



Middle School Athletic Rules Guidebook and Information



A division of the Grand Rapids Student Advancement Foundation

GRAND RAPIDS PUBLIC SCHOOL ATHLETICS

VISION STATEMENT

Grand Rapids Public Schools will create educational opportunities and experiences through athletics, that will enhance student achievement, student development and school culture.

GRPS MIDDLE SCHOOL ATHLETICS

MISSION STATEMENT

The mission of the Grand Rapids Middle School Athletic Department is to aid in the academic, emotional, and physical development of our students through the promotion of teamwork, sportsmanship and athletic competition.

MHSAA Rules

Section 10 – LIMITATIONS OF COMPETITION

Each school team and all players are allowed a maximum of four scrimmages per season. Up to two of the four allowable scrimmages may be used prior to the first competition for that sport. In the sports of basketball and volleyball, two pre-season scrimmages will automatically be scheduled for each school. With coordination of the district office, individual schools can arrange for two additional scrimmages against non-GRPS programs.

Section 11 – “ALL-STAR” CONTESTS/NATIONAL CHAMPIONSHIPS

No athletic director, coach, teacher, or administrator of a MHSAA member school, and no athletic official registered with the MHSAA shall at any time during the school year for his or her school, assist either directly or indirectly with the coaching, management, direction, selection or transportation of players, promotion, or officiating of any “All-Star” exhibition or similar contest, or of any contest that is or purports to be a national high school or a national junior high or middle school championship event of the qualification thereto, in any MHSAA tournament sport if any of the participants is enrolled in an MHSAA member junior high/middle school at the time of the event.

Any junior high/middle school which uses an individual as a coach or manager of an interscholastic athletic team who has violated the provisions of Section A of this Regulation or Regulation II, Section 13 shall be placed on probation for one year and offending coach or coaches shall not be permitted to coach in any sport at that school for a one-year period and shall not coach for a one-year period at any other member school in any MHSAA tournament sport.

Section 12 – LIMITED TEAM MEMBERSHIP

– A student who, after practicing with (including tryouts) or participating in an athletic contest or scrimmage as a member of a junior high/middle school athletic team, participates in any athletic competition not sponsored by his or her school in the same sport during the same season, shall become ineligible for a minimum of the next two (2) days of competitions and a maximum of the remainder of that season in that school year. Certain exceptions apply.

For more information regarding junior high/ middle school athletics rules, please refer to the annual MHSAA Handbook.

GRPS Athletic Department Expectations

All athletes, coaches and parents should demonstrate EXCELLENT sportsmanship at all times. Athletic directors should remain neutral at all times. Cheering and encouragement should be left to the coaches, parents, student-athletes and fans alike. Coaches should encourage their team and the opposing team.

If a coach or parent has an issue, he or she should utilize the 24 hour rule before communicating. The 24 hour rule simply lessens the tension after a competition that allows both parents and coaches to reflect on the event before discussing any issues in an emotional state. There are exceptions to the 24-hour rule when an emergency occurs or if a unique case arises that permits the rule to be re-evaluated. Most instances should follow the following order:

PARENT → COACH → ATHLETIC DIRECTOR → MS COORDINATOR → EXECUTIVE DIRECTOR

Parents will need to arrange transportation home for their child from HOME games. On AWAY games, busing will be provided to bring the athletes back to their home school. Athletes will be able to ride home with their parents from AWAY games ONLY if they have signed their son/daughter out with the coach and/or athletic director.

For more information regarding eligibility, attendance and behavior, please see the Middle School Permission Slip/Athletics Code of Conduct.



Middle School Permission Slip and

Athletic Code of Conduct

Department of Athletics

Vision Statement

Grand Rapids Public Schools will create educational opportunities and experiences, through athletics, that will enhance student achievement, student development and school culture.

Dear Parent and Student,

It gives us great pleasure to be able to extend an opportunity for your participation in our middle school athletic programs. It is our goal to ensure that you have a positive learning experience that will benefit our student-athlete for many years to come. We view this as a very important opportunity for every interested student to have a quality learning experience. As we prepare students for high school level competitions and beyond, it is so important to have the support of the parent(s). It is our desire that every student who participates be ready for additional opportunities at the end of their K-12 educational experience. In order for your student-athlete to be in the best possible position for these opportunities, we must have your full cooperation and support for the program requirements and its structure. Please read this document in its entirety, sign in the proper places and return it to the Athletic Director at your child's school.

Thank you in advance for your continued cooperation and support.

Sincerely,

Kurt Johnson,

Director of Athletics

GRPS

General Overview and Permission Form

Brief Summary

What follows below is a general summary of the more detailed GRPS Athletic Code of Conduct. It is meant to be an easy-to-read guide to inform parents and students of the basic requirements that a student-athlete must meet in order to participate in middle school athletic events. Every aspect of this code of conduct is meant to ensure that all student-athletes act responsibly in and around school, with adults and with other students, and will provide assistance and consequences if the code is not followed. The Athletic Code of Conduct includes- but is not limited- to the following:

Academics

Passing Classes and Student GPA

Students must pass 4 of the 5 classes in the previous marking period in order to participate in athletics. If a student fails to pass 4 classes, the student automatically becomes ineligible until the end of the next marking period. Students must also maintain a 2.0 grade point average in order to participate and turn in a weekly progress report on Friday to the athletic

director signed by each teacher showing they are passing all their classes and have turned in all of their homework. Those well below the 2.0 level, but still above MHSAA standards, will be put on a more structured discretionary probation plan. This discretionary plan requires the student to document in a daily log their attendance, behavior and homework every hour of every school day. This daily log must be signed by all teachers and a parent every day and must be turned in to the athletic director on Friday. Students on this plan must turn in a weekly progress report, as well, to document their good standing academically. Incomplete reports, missing homework, failing classes or turning in no report or log will result in the student's ineligibility for competition the following week. The student can regain their eligibility the following week by adhering to the previously stated rules.

Behavior

Student-athlete behavior must be excellent **in** and **out** of school in order to compete in athletics. Students must **avoid** written behavior referrals, suspensions, Saturday schools and multiple detentions in order to compete for GRPS middle schools. Students must also obey all policies and laws of school and society. The commission of a crime or the implication of involvement in a crime in or out of school will result in consequences for the student-athlete. Athletic consequences for negative student behavior range from loss of playing time to game suspensions to expulsion from the team and/or from the athletic program, depending on the severity and reoccurrence of the behavior(s). Consequences may be administered by the coach but they are subjected to the approval of the building principal and the athletic director. Building principals and building athletic directors reserve the right to determine the type of consequence along with the duration of the consequence.

Attendance

Every-day attendance and getting to class on time are extremely important parts in the making of great students. As a result, student-athletes must avoid excessive unexcused absences and unexcused tardies. When a student accumulates 15 or more unexcused hours of absence or unexcused tardies, they will become ineligible immediately for the next two weeks from competitions. If the student accumulates no more unexcused absences or tardies during the two weeks of ineligibility, the student will then become eligible. However, the ineligibility will continue the following week if the student accumulates even one more unexcused tardy or absence. After a month of ineligibility due to unexcused hours of absence and/or tardies, the athlete may be dismissed from the team. Students must also be in school the entire day in order to participate in that day's GRPS middle school event. Doctor's appointments and funerals are exceptions to this rule, but proof must be shown to the athletic director.

Athletic Physicals

Athletic Physicals are a **MANDATORY REQUIREMENT**. **They are not optional!** No student will be allowed to participate on an athletic team or practices without a current Athletic Physical. Athletic Physicals are good for the duration on one (1) year and physicals should be taken prior to the start of the season. It is best to have a physical at least 30 days (1 month prior to the start of the sport). Please make sure that you give a copy of the Athletic Physical to the Athletic Director or School Nurse at the school building. **Also, make certain to keep a copy for your personal records! Please make arrangements with your family physician, neighborhood/community clinic, Med Center or nearest GRPS high school clinics (FREE) to find out about Athletic Physical availability. You may also contact your school's athletic director to see if special arrangements have been made for student-athletes.**

Athletic Insurance

Athletic Insurance Coverage is also a **MANDATORY REQUIREMENT**. This is not optional! No student will be allowed to participate on an athletic team without PAID Athletic Insurance Coverage. Please be aware that Athletic Insurance Coverage premium must be paid for **EACH** sport your child participates.

Parent Permission Form

I, _____, parent of _____,

(Printed Parent Full Name)

(Printed Student Full Name)

have read through this general overview of student-athlete requirements. I understand that my child needs to follow to these requirements in order to participate in the GRPS middle school athletic program. I also understand that if these requirements are not met, my child will not be allowed to participate in athletics. By signing below, I also acknowledge the potential physical risk that is involved with athletics of any kind.

(Parent Signature Required)

(Date)

Student Acknowledgement Form

I, _____,

(Printed Student Full Name)

have read and understand this general overview of the student-athlete requirements. I understand that I must follow to these requirements in order to participate in the GRPS middle school athletic program. I understand if I do not meet these requirements, I will not be allowed to participate in athletic events.

(Student Signature Required)

(Date)



SPORT SPECIFIC REGULATIONS

BASEBALL/SOFTBALL

The season shall be a maximum of 13 consecutive weeks from the start of practice, including tryouts, during which a student or team shall participate in no more than 10 days of competition. The maximum softball pitching distance for junior high/middle (6th-8th) school fast-pitch softball shall be 40 feet.

Game Length

6th-8th grade Baseball games will be 5 innings or 1 hour.

6th-8th grade Softball games will be 5 innings or 1 hour.

Playoff games will be 1 hour 30 min. or a full five innings, whichever comes first. Umpire will flip a coin to determine home team.

Field Dimensions (approximate)

Baseball:

- Base distance will be 70 feet.
- Pitching distance will be 50 feet.

Softball:

- Base distance will be 60 feet.
- Pitching distance will be 35 feet.

Base Running

Baseball: Stealing is allowed, but the runner must wait until the ball crosses the home plate before leaving the base. No leading off.

Softball: Lead-offs are allowed, after the ball leaves the pitchers hand. Stealing is not allowed.

Base runners may advance on a passed ball, including advancing to score.

On a dropped third strike by the catcher, the batter may attempt to advance to first base. If the ball reaches first base prior to the runner, or the runner is tagged with the ball, the runner will then be called out. (situation can only occur if first base is empty prior to the pitch being thrown).

If the ball is overthrown (goes past a player who is fielding a thrown ball anywhere on the field), the base runner(s) may advance. The runner(s) does this at their own risk if the ball stays in the field of play. If the ball goes out of play then the runner(s) automatically receive one base.

Fielding

Players must be rotated defensively (coaches may rotate every inning if desired). Players should play multiple positions during each game.

Players should have the opportunity to play all positions (except pitcher and catcher) throughout the season.

Infield Fly rule is in effect.

Pitching

Any player on the team's roster may pitch.

Players will pitch to their opponents. Umpires will call balls and strikes.

Pitchers must pitch from the pitching rubber.

*A pitcher may not exceed 75 pitches (does not include warm-up pitches) in one calendar day.

*Rest Period per number of pitches thrown:

51-75 3 Days of Rest

26-50 2 Days of Rest

25 or less 1 Day of Rest

*BASEBALL ONLY

Coaches

Coaches are not permitted on the field during gameplay. Must remain in coach's box or dugout/bench area.

General Rules

Each half-inning will consist of three outs, or a 7 run limit.

After three innings if a team is leading by 15 runs, the "mercy rule" will be in effect.

The batting line-up will consist of all players present at the game.

Defensively, teams will have no more than 9 players on the field.

No player may sit out a second inning during a game until everyone has sat out for one inning.

Players throwing a bat will be warned once – if the bat is thrown again by the same player he/she will be called out.

Infield practice will not be permitted in between games to help keep games on schedule.

The game time on your schedule is starting time. Please have your team there at least 15 minutes early so that games may begin on time.

Each team should keep score of the game.

Uniforms & Equipment

Shoes with molded rubber cleats may be worn as well as tennis shoes or other rubber soled shoes. Metal spikes and cleats are prohibited.

If hats are worn, they must be worn with the bill set straightforward on the head.

All batters (including the on-deck batter) and base runners must wear a batting helmet.

Catchers must wear a helmet, facemask, chest protector, shin guards and a mitt.

Practice and Game Balls:

Baseball teams will use a 9" baseball.

Softball teams will use an 12" softball.

No jewelry (including watches) may be worn during games.

Wooden bats are not permitted.

BASKETBALL

The season shall be a maximum of 13 consecutive weeks from the start of practice, including tryouts, during which a student or team shall participate in no more than 12 games. A student or team shall participate in no more than one (1) game of interscholastic basketball per day except that a student or team may participate in two games on a day not followed by a day of school for either team. The two games must be on the same gender team and on the same level for each student. Each game, one or two on a day, shall count as one game each toward the total of 12 allowed games. Games involving only students below the 9th grade shall be played in a maximum of eight (8) minute quarters.

The purpose of Middle School Basketball is to teach the athletes the skills necessary to compete at the High School level. At this level, all eligible members of the team should have an equal opportunity to participate. At this level our goal is to maximize participation while providing everyone an opportunity to compete in regulation basketball games.

6th Grade

Two 20 minute halves, running clock.

Clock stops for the last one minute of each half.

5 minute half time.

2 Time outs per half.

28.5" size basketball will be used.

No full-court pressing allowed at any time.

In the event of a tie, one, 3 minute over time will be played. If there is still a tie, re-tip and sudden death (no clock).

Everyone is expected to play.

End of season tournament will follow same rules.

7/8th Grade

Four, 8 minute quarters, standard clock.

5 minute half time.

4 Time Outs per game.

Full-court pressing allowed (no pressing if ahead by 15 points or more).

Everyone is expected to play.

In the event of a tie, one, 3 minute over time will be played. If there is still a tie, re-tip and sudden death (no clock).

End of season tournament will follow same rules.

COED BOWLING

A student or team shall participate in no more than 24 days of competition during the season. A student shall participate in no more than 18 games per day and no more than 8 games on a day which precedes a day of school. (Five "Baker" format games shall be the equivalent of one game for the purpose of this rule).

Each school is allowed to have a maximum of ten 7th/8th grade bowlers and ten 6th grade bowlers. 6th grade bowlers will not be competing on meet days, but will be allowed to attend and practice.

COMPETITIVE CHEER

The season shall be a maximum of 13 consecutive weeks during which a student or team shall participate in no more than eight dates. A student or team shall participate in no more than one competition per day and no more than two competitions per week (Monday through Sunday).

Each middle school program and cooperative program have the opportunity to have a competitive cheer team representing their school during the season.

Middle school rounds consist of only a Required 10 Count Round and an Open Round.

During competition a minimum of four and a maximum of 16 team members are allowed on the floor for competition in either round.

Competitive cheerleading is judged according to the MHSAA guidelines and by licensed MHSAA safety and panel officials.

Competition Breakdown

1st Showcase

The showcase will include the precision 10 count cheer, 1st Cheer/Round 2. Both 6th and 7th/8th grade teams will perform.

2nd Showcase

The 2nd showcase will include the precision 10 count cheer, 1st Cheer/Round 2 and 2nd Cheer/Round 3 cheer. Both 6th and 7th/8th grade teams will perform.

City Wide Championship

The championship round will include two rounds. All teams will perform the precision 10 count cheer, 1st Cheer/Round 2 and then perform 2nd Cheer/Round.

The winner of the championship competition will have the opportunity to perform at half time of the middle school boys' basketball championship game.

Additional competitive cheer information can be found on the MHSAA website at <http://www.mhsaa.com/sports/girls-competitive-cheer>

Additional Competition Opportunities at times become available and will be offered to teams on a first come, first serve basis.

CROSS COUNTRY

The season shall be a maximum of 13 consecutive weeks from the start of practice, including tryouts, during which a student or team shall participate in no more than 10 meets per season with a maximum of two meets per week. Students shall not participate in two meets on the same day.

Grades 6-8 will run the 1600m for the first competition. For the remaining competitions, Grades 6-8 will run 2500m.

Information/Guidelines

1. Coaches must provide and maintain accurate team records for all athletes.
2. Rosters must be submitted one week prior to the first meet.
3. Athletes will be assigned a race number that must be written on hand with a marker with the bottom of the number towards the knuckles.
4. Athletes should use the practice times to make sure they are physically able to complete the races each week.
5. As runners cross the finish line, race personnel will make sure times and places are recorded.
6. Elementary cross country runners are involved with this meet and will compete after the middle school races beginning the 2nd meet of the season.

Parents/Spectators

1. Parents and spectators must remain off of the course and out of the finish area at all times.

FOOTBALL

The season shall be a maximum of 13 consecutive weeks from the start of practice, including tryouts, during which a student or team shall participate in no more than six games. Games involving only students in grades 7 and/or 8 shall be played in eight (8) minute quarters. A student or team shall not participate in more than one game of interscholastic football in six consecutive calendar days. There shall be no competition between junior high/middle school and senior high school teams in football.

There are currently two GRPS teams that will compete within the Ottawa-Kent (OK) Silver Middle School Conference while following their adopted guidelines.

ADOPTED OK SILVER RULES BELOW

OK –SILVER MIDDLE SCHOOL FOOTBALL

NUMBER OF GAMES: Six plus one scrimmage

RULES: Current MHSAA rules will be followed with some modifications

1. Both grade levels shall play on a standard field.
2. No overtime will be played.
3. The MHSAA Mercy Rule will be used.
(After the first half, any time the score differential reaches 35 points or more, the following changes, and only these changes, shall be made regarding rules determining when the clock will and will not be stopped. The clock shall run continuously except for the following situations when it will be stopped (TIPS):
 - a) Timeouts (charged to a team)
 - b) Intermission (between 3rd and 4th quarters, and after a score)
 - c) Penalty enforcement (whistle to ready-to-play)
 - d) Safety reasons (injuries ect.)Normal timing procedures shall resume if the point differential is reduced to less than 35 points.
4. Ball Size: Middle School (unless a school chooses to use a standard high school ball.)
5. In the event of an injury an official time out will be called. The injured player must be removed from the game for at least one timed down.
6. Coaches or players ejected from a game will also sit the next scheduled game.
7. No practices shall be held prior to three weeks before the first game. Teams of other leagues may be used in scrimmage and used as fill-in during the season in the case of a "Bye" week.
8. A game may only be postponed in the case of threatening conditions (lightning and severe weather watches or warnings). Make-up schedule of postponed games is the responsibility of the home field director.

9. Officials shall be a minimum of 11th grade students participating on the Varsity Football team. No younger students shall be used. At least one official shall be registered with the MHSAA and be at least 21 years old. It is recommended that at least four officials be used in all games.
10. Extra Point:
 - a) A successful run is worth one point.
 - b) A successful kick is worth two points.
11. Length of quarters will be 8 minutes or if both schools agree, than 10 minute quarters can be used.

WEIGHT & AGES:

1. A player's age as of September 1st shall determine his age for the season.
 - a. Any player will be ineligible if he/she becomes 15 before September 1st.
 - b. Any player above the 8th grade is ineligible to play.
2. Any player that weighs over 165 pounds cannot carry the ball of advance.
 - a. There will be no exceptions to the weight limit. Players must be weighed in without equipment.
 - b. One official weigh-in will occur no more than sixty (60) minutes before game time. All fields will have a 10 pound weight to check the scales accuracy.
*** Any Infraction will be treated as a personal foul and will result in a 15 yard penalty and ejection of both players and coach.
 - c. Any weight discussion shall be decided by the field director or his designee.
 - d. A birth certificate must be produced 7 days upon request.

SOCCER

The season shall be a maximum of 13 consecutive weeks from the start of practice, including tryouts, during which a student or team shall participate in no more than 12 games. A game may consist of, up to four (4) 15 minute quarters. Games that are tied at the end of regulation playing time shall remain tied.

The minimum number of players to begin a match is nine. In the event of a team having too few individuals to begin a match, administrators, coaches and referees should be encouraged to allow players from the team with sufficient numbers to 'loan' a player or two to the team that is short players and then PLAY.

PLAYER ROTATION: each player should be given the opportunity to play at least 50% of the game time (please encourage players to play goalie but do not force anyone to). There will not be a limit on the number of substitutions that a team can make during a game.

EQUIPMENT

Shin guards are required and if made of a hard material, a long sock or another suitable material must cover them.

Gym shoes or soccer cleats must be worn. No street shoes, boots, or sandals are permitted.

Size 4 ball will be used.

LENGTH OF GAME

The game will consist of two 25-minute halves. The clock does not stop. Substitutions will only be allowed during stoppages in play and with the official's permission.

Regular season games that are tied at the end of regulation playing time shall remain tied. During tournament play, one full five minute overtime will be played. If a tie still remains, teams will compete in a shoot out.

COACHES & SPECTATOR SEATING

No coaches will be permitted on the playing field at any time.

One sideline will be designated as the bench area for both teams playing.

The opposite sideline will be designated as the spectator seating area.

No coaches, players or spectators will be allowed to sit or stand by either goal on all fields. Please help each other enforce this rule.

HEADING AND SLIDETACKLING

Heading IS permitted at this age group. Slide-tackling is not permitted in this age group. If a player slide-tackles or attempts to slide-tackle, the opposing team is awarded an indirect kick from the place where the infringement occurred.

* **A player can be sent off the field for:** Serious foul play or violent behavior, use of foul or abusive language, or persistent misconduct after being cautioned.

Yellow Card/Red Card Explanations: (Taken from MHSAA rules)

Yellow Card Caution:

A cautioned player shall be substituted for IMMEDIATELY and may not return until 10 minutes of playing time has elapsed.

When timing 10 minutes it: Carries over to second period, carries over to the overtime periods, carries over to shoot-out to break a tie, does NOT carry over to next game. The timer shall keep time for the required 10 minute sit-out period.

Yellow/Red Card Disqualification: (*Yellow & Red Cards Shown Simultaneously*)

For a subsequent caution or excessive celebration, a player, coach or bench personnel shown be shown yellow and red cards simultaneously, be disqualified for the remainder of the game, all subsequent competitions that day, and is also INELIGIBLE for the next day of soccer competition. The player disqualified may be substituted for.

Red Card Ejection:

If a player or coach or bench personnel receives a RED CARD (Red Card Displayed Alone), they shall be denied participation for the remainder of that competition, all subsequent competitions that

day, and are also INELIGIBLE for the next day of soccer competition. The ejected player may NOT be substituted for; their team plays “short” for the remainder of that game.

Coaches & Officials Procedures for Next Game Ineligibility:

It is the responsibility of the coach to withhold himself/herself or that player from the next game and/or next day of soccer competition.

It is the responsibility of the coach to notify the field director that he/she or the player is being withheld from the next game and/or next day of soccer competition.

It is the responsibility of the Field Director to notify the Recreation Department by phone of the player/coach who was ejected and under what circumstances.

SWIMMING AND DIVING

The season shall be a maximum of 13 consecutive weeks from the start of practice, including tryouts, during which a student or team shall participate in no more than two meets per week and a maximum of 12 days of competition.

1. Coed Swim scores will be combined between 6th and 7/8th grade
2. Swimmers are allowed to swim in two (2) exhibition events in the championship meet
3. Diving takes place prior to the start of the meet or on an alternate date if necessary.
4. Swimming and Diving programs are considered cooperative programs.
5. Location of practices will be City MS/HS, Ottawa Hills, and/or Union
 - a. North Team: City, Riverside, Westwood
 - b. Theme Team: CA Frost, North Park, Museum, Zoo, Blandford, Shawmut Hills, Aberdeen, Harrison
 - c. South: Alger, U Prep, Burton, Sherwood

6. Order of events

- a. Diving
- b. 6th grade medley relay girls
- c. 6th grade medley relay boys
- d. open medley relay girls
- e. open medley relay boys
- f. 6th grade 100 free girls
- g. 6th grade 100 free boys
- h. open 200 free girls
- i. open 200 free boys
- j. 6th grade 100 IM girls
- k. 6th grade 100 IM boys
- l. 7-8 grade 100 IM girls
- m. 7-8 grade 100 IM boys
- n. 6th grade 25 free girls
- o. 6th grade 25 free boys
- p. 7-8 grade 50 free girls
- q. 7-8 grade 50 free boys
- r. 6th grade 50 fly girls
- s. 6th grade 50 fly boys
- t. 7/8 grade 50 fly girls
- u. 7/8 grade 50 fly boys
- v. open mixed 25 fly exhibition
- w. open mixed 25 free exhibition
- x. 6th grade 50 free girls
- y. 6th grade 50 free boys
- z. 7/8 100 free girls
- aa. 7/8 100 free boys
- bb. 6th grade 50 back girls
- cc. 6th grade 50 back boys
- dd. 7/8 50 back girls
- ee. 7/8 50 back boys
- ff. 6th grade 50 breast girls
- gg. 6th grade 50 breast boys
- hh. 7/8 50 breast girls
- ii. 7/8 50 breast boys
- jj. 6th grade 200 free relay girls
- kk. 6th grade 200 free relay boys
- ll. open 200 free relay girls and boys

TRACK AND FIELD

1. A student may participate in any three track and/or field events
2. The boy's events shall precede the girl's events in even years; the girl's events shall precede boy's events in odd years.

INFORMATION

- a) All meets will be at Houseman Field. Meets will begin at 5:15pm with completion time approximately 7:00pm.
- b) During the course of the meet, only athletes in uniform, coaches, volunteers and officials will be allowed on the infield
- c) All volunteers and coaches must be properly identified with a school identification card and/or their volunteer badge.
- d) No food or sports drinks are allowed on the infield; only water is allowed on the track field
- e) Teams are asked to set up "camp" at a designated spot in the bleachers upon arrival
- f) Track athletes may wear ¼" spikes track shoes only
- g) Athletes must check into events by the second call. The clerk will be located by the start line for the 100m, 55m hurdles, 75m, and 200m running events. The sports official will be at the clerks table for the 400, 800 and 1600 running events. Relay teams must check in all four runners with batons.
- h) Team rosters are due one week prior to the first meet. Athletes may be added until after the second meet of the season unless approved by the middle school athletic coordinator.

Schedule of events

1. Shot Put* and Long Jump
2. Running Events
3. 55m Hurdles
4. 100m Dash
5. 4 x200m Relay
6. 1600m Run - (7th & 8th Grade ONLY)
7. 4x100m Relay
8. 400m Dash
9. 800m Run
10. 200m Dash - (7th and 8th Grade ONLY)

6th Grade will run prior to 7th & 8th Grade

*Shot Put (8lb., 13oz. for boys; 6lb. for girls and 6th graders)

- I. All Contestants will have an assigned number. The numbers will be written on the left hand of each participant, with the bottom of the number at the knuckles.
- II. Athletes can compete in any 3 events total. Any combination of 3 individual, field or relay events is acceptable

VOLLEYBALL

The season shall be a maximum of 13 consecutive weeks from the start of practice, including tryouts, during which a student or team shall participate in no more than 12 days of competition, and no more than 15 sets (games) per day. A student or team shall participate in no more than three days of competition per week and only two may be on a day or night before a school day. A student or team shall compete in no more than five days of competition during any 14-day period Monday through Sunday. The regulation net height of 7 feet 4 1/8 inches shall be used.

6th-8th Grade

Play 3 sets if time allows, regardless of who won the first 2. Best of 3 is the winner. If the match is determined after 2 sets, it is expected that teams will play the third set if time allows. Athletic directors will communicate with both coaches prior to the match on the expectations. If the third set is not necessary, it is expected that this is used to allow players the opportunity to get additional game experience.

First two sets to 25, third set to 15.

Must win by two, no point cap.

Net height should be 7'4".

Coaches should be encouraging and teaching their student athletes how to serve overhand.

Coaches should also encourage and teach their teams how to utilize all three contacts in every possession.

6th grade only-Athletes may serve up to 2ft in front of the end line in order to get their serve over. If a player can consistently serve over the net in front of the end line, they should serve behind the end line.

WRESTLING

The season shall be a maximum of 13 consecutive weeks from the start of practice, including tryouts, during which a student or team shall participate in no more than 12 days of competition with a limit of 60 days of practice and or competition. A student or team shall participate in no more than three days of competition Monday through Sunday. A student shall participate in no more than Five matches per day. Only two of the days of competition may occur on a day or night before a school day. A student shall participate in no more than 42 total matches (six events of five matches and six events of two matches $[(6 \times 5) + (6 \times 2) = 42]$)

1. In dual or tournament competition, matches shall consist of three (3) periods, one and one-half minutes each.
2. An overtime match shall be a maximum of one minute.
3. The overtime tie-breaker period will remain a maximum of 30 seconds.
4. Wrestlers are divided into weight classes. They may wrestle up/down up to two weight classes from their weight.

Equipment

1. Singlet and/or sport shirt/shorts are issued for competitions.
2. Headgear must be worn in practices and in competitions.
3. Wrestling shoes should be worn during competitions and practices.

Meets

1. Wrestlers are weighed in the day before the meet and certified by the coach and athletic director.
2. Fingernails must be cut short.
3. Athletes are given a skin check prior to the beginning of the meet.
4. In most dual meets, wrestlers will wrestle at least once and not more than 3 times.

The purpose of the Middle School Rules/Guidebook is to provide a reference tool for athletic directors, coaches, parents and student – athletes. These rules above should be upheld and referred at all times. If you have any questions or concerns, do not hesitate to contact the middle school coordinator at 616-819-3243 or at larsonb@grps.org.