeast High 1646 Upper River Rd Macon, GA 31211	Director: Terrence Redmond Terrence.redmond@bcsdk12.net Assistant Director: Ashley Johnson Ashley.n.johnson@bcsdk12.net	Mrs. Donna Walker-Thompson	P: 478-779-4100 F: 478-779-4135
Rutland High 6250 Skipper Road Macon, GA 31206	Director: Darryl Silas Darryl.Silas@bcsdk12.net Assistant Director: Charles Gordon Charles.A.gordon@bcsdk12.net	Dr. Wendy Pooler	P: 478-779-3100 F: 478-779-3045
Southwest High 1775 Williamson Macon, GA 31206	Director: Ronald Rogers Ronald.rodgers@bcsdk12.net Assistant Director: Chelsi Wright Chelsi.wright@bcsdk12.net	Ms. Kizzie Lott	P: 478-779-4500 F: 478-779-4486
Westside High 2851 Heath Road Macon, GA 31206	Director: Candice Roberson Candice.Roberson@bcsdk12.net Assistant Director: William Gordon William.gordon@bcsdk12.net	Mrs. Crystal Graham-Childers	P: 478-779-3800 F: 478-779-3832

Middle School Athletic Committee

The committee will consist of two middle school principals, one alternate, all assistant superintendents as ex officio members, and two high school athletic directors appointed by the District Athletic Director. When a committee member changes positions or makes the decision to vacate membership, the District Athletic Director will recommend a replacement for that member to the current committee. All final votes will be held by Principals and District Athletic Director in dealing with appeal violations.

Duties of the Middle School Athletic Committee (MSAC):

- Approve changes to the Middle School Athletic Handbook.
- One member will attend the monthly meeting of the Middle School Athletic Coordinators.
- Act as an appeals board for decisions made by the District Athletic Director concerning rules violations as outlined in this manual.
- Perform other duties as directed by the Assistant Superintendents.

Administration

The following process shall be used to determine violations to be adjudicated by the Athletic Committee:

- Suspected violations are reported to the principals of the school. The reporting person may be a teacher, coach, student, or private citizen. The suspected violation must be in writing and copied to the principal of the accused school and to the district athletic director.
- The principal of the school to whom the report was made will investigate the suspected violation within 48 hours.
- If the allegation has merit, the principal who has investigated the allegation will file a written summation with the District Athletic Director within 24 business hours.
- The District Athletic Director will contact the suspected violating school and discuss the situation with the principal and render a decision as per the Athletic Handbook or the GHSA Constitution.
- The Athletic Coordinator may, at his/her discretion, conduct meetings with all or some of the parties involved prior to making a decision.
- The defending party may appeal the decision in writing within 24 business hours, and the MSAC will be convened within 48 business hours to review the appeal and render a final decision.
- See Policy #109 Appeals Process

Commitment to Gender Equity

The Bibb County School District is committed to equal opportunities for male and female student-athletes as shown by its policy IDFA titled “Interscholastic Athletics Gender Equity in Sports.”

The Athletic Coordinator will serve as the Gender Equity Coordinator in each middle school. This individual's duties will be to collect and tabulate athletic data throughout the school year. All personnel at the school level must cooperate fully with requests for information by the Gender Equity Coordinator so that he/she can effectively complete this position's duties.

SECTION 100: ADMINISTRATION & IMPLEMENTATION

POLICY 101 Duties & Responsibilities of Middle School Athletic Coordinator

Athletic Coordinators are employed to oversee the entire athletic program at the school and report directly to the principal of the school.

- Provide leadership in the selection, assignment, and evaluation of athletic coaches at your school.
- Foster good community relations by keeping the community informed of athletic events.
- Meet with coaches, parents, and athletes when appropriate to solve onsite problems.
- Schedule all athletic events following guidelines provided by the District Athletic Director
- Attend monthly Athletic Coordinator meetings.
- Arrange transportation for all athletic contests.
- Develop appropriate rules and regulations for the conduct of athletes during athletic activities.
- As an Athletic Coordinator, make sure you are versed in GHSA & MSAC requirements for all sports offered at your school. Ensure that individual coaches are versed in their sport. Discuss rules, regulations, requirements, equipment, scheduling, and other necessary areas of concern with coaches in each sport.
- Ensure that all athletes who participate are eligible according to GHSA & MSAC, and that eligibility forms, physical forms, and agent notification forms are up-to-date and on file in a central location.
- Prepare and send all necessary forms to the Department of Athletics office according to the required time schedule.
- Meet monthly with the coaching staff to review schedules, Department of Athletics information, gender equity issues, and other information which individual coaches may tend to overlook or deem unimportant. Keep a school athletic calendar and discuss its correctness at this meeting, update it as needed. Inform the Department of Athletics of any changes.
- Prepare and administer the athletic program budget, oversee all athletic accounts, and approve expenditures. Supervises all ticket sales and fund-raising

events in the athletic department and assumes responsibility for proper handling and accounting of monies involved.

- Serve as the Gender Equity Coordinator.
- Requisition of supplies, uniforms, and equipment for athletic programs. The Athletic Coordinator will follow timelines for ordering equipment through the Department of Athletics.
- Supervise the cleaning, storage, and care of all athletic equipment. The Athletic Coordinator will meet with the coaches of each sport that issues uniforms and discuss details of proper uniform and equipment storage and collection. Each coach will use a form that lists each player, equipment/uniforms issued, and return dates. The coach/Athletic Coordinator will hold participants responsible for the return of school property and require payment if the equipment is not returned.
- Assume general responsibility for the supervision of all home athletic events including arranging for the reception of visiting teams to the campus, dressing room facilities, restrooms, security, and seating areas for fans.
- Coordinate use of non-school playing fields for games and practices when needed and arrange practice schedules for the coaches on the fields and in the gyms.
- Keep records of the results and keep records of all athletic contests for the school and coordinate a recognition program for school athletes. Assure that all game results are called into the District Athletic Office.
- Coordinate the scheduling and preparation of each athletic field on campus for each athletic activity sponsored by the school, including proper off-season and summer maintenance.
- Follow guidelines established by the District Athletic Director about equipment orders, proper care for equipment, attending meetings, scheduling contests, and submission of documents.
- Oversee the Lay Coach Program and be able to interpret the rules and guidelines of the program to your staff, principal, and other parties who may have questions.
- As Athletic Coordinator, you are responsible for developing high expectations for your coaches' conduct at athletic events. Professional behavior must be modeled for the participants.
- The Athletic Coordinator is responsible for the safety of participants within reason. Ensure that you and your staff develop a system for notifying parents and medical personnel when appropriate. Do not allow students to practice or play in unsafe conditions.
- Ensure all coaches, administrators, and parents are familiar with DragonFly. Check each student's documents within DragonFly, to be sure they are eligible to participate.
- Evaluations of all Head coaches at their school.

POLICY 102 Qualifications of Coaches

Coaches in BCSD Middle Schools must meet the following qualifications:

- Be a **CERTIFIED (hold a clear renewable certificate**) employee of Bibb County Schools
- Hold certification in CPR/AED (2-year certification)
- Hold a Concussion, Sudden Cardiac Awareness, & Heat Illness Certification (Annually)
- Attend a coaching clinic for each sport coached prior to that season, watch the video of that meeting, or complete an online coaching clinic. School Athletic Coordinators are responsible for monitoring this requirement.

Failure to complete this requirement will be noted by the school Athletic Coordinator and copied to the school principal and the District Athletic Director. This requirement is part of the Duties and Responsibilities of the employee.

Schools may use lay coaches per the current Bibb County School District policies. The lay coach is the head coach's assistant and cannot work as a head coach.

Lay and GHSA certified volunteer coaches must attend the coaching clinics; they must be hired by the school district and be registered with the District Athletic Director.

Paraprofessionals must be Lay Coach certified and hired throughout the district as a Lay Coach before they can coach in any capacity.

POLICY 103 Coaching Restrictions

- Teachers at one middle school may not coach at another middle school. Middle school teachers, however, may coach at a high school.
- Teachers under contract with Bibb County School District may not be under contract, either verbal or written to coaches in another school district. (See the GHSA Constitution for exceptions to this rule.)
- Being an athletic coordinator at a middle school is a full-time position. Duties and responsibilities include supervision of students, financial accounting, community involvement, and overseeing coaching staff.
- Coaching supplements may not be split between two people without written permission from the district office. Any such request should be made to the District Athletic Director. Approval or denial will be sent to the school principal.
- Schools that do not have enough participants to fill the two teams (boys & girls) will not receive 2 coaching supplements for one coach. Schools must be vigilant to hire coaches.

POLICY 104 Coaching Management & Remuneration

Bibb County Schools District will pay a supplement for the following coaching positions in Middle Schools:

- Athletic Coordinator (1)
- Head Football (1)
- Assistant Football (2)
- Flag Football (1)
- Head Basketball (2): 1 Boys'/1 Girls'
- Head Track (2): 1 Boys'/1 Girls'
- Softball (1)
- Volleyball (1)
- Cheerleader (1)
- Wresting (1)
- Baseball (1)
- Soccer (2)- 1 Boys'/1 Girls'
- Equipment Manager (1)

All lay (Community) coach supplements will be paid in lump sums at the end of the season upon request by the school Athletic Coordinator under the school principal's signature. As a reminder, schools must ensure their lay coaches have been approved by the district before they can be placed on a supplement list and/or begin coaching.

Entrance fees are charged for all BCSD Athletic Contests. As per board policy, established procedures and guidelines must be followed when dealing with gate receipts. Ticket purchases can be found on www.gofan.co. Prior to any purchase or expenditures, it must be approved by the athletic coordinator and/or school principal.

The school athletic coordinator is responsible for transportation requests for athletic competition seasons. Schools will have monthly athletic departmental meetings for clarity about current issues as soon as possible after the monthly District Athletic Coordinator meeting.

POLICY 105 Duties, Responsibilities & Conduct of Coaches

BCSD Middle School coaches will be upheld to the highest standard and expected to follow the guidelines set forth by the Bibb County Board of Education, the MSAC, and the District Athletic Director. Always follow policies and procedures and if you have any questions or concerns, always direct them to the school level Athletic Coordinator first.

A. Duties
    1. To the Bibb County Board of Education
    2. To the School and the entire faculty/staff
    3. To the School Coaching Staff

        One must bear in mind that his or her sport is not the only sport; it is only part of the total athletic-educational program and of the school. Therefore, it is important to support, promote, and cooperate with all coaches for the well-being of the total athletic program.

4. To the student athletes
    a. Provide safe environments
    b. Properly plan an activity
    c. Evaluate their athletes or students for injury
    d. Match or equate athletes
    e. Provide or maintain proper effective equipment
    f. Warn of inherent risks of a sport
    g. Supervise closely
    h. Know and use emergency procedures and first aid
    i. Keep adequate records
    j. Know school policies

5. To the parents of student athletes
    a. Hold a Parent Meeting at the beginning of the season and discuss sportsmanship expectations with parents & athletes.
    b. Provide a Season calendar, including practices and events
    c. Keep an open line of communication
    d. Avoid confrontations, if possible, and always keep a calm head
    e. Schedule a meeting with the Athletic Coordinator or Administration if needed; NEVER meet with a parent alone

B. Responsibilities
1. Head Coach Responsibilities
    a. Responsible for inventory of the sport that you coach. Turn in an inventory within two weeks of the season ending,
    b. Turn in your order request for the next year within two weeks of the season's end.
    c. The Eligibility list will be turned into the Athletic Coordinator within 24 hours prior to the first game

        The following information must be included:
        - Name of the athlete (listed in alphabetical order)
        - Date of birth
        - Grade level
        - Date of physical (Physicals expire 1 year from that date)
        - Date of first practice, if different from starting date

    d. that each athlete has all their documentation within DragonFly prior to them participating in any conditioning/tryout/competition.
    e. Check eligibility before a student can participate.
    f. All purchases will be made through the Athletic Coordinator.
    g. The head coach is responsible for their own playing surface and locker room.
    h. Each coach is responsible for keeping practice areas and locker rooms in order.
    i. Storing equipment neatly and using equipment properly.

j. **Mandatory attendance** for all fundraisers or assigned duties. Head coaches **cannot leave until all students have left campus,** and all other duties are completed.
k. Must obtain the following on all athletes before they can participate in any activity. (Try-outs, practice, or games).

   Documentation must be entered into DragonFly.
   - Physical
   - Insurance waiver with insurance policy information
   - Concussion-awareness form
   - Heat Illness Awareness form
   - Cardiac Awareness form
   - Proof of passing 5 of 6 classes the previous semester
   - Date of birth

l. Responsible for **complete lockup** of the school's facilities during the season, including all **games and practices.**
m. Stay until all your athletes have left campus. (Make sure all athletes stay outside and do not re-enter the building without supervision.
n. Prepare practice schedule and organize players during practices and games
o. Responsible for all your assistant coaches, assigning specific duties, training assistants to become head coaches, and attending all mandatory clinics for your sport.
p. Responsible for all athletes while off campus during away games or events
q. Other duties may be appointed by the Athletic Director or an Administrator in or out of your season
r. If absent from school, contact the Athletic Director concerning other school duties and responsibilities and contact Assistant Coaches for in-season duties
s. Responsible for all announcements concerning your team
t. Direct all questions to school AC, do not contact District AD.
u. Responsible for providing all-star players to the all-star team and attending all the all-star practices & games.

2. Assistant Coach Responsibilities
   a. Assist Head Coach with inventory of the sport that you coach.
   b. Assist Head Coach with eligibility requirements
   c. Mandatory attendance of all athletic functions and remain until all duties are completed
   d. Assist Head Coach with **complete lockup** of the school's facilities during the season
   e. Attend all practices of the sport that you are coaching and be on time due to liability.
   f. Assist Head Coach with the maintenance of the playing surface.

g. Prepare equipment for all games or practices**.**
h. Responsible for all athletes during practice or games. Supervise athletes until they leave campus. (Make sure all athletes stay outside and do not re-enter the building without supervision.)
i. Other responsibilities may be appointed by the Head Coach, Athletic Coordinator, or an Administrator **in or out of your season.**
j. **If absent from school,** contact the Head Coach for in-season duties and the Athletic Coordinator concerning other school duties and responsibilities.

Coaches are in a unique position to influence behavior and character development; therefore, it is essential that the conduct of coaches is of the highest order and that coaches assume the responsibility for assuring equally desirable conduct from their teams. Specific areas of emphasis are:

- To refrain from the use of profanity in the performance of duties.
- To refrain from the use of tobacco while in the presence of students. BCSD policy prohibits the use of tobacco while on school property.
- To be responsible for the behavior of students and to make every effort to see that students do not argue with officials or display unsportsmanlike behavior.
- To be well-groomed and appropriately dressed.
- To be supportive of administrative decisions.
- To maintain a high standard of sportsmanship in relationships with coaches, players, officials, parents, and fans.
- To always extend professional courtesy to other members of the profession.
- To give each student an equal/fair opportunity.
- To avoid intentionally humiliating one's opponent in the competition.
- To vacate one's position only after all records are complete and can be readily understood by one's successor and only after appropriate notice to one's employer.

Remedies and penalties

Coaches ejected from a BCSD volleyball/football contest, as a head coach or as an assistant coach, will not be allowed to coach during their next regularly scheduled contest.

Basketball has a mandatory 2 game suspension for both players and coaches. Any coach ejected is subject to a $100 fine. Players must complete an online Sportsmanship course. If there is a 2nd ejection, all suspensions and fines amounts are doubled. Players can also be assessed a fine. The coach shall have no role in nor attend the contest's warm-ups, activities, or games.

The school Athletic Coordinator will notify the need-to-know personnel of all event ejections. Notification of the ejection shall be submitted to the District Athletic Director and the Principal of the school by **10:00 AM the next morning**.

Suspensions shall carry over into the next season if necessary. Notification of second ejections shall be submitted to the District Athletic Director, the Assistant Superintendent, the Middle School Athletic Committee, and the principal of the school by 10:00 AM the next morning.

POLICY 106 Sportsmanship

One of the primary objectives of educational athletics is good sportsmanship. The National Federation of State High School Associations has adopted the following guidelines for sportsmanship. Middle School students should set a good example in the matter of sportsmanship and quickly condemn unsportsmanlike conduct of the part of other students or adults. To this end they should:

- Remember that a student spectator represents his/her school the same as does the athlete.
- Recognize that the good name of the school is more valuable than any game won by unfair play.
- Respond with enthusiasm to the calls of the cheerleader for yells in support of the team, especially when the team is losing.
- Learn the rules of the various athletic games so that, either as spectators or critics, they will be intelligent.
- Accept decisions of officials without question.
- Express disapproval of rough play or sportsmanship on the part of players representing the school.
- Recognize and applaud an exhibition of fine play or good sportsmanship on the part of the visiting team.
- Be considerate of the injured on the visiting team.
- Insist on the courteous treatment of the visiting team as it passes through the streets or visits the local school building and extend the members every courtesy.
- Acquaint the adults of the community and the students with the ideals of sportsmanship that are acceptable to the middle school.
- Impress upon the community its responsibility for the exercise of self-control and fair play at all athletic contests.
- Advocate that any spectator who continually shows poor sportsmanship be requested not to attend future contests.
- Insist on fair, courteous, and truthful accounts of athletic contests in local and school papers.
- Be familiar with the state rules of eligibility and support their strict enforcement.

- ❖ Encourage the full discussion of fair play, sportsmanship, and school spirit through classwork and assembly programs to discover ways by which students and schools can develop and demonstrate sportsmanship.

POLICY 107 Practice Guidelines

Practice in any extracurricular activity is defined as an assembly of five (5) or more students participating in any extracurricular activity in the presence of or under the direct or indirect supervision of a coach in that specific activity.

(NOTE: Remember that these practice guidelines and other definitions are taken directly from the GHSA Constitution. Please read that document for further clarification.)

Neither schools nor coaches shall suggest, require, or otherwise attempt to influence students to participate in or practice in any extracurricular activity outside the state or county designated season during the school year.

Legal practice dates are established for each activity/sport. Those dates correspond with the GHSA practice dates and are adjusted as needed by the Middle School Athletic Committee during spring for the succeeding year. An illegal practice is one that occurs when a coach works with five (5) or more students outside the legal practice dates established by the Middle School Athletic Committee.

<u>Pre-season scrimmages or contests constitute an illegal practice unless expressly allowed by the Middle School Athletic Committee during the spring of the year preceding the scrimmage.</u>

Conditioning of athletes two (2) weeks prior to the state or county designated season shall not be deemed illegal practice. (Conditioning students does NOT include teaching skills or a ball.)

During summer break, if practices are held, participation must be voluntary. All summer camps and summer programs must meet GHSA guidelines and participation dates. School Administrators must have a calendar and be notified of all activities being conducted.

Legal practice dates are established for each activity by the Georgia High School Athletic Association and can be found in the Georgia High School Association Constitution and By-Laws Book.

Spring football practice is limited to ten (5) and volleyball/softball is limited to five (5) consecutive school days from the starting date regardless of the weather.

The “Student-Athletes Participation Sign-off” form must be signed by the administrator, athletic coordinator, and coach certifying that all student-athletes participating in the listed sports have submitted all documentation required to participate. They are further

acknowledging that failure to ensure compliance for ALL students will result in administrative action, up to and including disciplinary action. The form must be submitted to the Department of Athletics before any practice can begin. Forms must be submitted for the fall, winter, and spring seasons.

POLICY 108 Awards Guidelines

Awards will be considered trophies.

The District Department of Athletics will furnish trophies for District Runner-up and District Champions.

For Track and Field, The Department of Athletics will provide medals for 1st. 2nd, & 3rd place finishers. An overall Boys' and Girls' District Runner up and District Championship trophy will be awarded.

POLICY 109 Recruiting/Undue Influence

The use of influence by any person connected directly or indirectly with the school to secure or retain a prospective athlete is prohibited.

Undue influence or recruiting is defined as the attempt by anyone connected directly or indirectly with a member school to induce a student of any age to transfer from one school to another for athletic or literary competition purposes.

Evidence of undue influence includes, but is not limited to, personal contact by coaches and sponsors to persuade transfer of schools, gifts or money, jobs, supplies, clothing, free transportation, admission to contests, invitation to attend practice games, or free tuition.

Steps in reporting violations of rules in recruiting, age, academics, illegal practices, and all other rules violations are listed in the Administrative Section of this Handbook.

All employees of the Bibb County School District should be continually aware that they are bound under federal law (FERPA) to protect the confidentiality and privacy of all students within the public school district.

Schools must have written permission from the parent or eligible student to release any information from a student's educational record. However, FERPA allows schools to disclose those records, without consent, to the following parties or under the following conditions (34 CFR 99.31):

- Other schools to which a student is transferring.
- Specified officials for audit or evaluation purposes.
- Appropriate parties in connection with financial aid to a student.
- Organizations conducting certain studies for or on behalf of the school.

- Accrediting organizations.
- To comply with a judicial order or lawfully issued subpoena.
- Appropriate officials in cases of health and safety emergencies; and
- State and local authorities, within a juvenile justice system, pursuant to specific State law.

POLICY 110 Appeals Process

A situation may occur that leads to the principal appealing the result of an athletic event. Such appeals should be made only on the rare occasion that the interpretation of a specific rule has affected the final score of the game. Appeals should not be made because of general disagreement with the officials or based on the controversy involving a judgment call. If a principal wishes to appeal the result of an athletic event, the following procedure should be followed:

- The principal should make an appeal in writing to the Chairperson of the Middle School Athletic Committee within 24 hours after the game is played.
- The Chairperson of the Middle School Athletic Committee shall schedule a meeting of the entire committee to hear the appeal within 48 hours. Members of the committee from the schools involved shall be removed from voting. In all cases, the Assistant Superintendent of Middle School must be present for the appeals meeting.
- The principal of the school making the appeal will be given the opportunity to explain the reason for the appeal.
- The principal of the other school will be given the opportunity to respond.
- After hearing the testimony from both schools, the committee will decide.
- Any school program not in compliance with the guidelines will face forfeiture of that game or game.
- NOTE: In a tournament or playoff situation, it will be necessary to resolve the appeal by 10:00 AM the morning following the game, or the ruling will stand as is.

POLICY 111 Health and Safety of all Students & Athletes

Due to extremes in temperatures that can take place in Georgia during athletic events which are held outdoors, coaches should practice extreme vigilance in monitoring weather conditions. When the outside temperature is extreme, the following procedures shall be implemented across the county:

- Coaches will ensure that players are hydrated before going outside.
- Coaches will ensure that players have proper nutrition in the mornings and at lunch.
- During a game, after every touchdown or every four minutes (based on the game clock), whichever comes first, the officials will call time out and send the players to the sidelines for hydration.

- ❖ Coaches will observe all players, assuring that they are hydrating properly.
- ❖ Coaches should have a cooling station available for all practices. The cooling station should include an immersion tub full of iced water and/or cooling fans. Coaches should use cooling fans at the stadium for games.
- ❖ Wet Bulb Readings should be shared with all groups that are outside. It is highly recommended that the school should purchase additional wet bulbs, so each group can take their own readings to record. No group should be outside without having access to a wet bulb. Wet Bulb Reading should be a year-round process if student athletes are outside.

These procedures are to be considered the minimum expectations. Coaches and officials may see a need at their site to go beyond these procedures.

Football Practice Regulations with Heat

New Guidelines are currently in place regarding heat and football practices. Please note the following changes and make sure that as a Head Coach or Athletic Coordinator that your school is adhering to these policies. There will be no variance from these stated guidelines.

See Attached GHSA Bylaw 2.67 – This document must be signed by the head coach and placed in the hands of EVERY parent on the team.

WEIGHT TRAINING THAT OCCURS BEFORE OR AFTER ON-FIELD PRACTICE IS ALSO CONSIDERED PRACTICE AND THAT TIME SHOULD BE DEDUCTED FROM THE DAY'S TOTAL PRACTICE TIME.

Acclimatization

- ❖ All football players **MUST** undergo a 5-day acclimatization process before participating in pads.
- ❖ This acclimatization process **MUST** take place for 5 consecutive days. (It may wrap around the weekend).
- ❖ These practices are limited to 2 hours maximum.
- ❖ Athletes can only wear a Helmet and Mouthpiece during these 5 days.
- ❖ The first date of practice in pads is August 1st
- ❖ Athletes who attend after August 1 **MUST STILL** complete the acclimatization process.

Practice Components/Restrictions – Hydration/Cooling

- ❖ All players should be weighed before and after practice. Records should be kept.
- ❖ All rest times should be in cool zones with an unlimited hydration opportunity and out of direct sunlight.
- ❖ Practices held at or above 86 on the WBGT (Wet Bulb Global Temp)/Perryweather scale REQUIRE an immersion tub of ice water on site.

- ❖ Cooling of athletes should be done via a cold sponge (Not towels) to prevent MRSA.
- ❖ The GHSA matrix is to be used for practice/heat guidelines on when practice can occur and under what conditions.
- ❖ The cooling fans provided should be placed in a central location for all sports to use during practice/conditioning. The stadiums are also equipped with fans to use during competitions.

Football Practice Limitations

Two-a-day practices may not take place on consecutive days.
Two-a-day practices are limited to 5 hours in total and 3 hours in one session.
The 5 hours cannot be split into 3 sessions.
Single practice days are limited to 3 hours.

Wet Bulb Globe/Perryweather Temperature Readings

An Approved device will be provided by BCSD to every middle and high school.
Wet Bulb Readings are to be mandatory and taken every 15 minutes and recorded.
Wet Bulb Reading should be available for review by the Department of Athletics upon request. No group should be outside without having access to a wet bulb.

POLICY 112 Concussion, Heat & Illness, and Sudden Cardiac Arrest Mandate

THIS IS MANDATED FOR EVERY COACH ON STAFF INCLUDING LAY COACHES

Every coach (Middle and High) is mandated to complete the NFHS (National Federation of High Schools) Concussion Course once every 2 years. The Sudden Cardiac Arrest and the Heat & Illness course should be taken every year. The Athletic Director must be sure a current copy is in DragonFly. Lay Coaches must also complete the same coaching requirements.

Instructions for taking the free NFHS online concussion course:

(Completion of this course is mandated by Bibb County School District Department of Athletics for all coaches.)

1. Go to the NFHS Learning Center website at http://www.nfhslearn.com/
2. Complete the brief registration exercise located on the upper right-hand side of the page.
3. When your registration is complete you may "order" the free concussion course offered along the left-hand side of the page. Continue following prompts.

Although it may look like you will be charged for the course, there is no cost.

4. Once you have completed "checkout," you'll be able to take the free online course (approximately 25 minutes long).
5. When you've completed and passed the course, print the certificate of completion, and keep it on file with your school Athletic Coordinator.

Every coach (Middle and High) is mandated to complete the NFHS (National Federation of High Schools) Sudden Cardiac Course every year. The Athletic Coordinator must be sure a current copy is in DragonFly.

(Completion of these courses is mandated by Bibb County School Athletic Department for all coaches.)

Go to the NFHS Learning Center website at
https://nfhslearn.com/courses/heat-illness-prevention-2

Go to the NFHS Learning Center website at
https://nfhslearn.com/courses/sudden-cardiac-arrest

Required Informational Meetings on Sudden Cardiac Awareness
SB 60, Jeremy Nelson, and Nick Blakely Sudden Cardiac Arrest Prevention Act, requires schools to "hold an informational meeting twice per year regarding the symptoms and warning signs of sudden cardiac arrest. At such informational meetings, an information sheet on sudden cardiac arrest symptoms and warning signs shall be provided to each student's parent or guardian. In addition to students, parents or guardians, coaches, and other school officials, such informational meetings may include physicians, pediatric cardiologists, and athletic trainers."

POLICY 113 Game Manager and Responsibilities

The administrative head of each school shall operate all interscholastic contests and activities under direct and complete control of the school administration or designated school personnel. These responsibilities are not to be delegated by the board of education, superintendent, or principal to anyone not a part of the school staff.

If an athletic contest is scheduled for a school campus, the administrative head of the school is responsible for its operation. Every home contest, with the exceptions noted in the GHSA Constitution, shall be conducted under the supervision of a game manager who shall not be a participating coach. The game manager may be the principal, an assistant principal, the athletic director, or another responsible staff member assigned that duty by the principal. Decisions to continue or stop an athletic event shall be made by the game manager before the event begins. Once the event begins, the decision rests with the event officials, if the event requires officials. In the event no officials are present, (i.e., track), the game manager/host school will make the decision.

Decisions to stop or continue an event on a campus are not made from a central location under normal circumstances (rain, wind, lightning, etc.). Decisions to stop or continue are made on site by the game manager/officials. Every attempt should be made to complete an event with the safety of the students as the primary concern.

POLICY 114 All-Star Game Policies & Procedures

At the end of each season, **if possible**, an All-Star game will be held for Football, Volleyball, and Basketball. The following guidelines will be in place for each sport. The North and South teams will be divided as follows:

North	South
Appling	Fort Valley
Ballard Hudson	Rutland
Howard	Weaver
Twiggs Co.	Miller
Byron	Cirrus Academy

All Star Coach

The Coach of the North and South team will be decided on the coach whose team has the best record in their division. If there is a tie in the division, the higher-seeded team's coach will Coach the All-Star Game.

Each school's coach must be at practice with the athletes and at the all-star game the entire time. All coaches must assist the all-star head coach at practice and at the game. Coaches must assist with the awards; announcing; photos; and making sure all players get playing time.

Football

North Division
Each coach will submit 6 All-Star Athletes to represent their school. Each athlete will be required to attend an All-Star practice. Every athlete will be allotted at least 1 full quarter of playing time in the All-Star game.

South Division
Each coach will submit 6 All-Star Athletes to represent their school. Each athlete will be required to attend an All-Star practice. Every athlete will be allotted at least 1 full quarter of playing time in the All-Star game.

Volleyball

Each coach will submit 4 All-Star Athletes to represent their school. Each athlete will be required to attend All-Star practice. Every athlete will be allotted at least 1 full game of playing time in the All-Star game.

Basketball

Each coach will submit 4 All-Star Athletes to represent their school. Each athlete will be required to attend All-Star practice. Every athlete will be allotted at least 1 full quarter of playing time in the All-Star game.

Athletes for All-Star Game will be selected by the Head Coach and/or Athletic Coordinator by one of the four criteria:

a. Represents School in a positive manner
b. Excels in Sport
c. Team player
d. In good Academic Standing

SECTION 200: ELIGIBILITY & DRAGONFLY

POLICY 201 Certification of Eligibility

Students gain eligibility to compete for a given school after they have been certified by the principal of the said school and processed by the District Athletic Director. They must meet all the state requirements of scholastic standing, age, residence, and limits of participation.

For each sport, 24 hours before the first competition, the athletic coordinator at each school shall file an eligibility list with all other middle schools and with the District Athletic Director. Failure to follow this procedure will be referred to the Middle School Athletic Committee for consequences which may include a fine and/or removal of the coach from his/her position.

Supplemental lists may be submitted at any time, but a student cannot compete unless his/her name has been submitted to all other middle schools. Lists should be submitted to other schools electronically.

All student-athletes must register on DragonFly to complete their eligibility documentation prior to any participation (conditioning/tryouts). DragonFly is an electronic portal that keeps all the required eligibility documents in one place for parents, students, coaches, athletic coordinators, administrators, athletic trainers, and District Athletic Directors to access.

Each school is mandated to submit the “Student-Athlete Certification Sign-Off” form, which is required to be signed by the head coach, administrator, and athletic coordinator. By signing off on this document, the school certifies that all student-athletes participating in sports have submitted all documentation required to participate. Also, administrators signing off is further acknowledging that failure to ensure compliance for ALL students will result in appropriate administrative action, up to and including appropriate disciplinary action.

POLICY 202 Age Eligibility

To be eligible to participate in interscholastic middle school activities, an 8th grader must not have reached his/her 15th birthday before May 1 before his/her 8th grade school year. A student athlete’s eligibility begins during their 6th grade year. No student that has competed in their first year of the 8th grade can compete again in their second year as an 8th grader. The age requirements for eligibility supersedes the athlete’s grade level. Official school records must be used to determine chronological age. Coaches may not rely on asking the child his/her age.

Students are never eligible until the receiving school has possession of the official school records.

POLICY 203 Residence Eligibility

A student must live within the school's attendance boundaries as determined by the Bibb County School District. A student may be granted special permission to attend a school outside his/her attendance area. This is deemed a permissive transfer and **does not carry athletic eligibility**. The student will be ineligible for one academic year. The student may file for eligibility with the hardship committee.

The student must live with his legal parents or legal guardians within the attendance boundaries. In the case of divorced parents, a student is granted a one-time choice. Students who change residence without a corresponding move of the legal guardian(s) become a migrant student and are ineligible for one academic year. Migrant students may apply for eligibility through the hardship committee.

All transfer students must meet all above rules to be eligible to participate in interscholastic athletics. Sixth graders are always athletically eligible within the first semester provided they attend their assigned school.

When a student is enrolled under the McKinney-Vento Act for Homeless Education, they can participate if they meet all other eligibility requirements.

If a student chooses to transfer to another Bibb County School District Middle School under the NCLB School Choice option, the student will be ineligible for the remainder of that sport's season.

POLICY 204 Scholastic Eligibility

It shall be the head coach of each sport, the school athletic coordinator, and the principal to validate each participant's eligibility. When validating scholastic eligibility, the following guidelines should be followed:

- ❖ A student must pass at least 70% of classes the semester immediately preceding participation. This shall be determined based on the number of classes taken. 4 out of 5, 5 out of 6, or 5 out of 7 classes must be passed for the semester. (Rule of thumb: Both nine weeks' grades should equal 140 or above to be eligible. When averaging grades do not round up.)
- ❖ Eligibility is determined by averaging grades for a given semester. The first semester is the first and second nine-week period of the school year and the second semester is the third and fourth nine-week period. The Summer quarter is an extension of the second semester.
- ❖ The grades of like subjects must be averaged together, when possible, e.g., language arts with language arts, math with math, science with science, social studies with social studies, etc.
- ❖ If a student is enrolled in a performance music class, those grades must be averaged together, e.g., band with band, chorus with chorus, orchestra with orchestra. If a student changes from one performance class to another in nine successive weeks, those grades should be averaged together, e.g., band with chorus, orchestra with band, etc.
- ❖ Connection class grades should be averaged together. Connection classes include art, computer technology, foreign language, family and consumer science, and industrial technology.
- ❖ If a student is in the music rotation for connections subjects, then it is possible that the student could have physical education/health one nine weeks and a connection subject for the following nine weeks or vice versa. If this occurs, then these two subjects should be averaged together to arrive at a connection average.
- ❖ Physical education/health grades should be averaged together.
- ❖ A special education student shall meet the same eligibility requirements as a regular student, except that the courses passed must be according to the

student's I.E.P. Special Olympics or other programs designed exclusively for students with disabilities are exempt.

- ❖ In any instance of eligibility, the principal may refer the issue to the system athletic director.
- ❖ Sixth graders can participate in all interscholastic athletics and upon entering middle school. Sixth graders' grades do not need to be checked until the 2nd semester. All 7th and 8th graders must fulfill academic requirements.
- ❖ Semester Eligibility transition is applicable 24 hours after the date assigned to post grades. Transfer students will NOT be allowed to tryout or practice without having grades available to verify. If a transfer student's grades have not been received by the new receiving school or if the student's records are incomplete, they will not be allowed to participate. Do not use the transfer grades form for eligibility.
- ❖ If a student is "PROMOTED" to the next grade but when checking their grades the previous semester, they did not pass the required amount of classes, they may be deemed ineligible.

POLICY 205 Make-Up Work

Make-up work will be accepted on the same basis as make-up work is accepted for all other pupils in the local school, provided that such make-up work for each semester is submitted fourteen (14) calendar days after the close of each semester. The student is ineligible until such time as the make-up work is completed and the required passing grade(s) is recorded.

POLICY 206 Attendance Requirements

Students will be permitted to participate in or practice extracurricular activities on a school day only if they have been in attendance at least one-half of the day. The principal must approve exceptions.

POLICY 207 Effect of Suspension on Eligibility

Students assigned to suspension must be removed from extracurricular activities for the length of the suspension and/or alternative school. This rule applies to both in-school suspension (ISS) and out-of-school suspension (OSS). The student is ineligible to participate in any after school extracurricular activity from the moment suspension is assigned until the day following the last day or part-day of suspension. (Participation includes in any fashion, spectate or playing) Any student assigned for any part of the

day to in-school suspension or out-of-school suspension is not eligible to participate during that period.

Example

On Monday at 1:00 PM, a student is assigned to ISS for two days. The student served the two days on Tuesday and Wednesday. The student is ineligible for athletic competition and practice on Monday, Tuesday, and Wednesday.

Example

On Thursday at 2:00 PM, a student is assigned OSS for one day. That student served one day of OSS on Friday. The student is ineligible for athletic competition and practice on Thursday night, Friday, Saturday, and Sunday. The student may participate on Monday.

POLICY 208 Physical Examination, Insurance, Concussion, Heat Illness Awareness, and Sudden Cardiac Arrest Requirements

Physicals

Prior to participation in any athletic practice or events, students must have submitted on DragonFly a certificate of an annual physical examination indicating that the student is physically approved for participation. A physical is good for one calendar year from the date of the examination. Exception: Physicals completed on or after April 1 of the preceding calendar year are current through the following school year. Example: If a student has a valid physical on file dated April 15, 2010, that physical is valid through the 2010-2011 school year. A physical dated March 31, 2010, expires on March 31, 2011.

Effective immediately the new physical form from GHSA must be used for all new physicals. The form is available at their website, www.ghsa.net, or on the system web site.

Insurance

The student must submit the insurance waiver verifying that the student's parents have their own personal insurance. The insurance information that must be included for the student to be eligible to participate in any sport is: the insurance carrier name; the name of insured; and the policy number. The form should have the current school year and be updated every year. The form can either be uploaded or completed within DragonFly.

Concussion, Heat Illness Awareness, and Sudden Cardiac Arrest Awareness

The student must have a signed concussion, heat illness, and sudden cardiac awareness form on file within DragonFly that shows they are aware of the signs and dangers. The forms are required for eligibility. The forms can either be uploaded or

completed within DragonFly. The form should have the current school year and be updated every year.

All physicals, insurance waivers, concussion, heat illness and sudden cardiac arrest awareness forms must be in DragonFly. These forms must be signed by a parent or guardian.

All documentation must be verified by the coach and athletic coordinator before the student is eligible.

POLICY 209 Student-Athletes Certification Sign-off

The “Student-Athletes Certification Sign-off” form must be signed by the administrator, athletic coordinator, and coach certifying that all student-athletes participating in the listed sports have submitted all documentation required to participate. The form must be submitted to the district athletic office before any practice can begin. Forms must be submitted for the fall, winter, and spring seasons.

POLICY 210 Limits of Participation

The maximum number of contests in middle school, excluding the Bibb County School District’s tournaments and District’s play-offs are as follows:

Basketball	12 games
Football	8 games
Softball	8 games
Flag Football	8 games
Track	8 meets
Volleyball	10 matches
Wresting	8 matches
Soccer	8 games
Baseball	8 games

The end-of-the-season District tournaments and playoffs are exempt from these limits. Middle Schools can travel outside Bibb County for any athletic contest within a 30-mile radius. If Covid numbers are too high, travel outside of Bibb County will be restricted. Holiday tournaments are permitted.

Section 300: Football

POLICY 301 Rules/Guidelines

All football games must be played under the football rules as adopted by the National Football Rules Committee of the National Federation of State High School Association Constitution and By-Laws. The principal or Middle School Athletic Committee Chairperson may approve exceptions on a case-by-case basis.

POLICY 302 Football Practice

No football practice in pads is permitted until three weeks before the first scheduled game. Schools may practice without pads for two weeks before the first day in pads. Headgears, mouthpieces, and football shoes may be worn during this period. Also, during this two-week period, the coach may select three days to include shoulder pads. During this two-week conditioning period, players must meet all criteria for eligibility. This includes insurance, concussion, heat illness, and cardiac arrest awareness requirements.

POLICY 303 Maximum Number of Games

Each school will play six (6) games.

A team may not participate in more than one contest per week preceding a school day unless approved by the District Athletic Director.

For any Pre-Season Jamboree or Scrimmage scheduled by the BCSD Department of Athletics, there will be an admission charge to cover the cost of officials and stadium managers. Coaches MAY be on the field with their players during the Jamboree/Scrimmage. It is acceptable to have a concession stand open during the Jamboree.

The Jamboree will consist of two 16-minute running clock halves with a mandatory halftime water break. The clock only stops for timeouts and injuries. If the referees or coaches feel an additional water break is needed, then the clock will stop.

POLICY 304 Football Officials

All football games will be played with four (4) dressed football officials designated by the Department of Athletics office. There may be times when only two officials arrive at the game site before game time. The game may proceed by mutual agreement of both head coaches and administration of both schools.

For safety issues and consistency of rules enforcement, the Department of Athletics will assign officials for all pre-season and regular season games.

POLICY 305 Length of Games

The length of each quarter for all middle school football games will be eight (8) minutes. There will be a five (5) minute half-time.

POLICY 306 Scheduling

The school Athletic Coordinator and District Athletic Director will be responsible for making the football schedule and presenting it to the Middle School Athletic Committee for approval.

The football schedule will be completed and presented to the schools during the spring for the following school year.

Football schedules will remain the same for two years with the games alternating between the two sites.

POLICY 307 Play-Offs

The football playoff format allows four teams with the best records to participate in the playoffs.
To determine play-off teams in case of a tie, the following procedures will apply.

1) In a tie between two teams:
    a. If the two teams played during the regular season, the winner of that head-to head game will have the higher placement.
    b. If the tie remains after “a,” and both teams have qualified for a play-off spot, the county athletic director will flip a coin to determine the higher seed.
    c. If the tie remains after “a,” and there is a play-off spot for only one team, the two teams that are tied will meet at Thompson on the Wednesday after the end of the regular season and play a tie-breaking game. Only the winner of that game will advance to the play-offs.

2) In the case of a tie among three or more teams, and there are not places in the play-off brackets for all three teams:
    a. At any point in this process, if the tie can be broken so that only two teams remain tied, consideration of head-to head competition will be given.
    b. If the teams that are tied have played during the regular season, and one team has defeated the others, the undefeated team will get the highest placement.
    c. If the tie remains after “a” and “b” have been considered, a coin toss will determine the order of play.

d. When three teams are tied for two open spots, the following format shall be used:

- Team “C” receives a bye
- Team “A” plays team “B”
- Winner of the A/B game qualifies
- Tiebreak #1 then applies

POLICY 308 Spring Practice

Spring football shall be limited to two weeks (ten consecutive school days). The dates will correspond to those set up by the state for high school spring practice. This two-week practice shall be held after the conclusion of both swimming and track seasons. All GHSA rules apply to equipment worn by athletes. **Conducting spring practice is mandatory.**

POLICY 309 Uniforms and Equipment

Equipment for football must be ordered according to a schedule by the District Athletic Director. All orders must be turned in on a county order form to the county athletic director and signed by the principal of each school. All athletes must wear certified helmets and equipment purchased by the school system. Schools are not allowed to have parents purchase uncertified helmets or equipment for athletes to use.

POLICY 310 Overtime Procedure

If at the end of the fourth quarter, the teams have identical scores, the tie will be resolved by a method approved by the State High School Association.

That procedure follows:

1. There will be a three-minute intermission between the end of regulation play and the coin toss to start the overtime procedure.
2. The captains will meet for the coin toss and the winner may choose one of the following:
3. Be on offense first
4. Be on defense first
5. Choose the end of the field on which to play
6. The ball is placed on the (10 Yard line) and the offense keeps the ball until:
7. The ball is turned over on downs. (The team on offense can gain a first down.)
8. The defense gains possession. (The ball is dead immediately.)
9. The offense scores a touchdown or a field goal.
10. The offense misses a field goal.

11. After the first offensive team completes its possession, the opposing team gets their opportunity from the (10-yard line).
12. If the game remains tied after each team has had an offensive series, there will be a two-minute intermission.
13. The team that lost the first coin toss has the option for the second possession.
14. For each additional overtime period, the coin toss options are alternated.
15. Beginning with the third overtime period, each team must attempt a two-point conversion after a touchdown.
16. Each team is allowed one timeout per overtime period. No timeouts may be carried over from regulation play.
17. Penalty enforcement is handled the same way as in regulation play.

SECTION 400: BASKETBALL

POLICY 401 Rules/Guidelines

All boys' and girls' basketball games will be played by the rules as published by the National Federation of State High School Association. All state standards will be met. These standards are found in the Georgia High School Association Constitutions and By-Laws, which can be found online. Each head coach is responsible for compliance to all state standards. The Middle School Athletic Committee and the District Athletic Director may approve exceptions and modifications to the GHSA rules and regulations which shall be noted in this manual.

During basketball season, only 2 buses will be provided for travel for a maximum of 45 people traveling (basketball players/cheerleaders/coaches/managers).

POLICY 402 Basketball Practice

Middle School basketball practice will start on a date set by the Middle School Athletic Coordinator and the District Athletic Director subject to the approval of the principals. The guidelines for pre-season conditioning will conform to the GHSA guidelines.

POLICY 403 Number of Games

The maximum number of games played by any BCSD middle school basketball team shall be 50% of the maximum number of games allowed for high school varsity teams. This limitation on the number of games does not include the BCSD middle school basketball tournament.

POLICY 404 Basketball Officials/Gym Managers

All games will be played with two (2) basketball officials assigned by the District Athletic Director.

Each home team shall establish a gym manager who may be the principal, assistant principal, athletic coordinator, or another responsible staff member assigned that duty by the principal. The game manager may NOT be a participating coach. The game manager is the person responsible for problems and issues which may arise during the game. The manager should remain visible and inside the gym throughout all games.

The game manager will be responsible for meeting and greeting the officials, security, and the visiting team. The game manager will escort the officials to their quarters and ensure they have privacy to change into their official attire. The game manager will ensure that the GHSA Sportsmanship statement is read before each game of the day.

POLICY 405 Length of Games

All girls/boys middle school games will be played in 4 quarters with 6 minutes per quarter. There will be a five-minute half time and a five-minute warm-up time between the girls' and boys' games.

For evening games, the first game of a regular season girls/boys' double headers (on a night preceding a school day) should begin at 5:30 PM. Games scheduled on a night preceding a school day must be over by 8pm or called due to curfew. The game manager is responsible for calling the game due to curfew.

(Inform both teams upon arrival. The game manager should utilize the game curfew time sheet that will allow both the girls and the boys equal playing time.)

POLICY 406 Scheduling of Games

The District Athletic Director will be responsible for making the basketball schedule and presenting it to the athletic committee for approval.

The basketball schedule will be completed and presented to the schools during the July Athletic Coordinator meeting for the following school year.

POLICY 407 Tournament Seeding

Seeding for the middle school basketball tournament will be based on win/loss records of each team. The team with the best record will be seeded number one with the remaining seeds determined in the same way.

If two or more teams have identical records, head-to-head competition will serve to break the tie. If a tie still exists after considering head-to-head competition, seeding will be determined by record against the next highest seed, moving down the standings. If that does not break the tie, the District Athletic Director will flip a coin to determine seeding.

Forfeited games will count as a win for the team who did not forfeit and a loss for the team who forfeited.

POLICY 408 Tournament Hosting

All teams will participate in the middle school tournament.

The semi-finals and finals will be assigned on a rotating basis (refer to the hosting high school schedule).

The middle/high school hosting the semi-finals and finals will work with their feeder high school to promote a more conducive competitive environment for the entire community. The middle school that is hosting will oversee all aspects of the tournament, and the gate proceeds will be divided amongst the middle school teams that are playing.

The high school providing space for the tournament will be allowed to run concessions. A meeting will be held between both the middle school Athletic Coordinator and high school Athletic Director to go over logistics for the entire event. The quarterfinals and the finals will be played at high schools.

SECTION 500: TRACK & FIELD

POLICY 501 Rules/Guidelines

The National Federation (National Alliance) Edition of Track and Field Rules is the official guide for Bibb County Middle Schools with the exceptions that may be found in special regulations in this book.

POLICY 502 Track Practice

Starting dates for track will be set by the Bibb County Athletic Director. Track season will end with the completion of the county championship.

POLICY 503 Number of Meets

A school may have six (6) meets a year. This number does not include the county meet. A school may participate in out-of-district invitationals.

POLICY 504 Scheduling

The district athletic director will make the track & field schedule. Meets will be on Tuesdays and Wednesday with Friday as a make-up day.

POLICY 505 Events

(Do not change the order of Events at the County Meet.)

Events for both boys and girls are as follows:

Field Events	Running Events
Shot Put	100-Meter Dash
Long Jump	200-Meter Dash
High Jump	110-Meter Low Hurdles
Discuss	400-Meter Dash
Triple Jump	800-Meter Run
	1600-Meter Run
	400-Meter Relay
	1600-Meter Relay

POLICY #506 Limits of Participation

A contestant in track may enter a maximum of 4 events including relays in any of the following combinations:

- Three (3) field events, one (1) track or one (1) relay
- Two (2) field events, one (1) running event, one (1) relay
- One (1) field event, two (2) running events, one (1) relay
- One (1) field, one (1) running event, two (2) relays
- Three (3) participants - two (2) team meet
- Two (2) participants - three (3) or more team meet
- 1600/800 meter - four (4) participants.

POLICY 507 Cancellation of Meets

Meets will be canceled by the Department of Athletics no later than 1 pm on the day of the meet. All schools will be notified by email. The decision to cancel a meet once it starts must be made by the principal and school athletic coordinator of the host school.

Transportation must be canceled and must be contacted by ALL schools affected.

The host school is also responsible for notifying the Department of Athletics of their cancellation.

SECTION 600: SOFTBALL

METAL CLEATS ARE NOT PERMITTED ON THE TURF AT ED DEFORE

POLICY 601 Playing Field

1. Bases are sixty (60) feet apart.
2. Pitcher's plate/rubber is forty (43) feet from back of home plate.

3. Pitcher's circle is an eight (8) foot radius from the back of the rubber.

POLICY 602 Game Duration

1. A complete game is six (6) innings with a minimum of three (3) innings depending on the run rule or a 1 ½ hour time limit. (1 hour 30 minute time limit for Saturday games as well) If time runs out due to darkness or weather, the score reverts to the last completed inning, unless the home team is ahead in the current inning.
2. A new inning will start the moment the third out is made.
3. Runs will be capped at 7 runs each inning. Once the 7th run is scored, the inning will end for that team.
4. Teams must be ready to take the field when the umpire has the coaches meeting at the plate. The game clock begins when the umpire starts the game timer at the end of the coaches meeting.
5. There will be a 2-minute time limit between each half inning. If teams are not ready, a ball or strike will be enforced on the batter every 15 seconds until the team is ready for play.
6. In case a game cannot be completed due to weather delays, darkness, etc., the game will be considered "official" after after the 1.5 hour time limit. Incomplete games will be replayed completely later.
7. If the game cannot be completed within the 1.5-hour time limit, the score will be determined based on the last completed full inning, unless the home team is batting and is ahead.
8. Mercy Rule: If a team is ahead by 15 or more runs at the end of 3 innings (3.5 innings if the home team is leading); 12 or more runs after 4 innings (4.5 innings if the home team is leading); or 8 or more runs at the end of 5 innings, the game is over.
9. The home team is the official scorekeeper.
10. Regular Season Games: No tiebreaker will be used during regular-season games. A game tied at the end of a regulation game will be considered a tie.
11. Playoff and Championship Games: If a game is tied at the end of regulation, extra innings will be played until a winner has been declared.

POLICY 603 Players

1. Each team will field at least eight players and a maximum of 9 players. A team can start a game with 8 players, but the 9th spot in the batting order will be considered an out. If a team falls below 8 players at any point in the game, a forfeit will be declared.
2. A maximum of six (6) players may play in the infield including P, C, 1st, 2nd, 3rd, and SS. All other players who are not in infield positions are to be positioned in the outfield, beyond the outfield line.
3. No more than four (4) players will be on either half of the infield as defined by a line between home and second base (i.e., there will be no "shifts").

4. The catcher will be in foul territory behind home plate and must wear chest, shin, and face protection.
5. Outfield players are to be positioned in the grass and equally spaced.
6. Changing Pitchers: An individual player may only be brought into the pitcher's position twice throughout a game (two separate occasions). A team shall not be allowed to transfer a pitcher back and forth from pitching to a fielding position or from the bench to a pitching position to put a specific pitcher against a specific batter or batters throughout the game. The player-pitcher can exit and re-enter the pitcher position ONCE in a game. Exception: A pitcher will be allowed to re-enter the game a 3rd time only in extra innings.

POLICY 604 Pitching

1. The pitcher must take a position with 1 foot firmly on the ground and with one foot in contact with, but not off the side of the pitcher's plate. The pitch starts when one hand is taken off the ball, or the pitcher makes any motion that is part of the windup. In the act of delivering the ball, the pitcher shall not take more than one step, which must be forward, toward the batter, and simultaneous with the delivery of the ball to the batter
2. If a pitch thrown by a pitcher-player hits a batter, she is awarded first base if she tries to avoid being hit by the pitch at the umpire's discretion.
3. Intentional walks are allowed. The pitcher does not need to throw away pitches. The coach can call for an intentional walk from the dugout.

POLICY 605 Batting

1. The batting order will consist of 9 players present.
2. A foul ball by the batter on the third strike will be awarded another pitch assuming that the foul ball is not caught in the air for an out.
3. Batters and base runners must wear helmets with a face protector.
4. The batter "on-deck" must wear a helmet with a face protector.
5. Bunting, slapping, and dragging, are allowed.

POLICY 606 Coaching

1. On offense, each team may provide a first and third base coach for each at-bat.
2. Judgment calls by the umpires are not to be questioned.
3. Rule discussions will occur after the play has stopped. Discussions will be attended by the opposing managers and restricted to only the head coaches.
4. Dugout coaches – No one other than designated coaches (maximum of 3) and players may be in the dugout.

POLICY 607 Base Running / Conclusion of Play

1. A base runner can leave the base upon release of the ball from the pitcher's hand. Players that leave the base before the ball's release from the pitcher's hand shall be declared out by the umpire.
2. Any number of bases (including home) may be stolen.
3. Stealing home on a passed ball is allowed from third base.
4. Sliding or other efforts must be made to AVOID CONTACT with the defensive player. If contact is made, it will solely be the umpire's determination if there was an attempt to avoid contact. If no play is made, the defensive players must give way to the offensive player.
5. If there is an attempted play on the plate, players MUST slide into the home plate. Players that do not slide, if a play is being made at the base, shall be called out. This will be a judgment call made by the umpire and not disputed.
6. **No head-first slides are permitted unless the batter is returning to a base and avoiding a tag. A headfirst slide otherwise will result in the runner being declared out.**
7. When a batter is called out on a 3rd strike, any base runner(s) may steal and advance to the next base at their own risk of being put out (like any other pitch).
8. Runners can advance on a batted ball until the pitcher has control of the ball in the pitching circle.
9. The infield fly rule is in effect.
10. The dropped third strike rule is in effect.
11. Courtesy Runner: A courtesy runner may be requested for the pitcher and catcher but cannot be the same player. This allowance is to speed game play by allowing the incoming catcher time to put on her gear.
12. Obstruction of the runner and offensive and defensive interference will be enforced.

POLICY 608 Line ups & Ground Rules

1. Umpires will go over the ground rules with both coaches at the beginning of the game.
2. Clarification of ALL RULES must be done BEFORE the game.
3. Coaches must relay all rules to their players.
4. All lineups must be submitted via lineup card to the umpire and the opposing team before the start of the game.
5. All information on the lineup cards must be accurate.
6. Both teams must keep a scorebook, the HOME TEAMS scorebook will be the official book.
7. Coaches are allowed 1 mound trip per inning, on the second mound trip, the pitcher must come out.
8. Coaches are allowed 3 mound trips per pitcher; on the 4th, the pitcher must come out.

SECTION 700: CHEERLEADING

POLICY #701 Rules/Guidelines

The National Federation of State High School Associations will govern the practices and procedures of cheerleaders and drill teams. Rules and conduct will be governed by the Georgia Cheer Coaches Association. This specifically includes the types of stunts and routines that are allowed. Also included is the conduct of coaches and cheerleaders.

Dates of participation shall be limited by GHSA guidelines for each academic year.
It is suggested that tryouts be completed by May 1 of the school year to not conflict with other spring sports. Once tryouts are completed, there should be no practice until after the end of the academic year.

Good sportsmanship is defined as conduct which promotes fairness, respect for one's opponents, and graciousness in winning and losing. School spirit reflects attitudes and behaviors which promote proper sportsmanship. If schools are to succeed in developing good citizens and teaching students to behave properly, it is essential that student groups exhibit proper sportsmanship at all school sporting events. Sportsmanship is good citizenship in action. Recognizing that the promotion of sportsmanship is a primary responsibility of spirit cheerleaders, the following guidelines have been developed to encourage good sportsmanship among the member schools of GHSA and their opponents, regardless of region or classification.

The following is required by all spirit coaches in the state of Georgia:

1. It is required by the Georgia High School Association (GHSA) that all spirit cheer coaches annually attend the rules clinics conducted by the GHSA to become knowledgeable and familiar with guidelines and regulations of the National Federation Spirit rules book.
2. It is the spirit cheer coach's responsibility to access the GHSA website to determine the spring and summer clinics available for coaches to attend the annual rules clinics.
3. The spirit cheer coach is responsible for ensuring the actions and behavior of his/her school's spirit cheerleaders adhere to the rules of the National Federation and Georgia High School Association. (Note: The National Federation Spirit Rules book may be obtained for NFHS Customer Service, P.O. Box 361246, Indianapolis, IN 46236; phone 800.776.3462; fax: 317.899.7496.
4. Every cheer team has the right to a safe environment in which to cheer without harassment from opposing fans. **Spirit cheer coaches should seek the game manager or security personnel if the situation becomes volatile or**

dangerous. The principal of both schools should be notified if a situation occurs.

Spirit cheer coaches are expected to promote the following and to ensure that the behavior by their school's cheerleaders follows these rules:

1. Spirit teams should cheer in a positive manner for their own teams. It is inappropriate to cheer "against" or "at" the other team or their spirit cheerleaders in an aggressive manner to solicit an equally aggressive response. (Examples: "Miss it" or "You walked") Cheering positively for one's own team will often eliminate inappropriate responses from spectators and opposing fans in the crowd.
2. **All cheers should be directed to their team only. All cheers directed at the other team are considered "Chomp Cheers" and are strictly prohibited. If teams are not following protocol, the following consequences will be enforced:**
    a. **First offense: Warning**
    b. **Second offense: Teams will sit for a quarter**
    c. **Third offense: Teams will be suspended for a game**
    d. **Fourth offense: Suspension of that sports season**
3. Cheers and chants with suggestive words and/or motions (for example, pointing at opposing fans or cheerleaders or cheering "at" the opposing squad) are prohibited. It is strongly recommended that cheer squads be positioned at opposite ends on the same side of the gym to eliminate the face-to-face cheering that promotes this kind of inappropriate action and behavior.
4. Quiet on the free throw line. This means no cheering or stomping. The "miss it" cheer is prohibited in the basketball gym; cheerleaders should not draw attention to the mistakes of individual players on the court. Intimidation of opponents has no place in middle school athletics.
5. Cheerleaders should behave with calm regard for players who are injured on the court or field, standing, sitting, or kneeling quietly until the injured player has recovered or has been helped from the field of play.
6. Spirit cheerleaders should promote good sportsmanship by creating spirit signs that show support of their own team, and not negative comments regarding their opponents, either the basketball gym or on the other playing fields. Positing signs that encourage one's own players is a far more appropriate gesture of sportsmanship that degrading the mascots or players of one's opponents. This guideline should be extended to crash-throughs (also called run-throughs) at football games.
7. Obnoxious behavior should not be encouraged or permitted under the guise of school spirit. Opposing players, officials, and fans should be treated with respect and dignity before, during, and after games. Spirit cheerleaders should behave as role models for fans in their respect for all participants.
8. Cheer and dance motions performed by spirit cheerleaders should be free from vulgarity and sexual implication. Music played at school sporting events should reflect the moral expectations of communities, school administrators, and

parents. Includes music played during timeouts, pregame warm-ups, and halftimes.

9. It is strongly recommended that cheer coaches be prepared to greet visiting cheer coaches and teams. If needed, keep a handout of the GHSA and NFHS rules and guidelines, in addition to specific rules by CCPS.
10. Mascots must be members of the student body.
11. Participants must remain outside the playing area during a thirty-second or less timeout in a basketball game.
12. At basketball games, support/spirit squads may perform stunts and/or tumbling that are allowed by NFHS Spirit Rules without mats. Note: National Federation rules dealing with safety are to be followed at all cheerleading practices and performances.
13. Cheerleaders are restricted from standing/cheering/jumping in the area at the end of the basketball court during a game unless they are more than eight (8) feet from the basketball court's boundary line. The host school is responsible for enforcing this rule.
14. Participants may not tumble or cheer while the ball is in play in basketball. Cheerleaders should not create a shoulder sit, a shoulder stand, or any other partner stunt to provide support/stability for the crash-through sign the team runs out and runs through at the beginning of a game.
15. Cheerleaders should quietly stand at attention during the playing of the National Anthem.
16. As noted, Spirit Cheer Coaches are responsible for adherence to all rules established, explained, and discussed in detail in the national Federation rules book. Specifically, the following National Federation rules should be followed by the spirit cheerleaders of GHSA member schools.
    - No jewelry should be worn while cheering, including rings, bracelets, earrings, hair studs, or belly rings.
    - No gum or candy during practice or performance.
    - No glitter or facial stickers shall be worn while cheering.
    - Uniforms shall be appropriate for student-athletes and should fit properly.
    - Cheerleaders should be middle school students only. Because of liability issues, small children dressed as cheerleaders performing with the school squad are prohibited.
    - Cheer coaches should constantly be aware of the level of their squad’s capabilities in performing stunts, pyramids, or gymnastics. Cheer coaches are also responsible for ensuring that practice surfaces are appropriate and safe, that practice areas are free of obstructions and excessive noise, and that constant adult coaching supervision is provided at all practices, warm-ups, and game situations.

The athlete's safety should be a constant concern and primary responsibility of the spirit cheer coach.

It is the intention of the cheer coaches of the member schools of the Georgia High School Association to work together to promote good sportsmanship at all events. Cheer coaches should encourage among our spirit cheerleaders the values of respect for one's opponents, courteous behavior between competitors, and graceful acceptance of winning and losing.

A copy of the above needs to be signed by your cheerleading coach, and a copy kept in the athletic office.

POLICY 702 Sanctioning of Events

Cheerleader coaches and drill team coaches may not be involved with a competition not approved by the school's principal. All competitive events will meet the same rules, policies, and guidelines as prescribed by the GHSA for high schools.

POLICY 703 Space Restrictions

The location of cheerleaders and spirit groups at basketball games shall be restricted to a seating section on either end of the gym as designated by the home gym management; both teams must be on the same side of the gym. This rule may be modified by home management as appropriate. If the game is in a high school gym with ample room on the ends of the court or if the crowd is so large that the seats are needed for spectators, the home management may adopt an alternative plan remembering that student safety is the primary concern.

POLICY 704 Cheerleading Tryouts

Out-of-season cheerleading practice may be held in preparation for tryouts only. Once tryouts are completed, no practice or conditioning may be held until school is out. Out-of-season practices/tryouts are limited to a maximum of ten consecutive school days per school between February 1 and the last day students are in school.
Eligibility for tryouts:

- Students must be enrolled at a school to try out for that school's cheerleading team. A student may be enrolled in only one school. However, a student who is enrolled at School A and wishes to try out for cheerleading at School B may not do so unless the parents/guardians have already purchased or have under contract a residence in School B's attendance area and the student is finishing the school year at School A. This prevents a student from "shopping" for a team by going from school to school until he/she is successful.
- Enrolled migrant students may try out for a cheerleading team but may not represent the school until the migratory sit-out period has ended.

All students who try out for cheerleading must have a DragonFly account with a physical examination, insurance form, concussion, heat & illness awareness, and sudden cardiac forms in DragonFly before they may try out, practice, or perform.

All students who try cheerleading must also have proof of insurance on file like other athletic teams.

SECTION 800: VOLLEYBALL

POLICY 801 Rules/Guidelines

Volleyball will be played under the rules and regulations as per the National Federation of State High School Associations and the GHSA except as noted in this Handbook.

POLICY 802 Number of Games

The volleyball team will play ten (10) regular season games. This does not include the BCSD county tournament.
Practice may begin three (3) weeks prior to the start of the season.
For any Pre-season Jamboree/Scrimmage scheduled by BCSD Athletic Department, there shall be an admission charge as this is to be considered an organized practice. Coaches MAY be on the court with their players during the Jamboree. It is acceptable to have a concession stand open during the Jamboree.

POLICY 803 Scheduling of Games

The district athletic director will be responsible for making the volleyball schedule and presenting it to the athletic committee for approval. The volleyball schedule will be completed and presented to the schools during the spring for the following school year.

Volleyball schedules will remain the same for two years with the games alternating between the two sites.

In the event a new middle school opens during an odd year, schedules will be adjusted after one year to accommodate the new school.

POLICY 804 Spring Practice/Tryouts

Spring volleyball participation shall be limited to two weeks (ten school days). The dates will be given by the District Athletic Department. This two-week practice shall be held after the conclusion of both soccer and track seasons.

All GHSA rules apply to equipment worn by athletes. Spring practice may ONLY involve current 6th and 7th grade students. Rising 6th graders must be given the opportunity to tryout in the summer and/or in August.

No MANDATORY tryout may be held prior to August 1.

POLICY 805 Tournament Hosting

The first four seeds in each division will be the home teams in the first round of the tournament. In the semi-finals & finals, the higher seed will be the home team. The tournament location will be assigned by the District Athletic Department on a rotating basis.

SECTION 900: Baseball

METAL CLEATS ARE NOT PERMITTED ON THE TURF AT ED DEFORE

POLICY 901 Game Play

1. There will be a 1.5-hour time limit with an immediate drop for all games with the exception of the championship game. For the championship game, the inning will be completed
2. The top of an inning shall not start after the 1.5-hour time limit.
3. A game is considered an official game after 4 innings, the full game consists of 6 innings (Middle School).
4. If the game cannot be completed within the 1.5-hour time limit, the score will be determined based on the last completed full inning, unless the home team is batting and is ahead.
5. If a game is postponed due to inclement weather, it will continue exactly where it was left off, only if it is not considered an “official game.”
6. Once the game has started, only the umpire can delay or postpone a game due to weather or field conditions.
7. Players can start an official game with 8 players; however, the 9th spot is an automatic out in the lineup. If a team falls below 8 players, the team must forfeit the game.
8. The reentry substitution rule is allowed (Players must reenter for the same player).
9. Designated hitter is allowed
10. The mound will be 60.6 feet from home plate, and 90 feet from each base (Middle School).
11. Refer to the NFHS Baseball Rules, for other rules, violations, and techniques.

POLICY 902 Line ups & Ground Rules

9. Umpires will go over the ground rules with both coaches at the beginning of the game.
10. Clarification of ALL RULES must be done BEFORE the game.
11. Coaches must relay all rules to their players.
12. All lineups must be submitted via lineup card to the umpire and the opposing team before the start of the game.
13. All information on the lineup cards must be accurate.
14. Both teams must keep a scorebook, the HOME TEAMS scorebook will be the official book.
15. Coaches are allowed 1 mound trip per inning, on the second mound trip, the pitcher must come out.
16. Coaches are allowed 3 mound trips per pitcher; on the 4th, the pitcher must come out.

POLICY 903 DH

1. A designated hitter can bat for any player on the field.

POLICY 904 Re-Entry Rule

Allows for a starter to re-enter the game one time. That is, when a sub replaces a starter, the starter can then sub back in the place of his replacement once. However, the starter can only return to the same spot in the lineup he occupied before being subbed out of the game.
A substitute, on the other hand, after entering the game and then being replaced, cannot come back into the game.

POLICY 905 Base Running Violations

1. Base Runners may not run over fielders, they must slide or avoid them.
2. Courtesy Runners may be requested for the catcher or pitcher but cannot be the same player. Players must be bench players. If teams only have 9 players, runners can be the last out of the previous inning. If there are no outs in the first inning, the courtesy runner can be the last batter in the lineup.
3. If students are helping coach 1st or 3rd base, they must wear a helmet (No exceptions)
4. **There is no headfirst sliding, except on pick-off plays (Middle School).**
5. There will be no running over the catcher.

6. All appeal plays must start from the pitching mound.
7. Base runners can advance on a dropped third strike.
8. Base runners can lead and steal willingly.

POLICY 906 Coaches' Responsibility

1. Only team coaches can coach first and third base and be in the dugout.
2. All coaches must wear school apparel to represent their team and school.
3. Umpires will only speak to a head coach during disputes.

POLICY 907 Intentional Walk

1. Umpire must be notified of an intentional walk.
2. Pitches do not have to be thrown.
3. The batter will proceed directly to their base.

POLICY 908 Mercy Rule/ Extra Innings

1. The 15/12/8 mercy rule will be in effect after 3/4/5 innings respectfully (Middle School).
2. The home team always gets a final at bat to decrease the deficit to less than run rule. If done so, the game will continue. If the lead is greater than the run rule after the home team is at bat, the game will end.

POLICY 909 Warm up/Speed up

1. Teams are not allowed to take infield/outfield before the game.
2. Teams can stretch and throw in the outfield.
3. There will be 90 seconds in between innings. Balls or strikes will be awarded to the batter every 15 seconds until teams are ready.
4. Pitchers get no more than 7 warm-up pitches in between innings.

POLICY 910 Equipment

1. All players must be properly equipped.
2. Gloves must be worn properly.
3. Players must be wearing helmets in the batter's box, on deck circle, and on the bases always.
4. Teams are responsible for their own baseballs to warm-up with before the game and in between innings.

SECTION 1000: WRESTLING

POLICY 1001 Weight Management

No weight management plan exists for grade wrestlers. Coaches should encourage participation and de-emphasize weight loss. Coaches should educate wrestlers on good nutrition plans.

POLICY 1002 Weight Classes

Weight classification includes 21 classes:

- 80
- 86
- 92
- 98
- 104
- 110
- 116
- 122
- 128
- 134
- 142
- 150
- 160
- 172
- 180
- 185
- 190
- 195
- 205
- 225
- 245
- 275

Weight Classification of Female Wrestlers will be placed in ranges

- 80 and under
- 80-90
- 91-100
- 101-110
- 111-120
- 121-130
- 131-140
- 141-150
- 151-160
- 161-170
- 171-180
- 181-190
- 191-200
- 201-210
- 211-220
- 221-230

- 231-240

POLICY 1003 Growth Allowance

The growth allowance is intended to “grow” the weight classes to accommodate the natural growth of the 7-8th grade wrestler. It is not intended to assist a youngster “starve” himself into a lower-weight class. A three-pound growth allowance will be applied to all weight classes on January 1st. In effect, all maximum weights in all weight classes go up two pounds.

POLICY 1004 Weigh-in Regulations

On school days, 7-8th wrestlers may weigh in at their home schools prior to lunch before dual triangular or quadrangular meets. The weigh-in must be witnessed by an administrator/designee, and a signed weigh-in sheet presented at the meet prior to the competition. Weigh-ins for tournaments must be conducted as per existing NFHS rules.

POLICY 1005 Participation Limitations

1. Wrestling programs should have a balanced schedule including tournaments and home and away dual/tri matches. Teams and individual wrestlers are limited to a maximum of 17 regular season points. Note: The District Tournament is NOT an interscholastic event. Coaches MAY coach their wrestlers in this event. Wrestlers are permitted to participate after the school season ends in the non-interscholastic wrestling tournament.
2. No one below the 7th grade shall practice/participate with or against 7-8th grade wrestlers. 7-8th grade shall not participate/practice with or against 9-12th grade wrestlers.
3. No requirement for dual or tri matches exists for 7-8th grade.

POLICY 1006 Beginning and End Dates

Following dates outlined by GHSA on the beginning and ending dates of the season.

Two permitted or one scrimmage and one preview. NOTE: Individual wrestlers from a 7-8th grade school that does not have enough wrestlers to schedule or participate in dual meets may practice or work out with other school teams or individuals during the regular season. Such Situations shall be reported in writing to the District Athletic Office.

(17) Regular season points and no specific requirements for the number of duals/tris/tournaments

Length of Matches:

1. Each period is 1 minute
2. Consolation matches are comprised of three 1-minute periods.
3. Tournament overtime period is one 1-minute period followed by a 30-second period if necessary.

Policy 1007 County Championship

1. Schools may only submit two wrestlers per weight class
2. Wrestlers may wrestle up one or two weight classes but cannot wrestle down a weight class.
3. The coaches' meeting will occur one week prior to the tournament.
4. Weigh in will being promptly at 8:00 am
5. Wrestlers who exceed three-pound growth allowance may wrestle in their respective class but will be placed as the lowest seed, regardless of record.

Policy 1008 Regular Season Match Formats

1. Schools shall utilize standard format, provided below, to create efficient and timely wrestling events during regular season
2. Format shall include wrestlers from each of the three schools in increasing order by weight classes
3. Weights should be submitted to the hosting school two days prior to the match
4. Host school will match wrestlers based on weight classes (Wrestlers may wrestler up a maximum of two weight classes
5. Wrestlers may wrestle a maximum of 2 matches per event (30 min interval between matches)

Wrestling format:

Weight Class	Wrestler A	W-L	Wrestler B	W-L
80				
86				
92				
98				
104				
110				
116				
122				
128				
134				
142				
150				
160				

172				
180				
185				
190				
195				
205				
225				
245				
246>				

SECTION 1100: SOCCER

POLICY 1101 Regular Season & Tie Breaker

Each team can play a total of 10 games during the regular season. The top four teams in the league will make it to the semifinals with the last two teams making it to the championship game. If a tie occurs, first consideration is head-to-head competition. If a tie remains, we will flip a coin.

POLICY 1102 Game Time

Games will consist of two 25-minute halves with 5-minute half times. Five minutes between the girls' and boys' games. Any game tied at the end of regulation play should be reported as a tie. There is no overtime. Each team will receive a ½ win and ½ loss.

If a game is scheduled as your home game, there are several responsibilities that go with being the home team.

1. Bring balls to be used as game balls.
2. Provide a competent adult to work the clock.
3. Decide about starting the game if the weather is inclement. If the home team coach decides that it is unwise to play because of lighting, etc., he/she must call the District Athletic Office (478-765-8550) and the opposing coaches. Once the game has started, the officials oversee the game. Please make every effort to play your game. There are limited dates for rescheduling.
4. If a game needs to be canceled because of inclement weather, the home team (if a Bibb County School District team) must notify the District Athletic Office or Kevin Grooms at least 3 hours prior to game time. Failure to notify the office 3 hours prior to game time will result in the home school being responsible for paying the officials. The home team is also responsible for notifying the opposing coach.
5. The home team is to post the game score to the District Athletic Office the following day. Please email the score to jennifer.raymond@bcsdk12.net

POLICY 1103 Game Ejection:

Good sportsmanship is expected of each player. However, the following will result in ejection for the coach, participant, or team:

1. One-Game Sit Out
    a. Two yellow cards in the same game
    b. Yellow-red cards for taunting
    c. Deliberate handball to prevent a goal
    d. Red Card for a foul on a player moving toward his/her goal in a scoring situation.
2. Two-Game Sit Out for any of the following
    a. Violent conduct
    b. Spitting on another person
    c. Foul or abusive language
    d. Leaving the bench area for a fighting situation

Any ejection should be reported to this office on the incident report form.

In accordance with the National Federation and High School adoption rule (and amended for middle school play), when there is a competitive imbalance between the teams, the game will be shortened as follows:

1. If a team is seven (7) goals down at any point in the first half, that will be considered the end of the half.
2. If a team is seven (7) goals behind at halftime, the second half will be restricted to fifteen (15) minutes.
3. When a team is ten (10) goals behind in the second half, the game will be terminated.

Policy 1200 Flag Football

Policy 1201 Game, Players, Equipment

Article 1. The Game.

- The game shall be played between 2 teams of 7 players. The game may continue with fewer players as long as the team has a chance to win.

Article 2: Game Times.

- Game times will vary depending on the number of teams that are scheduled to play.

- With 3 teams scheduled: The length of the game shall be 32-minutes, divided into 2 - 16 minute halves, (with a running clock until the last minute of each half), with a 4-minute halftime.
- With 4 teams scheduled: The length of the game shall be 24-minutes, divided into 2 – 12 minute halves, (with a running clock until the last minute of each half), with a 4-minute halftime.

Article 3: Game Play

- The clock shall start on the snap. The offensive team has 25 seconds to snap the ball. It will run continuously unless it is stopped for one of the following reasons: - Team time-out - clock restarts on the snap.
- If a team time-out is called prior to a Try, the Try down shall be untimed, and the clock shall restart on the snap of the play that follows the Try.
- Official's time-out - clock restarts on the ready for play.
- At the start of each quarter, the clock restarts on the snap.
- Each team will have 1-time out per half. (30 seconds in length)
- Regular season games: If teams are tied at end of regulation, game ends in a tie.

Article 4: Pants/Shorts/Jerseys

- Each player shall wear pants or shorts. Pants or Shorts must have NO POCKETS. They shall be a different color than the flags.
- Jerseys should be worn tucked in at all times.

Article 5. Flag Belt

- Each player shall wear a one-piece quick release belt, without any knots, at the waistline with 3 flags permanently attached, 1 flag on each side and 1 in the center of the back. The flags should be of a contrasting color to the opponent's flags and contrasting color to the player's pants/shorts.

Article 6. Shoes

- Shoes shall be made of canvas, leather, or synthetic material that covers the foot attached to a firm sole of leather, rubber, or composition material that may have cleats or be cleat less. Cleats are limited to studs or projections that do not exceed 1/2" in length. NO METAL CLEATS.

Article 7. Mouth and Tooth Protector

- Players must wear a mouthpiece.

Article 8. Jewelry

- Players must not wear any jewelry of any kind (including nose piercings, earrings, bracelets etc.

Article 9. Hair

- All players' hair must be adjusted to an appropriate length so that their flag belts and flags aren't blocked or hidden. This will result in a uniform penalty.

Policy 1202: Removing the Flag Belt

Article 1. Flag Belt Removal

- When the flag belt is clearly taken from the runner in possession of the ball, the ball is declared dead, and the down shall end. If a flag belt inadvertently falls to the ground, a 1 hand tag between the shoulders and knees constitutes capture. A player may leave their feet to remove the flag belt.

Article 2. Contact

- In an attempt to remove the flag belt from a runner, an opponent may contact the body, but not the face, neck, or any part of the head of the runner, with their hands. An opponent may not hold, push, or knock the runner down in an attempt to remove the flag belt.

Article 3. Use of Hands/Body:

- Players cannot grab, push, or pull players and move them on defense or offense. Players cannot initiate contact with their bodies at any time on either side of the ball (offense or defense; this includes blocking defending and tackling).
- **Note:** blocking should be done like basketball screen setting.

Policy 1203: Football size

- We use a TDY or TDJ ball which is set for youth.

APPENDIX I

Rule Violation Form and Disciplinary Action

This report is to be filed with the principal of the reporting school and with the District Athletic Director. The report is to include the following information:

MIDDLE SCHOOL ATHLETIC HANDBOOK RULES VIOLATION

Person filing complaint_____ Date of filing_____
(Print clearly)

Status of complainant_____ Violating School_____
(Parent, coach, student, etc.)

Day Phone _____ Evening Phone_____

E-Mail _____
(Please print clearly)

Person/school in violation_____ Date(s) of violation_____

Policy violated if known_____

On the reverse, please give a detailed description of the violation and attach any supporting documentation.

Signature of person filing complaint_____

Present a copy of this report to the school principal of the violating school and a copy to the system athletic director.

Date received by principal_____ Date received by system AD_____

EXAMPLE OF RULE VIOLATIONS AND CONSEQUENCES

Policy 101 CPR/AED Classes

Coaches must have documentation of successful completion of formal training of CPR/AED. The school AD must verify the coaches' documents within dragonfly. The school AD and administrator will sign off that they have verified the coach's documentation.

Consequence/Action: The coach may not conduct practice or be in an active coaching mode at an event until the AD has verified completion of the CPR/AED. The principal shall hold the AD responsible for this verification process. Fines and/or suspension can be assessed if the coach is coaching without proper documentation.

Policy 108 Undue Influence/Recruiting

Each principal, AD and coach is responsible for knowing the rules governing this area. The GHSA Constitution is more detailed in its wording.

If a school employee is discovered to be in violation of this policy, they will be placed on probation for one year from the date of the discovery and a letter of warning placed in

that person’s personnel file. A second violation will result in a hearing before the Middle School Athletic Committee for consideration of further action.

Policy 201 Certification of Eligibility

Students MAY NOT participate in a middle school athletic contest until this policy's provisions are met.

The eligibility report must be sent to ALL AD’s and the county AD 24 hours prior to the first competition, failure to do so will result in a $50.00 fine. AD’s who continuously violate this policy will receive a letter of warning and a one-year probationary period.

Continuous violations will result in a hearing before the Middle School Athletic Committee for consideration of further action.

Policy 202 Age Eligibility

Students may not participate in middle school athletics unless they meet age eligibility. Only official school records are used to measure a student’s age.

A coach who allows an overage student to participate in a contest will be fined $50.00 and a letter of warning placed in his personnel file. A second violation will result in a $100.00 fine and a hearing before the Middle School Athletic Committee for consideration of further action.

Policy 203 Residence Eligibility

It is the school AD and the individual sport coaches' responsibility to verify legal residence. Students enrolled at a school in the 6th grade and return for the 7th grade would logically be eligible. However, the school athletic department members must use the resources available to verify residence of all athletes. Careful attention to new enrollees and returning students is necessary to assure legal residence.

Residence eligibility complaints will be investigated by the system athletic director.

If such complaints prove to be valid and it is shown that the school should have known of the violation, the violation will be addressed as in Policy 202.

Policy 204 Scholastic Eligibility

It is unthinkable that a scholastically ineligible student can practice or compete. With all the methods available to the AD and coach to check eligibility, allowing a scholastically ineligible player to practice or compete constitutes a major rules violation.

Not only is it unfair to the students who are eligible and to opponents, but it also is grossly unfair and hurtful to the ineligible student and could cause long-range educational damage. The school AD must oversee this process and demand compliance by the coaches.

For the first practice or game where this occurs, the coach will be fined $100.00 with the accompanying personnel documents. If it is found that the AD should have known about the violation, then the AD will be fined the same amount. A second violation by either party will result in a hearing before the Middle School Athletic Committee.

Policy 208 Physicals, Insurance, Concussion, Heat Illness, and Sudden Cardiac Arrest Awareness

Please read both the Middle School Athletic Handbook and the GHSA Constitution for information in this area. The same actions and consequences apply as for Policy 204.

Policy 209 Participation and Game Limits

Middle school seasons are limited to shorter participation seasons than high school varsity teams by GHSA and CCBE guidelines. The seasons are structured in such a way that athletes may participate in multiple activities with little overlap.

If in doubt about an interpretation of this policy, always ask a more experienced coach or AD **BEFORE** the fact, not after. Violations of this policy are administered on a case-by-case basis and always accompanied by documentation in the coach's personnel file.

Violations result in forfeitures of games, possible loss of player eligibility for future games.

General Comments about Rules Violations and Consequences.

Consequences and penalties are not limited to the above policies. Violation of any policies included in the Bibb County Middle School Athletic Handbook will result in a fine. The amount will be determined by the District Athletic Director based on the number of offenses. It is the principal, athletic director, and coach to know the rules of competition. Reported violations of all rules not stated above will be addressed by the District Athletic Director and resolved in a fair and impartial manner. An invoice will be sent to the school Principal, Athletic Director, and Bookkeeper from the District Department of Athletics office when an infraction is committed.

Repeated violations by coaches and ADs from one school can result in the school being cited for a lack of institutional control. The principal of the school should insist that all rules and regulations of the Middle School Athletic Handbook and the GHSA Constitution are followed by the athletic director and the coaches.

APPENDIX II

Guidelines for Outdoor Extra Curricular Activities

1. During Extreme Heat and Humid Conditions Each program shall have and use a wet bulb global temperature device for measuring environmental factors. All activities will be monitored, and guidelines followed.
2. Practices should be held early in the morning or later in the evening, when possible, to avoid times of severe environmental conditions.
3. An unlimited supply of cold water should be available to participants during practices and games.
4. Any request by a student to receive water will be granted without question by a coach or supervisor.
5. Hydration and fluid replacement is a daily process. Students should hydrate themselves before, during, and after an activity. Meals should include an appropriate amount of fluid intake.
6. Give adequate rest periods.
7. Football Players shall be allowed to remove their helmets.
8. Rest should be in a shaded area out of direct sunlight.
9. Shoulder pads should be removed if conditions warrant.
10. Gradually acclimatize participants to the heat.
11. Research indicates 80% acclimatization may be achieved in 7-10 days but can take up to 14 days.
12. All Players MUST have a 5-day acclimatization period where only helmets and mouthpieces can be worn prior to participating in full equipment.
13. The length and intensity of practices should be adjusted according to the WBGT.
14. Athletic participants should wear clothes that are light in color and weight.
15. Athletic participants should be weighed before and after activity, when possible, to monitor water loss and identify those becoming dehydrated.
16. Students who need careful monitoring include:
17. Overweight students
18. Weight control problems (fluctuations)
19. Those taking over the counter and prescription medicines
20. Students who have done NO exercise at all
21. Be familiar with heat related symptoms and corresponding treatments
22. Be familiar with any emergency and 911 procedures
23. Monitor students after activities for needed medical attention.

In an emergency…Cool First! Transport Second!

APPENDIX III

Heat Illness Symptoms and Treatments

Heat Illness	Definition/Description	Signs/Symptoms	What to do
Muscle (Heat) Cramps	Occurs during or after intense exercise. Athletes will experience acute, painful, involuntary muscle contractions typically in the arms, legs, or abdomen.	Dehydration Thirst Fatigue Sweating Muscle Cramps	Stop the activity and sit quietly in a cool place. Drink clear juice or a sports drink. Do not engage in exercise/strenuous activity for a few hours after the cramps subside, as this may lead to heat exhaustion or heat stroke. Seek medical attention if heat cramps do not subside within 1 hour.
Heat Syncope	Occurs because of exposure to high temperatures. Typically, occurring during the first 5 days of acclimation to physical activity in the heat. May also occur after a long period of standing after physical activity.	Dehydration Fatigue Fainting Lightheadedness Tunnel Vision Pale or Sweaty Skin Decreased Pulse Rate	Lie down in a cool place. Drink clear juice or a sports drink. Cool core temperature with a cold wet cloth.
Heat Exhaustion	Life-threatening unless promptly recognized and treated. It occurs because of prolonged heat exposure while engaging in physical activity. Symptoms are a result of the body when it cannot regulate temperatures naturally.	Same symptoms as Heat exhaustion: Core body temperature (>104) Change in mood. Increased heat rate. Confusion	Seek medical attention immediately if symptoms are severe. Attempt to cool the athlete using cool beverages, rest cool shower or bath, movie to an air-conditioned environment, and wearing light clothing.

Heat Stroke	Life-threatening unless promptly recognized and treated. It occurs because of prolonged heat exposure while engaging in physical activity. Symptoms are a result of the body when it is no longer able to regulate temperature naturally.	Same symptoms as heat exhaustion: Core body temperature (>104) Change in mood Increased heart rate Confusion	Symptoms evident: Call 911 immediately Move the athlete to a shady area. Cool athletes rapidly using whatever methods possible. Ice, cool cloth, etc. Cool shower spray with water. Monitor and cool the athlete until the core temperature is between 101-102

APPENDIX IV

1. BY-LAW 2.67 – "Practice Policy for Heat and Humidity

Schools must follow the statewide policy for conducting practices and voluntary conditioning workouts in all sports during times of extremely high heat and/or humidity that will be signed by each head coach at the beginning of each season and distributed to all players and their parents or guardians. The policy shall follow modified guidelines of the American College of Sports Medicine in regard to:

1. The scheduling of practices at various heat/humidity levels
2. The ratio of workout time to time allotted for rest and hydration at various heat/humidity levels
3. The heat/humidity level that will result in practice being terminated

A scientifically approved instrument that measures Wet Bulb Globe Temperature (WBGT) reading must be utilized at each practice to ensure that the written policy is being followed properly.

WBGT READING		ACTIVITY GUIDELINES & REST BREAK GUIDELINES
UNDER 82.0		Normal activities --Provide at least three separate rest breaks each hour of minimum duration of 3 minutes each during workout
82.0 -86.9		Use discretion for intense or prolonged exercise; watch at-risk players carefully; Provide at least three separate rest breaks each hour of a minimum of four minutes duration each.
87.0 – 89.9		Maximum practice time is two hours. For Football: players restricted to helmet, shoulder pads, and shorts during practice. All protective equipment must be removed for conditioning activities. For all sports: Provide at least four separate rest breaks each hour of a minimum of four minutes each
90.0--92.0		Maximum length of practice is one hour, no protective equipment may be worn during practice and there may be no conditioning activities. There must be 20 minutes of rest breaks provided during the hour of practice.
OVER 92		No outdoor workouts; Cancel exercise; delay practices until a cooler WBGT reading occurs

GUIDELINES FOR HYDRATION AND REST BREAKS

1. Rest time should involve both unlimited hydration intake (water or electrolyte drinks) and rest without any activity involved
2. For football, helmets should be removed during rest time
3. The site of the rest time should be a "cooling zone" and not in direct sunlight.
4. When the WBGT reading is over 86:
    a. ice towels and spray bottles filled with ice water should be available at the "cooling zone" to aid the cooling process.
    b. Cold immersion tubs must be available for practices for the benefit of any player showing early signs of heat illness.

DEFINITIONS

1. **PRACTICE:** the period of time that a participant engages in a coach-supervised, school-approved sport or conditioning-related activity. Practices are timed from the time the players report to the field until they leave.
2. **WALK THROUGH***:* this period of time shall last no more than one hour, is not considered to be a part of the practice time regulation, and may not involve conditioning or weight-room activities. Players may not wear protective equipment.

PENALTIES: Schools violating the heat policy shall be fined a minimum of $500.00 and a maximum of $1,000.00.