Adams 12 Five Star Schools

Middle School Sports Handbook

ADAMS 12 FIVE STAR SCHOOLS | 1500 E. 128TH AVE, THORNTON, CO 80241

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General Purpose
To promote controlled situations that will help Middle School students learn the value of competition, self-discipline, and pride in accomplishment. To provide consistency for all schools in the conduct or promotion of controlled activities.

Philosophy
The Adams 12 Middle School Athletic Association seeks to provide competitive and/or non-competitive activities of a kind that will best promote good sportsmanship, character, physical development, coordination, and a wholesome interest in activities for all students.

Schools should effectively accommodate both the interests and abilities of students for maximum participation in a meaningful educational experience. The physical and mental maturity of all participating students should govern the scope of each activity.

Eligibility of Players
To represent a school in any interscholastic athletic competition a student must be eligible under the following rules.

- Students must comply with participation eligibility as per home school district guidelines.
- Students must have a completed physical on file with the school.
- Grade division: Seventh grade students will participate in 7th grade contests only. Eighth grade students will participate in 8th grade contests only. (Exception- unless schools have mixed-level teams as approved by the District AD)
- Participating in athletics is a privilege and we want our student-athletes to demonstrate great character both in sports and in the classroom. Student-athletes are expected to be respectful and participate in the classroom.
    - **Attendance** A student-athlete with 3 or more unexcused class period absences or 6 or more unexcused class period tardies will not be eligible for the next scheduled competition day. Attendance will be pulled between competition dates and if a student is found to have more than the number of unexcused absences or tardies listed above, they will be ineligible for the next scheduled competition date. In addition, student-athletes must be in attendance for ½ of the school day in order to participate in a practice or competition. Any exception must be approved by the Athletic Director.
    - **Behavior** If a student-athlete is suspended (ISS or OSS) at any time during the season, they will be ineligible for the next scheduled competition day.

Minimum Practices

- Adams 12 Middle School Athletic Association will allow a maximum of 3 practices a week and practices must be limited to 1.5 hours or less.
- Adams 12 Middle School Athletic Association requires at least 2 practices prior to an athlete competing in a league event.
- Each school may hold an additional 4th practice on weeks with no games/events and 3 practices on weeks with one game/event. It is recommended that practices take place for 1-1.5 hours. (maximum 1.5 hours)

Officials

- It is recommended that game officials be members of a recognized official association. Officials

used in tournaments should be registered officials from the local official's association. In the event that officials are not available, schools may use an alternate official as approved by the school AD to officiate a game.

Coach Ejections

- A coach ejected from a contest for committing an unsportsmanlike act shall be suspended from coaching for the next regularly scheduled match or contest. He/she may not coach in any other contest at any level during this time.
- If an Adams 12 coach is ejected, that coach will be responsible for meeting with the District AD and Superintendent.

Player Ejections

- In accordance with Adams 12 Five Star School's Student Code of Conduct, any student athlete who is ejected from a game and/or match for any reason will not be eligible for the next game and/or match.

League Start Date and Schedules

- Athletic Directors will work with the District AD to agree on start date for the following year
- Ideally, member schools shall agree upon schedules for the next year's contest no later than the last meeting in June.

Season Dates

- Cross Country: August-October
- Girls Soccer: August-October
- Boys Basketball: October-December
- Girls Volleyball: January-March
- Girls Basketball- March-May
- Boys Soccer: March-May

Team Banquets and Pictures

- Individual schools and teams will determine if they will have an end of the year team banquet
- Individual schools and team will determine if they will have team and individual pictures

Cross Country (Boys and Girls) 6th, 7th & 8th grade

Meet Limitations/Scoring

- Any athlete may participate in any regular season cross country meet.
- MS cross country meets will be 2 miles in length.
- Meets will consist of a girls race and a boys race.
- Scores will be taken on the top 5 runners for each school at each meet. All other runners will still be timed but not scored.

District Meet and Trophies

- The end of the season district meet will be scored and awards will be given.
- Awards will be given as follows:
    - Trophies for 1st, 2nd and 3rd place teams (boys and girls)
    - Medals for 1st, 2nd and 3rd place individuals (boys and girls)
    - Ribbons for 4th, 5th, 6th, 7th, 8th place (boys and girls

Court & Field sports (Basketball, Volleyball & Soccer)

Division Alignment

- For all court and field sports, divisions are determined by the number of athletes registered for the sport.

Tournament and Trophies

- Tournaments will consist of championship and consolation brackets for seventh and eighth grade A teams only.
- Awards will be given to first and second place winners.
- Tournament rosters must not exceed 18 players.

A Team-Tournament Consideration

- All A teams qualify for the tournament
- The tournament will be a single elimination format
- Teams will be seeded based on regular season points. (See below)
- Higher seeded teams will be designated as the home team
- Home teams will host rounds 1 and 2 of the tournament and will be responsible for all game duties.
- Championship rounds will be played at neutral district stadium sites

Jewelry Uniforms

- Jewelry- All jewelry must be removed. Exceptions are allowed for religious or medical medals. A religious medal or other religious items must be taped to the body and worn under the uniform. A medical alert must be taped and may be visible.
- Home teams will decide on jersey color; visiting school will wear opposite
- No uniform alterations, no glitter, face/body paint or metal hair accessories

Basketball (Boys and Girls) 7th & 8th grade

Game Limit

- Any player may participate in any regular season A or B team game as long as it does not violate the number of games allowed for that sport.
- If a school has low participation numbers, the expectation is that they will field an A team first before playing a B team.
- No A team player who is a starter should play in the B game, unless the entire grade level has 15 or fewer players. In that case, the top 3 kids from the A team should not play in the B game at all.
- Game conditions for B level games will be determined prior to the game by home school administrators/coaches in conference with visiting school administrators/coaches for special circumstances.

Game Structure

- Clock
  - A team- Four 6 minute quarters (clock stops for every whistle)
  - B team- Four or more 6-8 minute quarters (as determined by AD's and not to exceed 48 minutes of playing time); clock stops for shooting fouls resulting in free throws and stops for every whistle in the last two minutes of the final quarter
- Fouls
  - Athlete is out of the game on the 5th foul
  - Two technical fouls = ejection from the game
- Full court press
  - A team games- No full court press allowed if one team is up 20+ points; if that lead drops below 20 then full court press can resume.
  - B team games- No full court press allowed.
- Mercy rule
  - Once a team hits 20+ points ahead, the mercy rule will be enacted for the remainder of the game. This means a running clock only and no stopping the clock the last two minutes
- Overtime (A teams only)
  - Overtime periods will consist of a 3 minute clock. Clock will stop for every whistle.
  - A jump ball will determine possession.
  - Each team receives one additional timeout.
- Rosters (A teams only)
  - A team rosters must not exceed 15 players.
- Timeouts
  - Each team gets three FULL (1 minute) timeouts and two 30-second timeouts (mirrors HS rules).
- Uniforms
  - Jewelry-All jewelry must be removed. Exceptions are allowed for religious or medical medals. A religious medal or other religious items must be taped to the body and worn under the uniform. A medical alert must be taped and may be visible.
- Warm-ups
  - Pre-game warm ups will take place for no more than 10 minutes with a 5 minute half time.

Basketballs

- Home teams are expected to provide 6 basketballs for both the visiting and home team
- Home teams will also be responsible for providing a game ball

Breaking Two-Way Ties (Seeding)

- Head to head record
- If still tied, the league record for each team will be compared against the first place team in the final league standings, then the second etc. until the tie is broken.
- If still tied, a coin flip will determine the higher seed.

Breaking Three-way ties (Seeding)

- Head to head records of all teams involved will be compared.
- Points differential will be used to break a tie beyond head to head records

Soccer (Boys and Girls) 7th & 8th grade

Game Limit

- Any player may participate in any regular season A or B team game as long as it does not violate the number of games allowed for that sport.
- If a school has low participation numbers, the expectation is that they will field an A team first before playing a B team.
- No A team player who is a starter should play in the B game, unless the entire grade level has 15 or fewer players. In that case, the top 3 kids from the A team should not play in the B game at all.
- Game conditions for B level games will be determined prior to the game by home school administrators/coaches in conference with visiting school administrators/coaches for special circumstances.

Game Structure

- Cards
    - Ejected Player Penalty (Red cards) – A player ejected for a red card shall be disqualified for the remainder of that match or contest. In addition, the player shall be suspended from competition for the next scheduled match or contest played at the same level. He/she/they may not take part in any games at any level during this time.
    - Yellow cards- All players who receive a second yellow card in the same game shall be disqualified from the remainder of the current game, plus the next contest of the same level regardless of whether a red card was displayed. The athlete may not take part in any other games at any level during this time.

- Clock
    - Each game will consist of two 35-minute halves with a running clock. If the official stops the game for an injury, the official determines whether stoppage time will be added.
    - Half time can be 5-10 minutes- mutually agreed upon by coaches. If the game does not start on time, then half time must be 5 minutes.

- Fields
    - Games will be played on fields that are 100 yards long by 60 yards wide.
    - Championship games will be played on the larger stadium turf fields.
    - Coaches must coach from outside the playing field. They cannot be on the playing field.

- Mercy rule
    - Once a 7-goal differential between two teams is achieved, the referee will inform both coaches that the Mercy Rule has been invoked and the referee and/or timekeeper will let the official clock run during injuries, penalty kicks, after goals, and during referee disciplinary actions.
    - Game termination- once a 10-goal differential is reached, and the first half of play has been completed; the referee will end the game during regular and postseason play.

- Overtime
    - Regular season- If the game is tied at the end of regulation, the result will be recorded as a tie. There is no overtime for the regular season.
    - Post-season (tournament)-
        - One 10-minute sudden victory (golden goal) overtime period will be played.
    - Flip a coin for the start of the overtime. Visitor calls the coin toss. The winner of the toss shall choose a goal to defend or to kick off in the overtime period.

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

- Rosters
    - Teams should maintain a roster of at least 15 players.
    - Games will be played with 11 v 11 players. A game should start with 11 players, but can start with fewer if needed. If a team can't start with 11, play with as many as you can. Anytime a team is starting a game with fewer than 11 players it is

recommended the opposing team start with a full team and reduce players as appropriate.

- Sidelines
  - Coaches may not coach on the field; they must remain on the sideline.

- Substitutions
  - Generally, substitutions are made prior to a throw-in, a corner kick, after a goal, at halftime or because of an injury.

- Suspended games
  - During the regular season, if one half of play has been completed, the contest will be declared official. If one half of play has not been completed, it will be restarted from the point of interruption.

- Tackles
  - Slide tackles are prohibited.

- Team Benches
  - Home coaches will designate team areas that all players and coaches will remain in during the course of the game (for both teams). Team benches should be on the same side of the field. Parents are not allowed into this area. Parents and spectators will sit on opposite sidelines of the team benches. Coaches may designate this area using cones or other marking methods.

- Uniforms
  - Home teams will wear dark uniforms.
  - Goalie jerseys must be a different color than their team color. Goalies may wear the same color though. Goalies must wear goalie gloves.
  - Shin guards are required and must be age and size appropriate to provide adequate and reasonable protection. They must be worn under the socks and extend to within 2 inches of the ankle (no mini shin guards).
  - Matching team color socks required.
  - No metal cleats
  - All jewelry must be removed. Exceptions are allowed for religious or medical medals. A religious medal or other religious items must be taped to the body and worn under the uniform. A medical alert must be taped and may be visible.
  - No hair pins, clips, bobby pins or other hair devices made of abrasive or hard materials. Head coverings worn for religious reasons shall not be made of abrasive or hard materials, and must fit securely.

- Warm-ups
  - Pre-game warm ups will take place for no more than 10 minutes.

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

Regular Season Points:

- Winning teams will be awarded 3 points for a win.
- Ties will result in a single point for each team.
- Loses will not receive points

Breaking Two-Way Ties (Seeding)

- Head to head record
- Goal differential- how many goals you have scored against other teams vs. how many goals have been scored against you
- Goals scored: Highest number of regular season goals scored receives the higher seed and so on.
- Goals Allowed: Lowest regular season goals against is the higher seed and so on.
- If still tied, a coin flip will determine the higher seed.

Breaking Three-way ties (Seeding)

- Head to head record
- Goal differential- how many goals you have scored against other teams vs. how many goals have been scored against you
- Goals scored: Highest number of regular season goals scored receives the higher seed and so on.
- Goals Allowed: Lowest regular season goals against is the higher seed and so on.
- If still tied, a coin flip will determine the higher seed.

Volleyball (Girls) 7th & 8th grade

Game Limit

- Any female player may participate in any regular season A or B team game as long as it does not violate the number of games allowed for that sport.
- If a school has low participation numbers, the expectation is that they will field an A team first before playing a B team.
- No A team player who is a starter should play in the B game, unless the entire grade level has 15 or fewer players. In that case, the top 3 kids from the A team should not play in the B game at all.

Game structure

- Officiating
    - If there are not enough officials for B level games, then coaches can help officiate
    - Home team will supply the line judges and they can be student managers, student athletes or volunteers
    - For each set, you will need two line judges and they should be placed on opposite corners.
    - If a ball hits the line, the ball is IN!

- Rotations/Substitutes
    - 6 players on the court
    - Teams rotate when it's their turn to serve
    - Teams serve until they lose a point OR after they have five successful serves
    - Substitutions-
        - There is no cap on the number of substitutions.
        - A server may not serve more than once every six players
        - A teams- The same players must sub for the same players (up to 3 players). Exception: In the event of an injury, rotations can be adjusted but must stay that way for the remainder of the game, barring any other injuries. If there are any discrepancies, the officials will resolve the issue with the coaches.
        - B teams- Substitutions need to be either player for player or from the same position on the court (i.e. right front, right back, etc.)

- Rules of play
    - A back-row player (on or in front of the attack line) cannot contact the ball completely above the height of the net and complete an attack. As long as the point of the contact is made completely below the height of the net, that is a legal contact
    - A player may touch the floor across the center line with one or both feet/hands provided a part of the foot/feet or hand(s) remains on or above the center line. Contacting the floor across the center line with any other part of the body is illegal.
    - Nets should be set at approximately 7 ft high/regulation women's height
    - Teams can switch sides after each set- this will be decided by the coaches and officials at the beginning of the game

- Scoring
    - Rally scoring will be used for all contests.
    - A team matches-
        - All matches shall be the best two of three sets; rally scoring to 25; win by 2, capped at 29.

        - If a third set is necessary, that set will be played to 15 points, win by 2, capped at 19.
    - B team matches-
        - All matches shall be the best two of three sets; rally scoring to 25; capped at 29.
        - The Large school B teams will play a third set regardless. That set will be played to 15 points, first one to 15 wins. Small school B teams will follow the best 2 out of 3 rule for their B team.
        - In the event that a B team already won the first and second sets, the third set will be played so that more athletes have an opportunity to play; this set will not count in record keeping. Otherwise the third set will be played to determine the winner of the match.
    - Official book-
        - Must keep track of the official score.
        - Must keep track of consecutive serves and let officials know when that server has reached 5 consecutive serves.

- Serving
    - A teams-
        - Students are allowed one attempt at a serve (per serve possession).
    - B teams-
        - Students are allowed one attempt at an overhand serve (per serve possession).
        - If it doesn't clear the net then they will get a second attempt but it must be underhand.
        - If the ball does not travel over the net for the second attempt, the other team gets the point.
        - If the first serve is underhand and does not clear the net then the other team gets the point and serves.
    - B teams-
        - Students will serve from the service line, but if they step over, they will not be assessed a loss of point for a foot fault.
        - If the ball does not travel over the net, the other team gets the point.
    - No attack contact allowed on first contact of serve receive.
    - There is a five (5) serve per person, per team limit. At the completion of the server's fifth successful serve, the point is awarded accordingly and the serve transitions to the other team.
    - For overhand serves, the server may drop the tossed ball once per serving session
    - Rock, paper, scissors will be used to determine which team will serve first in the first set. The team that serves first in the first set will serve second in the second set. Rock, paper, scissors will be used to determine the first serve for the third set.
    - The let-serve shall be allowed, and play shall continue provided net contact is entirely within the net antennas.
    - If a serve hits the antenna, the ball is OUT!

- Timeouts
    - Each team shall be allowed 2 timeouts per set for 30 seconds each, with a total of 6 time outs if three sets are played.<u>Warm-ups</u>
    - Pre-game warm ups will consist of each team taking the entire court for 5 minutes of warm-up and 2 minutes of joint serve prior to the set beginning. Visiting team warms up first.

Volleyballs

- Home teams are expected to provide 11 volleyballs for each of the visiting and home team (total 22 volleyballs)
- Home teams will also be responsible for providing a game ball

Breaking Two-Way Ties (Seeding)

- Head to head record
- If still tied, the league record for each team will be compared against the first place team in the final league standings, then the second etc. until the tie is broken.
- If still tied, a coin flip will determine the higher seed.

Breaking Three-way ties (Seeding)

- Head to head records of all teams involved will be compared.
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