

# AUBURN MIDDLE SCHOOL COACHES' HANDBOOK



Revised 6/11/15

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# **ACTIVITIES, POLICIES, AND PRACTICES**

# **ACTIVITIES, POLICIES, AND PRACTICES OF THE AUBURN MIDDLE SCHOOL LEAGUE**

## **I. INTRODUCTORY STATEMENT**

- A. The members of this league, through its officers and representatives, shall be responsible for administering its affairs and supervising its activities according to the policies and practices contained herein.
- B. The district athletic director shall meet regularly with the building athletic coordinators to formulate schedules and recommend league actions to the building principals of member schools. Whenever athletic coordinators vote against the unanimous recommendation of coaches, rationale shall be included with their recommendation.
- C. League coaches will express any discrepancies or concerns to their own building principal/designee who will be responsible for follow-up action with the league or other member school.
- D. The building coordinator, acting as sports chairperson, will be required to call either a pre-season or post-season meeting of head coaches in their respective sports. All head coaches are required to attend meetings as called by the chairperson of their sport. Failure to attend will result in a written notification from the building principal of the coach's breach of responsibility.

## **II. ELIGIBILITY**

In addition to the Washington Interscholastic Activities Association (W.I.A.A.) requirements for eligibility, the following shall apply:

- A. Middle school students are eligible for only one sport per season.
- B. Scholastic eligibility shall be determined by each individual school.
- C. When illness is the issue, student participation will be determined by district policy.
- D. An eligibility list established before the first contest of the season shall be maintained in the principal's office.
- E. Any athlete moving to a higher level classification must remain at that level for the remainder of the calendar week (Sunday to Sunday) - minimum penalty: forfeit all contests in that sport during that week. Exception: wrestling.
- F. Sixth grade students are ineligible to compete on 7th or 8th grade teams.

### III. LEAGUE SPORTS

A. Official recognized interscholastic sports in the Auburn League are:

1. Football (7-8) - Season 1
2. Girls Fastpitch (7-8) - Season 1
3. 6<sup>th</sup> grade Boys & Girls Basketball – Season 1
4. Boys Basketball (7-8) - Season 2
5. Boys Soccer-Season 2 (7-8)-Season 2
6. Girls Gymnastics (6-8)- Season 2
7. Wrestling -(6-8)- Season 3
8. Girls Basketball -(7-8) Season 3
9. Girls Soccer-(7-8) Season 3
10. Boys & Girls Track -(6-8)- Season 4
11. Boys Baseball -(7-8) Season 4
12. Girls Volleyball -(6-8)- Season 4

### IV. PLAYING REGULATIONS

- A. All athletic playing regulations and rules will be determined by the league principals.
- B. Squad size limitations will be determined by the district.
- C. Uniforms: each league school will have single color uniforms (no traveling uniforms in football and boys' and girls' basketball). Cascade--gold/purple; Mt. Baker--crimson/gray/white; Olympic--blue/white; Rainier--black/silver/red; North Tapps-red/white/black
- D. If a school has multiple teams they must be divided up into equally talented squads. Unless otherwise stated, talent needs to be equally distributed on all squads.

### V. SCHEDULING

- A. All games, matches, and contests (league or non-league) must be approved by the league.
- B. Ties for championships will not be played off. If two or more schools have the same number of losses then each team will be recognized as co-champions.
- C. Formation of athletic schedules shall be the responsibility of the district athletic director who will work in cooperation with building athletic coordinators. All schedules for the year will be presented by the athletic director to the principal for approval.

- D. Number of games or match limitations may not exceed those established by the W.I.A.A. handbook, Auburn League handbook regulations, and league-adopted schedules.
- E. Principals may mutually schedule school time contests.
- F. Game times for Season 1 contests will change to 2:45 p.m. following the end of daylight savings time.

## VI. TROPHIES AND AWARDS

- A. Award certificates may be given at the discretion of each school.
- B. Team trophies shall be purchased by the school winning the championship.

## VII. CONTEST OFFICIALS

- A. Association officials will be requested as follows:

Varsity football	3
7th football	2
Varsity boys basketball	2
7th boys basketball	2
Varsity wrestling	1
Varsity baseball	1
7th baseball	1
7-8th Boys/Girls Soccer	1
Varsity volleyball	2
6 <sup>th</sup> -7th volleyball	1
Varsity fastpitch	1
7th fastpitch	1
Varsity girls basketball	2
7th girls basketball	2
Girls gymnastics	2-4

- B. If no association officials arrive for an 8<sup>th</sup> grade/varsity contest, the contest will not be played and it will be rescheduled accordingly.
- C. Coaches may report (in writing) concerns regarding officiating to building athletic coordinator.
- D. The district athletic director, prior to season, will make a request to all officials' associations that no parent(s) be assigned to officiate a league contest in which their son or daughter is a student at any of the schools involved.

## VIII. VACATION TURNOUTS

Three turnouts per week are allowed for sports that have a vacation period during the season with the understanding that athletes will not be penalized in any way for non-attendance and that these turnouts are approved by the building principal/designee.

## IX. PROTESTS

- A. Formalization of a protest is limited to head coach, building coordinators, or building principal (a 6<sup>th</sup> or 7<sup>th</sup> grade coach must go through the head coach).
- B. Protests are restricted to a violation of either Auburn League rules as outlined in the handbook, or the W.I.A.A. rules and regulations, or a violation of rules as per appropriate rule book.
  - 1. Protest procedures for the specific sport must be followed or protest will be denied.
  - 2. Protests involving official's judgment will not be heard.
- C. If a known violation occurs prior to the start of or during an athletic contest (absence of an association official, lack of adult scorekeeper, etc.), the coach must let it officially be known that the contest is being played under protest.
  - 1. This protest is made through the school principal, game manager, or principal's designee.
  - 2. A written indication of protest and alleged violation must be submitted, in writing, by the coach to both building principals involved or indicated in the score book signed by the person submitting allegation.
- D. Formalization of the protest will be appropriately described, in writing, by the head coach, building coordinator, or principal and filed with the Auburn athletic director within the next three (3) school days and shall include:
  - 1. Sequence of events.
  - 2. Specific rule violation.

The Protest Review Board will be composed of:

- 1. The Auburn athletic director (chairperson).
- 2. Auburn building coordinators. (If the coordinator is involved as a coach, the principal will appoint a substitute.)

The following may attend the PRB meeting:

- 1. The coaches involved in the dispute.
- 2. Persons, other than the involved coaches, as deemed appropriate to learning procedure may be invited by the coordinators. Coaches and principals are encouraged to provide names or data deemed pertinent before the meeting.

3. Deliberation and final decision on the protest will be done in closed session by the PRB (all guests will be asked to leave).
- E. In the event of a protest at a conference event, the Games Committee will make the decision.

## X. VIOLATIONS

- A. The building coordinators will serve as the official hearing body and their decision will be final unless a formal appeal is submitted to the principals.
- B. The procedure outlined in the W.I.A.A. handbook shall apply to all district and state rule/regulation violations.
- C. The procedure for reporting violations by member schools to the Auburn League shall be as follows:
  1. The principal of the reporting school shall notify the Auburn athletic director, in writing, within five (5) days of becoming aware that a rule has been broken.
  2. The athletic director will obtain all pertinent data, consult, and schedule a meeting of the building coordinators to make a decision.

## XI. SANCTIONS

Auburn League should be consistent with the penalties specified in the W.I.A.A. handbook.

- A. If a rule is violated, the school (team) is automatically placed on probation for a period of time to be determined by the Auburn League (if a team, while on probation, violates another rule, additional sanctions may be applied).

<u>VIOLATION</u>	<u>SANCTION</u>
Regular season game, meet, or match limitation	Forfeiture of contest
Removing a team from competition	Forfeiture of contest
Number of quarters or meets violated	Forfeiture of contest
No certificated/authorized coaching personnel	Forfeiture of contest
Use of an ineligible player	Forfeiture of contest
Practice regulations violation	Forfeiture of next contest
Out-of-season practice/contest	Forfeiture of next contest



## XII. APPEALS

- A. Decisions rendered by the building coordinators concerning protests and sanctions may be appealed to the principals.
- B. Notification of appeals must be given to the coordinators of Principals' Association within five (5) school days who will schedule a time and place for the Auburn League to meet and make a decision.

## XIII. SPORTS TURNOUT GUIDELINES

- A. The Auburn League recommends and strongly supports that student team participation include attendance and full turnout with the scheduled practices unless excused for medical or emergency reasons.
- B. There will be no Sunday turnouts for any Auburn League team.

## XIV. LOCKER ROOM SUPERVISION

- A. The coach of any sport is responsible for locker room supervision for home and away games and for all turnouts.
- B. Athletes are to be under the direct supervision of a coach at all times and remain in assigned area at all home and away contests.

## XV. COACHES' MEETINGS

- A. The chairperson for each sport is to provide written notification of all meetings to head coaches of that sport with copies provided to athletic director and building principals.

Copies of minutes and any other correspondence are to be provided to principals, coordinators, and athletic director of Auburn.

## XVI. PROPER WARM UP

The Auburn League principals/designee will support coaches in ensuring that appropriate consideration be given to proper warm up. Proper warm-up time will be allowed for all teams.

## XVII. INCLEMENT WEATHER

If the school district cancels school and/or closes early due to hazardous road conditions, then athletic turnouts and competition at the middle school level are mandatorily canceled for that day. When practice cancellation impacts the required number of turnouts for eligibility, the league will take appropriate action.

## XVIII. SPORTSMANSHIP

- A. Control of athletes and shaping of a competitive, but sportsmanlike, attitude is the responsibility of the coach.
- B. Regardless of the contest situation, poor officiating, or any other constraint, it is the coach's responsibility to immediately address any poor sportsmanship display on the part of their athletes.
- C. Absolutely no noise makers at contests (example—air horns).

## XIX. AUBURN WRESTLING TOURNAMENT ADMISSION PRICES

ADULTS & STUDENTS W/O ASB	\$3.00 single session
STUDENTS W/ASB	\$2.00 single session
ELEMENTARY STUDENTS	
Without Parents	\$3.00
With Parents	FREE

The Auburn School District will honor SPSL passes.

# **SPORTS GUIDELINES**

# FOOTBALL

- A. Football will be played during season one. Starting time will be 3:15 p.m. (2:45 p.m. after daylight savings time ends.) There will be a 20 minute warm-up time once the visiting team arrives.
- B. Football will have two levels of squads:
  - 1. Varsity—8<sup>th</sup> graders playing 11-man football.
  - 2. Seventh--composed of 7<sup>th</sup> grade only, playing 11-man football.
- C. No metal cleats allowed.
- D. Varsity and 7<sup>th</sup> grade quarters will be eight (8) minutes in length. Half-time will be 10 minutes for all levels.
- E. The Kansas Plan tie breaker will be used from the 10-yard line for varsity and 7<sup>th</sup> grade.
- F. There will be twelve (12) practice days for each individual before the first game for 8th and 7th grade.
- G. The host school will provide three association officials for 8<sup>th</sup> grade games and two association officials for 7th. There will be at least one adult on the chain crew and an adult timer for all 7th and 8th grade games. The chain crew will be on the home sidelines.
- H. Two game balls will be provided by the home team. Varsity will use regulation, full-size ball; junior varsity will use intermediate size. Teams will have the option of using their own game ball when on offense. Recommended footballs are Baden 250 for 7th grade and Wilson F1552 for varsity.
- I. A timer should be identified prior to the game and be located in a position of visibility and accessibility to both teams.
- J. Yard markers will be placed on both sides of the field for varsity and 7<sup>th</sup> grade teams.
- K. Two points will be scored for kicking a PAT in varsity and 7<sup>th</sup> grade games and one point for running or passing.
- L. Visiting team will be provided an inside area to use during half-time if home team goes inside.
- M. Fifth Quarter
  - 1. Discuss fifth quarter before the start of the game – both 7<sup>th</sup> and 8<sup>th</sup> grade
  - 2. The 5<sup>th</sup> quarter is meant for additional playing time beyond the regular contest; therefore, all football players should participate in all contests, not just the 5<sup>th</sup> quarter.
  - 3. Ten offense/ten defense – switch side of ball.

#### N. Tournament Criteria

1. After each team plays each school, teams will be seeded for the tournament which will take place during the last two games.
2. Team 1 will have a bye in the first game. The first games will be Team 2 playing team 3 and Team 4 playing team 5. The second games will be winner of 2 v. 3 playing Team 1 and the loser of 2 v. 3 playing the winner of 4 v. 5. The loser of 4 v. 5 will have a bye for the second game.
3. Seeding criteria.
  - a. Overall record
  - b. Head to head record
  - c. Points allowed per game
  - d. Points scored (max 20) per game
  - e. Coin flip

# FASTPITCH

- A. Fastpitch will be played during season one.
- B. Fastpitch will have a varsity squad composed of 7<sup>th</sup>/ 8<sup>th</sup> grade students with a minimum of 15 players.
- C. Fastpitch will have a Futures squad composed of 7<sup>th</sup>/ 8<sup>th</sup> grade students. Teams should be divided equitably within own school.
- D. Ball used: Any A.N.F. **yellow-stitched** approved 12" ball.
- E. RULES: Federation Rules apply.
- F. Each team is allowed 15 minutes of warm-up time, with no pre-game batting practice. Home team will take infield first.
- G. Shoes will be rubber molded sole cleat or tennis shoes (**no metal**).
- H. Game length:
  - 1. Game will be seven innings with no more than seven runs allowed in any half-inning at varsity and Futures level.
  - 2. EXCEPTION: A half-inning is over when the seventh run play has been completed (the absolute maximum would be 10 runs). THIS DOES NOT APPLY TO THE LAST INNING.
  - 3. The team that is ahead at the end of 4-1/2 or 5 innings by 12 runs wins the game.
  - 4. All Futures players bat all the time. (Players may be removed from batting order due to injury without resulting in an out.)
  - 5. No new innings are to start after 5:20 p.m. or two full hours after the first pitch. After Pacific Standard Time, no new innings will start after 5:00 p.m. At that point, the game is considered complete regardless of number of innings played.
- I. Prior to the start of each game (Futures and Varsity), the official scorekeeper, who shall be an adult, shall be identified and be visible to the coaches, umpire, and players so that substitutions can be made quickly and properly.
- J. Coaches are not permitted to teach head-first sliding. They are to instruct players against doing so and to warn them of the potential dangers regarding head-first sliding.

**SANCTIONS:**

FIRST--ejected from game

SECOND--ejected from present game and suspended from next game

THIRD--suspended for the season

K. Base distances and ball size will be:

<u>Grade</u>	<u>Bases</u>	<u>Pitching Distance</u>	<u>Ball Size</u>
Eighth	60'	40'	12"
Seventh	60'	40'	12"

L. Fastpitch will have an orange safety double first base.

## BOYS BASKETBALL

- A. Basketball will be played in season two for boys and season three for girls.
- B. Basketball will have three (3) squads as follows:
  - 1. Varsity - composed of 8<sup>th</sup> grade students with a minimum of 15 players.
  - 2. Junior varsity - composed of 7<sup>th</sup> grade students only. Teams should be divided up equitably within own school.
  - 3. Sixth - composed of 6<sup>th</sup> grade students (**season one**). Teams should be divided up equitably within own school.
- C. Starting times are to be determined by Auburn League.
- D. Varsity and JV games will have eight-minute quarters; sixth grade games will have six-minute quarters.
  - 1. 15-minute warm up before the 1st game--right off the bus.
  - 2. 12-minute warm up between varsity and junior varsity game or junior varsity and varsity game.
  - 3. Varsity--8-minute half-time.
  - 4. Junior varsity--8-minute half-time.
  - 5. Sixth (6<sup>th</sup>) grade--6-minute half-time.

### GAME REGULATIONS AND LIMITATIONS

- A. Each varsity and junior varsity player must have at least ten (10) days of practice before the first game in which he plays.
- B. Each player is limited to participation in the exact number of games scheduled by the league that year.
- C. If a team has a 20-point lead, the team will no longer be permitted to press. First violation will call for a warning followed by a warning and a correction of any basket scored off the press.
- D. Legal ball - any leather or synthetic leather basketball approved for league play.



- E. Adult scorer and timer will be provided at varsity-level games and is recommended at junior varsity and 6<sup>th</sup> grade games.
  - F. The 10-second count will be in effect for boys. No 30-second clock will be used.
- G-J is for 7<sup>th</sup> grade only
- G. A full court man-to-man will be allowed but absolutely no double trapping or double teaming will be allowed outside the 3-point line. Double teaming will result in a warning violation followed by a technical foul for any subsequent violations.
  - H. Your “best” five basketball players should be on your first team. They should not be playing with second five players as the intent of the rule is to ensure a competitive balance at all times. If one of your starters is pulled for behavioral reasons (or whatever), they should still be playing with the starting team only. The second five must play the first half of the second quarter and the last half of the third quarter. All coaches are responsible for athletes on and off court which includes meeting the bus at the opposing schools.
  - I. All teams will play man-to-man defense. Cutters should be followed by a player.
  - J. A starter is a person who starts the game. Starters may be different from game to game. If a starter is removed from their starting position because of behavioral reasons or because a coach is disciplining the athlete, then a second team player should move to that “starting” position. The athlete that is being disciplined should be entered at the first team status if they enter later in the game. The player that moved from second team status to first team status should remain at first team status for the game since they “started” that game. They should not play with the second team during the game.

# GIRLS BASKETBALL

- A. Basketball will be played in season two for boys and season three for girls.
- B. Basketball will have three (3) squads as follows:
  - 1. Varsity - composed of 8<sup>th</sup> grade students with a minimum of 15 players.
  - 2. Junior varsity - composed of 7<sup>th</sup> grade students only. Teams should be divided up equitably within own school.
  - 3. Sixth - composed of 6<sup>th</sup> grade students (**season one**). Teams should be divided up equitably within own school.
- C. Starting times are to be determined by Auburn League.
- D. Varsity and JV games will have eight-minute quarters; sixth grade games will have six-minute quarters.
  - 1. 15-minute warm up before 1st game--right off the bus.
  - 2. 12-minute warm up between varsity and junior varsity game or junior varsity and varsity game.
  - 3. Varsity--8-minute half-time.
  - 4. Junior varsity--8-minute half-time.
  - 5. Sixth (6<sup>th</sup>) grade--6-minute half-time.

## GAME REGULATIONS AND LIMITATIONS

- A. Each varsity and junior varsity player must have at least ten (10) days of practice before the first game in which she plays.
- B. Each player is limited to participation in the exact number of games scheduled by the league that year.
- C. If a team has a 20-point lead, the team will no longer be permitted to press. First violation will call for a warning followed by a change of possession and a correction of any basket scored off the press. This violation is correctable **not** a technical foul.
- D. Legal ball - any leather or synthetic leather basketball approved for league play.
- E. Adult scorer and timer will be provided at varsity-level games and is recommended at junior varsity and 6<sup>th</sup> grade games.

F. The 10-second count will be in effect for girls. No 30-second clock will be used.

G-J is for 7<sup>th</sup> grade only

G. A full court man-to-man will be allowed but absolutely no double trapping or double teaming will be allowed outside the 3-point line. Double teaming will result in a warning violation followed by a technical foul for any subsequent violations.

H. Your “best” five basketball players should be on your first team. They should not be playing with second five players as the intent of the rule is to ensure a competitive balance at all times. If one of your starters is pulled for behavioral reasons (or whatever), they should still be playing with the starting team only. The second five must play the first half of the second quarter and the last half of the third quarter. All coaches are responsible for athletes on and off court which includes meeting the bus at the opposing schools.

I. All teams will play man-to-man defense. Switching, help side defensive rotation allowed.

J. A starter is a person who starts the game. Starters may be different from game to game. If a starter is removed from their starting position because of behavioral reasons or because a coach is disciplining the athlete, then a second team player should move to that “starting” position. The athlete that is being disciplined should be entered at the first team status if they enter later in the game. The player that moved from second team status to first team status should remain at first team status for the game since they “started” that game. They should not play with the second team during the game.

## **SIXTH GRADE BASKETBALL**

- A. There will be no full-court press until the last two minutes of the fourth quarter. If, however, a team is leading by 10 points the last two minutes of the game, full-court press will not be permitted.
- B. Zone defense is illegal.
- C. The 10-second count will be in effect for boys and girls.
  - D. The home team provides officials for 6<sup>th</sup> grade basketball games.
  - E. Boys and girls both use women-size basketball.
  - F. Refer to the “Basketball” section.
  - G. Overtime – three minutes. No full-court press.
- H. At this level, there should be equal playing time for all players. When putting your players into squads (first team, second team), considerations should be made to make the squads balanced throughout the entire team rather than putting your strongest players on your first team.

# WRESTLING

- A. Wrestling will be in season three.
- B. There will be two wrestling squads:
  - 1. Varsity - composed of 7<sup>th</sup> and 8<sup>th</sup> grade athletes.
  - 2. Exhibition - composed of 7<sup>th</sup> and 8<sup>th</sup> grade athletes.
- C. The weight groups for the teams are as follows:
  - 1. Varsity and exhibition: 82, 88, 94, 100, 107, 114, 120, 127, 134, 141, 148, 155, 167, 185, 215, 245, and 275.
  - 2. To wrestle in the 215 class must weigh over 185 lbs. and NTE 215 lbs.
  - 3. To wrestle in the 245 class must weigh over 215 lbs. and NTE 245 lbs.
  - 4. To wrestle in the 275 class must weigh over 245 lbs. and NTE 275 lbs.
  - 5. Wrestlers will be allowed to move up 2 weight classes from the weight they weighed in at except 215, 245, 275.
- D. Match round length is as follows:
  - 1. Varsity rounds shall consist of three (3) one-and-one-half-minute rounds.
  - 2. Exhibition rounds shall consist of three (3) one-minute rounds.
- E. Varsity weigh in is to be done head-to-head by head coaches before the dual matches. Names and exact weights are to be written down and handed to the opposing coach before the start of the meet.
- F. The day before a pre-season tournament, coaches should weigh in their athletes at practice.
- G. Recommended starting time: 3:30 p.m.
- H. Association officials will officiate at all varsity matches. Exhibition/JV matches will have an association official when available. If no association official is available, the assistant coaches will officiate their own matches.
- I. Adults are recommended to be official scorers and timers for all matches.
- J. The number of turnouts necessary for 7<sup>th</sup> and 8<sup>th</sup> grade eligibility shall be 10.
- K. There shall be no more than two contests per week, per team and no more than three contests per week, per individual.
- L. Spectators are not allowed near the edge of the mat or scoring table area.

M. There will be a dual meet champion and a conference tournament champion.

N. Each school will be responsible for certification of scales each year.

O. Exhibition Wrestling:

1. The athlete who wins by forfeit on varsity can subsequently wrestle an exhibition match. Wrestlers may not accept more than one forfeit in a dual meet. A forfeit will not count as a match against the 10-match limit as set by the W.I.A.A.
2. Each school will have a list of exhibition wrestlers by weight, grade level, and experience. Coaches will meet and match up by considering weight, grade, and experience according to Auburn guidelines and National Federation rules.

P. Coaches are to report to the seeding meeting with their varsity wrestler already placed in a weight class for the conference tournament. They will document the following on a card to be given to the ranker at the beginning of the seedings' meeting: Varsity or JV experience, season record(s) (including forfeits), records vs. opponents with opponents' names and match scores, weight class(es) wrestled during dual meets, and previous accomplishments.

Consideration for determining seeded wrestlers should be given to the following in the following order:

1. Overall Varsity record at that weight
2. Head-to-Head Records (most recent win takes precedence if a tie)
3. Records against Common Opponents
4. Coaches vote
5. Coin Flip—when a seeding situation cannot be resolved using situations 1-5, a coin flip will be used

\*\*\*\*Forfeits are still up for debate, should wrestlers be rewarded for making weight?

Only Head coaches can present seeding criteria and discuss athletes during the meeting. Final rosters should be printed and turned into the seeding/tournament director at the start of the meeting or the day before if required by tournament director. The final roster should include and last minute adjustments to entries.

1. A wrestler must compete in at least one competition during the season to be eligible to enter the league tournament as a scorer/varsity entry.
2. If a wrestler intends to compete in a lower weight class for the league tournament, he/she must have at least one official weigh-in at that weight during the season.

Q. At the conference meet, ribbons will be awarded six places. Each weight class will have a bracket of eight (8) entries. Each school may have two (2) entries per weight class, but should be placed in opposite brackets, if possible. Any empty space in a bracket may be

filled by a third wrestler from another school. In the event a decision can't be made, a coin toss will decide where a wrestler will be placed.

# **MIDDLE SCHOOL WRESTLING WEIGHT CLASSIFICATION**

## **PROCEDURES**

### **PRE-SEASON**

Coach schedules weigh ins with building athletic coordinator or designee by the second week of turnouts.

Weight classification is established and indicated on "WRESTLING WEIGHT PERMIT" form.

Student obtains "PARENTAL APPROVAL" signature on form and returns to coach.

NOTE: As per Auburn League Handbook guidelines:

1. Late weigh ins will not be eligible until seven (7) days after weigh in.
2. After the first weigh in, no more weigh ins will be scheduled for five (5) school days.

### **DURING SEASON**

Coach completes three (3) "MIDDLE SCHOOL WRESTLING MEET SUMMARY" forms for each meet and:

1. Submits one to referee and opposing coach prior to start of meet.
2. Keeps one on file.

Coach may obtain change of approved weight classification by:

1. Written recommendation of a licensed physician.



Name:

Weight:

Ability: 1 2 3 4  
(circle one)

Name:

Weight:

Ability: 1 2 3 4  
(circle one)

Name:

Weight:

Ability: 1 2 3 4  
(circle one)

Name:

Weight:

Ability: 1 2 3 4  
(circle one)

Name:

Weight:

Ability: 1 2 3 4  
(circle one)

Name:

Weight:

Ability: 1 2 3 4  
(circle one)

Name:

Weight:

Ability: 1 2 3 4  
(circle one)

Name:

Weight:

Ability: 1 2 3 4  
(circle one)

## **SIXTH GRADE WRESTLING**

- A. There shall be no increased program costs for inclusion of 6<sup>th</sup> grade wrestling including: (We will add a 6<sup>th</sup> grade only coach if the participation numbers warrant an additional coach for safety based on the supplemental salary schedule)
  - 1. Additional coach based on number of participants. (Building AD's contact the District Athletic Director with request before adding a coach.)
  - 1. No additional uniform costs.
  - 2. No additional supervision or referee costs.
- B. Participants may wrestle in no more than three (4) exhibition dates per season. (These matches are part of the regular dual meet schedule. Not all schools have 6<sup>th</sup> grade wrestlers at certain weights, so forfeits, and intra-squad matches do not count towards the 4 match limit.)
- C. Wrestling coaches will referee 6<sup>th</sup> grade matches if association officials don't agree to stay after varsity and exhibition matches. (The 6<sup>th</sup> grade matches can be ran during the JV matches as long as the coaches communicate prior to the match.)

# 3'S AUBURN MIDDLE SCHOOL TAKEDOWN JAMBOREE

Wrestler #1 \_\_\_\_\_

School \_\_\_\_\_

Wrestler #2 \_\_\_\_\_

School \_\_\_\_\_

Wrestler #3 \_\_\_\_\_

School \_\_\_\_\_

## Round #1

Wrestler #1 \_\_\_\_\_

vs. \_\_\_\_\_

Wrestler #3 \_\_\_\_\_

## Round #2

Wrestler #1 \_\_\_\_\_

vs. \_\_\_\_\_

Wrestler #2 \_\_\_\_\_

## Round #3

Wrestler #2 \_\_\_\_\_

vs. \_\_\_\_\_

Wrestler #3 \_\_\_\_\_

## FINAL TOTALS

1<sup>ST</sup> \_\_\_\_\_

2<sup>ND</sup> \_\_\_\_\_

3<sup>RD</sup> \_\_\_\_\_

## 4'S AUBURN MIDDLE SCHOOL TAKEDOWN JAMBOREE

Wrestler #1 _____	School _____
Wrestler #2 _____	School _____
Wrestler #3 _____	School _____
Wrestler #4 _____	School _____

<u>Round #1</u> Wrestler #1 _____ vs. _____ Wrestler #4 _____
--

<u>Round #1</u> Wrestler #2 _____ vs. _____ Wrestler #3 _____
--

<u>Round #2</u> Wrestler #1 _____ vs. _____ Wrestler #3 _____
--

<u>Round #2</u> Wrestler #2 _____ vs. _____ Wrestler #4 _____
--

<u>Round #3</u> Wrestler #1 _____ vs. _____ Wrestler #2 _____
--

<u>Round #3</u> Wrestler #3 _____ vs. _____ Wrestler #4 _____
--

### FINAL TOTALS

1 <sup>ST</sup>	_____
2 <sup>ND</sup>	_____
3 <sup>RD</sup>	_____
4 <sup>TH</sup>	_____

# GIRLS GYMNASTICS

- A. Gymnastics will be during season two.
- B. There will be two squads:
  - 1. Varsity composed of 7<sup>th</sup> and 8<sup>th</sup> grade students.
  - 2. Sixth grade composed of 6<sup>th</sup> grade students only.
- C. Varsity events will include: vault, bars, beam, and floor.
- D. A minimum turnout of 15 days for each individual is required before varsity competition.
- E. The 2013 Level-4 Compulsory Routines will be used for competition of the uneven parallel bars, balance beam, vault, and floor exercise. Optional routines can be performed but will not receive a score.

Vault:                               **Layout squat - (8.0)**  
    **Layout straddle - (8.5)**  
    **Front handspring - (10.0) (Slight pre-flight spot 2.0 deduction)**  
 Any combination can be done during a meet.

Bars:                                   **Routine as written - (10.0)**  
    **Substitute one pullover mount for one glide kip - (9.5)**  
    **Substitute long hang pullover for long hang kip (no deduction)**  
    **Optional fly away dismount (no deduction)**

Optional Bar routine:           **Pull over or glide kip mount**  
 (start value 6.5)                 **Front hip circle**  
    **Cast to horizontal and return to front support**  
    **Small cast**  
    **Back hip circle**  
    **Underswing dismount**  
    **If only doing the lower bar state that on the scorecard.**

Balance Beam:                   **Routine as written - (10.0)**

Floor Exercise:                 **Routine as written - (10.0)**

**May also substitute 3 continuous acrobatic moves (no rolls forward or backward) in last pass.**  
**Cartwheel, cartwheel push (afterflight), roundoff rebound – (9.5)**  
**NOTE: Equipment should meet W.I.A.A. approval.**

- F. The number of scoring competitors per event, per school, will be no more than 10, including zero, one, or two all-arounds. It is not mandatory to have all arounds. In the event a school's coach places more than two all arounds in the meet, they will forfeit all of the all arounds scores in that meet.
- G. In meets where events are not filled with varsity athletes, a team may fill the extra slots with exhibition gymnasts. Exhibition will be comprised of any girl that is on the roster whether she is on varsity or not. The exhibition score does not count in the team score. During dual and quad meets, all head coaches will meet prior to the start of the meet to fill in the "extra" slots. These slots will be divided up equally amongst interested schools. Coaches will discuss when the athletes will perform (with their team or with the other school's team).
- H. The team score will be computed by adding together the top five individual scores per events.
1. If any gymnast is medically incapacitated during warm up or during the meet and cannot continue, an individual on her team may enter in her events.
  2. In any meet, a gymnast may not compete in more than two varsity events. Exceptions are the all arounds who perform in three or four events, but may only count the points earned in the two events designated prior to the meet. If a school fails to mark their all arounds on the score sheet prior to the actual competition (not prior to warm-ups) start, they will forfeit their all-around scores (only the ones that were not marked).
- I. In quad meets, the order of competition follows Olympic competition order: vault, bars, beam, and floor. The home team will decide which event they will compete in first.

Quad meet warm up and competition rotations:

	Vault	Bars	Beam	Floor
3:10	A	D	C	B
3:20	B	A	D	C
3:30	C	B	A	D
3:40	D	C	B	A

3:50 Prepare for March-in

3:55 March-in begins

4:00 Meet begins

Competition order should be the same as warm-ups.

Dual meet warm-up competition rotations:

	Vault	Bars	Beam	Floor
3:10	<u>Team A</u>	Team B	<u>OPEN</u>	<u>OPEN</u>
3:20	<u>Team B</u>	<u>Team A</u>	<u>OPEN</u>	<u>OPEN</u>
3:30	<u>OPEN</u>	<u>OPEN</u>	<u>Team A</u>	<u>Team B</u>
3:40	<u>OPEN</u>	<u>OPEN</u>	<u>Team B</u>	<u>Team A</u>

When the sixth graders are having a meet at the same time as varsity at the same site:

We will treat the sixth grade meet as separate from the varsity meet. Use the dual meet rotation above. Replace the “open” events with the sixth grade teams. After the first rotation the school will flip events.

On meet days: If the sixth grade does not fill their 10 spots on each event, they will be filled first by the other schools sixth grade. If there are still spots open, they will be filled with the varsity teams from both schools as exhibition.

During dual meets when two schools are competing on their scheduled events, the other two events that are not being judged will be opened for exhibition.

J. Teams will receive a minimum of 10 minutes for warm-ups upon arrival. Warm-ups will begin by 3:00 p.m., with 10-minute rotations as follows (during warm-up time the host school will supply some means of timing the rotations whether it be verbal or visual):

K. Prior to scheduled warm ups or during scheduled warm ups, teams will be allowed to determine their bar settings. This is not a practice time. Reminder: teams should set bar settings promptly upon arrival.

L. The starting times for meets will be 4:00 p.m.

M. The head scorekeeper will be an adult. The host school should provide runners, an announcer, and some means of showing the score. A meet director will be designated. **Absolutely no one but coaches are to approach the scorer’s table after the score sheet has been turned in.** In case of discrepancies, head coaches will meet. During the meet, coaches may approach the scorer’s table to ask about score.

**Meet manager or head coach designee will hold a pre-meeting with coaches to discuss meet procedures.**

N. Four judges will be requested for quad meets and two judges requested for dual meets. Meets will not be held unless there are at least two judges at quad meets and one judge for a dual meet. Meets will only be scheduled if this is possible.

O. There is no protesting of judges’ scores.

P. Only team members, coaches, and meet personnel will be allowed in the area of competition.

- Q. All schools will use the Auburn gymnastics score sheet filled out prior to the meet. These score sheets must be completed by head coaches prior to the actual competition.
- R. Before teams scores are announced, head coaches will confirm and assure accuracy prior to score dissemination.
- S. Spectators are encouraged to remain polite during all performances. The host school is encouraged to provide a verbal explanation of appropriate etiquette and deportment prior to the start of any competition.
- T. Judging cards: Put school name on your judging cards. The following cards will be colored for each school: Cascade=goldenrod; Mt. Baker=white; Olympic=blue; Rainier=other.
- U. Coaches please discuss with the girls the proper etiquette for moving around on the floor (including runners), during a meet. (No running and no cutting in front of performers). Please wait until the last performer is done before taking major equipment down. No novelty items will be permitted during march-in unless all schools have them (flowers, balloons, etc.).

## **SIXTH GRADE GIRLS GYMNASTICS**

- A. Sixth graders will have two meets during the season.
- B. The sixth grade season will have a total of 18 contact days including the two meets. Each practices should be at least one and a half hours.
- C. Each school will be allowed up to 10 girls in each event on meet days.
- D. The total team score for the sixth grade gymnastic meet will not be announced.
- E. Please refer to the varsity gymnastics rules for further guidelines.
- F. On meet days: If the sixth grade does not fill their 10 spots on each event, they will be filled first by the other schools sixth grade. If there are still spots open, they will be filled with the varsity teams from both schools as exhibition.
- G. No low beam performances during the meet.



# SOCCER

- A. Total Season Including Practice Minimum Practice Days Per Individual Season Contest Limit 12 weeks 10 10 + Jamboree
- B. JAMBOREE - A soccer jamboree is an abbreviated contest and a team may not compete in more than half of the time allocated to a regulation contest. All general jamboree rules also apply. Please refer to general jamboree guidelines.
- C. SEASON - The starting date is determined by each league but no middle level season may start before the date established for senior high school fall sports.
- D. PLAYER LIMITATION – A player may participate in a maximum of two halves in a day and a maximum of two (2) contests per week.
- E. GAME LIMITATION - As a recommendation, middle level schools should play up to 30-minutes halves.
- F. MIDDLE LEVEL SOCCER RULEBOOK EXCEPTIONS - Same as listed for high school soccer.
  - 1. The WIAA Soccer Handbook will serve as governing rules.
  - 2. Varsity (8<sup>th</sup> Grade) and 7<sup>th</sup> Grade teams are scheduled to play at the same sites where facilities allow when at high schools.
  - 3. Varsity games will run 30-minute halves with a 5-minute half time. 7<sup>th</sup> grade will play with 20 minute halves and a five minute half. If light and time allows, 7<sup>th</sup> grade games may be extended to 30 minute halves with the approval of both coaches.
- G. EQUIPMENT:
  - 1. The host school will provide a properly inflated #5 game quality ball.
  - 2. Soccer pitches and goals should meet WIAA standards.
  - 3. The traveling team has the responsibility to assure that their jerseys are in compliance with the Home-Light/Away-Dark Federation guidelines. If out of compliance (which we are), the traveling team must bring and wear coverlets (pinnies) to distinguish them from the home team's colors.
  - 4. Goalies must wear a colored jersey that is distinguishable from the other players.
  - 5. Shin guards (protectors) are required.

6. Tights may be worn if solid in color and coordinated with team uniform.
7. Metal cleats are not allowed.
8. Home team must have soccer goal nets, even at the high schools.
9. Members of any team are permitted to wear extra clothing to protect against cold weather provided that: a) the proper team uniform is worn outermost; b) any hat should be without peak, bill, or protruding object of any kind, and; c) any gloves shall be without dangerous or hard objects. The extra clothing need not be uniform in appearance.

H. GUIDELINES FOR GAME SPORTSMANSHIP – (When game scores start getting out of hand in first half, will be discussed at pre-season coaches meeting)

1. 2<sup>nd</sup> Half strategies of play (criteria for routing the ball to reinforce good play, offensive players move to defense, 3 pass process before shot, placing of the advanced players, etc)
2. Methods of substitutions: Strengthening the defense while removing the forward pressure.

# BASEBALL

- A. Boys baseball will be played during season four.
- B. Boys baseball will have two squads as follows:
  - 1. Varsity - composed of 8<sup>th</sup> grade students with a minimum of 15 players.
  - 2. Seventh - composed of 7<sup>th</sup> grade students only, each team divided equitably.
- C. In case of rain cancellation or umpire not showing up, the game is to be played the **next available school day** (maximum of 3 games a week).
- D. Starting times for the games are to be set at 3:30 p.m., with a guarantee of 20 minutes of warm-up time.
- E. No batting practice will be allowed within two hours of game time, although teams may use whiffle balls and play pepper
- F. Baseball rule clarification on pitcher limitation: one pitch constitutes an inning. A pitcher is eligible to pitch in no more than seven innings in a five-day period (Monday-Saturday; Tuesday-Sunday).
- G. No metal cleats allowed.
- H. Official ball for games will be: Wilson 1010, optional game ball D-1.
- I. Courtesy Run Rule – Seventh grade may run for pitcher or catcher and must be a non-starter (non-starter is the person that makes last out). Eighth grade—NFSH rule:
  - 1. At any time the team at bat may use courtesy runners for the pitcher and or catcher. The same runner may not be used for both positions. Neither the pitcher nor catcher will be required to leave the game under such circumstances.
  - 2. Players who have participated in the game in any capacity are ineligible to serve as courtesy runners.
  - 3. A player may not run as a courtesy runner for the pitcher or catcher and then be used as a substitute for another player in the half inning. If an injury, illness, or ejection occurs and no other runners are available, the courtesy runner may be used as a substitute.
  - 4. The umpire in-chief shall record courtesy runner participation.
  - 5. A player who violates the courtesy runner rule is considered to be an illegal substitute.
- J. Coaches are not permitted to teach head-first sliding. They are to instruct players against doing so and to warn them of the potential dangers regarding head-first sliding. Violation will result in a player being called out and removed for the remainder of that particular game only. However, a player can dive back to the base they previously occupied; i.e., pick off.
- K. Pitching and base distances are to be as follows:

<u>Level</u>	<u>Pitching Distance</u>	<u>Base Distance</u>
8th	55'6	80'
7th	55'6	80'

- L. Seventh grade is allowed free substitution as long as the batting lineup is not altered, as in Federation Rules.
- M. Everyone bats on the **7<sup>th</sup> grade team**. Minimum batters equal smallest roster for that game. Teams not penalized for players leaving batting order; i.e., injury, parents removing player early.
- N. Ten runs per inning rule on 7<sup>th</sup> grade.
- O. Ten-run rule after 5 full innings (4½ innings if home team is ahead), the game is over.
- P. For 7<sup>th</sup> grade, no new innings will start after 6:00 p.m. There is no time limit for a varsity game.
- Q. Bat sizes.  
WIAA Language:

**BAT SPECIFICATIONS** - The WIAA Executive Board approved an exception to NFHS baseball rule 1-3---2---d, allowing -5 and -7 bats without the BBCOR stamp to be legal at the middle level.

Any bat with the BBCOR stamp is legal; that is all that is needed. There will not be a listing of approved bats this year.

Both the -5 and -7 bats have been approved for middle level players, even though those bats will NOT have the BBCOR stamp. The bat manufacturers are not having those smaller bats tested. But they will be legal at the middle level.

Auburn League Rule (No requirement for BBCOR per WIAA) – Will continue to use the rules listed below.

- ❑ Eighth grade use a -3 bat.
  - ❑ Seventh grade use a -5 or under bat with barrel, no larger than 2 ¾ and no smaller than 2 5/8.
- R. Teams must have nine (9) players to start a game and eight (8) players to finish.
- 7 players – ineligible – don't play
  - 8 players – play – forfeit
  - If you have a lower number than 9 players, please notify the opposing coach as soon as possible.
- S. If a coach is ejected from a game, the coach must sit out the next game.

# VOLLEYBALL

- A. Girls volleyball will be played during season four.
- B. The Auburn League volleyball teams will play under National Federation rules (as mandated by W.I.A.A.). NAGS score book is acceptable to use.
- C. Girls volleyball will have three levels of teams:
  - 1. Varsity - composed of 8<sup>th</sup> grade students with a minimum of 15 players.
  - 2. Seventh - composed of 7<sup>th</sup> grade students only. Teams should be divided up equitably within their own school.
  - 3. Sixth - composed of 6<sup>th</sup> grade students only. Teams should be divided up equitably within their own school.
- D. Dates: Eight days of practice are required before an athlete is eligible to participate in a sanctioned game for varsity and seventh. Sixth grade will have a total of eighteen contact days comprised of practices/matches. Practice should be a minimum of one and a half hours.
- E. Equipment: Nets - official nets and standards (those selected by Auburn League).
  - 1. Height: 7'
  - 2. Ball: Any official 18-panel leather ball that is stamped – either a white ball or a colored ball.
- F. Games will be rally score 25-25-25. All games capped at 30 points. Libero is optional. The home team will provide the libero tracker for both teams. Head coaches will train their scorekeepers or a student to track.
- G. An adult or a trained/approved high-school-aged student scorekeeper is **required**.
  - 1. Pre-game warm-up schedule is as follows: official warm-up time begins 10 minutes after visiting team arrives at school. If the varsity team is late, the coach/referee may agree to adjust the shared warm-up time as needed. Coaches and lines people—meeting should occur as early in the ten minute official warm-up as possible.
  - 2. 7<sup>th</sup> and 8<sup>th</sup> grade level – the first match will begin at-3:30-p.m. The second match will start at-4:30 p.m.
- H. Your “best” six volleyball players should be on your first team and coaches will give due diligence to ensuring a competitive balance at all times. The second game should be filled with the next level of players. If there are enough athletes at the sixth and seventh grade level for a third game, the third group should play in this game. Coaches should discuss any intended variance with the opposing coach prior to the start of the game.

If the libero is being used in the first game and is in the top "six", the coach will designate prior to the match, with a star on the roster, and inform the other coach, who is not eligible to play in the second game, except if the players are reduced to eleven. If the starred player serves in the first game, they will not be able to serve in the second game. It is possible that the Libero could play in all three games.

If, by chance, your team has less than 12 players to play the match, it is the coach's job to notify the opposing coach of the problem upon arrival. In the second game, both coaches may play their starters which are equivalent to the shortage of the one team. However, the "second" team is not to be substituted and should stay in the entire game. Only the first team may be substituted.

If you have to play more than two first-team players in the second game, an automatic forfeit occurs in that game only. The forfeit should be between both coaches and recorded in the score book and not communicated to referee.

Top six (6) players who start first game cannot play in the second game. If a team has less than 12 players, the school must designate their weakest starter(s) who can play in the second game. If one of your starters is pulled for behavioral reasons (or whatever), they should still be playing with the starting team only.

I. Official coin toss to be done before official warm ups begin.

Varsity and Seventh 14 minutes minimum

- 6 min. home team - full court
- 6 min. visiting team - full court
- 2 min. serving – together

NOTE: Visiting team is always the last team for full court warm up. Immediately following the first match, we will go into the coin flip and the official warm ups (stated above) for the second match. All exercises and the ball handling need to be done prior to the official warm up period.

J. If officials are late:

- 1. Coaches will time warm ups.
- 2. Coaches will do coin toss.

K. Spectators and benches will not say anything while serving is going on. To be respectful of the other team, defense will not use the term "ball up", blurt out, or any nonverbal distractions during the serve.

## **SIXTH GRADE VOLLEYBALL**

- A. The service line will be moved to 20 ft. from the net. A piece of tape should be put on the floor so the players will know where to serve from. The server will serve from the right back area only.
- B. Warm ups: 10 minutes
  - 4 minutes – home team full court
  - 4 minutes – visiting team full court
  - 2 minutes – serving together
- C. When calling for a substitution, a coach should follow the Federation Rule Book with the exception that there will be unlimited substitution. However, the process in which an athlete enters the game should follow the Federation Rules.
- D. Refer to the section labeled “Volleyball” in the Auburn Athletic Handbook for any other adjusted rules (e.g. letters “E,” “H,” “I,” “J,” “K,” “L”, and “M”).

# **BOYS/GIRLS TRACK**

## GENERAL

- A. Track season is during season four.
- B. There shall be two squads: Varsity – consisting of 7<sup>th</sup> and 8<sup>th</sup> graders. Sixth grade consisting of 6<sup>th</sup> graders only.
- C. All events will be governed by W.I.A.A. and the National Alliance Track and Field Rules and Records where applicable.
- D. Other procedures for the conduct of league track meets will be recorded in the Auburn Athletic Manual, which will be compiled by the Auburn League coaches and athletic coordinators and presented to the Athletic Director and Principals' Association for approval.
- E. Dual meet results will determine the win/lose standings for varsity boys and varsity girls.
- F. Ribbons shall be awarded to the top eight individual place winners plus the top five relay teams in conference meet. No medals will be awarded.
- G. Field event entries must notify the judge if they are leaving to participate in another event. They will be allowed 10 minutes following the completion of that event to return.
- H. All field event entries must sign up before their event starts. Athletes must complete jumps and throws in a timely fashion.
- I. Only non-spike or ¼" spikes may be used on all-weather track surfaces.
- J. Runners need to be on time to the starting line or they will be excluded from the race.
- K. There will be league-approved officials for all meets. The judges for all field events will be adults.
- L. There shall be no more than six meets in one season, including dual and all school meets for varsity and a maximum of four meets allowed for sixth graders.
- M. Each varsity athlete must have 10 days of practice before they are eligible to compete in a meet.
- N. Coaches are responsible for athletes on and off the track.
- O. Scoring must be done by an adult.



- P. Each varsity and 6<sup>th</sup> grade athlete is eligible to participate in up to four events, but no more than three running or three field events. NFHS rule—"A contestant shall not be entered in more than 4 events, excluding relays" (schools may use floating alternates in relays).
- Q. All track meets will have a "clerk of the course" provided by the host school.
- ❑ Lane assignments – dual meets – host school will have odd numbered lanes for all running events. Tri meets – 1, 4 / 2, 5 / 3, 6 – relays rotate outward one lane.
  - ❑ 400 dash – coaches will decide before the meet starts (based on number of entries) whether or not to run heats or stack runners – instruct starter accordingly.
- R. Each competitor in the long jump and shot put will be allowed at least one attempt in order called. After that, all attempts will be on a first-come, first-served basis. There will be a last call for the pit after the 400 meter run. At that time, all attempts should have been completed and pit closed. No competitor will be allowed more than four attempts.
- S. Field events will be measured in feet and inches.
- T. The order of running events for varsity and sixth grade is:
- |                                    |                                 |
|------------------------------------|---------------------------------|
| 1. 6 <sup>TH</sup> G/110LH         | 20. VAR B/800                   |
| 2. 6 <sup>TH</sup> B/110LH         | 21. 6 <sup>th</sup> G/400 Relay |
| 3. VAR G/110LH                     | 22. 6 <sup>th</sup> B/400 Relay |
| 4. VAR B/110LH                     | 23. VAR G/400 Relay             |
| 5. VAR G/1600                      | 24. VAR B/400 Relay             |
| 6. VAR B/1600                      | 25. 6 <sup>th</sup> G/200       |
| 7. 6 <sup>TH</sup> G/Sprint Medley | 26. 6 <sup>th</sup> B/200       |
| 8. 6 <sup>TH</sup> B/Sprint Medley | 27. VAR G/200                   |
| 9. VAR B/Sprint Medley             | 28. VAR B/200                   |
| 10. VAR B/Sprint Medley            | 29. VAR G/75 LH                 |
| 11. 6 <sup>th</sup> G/100          | 30. VAR B/75 LH                 |
| 12. 6 <sup>th</sup> B/100          | 31. 6 <sup>th</sup> G/400       |
| 13. VAR G/100                      | 32. 6 <sup>th</sup> B/400       |
| 14. VAR B/100                      | 33. VAR G/400                   |
| 15. 6 <sup>th</sup> G/50           | 34. VAR B/400                   |
| 16. 6 <sup>th</sup> B/50           | 35. 6 <sup>th</sup> G/800 Relay |
| 17. 6 <sup>th</sup> G/800          | 36. 6 <sup>th</sup> B/800 Relay |
| 18. 6 <sup>th</sup> B/800          | 37. VAR G/800 Relay             |
| 19. VAR G/800                      | 38. VAR B/800 Relay             |
- U. Field events for boys and girls will be long jump, high jump, and shot put.
- V. One designated shot will be used for competition in each boys and girls track meet and will be supplied by the school that is running the event.

- W. Participants must wear school-issued uniforms as stated in the National Federation Handbook, except for special circumstances such as extreme weather or inability to obtain clothing large enough. Relay teams shall follow all application Federation Rules, ***except in the case of wearing a different color undergarment for warmth.***
- X. Disqualifying runners: coaches designated to judge exchange zones for relays, hurdles, 800 or 1600, will report any disqualifications to the head timer and then make a concerted effort to be sure the coach of that team is notified of the particular violation that occurred.

## MEET REGULATIONS

ENTRIES: For varsity boys and girls will be as follows:

A. Dual Meets: running events start at 3:15 p.m., field events at 3:00 p.m., if possible.

1. Number of entries:

a. Dual Meet:

**Five (5)** entries – HJ, 400

**Six (6)** entries – SP, LJ

**Eight (8)** entries – 100, 200, **50**

Eight (8) entries – hurdles

c. ***All-Schools:***

Four (4) entries – 110 LH, 100,

200, 75LH, 400

**Five (5)** entries – all field events

Three (3) entries per relay event.

Unlimited entries in 800 and 1600

b. Tri Meet:

Four (4) entries – HJ

Five (5) entries – SP, 100, 200, 400, LJ

Seven (7) entries – hurdles, **50**

2. Unlimited entrants in the 1600m and 800m. When there are 16 or less athletes use the waterfall start; 17 or more athletes use stagger start.

3. Only one relay team counts for scoring which must be declared before the race. Athletic sticker should designate ‘A’ team as scoring team.

4. All alternate relay teams must be listed on the entry sheets prior to the start of the races and may be entered into the races.

5. Dual meets – Up to 4 relay teams per school.

Tri meets – Host school has a minimum of two lanes.

– Visiting schools have a minimum of three lanes.

**All Schools** – Up to 3 entries per relay per school.

B. Starting: One false start per contestant will be allowed.

C. Entry Sheets

All coaches are to submit to the other head coaches and starters at each meet, a standard Auburn League track entry sheet of all varsity entries. This is done prior to the first event. The meet will not start until this is complete.

D. Result Sheet

Home meet coaches are to fax, to all other head coaches in the league, a result sheet of their meet if not received at conclusion of the meet. These should be faxed the day after the meet. A summary score sheet should be available to each of the competing teams at the end of each meet. Individual event sheets will be picked up by the host school. If a coach needs an individual event sheet he/she will email the host school.

E. Scoring

1. Dual Meets:

Individual Events (5-3-1)

Dual meets, relays (5-0)

2. ***All Schools*** (5 teams)

Individual Events (8-6-4-2-1)

Relays (8-6-4-2)

1600 – Record all finishers

## EVENT GUIDELINES

1. High Jump: Sixth grade girls start at 3'4", 6<sup>th</sup> grade boys and varsity girls start at 3'6". Varsity boys start at 4'. The bar may be moved up or down in 2" intervals until conclusion. Two attempts per height. It is recommended that 6<sup>th</sup> grade competition go to completion before varsity starts. Per National Federation guidelines, "A competitor has 10 minutes following the conclusion of a running event or field event attempt to report back to the high jump and be ready to jump."
2. Long Jump: Open pit competition. Competitors are allowed only one jump per turn. Announcement of open pit closing time shall be made following the 400m relay, unless competition is completed earlier. All competitors shall be allowed four jump attempts.
3. Shot Put: Open pit competition. Contestants will be allowed four attempts. Each competitor may take two attempts when taking first turn. Second turn may be one or two attempts. Announcement of event closing time shall be made following the 400m relay, unless competition is completed earlier. Varsity boys use 8# shot and girls and 6<sup>th</sup> grade use 6# shot.
4. 400m Relay: This race is run the entire distance in lanes. International Exchange may be used and marked on track with an X.
5. 800m Relay: The first three runners have to run in lanes; fourth person may break for the inside after the handoff if he/she has two or three strides on the inside. Use blue stagger lines.
6. 400m Dash: The 400 dash will be run the entire distance in lanes.
7. 800m Run: Runners shall have a staggered start, in lanes, stacked if necessary. The first turn will be in lanes, and then runners may break for the inside. Seventeen or more – stagger start; 16 or less – waterfall start.
8. 1600m Run: Runners shall have (curved line) scratch start. They may break for the pole provided they have a two-stride lead and do not cut off another runner.
9. 75m LH/IH: The distance shall be 13m to the first hurdle, 8m between seven hurdles with a 14m run out. The hurdle height will be 33" for boys and 30" for girls.
10. 110m LH: The distance shall be 18.29m to first hurdle, 18.29m between 5 hurdles, and 18.55m run out. The hurdles shall be 30".
11. Sprint Medley Relay: (100-100-200-400) the first three runners run in their lanes; the fourth runner may break for the inside after the exchange, if he/she has two-three strides on the inside.

## **SUGGESTED MEET MANAGEMENT GUIDELINES**

### **A. MEET COORDINATOR**

The meet coordinator will have the duty of coordinating the set-up, preparation, and actual running of the meet. He will work with the coach, athletic chairperson, and others, as needed, to request supplies, arrange supervision, and appoint personnel to run the meet. He will instruct all personnel in their specific duties.

#### **SPECIFIC DUTIES:**

1. Arrange for all necessary equipment:
  - a. Clip boards
  - b. Scoring forms
  - c. Starting equipment
  - d. Timing equipment
  - e. Measuring tapes
  - f. P.A. system
2. Recruit and appoint personnel to work the various events. Minimum needed:
  - a. One scorekeeper
  - b. Four timers (two on first, one each for second and third)
  - c. One judge for each field event
  - d. Starter
  - e. Clerk (may be the meet manager)
  - f. Two judges for relays and exchanges and corners
3. Check athletes for proper equipment (size of spikes).

## B. STARTER

### SPECIFIC DUTIES:

1. Sole judge of false starts and responsible for giving all directions prior to each event:
  - a. Directions for start
  - b. Directions for lanes (change or not)
  - c. If lane changes are allowed, rules for correct changes
  - d. Location of finish line
  - e. Directions as to what to do at the end of the race
  - f. All directions as related to race (i.e., exchange zones, etc.)
  - g. Placing athletes in proper lanes
  - h. Make sure events start on time

## C. HEAD TIMER DUTIES

1. Assign timers places to time.
2. Record all times.
3. Submit times and places to scorer.

## D. COACHES

1. Supervise athletes during the meet.
2. Assist meet manager in securing needed equipment.
3. Make sure starter, head timer, and meet manager know the correct starts, staggers, hurdle placements, and finish lines for all races.
4. Serve as corner judges and exchange zone judges if needed.
5. Help meet manager arrange for hurdle crews to set up and take down hurdles at proper times.
6. Have entry sheet for all coaches, manager, and starter.

#### **E. HINTS FOR RUNNING A SMOOTH MEET**

1. The more people that can work the meet the better. If there is a shortage of people, request that coaches help judge corner, relay exchanges, etc. Make sure someone is designated to be the corner lane or relay judge on each race. This person may have other duties also (starter) but someone must be designated.
2. Be prepared. Have all forms done well in advance of the meet. Eliminate the need for last-minute preparations and decisions.
3. Make sure the judges know the rules for exchanges, can explain the zones to the competitors, and are comfortable in calling a disqualification if a violation occurs.

### **AUBURN MIDDLE SCHOOL TRACK ORDER OF EVENTS**

- |                                    |                                 |
|------------------------------------|---------------------------------|
| 1. 6 <sup>th</sup> G/110LH         | 21. 6 <sup>TH</sup> G/400 RELAY |
| 2. 6 <sup>th</sup> B/110LH         | 22. 6 <sup>TH</sup> B/400 RELAY |
| 3. VAR G/110LH                     | 23. VAR G/400 RELAY             |
| 4. VAR B/110LH                     | 24. VAR B/400 RELAY             |
| 5. VAR G/1600                      | 25. 6 <sup>TH</sup> G/200       |
| 6. VAR B/1600                      | 26. 6 <sup>TH</sup> B/200       |
| 7. 6 <sup>th</sup> G/Spring Medley | 27. VAR G/200                   |
| 8. 6 <sup>th</sup> B/Spring Medley | 28. VAR B/200                   |
| 9. VAR G/Spring Medley             | 29. VAR G/75 LH                 |
| 10. VAR B/Sprint Medley            | 30. VAR B/75 LH                 |
| 11. 6 <sup>th</sup> G/100          | 31. 6 <sup>TH</sup> G/400       |
| 12. 6 <sup>th</sup> B/100          | 32. 6 <sup>TH</sup> B/400       |
| 13. VAR G/100                      | 33. VAR G/400                   |
| 14. VAR B/100                      | 34. VAR B/400                   |
| 15. 6 <sup>th</sup> G/50           | 35. 6 <sup>TH</sup> G/800 RELAY |
| 16. 6 <sup>th</sup> B/50           | 36. 6 <sup>TH</sup> B/800 RELAY |
| 17. 6 <sup>th</sup> G/800          | 37. VAR G/800 RELAY             |
| 18. 6 <sup>TH</sup> B/800          | 38. VAR B/800 RELAY             |
| 19. VAR G/800                      |                                 |
| 20. VAR B/800                      |                                 |



## HEADS UP: CONCUSSION IN YOUTH SPORTS

A Fact Sheet for **COACHES**

### THE FACTS

- A concussion is a **brain injury**.
- All concussions are **serious**.
- Concussions can occur **without** loss of consciousness.
- Concussions can occur in **any sport**.
- Recognition and proper management of concussions when they **first occur** can help prevent further injury or even death.

### WHAT IS A CONCUSSION?

A concussion is an injury that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost.

The potential for concussions is greatest in athletic environments where collisions are common.<sup>1</sup> Concussions can occur, however, in *any* organized or unorganized sport or recreational activity. As many as 3.8 million sports- and recreation-related concussions occur in the United States each year.<sup>2</sup>

### RECOGNIZING A POSSIBLE CONCUSSION

*To help recognize a concussion, you should watch for the following two things among your athletes:*

1. A forceful blow to the head or body that results in rapid movement of the head.  
-and-
2. Any change in the athlete's behavior, thinking, or physical functioning. (See the signs and symptoms of concussion.)

### SIGNS AND SYMPTOMS

#### SIGNS OBSERVED BY COACHING STAFF

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets sports plays
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall



#### SYMPTOMS REPORTED BY ATHLETE

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

*Adapted from Lovell et al. 2004*

Athletes who experience any of these signs or symptoms after a bump or blow to the head should be kept from play until given permission to return to play by a health care professional with experience in evaluating for concussion. Signs and symptoms of concussion can last from several minutes to days, weeks, months, or even longer in some cases.

Remember, you can't see a concussion and some athletes may not experience and/or report symptoms until hours or days after the injury. If you have any suspicion that your athlete has a concussion, you should keep the athlete out of the game or practice.

#### PREVENTION AND PREPARATION

As a coach, you can play a key role in preventing concussions and responding to them properly when they occur. Here are some steps you can take to ensure the best outcome for your athletes and the team:

- **Educate athletes and parents about concussion.** Talk with athletes and their parents about the dangers and potential long-term consequences of concussion. For more information on long-term effects of concussion, view the following online video clip: [http://www.cdc.gov/ncipc/tbi/Coaches\\_Tool\\_Kit.htm#Video](http://www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm#Video). Explain your concerns about concussion and your expectations of safe play to athletes, parents, and assistant coaches. Pass out the concussion fact sheets for athletes and for parents at the beginning of the season and again if a concussion occurs.
- **Insist that safety comes first.**
  - Teach athletes safe playing techniques and encourage them to follow the rules of play.
  - Encourage athletes to practice good sportsmanship at all times.
  - Make sure athletes wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
  - Review the athlete fact sheet with your team to help them recognize the signs and symptoms of a concussion.

Check with your youth sports league or administrator about concussion policies.

Concussion policy statements can be developed to include the league's commitment to safety, a brief description of concussion, and information on when athletes can safely return to play following a concussion (i.e., an athlete with known or suspected concussion should be kept from play until evaluated and given permission to return by a health care professional). Parents and athletes should sign the concussion policy statement at the beginning of the sports season.

- **Teach athletes and parents that it's not smart to play with a concussion.** Sometimes players and parents wrongly believe that it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don't let athletes persuade you that they're "just fine" after they have sustained any bump or blow to the head. Ask if players have ever had a concussion.

- **Prevent long-term problems.** A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in brain swelling, permanent brain damage, and even death. This more serious condition is called *second impact syndrome*.<sup>4,5</sup> Keep athletes with known or suspected concussion from play until they have been evaluated and given permission to return to play by a health care professional with experience in evaluating for concussion. Remind your athletes: "It's better to miss one game than the whole season."

## **ACTION PLAN**

### **WHAT SHOULD A COACH DO WHEN A CONCUSSION IS SUSPECTED?**

1. **Remove the athlete from play.** Look for the signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head. Athletes who experience signs or symptoms of concussion should not be allowed to return to play. When in doubt, keep the athlete out of play.
2. **Ensure that the athlete is evaluated right away by an appropriate health care professional.** Do not try to judge the severity of the injury yourself. Health care professionals have a number of methods that they can use to assess the severity of concussions. As a coach, recording the following information can help health care professionals in assessing the athlete after the injury:
  - Cause of the injury and force of the hit or blow to the head
  - Any loss of consciousness (passed out/knocked out) and if so, for how long
  - Any memory loss immediately following the injury
  - Any seizures immediately following the injury
  - Number of previous concussions (if any)
3. **Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion.** Make sure they know that the athlete should be seen by a health care professional experienced in evaluating for concussion.
4. **Allow the athlete to return to play only with permission from a health care professional with experience in evaluating for concussion.** A repeat concussion that occurs before the brain recovers from the first can slow recovery or increase the likelihood of having long-term problems. Prevent common long-term problems and the rare second impact syndrome by delaying the athlete's return to the activity until the player receives appropriate medical evaluation and approval for return to play.

*If you think your athlete has sustained a concussion, take him/her out of play, and seek the advice of a health care professional experienced in evaluating for concussion.*

For more information and to order additional materials free-of-charge, visit:

[www.cdc.gov/ConcussionInYouthSports](http://www.cdc.gov/ConcussionInYouthSports)

For more detailed information on concussion and traumatic brain injury, visit:

<http://www.cdc.gov/ncipc/tbi/TBI.htm>.

## **REFERENCES**

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#### WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. **Seek medical attention right away.** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
2. **Keep your child out of play.** Concussions take time to heal. Don't let your child return to play until a health care professional says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
3. **Tell your child's coach about any recent concussion.** Coaches should know if your child had a recent concussion in ANY sport. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

*It's better to miss one game than the whole season.*

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For more detailed information on concussion and traumatic brain injury, visit:

<http://www.cdc.gov/injury>