

**HANDBOOK OF
MIDDLE SCHOOL ATHLETICS**



EVANSVILLE, INDIANA

2018-2019

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TABLE OF CONTENTS

Middle School Athletic Council	1
Tournament Assignments	2
Intramural Program.....	3
Interscholastic Program.....	3
Spectator Regulations	4
Admissions	4
Sports Seasons at a Glance.....	5
Eligibility.....	6
Age Limitations	7
Facility Usage	7
Tournament Awards	7
Cancellations of Games	8
Scheduling.....	8
Officials.....	8
Interscholastic Sports	9
Cross Country.....	9
Cub Football	9
Volleyball	10
Basketball.....	11
Track	12
Cheerleader Policy and Procedures.....	15

MIDDLE SCHOOL ATHLETIC COUNCIL

The Middle School Athletic Council is a committee created by the superintendent for the purpose of overall oversight and regulation of athletic tournaments and regular season contests between and among its member schools.

Member schools include: Cedar Hall, Glenwood, Helfrich Park, Lincoln, Lodge, McGary, North Jr. High, Perry Heights, Plaza Park, Thompkins, and Washington Middle schools.

Membership shall include the Assistant Athletic Director, along with a building administrator, and one athletic representative from each member school.

The office of president shall be held by a building administrator. The election shall be held annually yearly at the spring meeting. The president shall be elected by a majority vote.

The offices of vice-president and secretary shall be held by the Assistant Athletic Director.

The Middle School Athletic council shall hold two regularly scheduled meetings prior to the beginning of the fall athletic season and prior to the beginning of the spring athletic season. Additional meetings may be called by the President of the Council or the Assistant Athletic Director.

MIDDLE SCHOOL TOURNAMENT ASSIGNMENTS

	2016-2017	2017-2018	2018-2019	2019-2020	2020-2021	2021-2022	2022-2023	2023-2024
Cedar Hall		CTC		DTC			CDE	
Glenwood			CTC		DTC			
Helfrich Park				CTC		DTC		
Lincoln		DTC	CDE		CTC		DTC	
Lodge		DTC				CTC		DTC
McGary	CDE DTC						DTC	CTC
North Jr. High				CDE	DTC		CTC	
Perry Hts.	DTC					DTC		CDE
Plaza Park			DTC			CDE		
Thompkins			DTC		CDE			DTC
Washington	CTC	CDE		DTC				

CTC ---- City Track Coordinator

DTC ---- District Track Coordinator

CDE ---- Cheer/Dance Exhibition

The Middle School Principal is the administrative head of the athletic program as he/she is of all other activities of the local school. As administrative head of the school, the principal is directly responsible for compliance with the policies herein established regarding middle school intramural and interscholastic competition.

Program Policy - The middle schools should maintain a well balanced activity program consisting of intramural and interscholastic competition.

1. INTRAMURAL PROGRAM

The intramural program should be an outgrowth of the physical education program and should provide for a wide variety of activities for maximum student participation. Activities for boys and girls may be scheduled concurrently or separately depending on the activity or facilities available. Intramural activities are not to be limited by policies related to either the interscholastic or extramural program.

Objectives of Intramural Program

To offer a participation-oriented program of physical activities to all students in grades six through eight.

To provide skilled professional leadership in a varied number of activities. (team and individual).

To promote activities that will afford wholesome use of leisure time.

To instill a feeling of fair play and sportsmanship through cooperative and competitive activities.

To provide experiences in wholesome physical activities that will aide in the development of desirable traits.

2. INTERSCHOLASTIC PROGRAM

The purpose of the middle school interscholastic athletic program is to provide opportunities for students with athletic abilities to further their skill development and to participate in competitive sports.

Each activity must be in accord with the athletic policy handbook developed by the Evansville Vanderburgh School Corporation.

The middle school interscholastic athletic program offers the following:

Boys & Girls Cross Country	6th, 7th, 8th grade
Girls Volleyball	7th and 8th grade
Boys Basketball	7th and 8th grade
Girls Basketball	7th and 8th grade
Boys Track	Reserve & Varsity
Girls Track	Reserve & Varsity

Interscholastic competition is limited to middle schools or their equivalent in the counties adjoining Vanderburgh County. Other destinations must receive prior approval of the Assistant Athletic Director.

Interscholastic competitive athletic contests shall be limited to not more than two activities per week, excluding tournaments. If games must be rescheduled due to postponement, it may be necessary to schedule more than two games per week.

A. Spectator Regulations

Students may attend games played at their own school, but may not attend games played at other middle schools unless they are accompanied by their parent/guardian.

Middle school students may attend all middle school tournaments and the district and city middle school track meets. Students may also attend events when their school is a participant at the high school.

It is important to have faculty supervision for each school's cheering section during the playing of their games. Cheerleaders may lead yells during their school's participation. Each school will be assigned sections in the gym. No noise makers or confetti are permitted.

B. Admissions

An admission charge will be set by the Middle School Athletic Council for cross country, volleyball, boys and girls basketball, as well as, for all tournament events. The admission charge for cross country is \$1.00 for students and \$2.00 for adults. Regular season basketball and volleyball contests are \$1.00 for students and \$3.00 for adults. The admission charge for tournament competition is \$1.00 for students and \$3.00 for adults.

C. Sports Seasons at a Glance

2018-2019 EVSC Middle School Sports Seasons at a Glance						
Sport	1st Practice	1st Contest	No. of Contests	Roster Deadline	Tourney Draw Date	City Tournament
<u>Fall Sports</u>						
Girls Cross Country	Aug. 8		2	Sept. 10	District Sep 18	Sept. 25
Boys Cross Country	Aug. 8		2	Sept. 10	District Sep 18	Sept. 25
Volleyball	Aug. 8	Aug. 22	10	Sept. 14	Sept. 27	Oct. 1, 3, 4, 11
<u>Winter Sports</u>						
Girls Basketball	Oct. 12	Oct. 25	10	Nov. 14	Nov. 30	Dec. 4, 6,10, 11
Boys Basketball	Jan. 3	Jan. 15	10	Feb. 4	Feb. 20	Feb 21,2,28, Mar 4
<u>Spring Sports</u>						
Girls/Boys Track	Mar. 6	TBA	4	Dis Entries 4/26	District Apr 30, May 1	May 7

D. Eligibility

To be eligible to participate in middle school extra-curricular activities, students must be passing in at least seventy (70%) of their classes. This policy is established as a minimum requirement.

This policy was established by the Middle School Athletic Council and applies to the following programs: Cross Country, Cub Football, Volleyball, Boys Basketball, Girls Basketball, Boys Track, Girls Track, Dance Teams, Cheer Teams, and any additional programs that are considered to be extracurricular.

Grading periods to check for eligibility are as follows:

Football, cross country, volleyball – last 9-week grading period of the spring semester of the previous school year. (Semester grade takes precedence)

Girls Basketball – first 9-wk grading period of the fall semester of the current school year

Boys Basketball – second 9-week grading period of the fall semester of the current school year. (Semester grade takes precedence)

Track – first 9-wk grading period of the spring semester of the current year

The principal must be the final authority on matters of eligibility. Citizenship and scholarship should be determining factors in judging whether or not a student may compete in middle school athletics.

Each game will be forfeited in which an ineligible player participates.

If a student-athlete has been sent from a school to an alternative school/program he or she may participate in athletics at the school in the district in which he or she resides.

E. Age Limitations

As stated in the IHSAA Interschool Guidelines for Middle Level School, students participating in sixth grade, seventh grade and/or eighth grade athletic contests should be eligible within the following guidelines:

6th grade A student who is or shall be 14 prior to or on the scheduled date of the last contest in a sport should be ineligible for athletic competition in that sport.

7th grade A student who is or shall be 15 prior to or on the scheduled date of the last contest in a sport should be ineligible for athletic competition in that sport.

8th grade - A student who is or shall be 16 prior to or on the scheduled date of the last contest in a sport should be ineligible for athletic competition in that sport.

F. Use of School Facilities

School facilities may be used outside the regular school day for intramural or interscholastic practice time with the approval of the principal. The principal may delegate the responsibility of proper use and security of the building to the coach and/or intramural director. The principal must be made aware of all such scheduled use of the building.

G. Tournament Awards

The following awards will be purchased from tournament receipts:

A plaque is to be kept by the school for all interscholastic tournament winners. This includes the varsity and reserve city track & field meet champions. A runner-up plaque will be awarded to the losing team in the championship game of the girls volleyball and boys and girls basketball tournaments. Trophies and plaques will not be awarded to district track & field meet champions.

H. Cancellations of Games

Middle School Principals may cancel their individual games if they feel conditions warrant cancellation. The Assistant Athletic Director may cancel all games if conditions become such that it is necessary.

Regular season volleyball and basketball games which are cancelled will not be rescheduled by the Assistant Athletic Director, but may be rescheduled at the discretion of the middle school principals involved. Regular season track and field meets cancelled will not be rescheduled.

Individual school contests canceled by principals may be rescheduled at the discretion of the building principal. All other cancellations will be rescheduled by the Assistant Athletic Director.

I. Scheduling

Interscholastic sports are scheduled by the Assistant Athletic Director and approved by the Middle School Athletic Council.

Boys and girls track and field are scheduled concurrently.

Volleyball matches and boys and girls 7th and 8th grade basketball games are scheduled as doubleheaders.

J.. Officials

Officials for all interscholastic athletic events are assigned by the Assistant Athletic Director.

Officials are paid as follows:

Regular season	
Volleyball	\$25.00 per match (best 2 of 3 sets)
Basketball	\$28.00 per game
Tournament	
Volleyball	\$25.00 per match (best 2 of 3 sets)
Basketball	First two rounds \$28.00 per game
	Semi-final round \$30.50 per game
	Final round \$32.50 per game

When an official is forced to officiate a game alone, the official shall receive double his/her pay rate.

L. **Interscholastic Sports**

CROSS COUNTRY

Cross country is offered as an intramural program which is coordinated by the Assistant Athletic Director. Boys and girls in grades 6-8 may participate in a District and City meet.

Middle schools will be divided into two districts (District 1 and District 2). The District meet will serve as a qualifier for the City meet.

Each middle school may have a boys and girls team and may enter unlimited participants for the District meet. The top ten (10) boys and girls from each team will advance to the City meet, along with any individual who places in the top fifteen (15).

District and City meet ribbons will be awarded 1st thru 15th place for individual winners and team ribbons will be awarded 1st thru 5th place for the City meet only. Medals will be awarded to the top individual 6th, 7th, and 8th grade City champions.

CUB FOOTBALL

Cub football standards and regulations are set by the Middle School Athletic Council but the program is supervised and conducted by the high school athletic department.

Each Evansville high school will field a cub football team composed of qualified 7th and 8th grade students who will attend that high school as freshman.

All cub football hopefuls must have an IHSA Parent-Physician Certificate on file in the high school athletic office before they may try out, practice, or participate in any way.

All practice and playing by cub team members must be separate and apart from that of the high school team.

Each cub coach should submit a roster to each middle school in their district as well as the Assistant Athletic Director prior to their first cub game. This roster should include the player's name, school, address, and birth date. The middle school principals and Assistant Athletic Director should be informed immediately when a change in the roster occurs.

Cub practice may begin on the same day as designated for the start of varsity football practice. The first three days should be in shorts for conditioning only.

The high school athletic office should keep the middle schools informed as to matters pertaining to the cub team.

The principal must be the final authority on matters of eligibility. Citizenship and scholarship should be determining factors in judging whether or not an athlete may compete.

VOLLEYBALL

Each middle school shall have a 7th grade volleyball team which should consist of primarily 7th graders, however, 6th graders are allowed to try out for the 7th grade team. The 8th grade volleyball team should consist of only 8th graders.

A winner of the match shall be determined by the best two (2) out of three (3) sets. Sets will be played to 25 points. The winning team must win by two points. If a third set is needed to decide the match, the set will be played to 15 points. The winning team must win by two points.

During regular season and the tournament series, the 7th grade match will be played first followed by the 8th grade match. Every effort should be made to start the 7th grade matches by 4:30 p.m.

The official game ball will be a leather volleyball.

Volleyball nets should be set at a height of 7 ft. 4 ¼ in.

Students will not be used as line judges, if the official does not see the play, it will be played over.

A 7th and 8th grade volleyball tournament will be held to determine the city champion. The seeding method for the tournament will be used. Seeding will be based on the performance of the 8th grade teams after the last regular season match. The teams with the higher seed will host in their school. All tournament matches will begin at 4:30 p.m.

All four (4) rounds of the tournament will be played in a middle school gym with the higher seeded team in the bracket hosting. The rounds and sites will be as follows: 1st round – 3 sites, 2nd round – 4 sites, 3rd round – 2 sites, 4th round – championship.

BASKETBALL

Each middle school shall have a girls 7th and 8th grade basketball team and a boys 7th and 8th grade basketball team. The 7th grade boys and girls basketball teams should consist of primarily 7th graders. However, 6th graders are allowed to try out for the 7th grade team. The 8th grade basketball teams should consist of only 8th graders. The 7th and 8th grade rosters will remain unchanged after the 6th game of the schedule.

The 7th grade game will be played first followed by the 8th grade game. The 7th grade game should start at 4:30 p.m.

A girls 7th and 8th grade tournament will be run concurrently to determine the city championship for each. The seeding method for the tournament will be used. Seeding will be based on the performance of the 8th grade teams only after the last regular season game. The 7th grade team will follow the 8th grade seeding schedule. (Adopted 3/20/97)

A boys 7th and 8th grade tournament will be run concurrently to determine the city championship for each. The seeding method for the tournament will be used. Seeding will be based on the performance of the 8th grade teams only after the last regular season game. The 7th grade team will follow the 8th grade seeding schedule. (Adopted 3/20/97)

Each middle school team is limited to two (2) school night games (M-TH) per week and may participate in a maximum of fourteen (14) regular season games. Middle schools may play in one special tournament and the traditional single elimination tournament to determine a city champion.

Pep bands may perform during their school's tournament games. Members of the pep band may be admitted free of charge by presenting their musical instrument at the door.

Pom Pon squads may perform for their school's tournament games. Pom Pon girls in uniform will be admitted free of charge on the day or evening their school is playing.

TRACK

There will be a reserve and varsity track team for both boys and girls. Eighth graders cannot run on the reserve track team.

Middle schools will be divided into two districts (District 1 and District 2) with each school participating in a dual or triangular meet during the regular season. At the conclusion of the regular season meets, there will be a District meet with qualifiers advancing to the City meet.

Dual or triangular track meets should be run at 4:30 p.m. scheduled at the high school tracks. (Boys and girls track and field meets will be run concurrently at the same site.)

The running of the meets will be the responsibility of the participating middle schools. High school track team members may be available to assist where needed.

Track events for both boys and girls reserve and varsity teams will be as follows and should be conducted in the order as listed:

- 100 M Low Hurdles
- 100 M Dash
- 1600 M Run
- 400 M Relay
- 400 M Dash
- 800 M Run
- 200 M Dash
- 1600 M Relay

Field events for both boys and girls should be as follows: High Jump, Long Jump, and Shot Put

Entries for Dual Meets

There will be unlimited entries for the reserve and varsity 800M and 1600M runs.

At Central, Harrison, North -- Four (4) in the running events; three (3) in the field events and one team in the relay races.

At Enlow and Reitz -- Three (3) in the running and field events and one team in the in the relay races.

Entries for Triangular Meets

There will be unlimited entries for the reserve and varsity 800M and 1600 M runs.

At Central Harrison, North – Two schools may enter three (3) in the running events; one school may enter two (2) in the running events. Three (3) in the field events and one (1) team in the relay races.

At Enlow and Reitz – Schools may enter three (3) in the running events; three (3) in the field events and (1) team in the relay races (If more than six (6) participants in a race, run a timed final in the sprints)

Entries for District Meets

Schools will be divided into two districts (District 1 and District 2) with qualifiers advancing to the City Meet.

No more than three (3) participants from each school may be entered in any individual running or field event. Each school may enter only one relay team in each of the relay races. A participant may be entered in any three events.

City Meet Qualifiers:

Relays	First four places from each district meet
Running Events	First four places from each district meet
Field Events	First four places from each district meet

Scoring and Awards:

Standardized silk ribbons will be awarded for the district and city meets.

Points will be awarded for eight places for the district and city meet. (10, 8, 6, 5, 4, 3, 2, 1)

All lanes will be timed in the district meet trials with the fastest eight advancing to the finals.

All lanes will need to be timed in the district meet finals in order that runners may be properly seeded for the city meet.

Starting heights for dual meets:

Boys High Jump (Varsity)	Begin at 4'6" and raise 3" to 5' and then raise 2" thereafter
Boys High Jump (Reserve)	Begin at 4' and raise 3" to 4'9" and then raise 2" thereafter
Girls High Jump (Varsity)	Begin at 3'9" and raise 3" to 4' and then raise 1" thereafter
Girls High Jump (Reserve)	Begin at 3'6" and raise 3" to 3'9" and then raise 1" thereafter

The starting heights for the District and City meet will be determined by a games committee.

100 M Hurdles - Spacing for the hurdle race is as follows:

100 M 10 hurdles hurdle height is 33 inches

Distance between hurdles is 42'8" to the first hurdle and 27'11" between each hurdle.

Use of starting blocks and spike shoes are permitted.

Order of events when trials are run:

<u>Trials:</u>	<u>Finals</u>
100 M Dash	100 M Hurdles
100 M Hurdles	100 M Dash
200 M Dash	1600 M Run
	400 M Relay
	400 M Dash
	800 M Run
	200 M Dash
	1600 M Relay

CHEERLEADER POLICY AND PROCEDURES

While recognizing the benefits of athletic competition, the primary function of a cheerleading program is to support interschool athletics and to uphold, reflect, and project the goals of the school community.

Schools should guard against excessive focus on competition and limit participation in competitive events.

EVSC recommendations are as follows:

1. The athleticism involved in modern cheerleading requires that the institution must match the development of cheerleading sponsors.
 - Sponsors should receive training from qualified instructors.
 - Cheerleading sponsors should be familiar with the content of the AACCA cheerleading Safety Manual and limit the squads' activities according to the National Federation of State High School Association Spirit Rule Book.
 - Sponsors should provide constant supervision for all activities.
2. The Institution should adopt a rigorous safety program including a coaches' education program, adequate practice location, access to the school's conditioning facilities and athletic trainers, and access to outside training when needed.
3. A cheerleader's first responsibility is to his/her academic program. The educational process should not be compromised by participating in cheerleading.
 - Contact Time - Time required of cheerleaders for practice, games, and cheerleading competitions should be regulated to minimize interference with their opportunities to acquire a quality education consistent with the opportunities of the general student body.
 - Cheerleading practice time should be consistent with other extracurricular activities (band, drama, athletic teams, etc.)
4. If schools participate in competitive events, they should adhere to the following requirements:
 - The competition safety standards should meet minimum AACCA (Appendix C) and National Federation requirements (see page 64-72 National Federation Spirit Rule Book.)

- When traveling to and from competitions, squads should follow the approved E-VSC travel policies.
 - If “outside” coaches (non employee) are paid for competitive routines, thorough background checks should be conducted on the character and technical knowledge of such persons, and compensation provided should be in compliance with E-VSC financial controls and policies.
5. We suggest that cheerleader sponsors follow the National Federation guidelines for conducting spirit team tryouts. (See National Federation Guidelines for Conducting Spirit Team Tryouts Booklet)