Interschool Guidelines for Middle Level Sports

Indiana High School Athletic Association
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Indiana Interscholastic Athletic Administrators Association
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INDIANA INTERSCHOLASTIC ATHLETIC ADMINISTRATORS' ASSOCIATION

BE PROUD OF YOUR PROFESSION, BECOME INVOLVED!!!

Participation in IIAAA benefits athletic administrators in a variety of ways:

1. IIAAA Newsletter
2. District and State IIAAA Conferences
3. Continued improved communication with the IHSAA and State Coaches Associations
4. Promotion of professionalism, new ideas, and new insights
5. Fellowship with peers
6. Fostering beliefs as professionals to provide the best programs possible for our student athletes.
7. Provide liability insurance.

MAKE YOUR COMMITMENT TODAY TO JOIN IIAAA!!!

MEMBERSHIP INFO: BELOW ARE THE DISTRICT MEMBERSHIP CONTACTS - IF YOU WOULD LIKE TO BECOME A MEMBER OF IIAAA PLEASE CONTACT THE PERSON LISTED BELOW IN YOUR DISTRICT!

HIGH SCHOOL
DISTRICT I - MARK PRESTON - LAFAYETTE JEFFERSON - 765-772-4711
DISTRICT II – STEVE RHOADES – GARRETT - 260-357-4114
DISTRICT III –
DISTRICT IV – PAUL HEIDENREICH – SHELBYVILLE HS – 317-398-9731
DISTRICT V – JERRY HANGER – CRAWFORD COUNTY HS – 812-365-2125
DISTRICT VI – VIRGIL FERGUSON – NORTH POSEY HS – 812-673-6605

MIDDLE SCHOOL
DISTRICT I – OMAR MASOODI – TECUMSEH MS – 765-772-4750
DISTRICT II – ANDREW WAGNER – INDIAN SPIRNGS MS – 260-244-5148
DISTRICT III – SCOTT TIMMONS – FISHERS JH – 317-594-4150
DISTRICT IV – JAY STALEY – CLARK-PLEASANT MS – 317-535-3176
DISTRICT V – TOM CULLEN – EAST WASHINGTON MS – 812-967-5000
DISTRICT VI – PAT RUDISILL – CASTLE NORTH MS – 812-853-7347

-FOREWORD—

This publication has been prepared for those who administer the interschool athletic programs for middle level schools. On January 21, 1975, the IHSAA authorized the appointment of a committee to study and prepare guidelines for athletics in middle level schools. Many member schools had asked for guidance in the direction of a program adapted to the abilities of students at this level of competition. An understanding of the physiological and emotional development of early adolescents, the need for providing safety precautions, and the importance of protecting the best interests of students, prompted this request. The lack of specific limitations in number of contests, age of participants, etc., often resulted in abuses, inequities, inconsistencies and unfair competition. This Committee met frequently; conducted its study and received cooperation of a high percentage of school administrators. The following guidelines represent the judgment of the middle level representatives attending the 2003 State Athletic Administrator's Association Conference in Indianapolis, and the Study Committee comprised of middle level representatives from each of the state's six districts.

District Representatives:
District 1 - Ed Musselman, Wilbur Wright Middle School
District 2 - Gerry Brown, Urey Middle School
District 3 – Scott Timmons, Fishers Junior High
District 4 - Greg Ehrman, Sunman-Dearborn Middle School
District 5 - Mike Deaton, Austin Middle School
District 6 - J.C. Davis, South Spencer Middle School

Original 7/1977
Revised 4/17/1984
Revised 5/1/1990
Revised 1/18/1995
Revised 1/30/2004
Revised 4/21/2011

MIDDLE LEVEL SCHOOL GUIDELINES

PREAMBLE

The Indiana High School Athletic Association and the Indiana Interscholastic Athletic Administrators Association do not govern middle level schools, but recommend that they follow these rules within the guidelines set by the individual school district, principals' association, district athletic association, or school's athletic conference. Middle schools shall comply with Title IX

PURPOSE

The purpose of these guidelines shall be to encourage, unify and give direction to wholesome amateur interschool athletic competition between middle level grade students. All such interschool athletic competition coming under the suggested guidelines shall be subservient to and complementary to the academic or curricular functions of the schools, which are their primary purposes. To assure that the program of interschool athletic competition remains steadfast to the principles of wholesome amateur athletics and subservient to its primary academic or curricular functions of education of the middle level school, schools should cooperate with agencies vitally concerned with the health and educational welfare of school students; furnish protection against exploitation of schools or their students; determine guidelines for qualifications of individual contestants, coaches and officials; and provide written communications to establish guideline standards for eligibility, competition and sportsmanship.

PART I
GENERAL ELIGIBILITY RULES

RULE 1 – RULE COVERAGE
Section 1

These guidelines apply to all teams and all contestants enrolled in middle level schools participating in interschool athletic contests, tourneys and/or meets.

RULE 2 – ADMINISTRATIVE RESPONSIBILITY
–Authority–
Section 1

The principal is recognized as the school representative and as such is accountable for conduct of the athletic program of that school.

Section 2

The principal has the authority to designate a faculty member/s employed in that school system to act as a director of the teams representing the school.

Section 3

It is understood that any school corporation may adjust the scope of athletic activities.

Section 4

The principal or designee shall institute adequate team and crowd control measures at all contests in which their school participates and assures that their school's participants and fans conduct themselves in a proper and sportsmanlike manner.

–Certification of Eligibility–
Section 5

a. The principal of the school in accordance with the guidelines hereby suggested must certify to the eligibility of all contestants:

b. Each school should establish their own guidelines toward scholastic eligibility.

c. When eligibility is in question, should not be allowed to participate in interschool contests.

d. All participants should be fulltime students within their respective school district.

–Consent and Release Certificates–
Section 6

Students, prior to their first practice, should have had (a) a physical examination by a physician holding an unlimited license to practice medicine and (b) written consent of parent or guardian for such participation.

Evidence of both, included on the Consent and Release Certificate, should be on file in the principal's office prior to the student's first practice. Physical examination must be on or after May 1 for the following school year. Such certification may suffice for the entire school year.

This guideline should not be waived.

It is recommended that all student athletes have insurance.

Section 8

Students who are physically unable to practice for 5 consecutive days due to illness or injury should present to their principal or director a statement from a physician licensed to practice medicine that they are again physically fit to participate in interschool athletics.

RULE 3 – AGE
Section 1

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 fourteen (14) prior to or on the scheduled date of the last contest in a sport should be ineligible to compete in grade-level specific sports within the following guidelines.

7th grade – A student who is or shall be fifteen (15) prior to or on the scheduled date of the last contest in a sport should be ineligible to compete in grade-level specific sports within the following guidelines.

8th grade – A student who is or shall be sixteen 16 prior to or on the scheduled date of the last contest in a sport should be ineligible to compete in grade-level specific sports within the following guidelines.

Section 2

In non grade-level specific sports, a student who is or shall be 16 prior to or on the scheduled date of the last competition in a sport should be ineligible for competition in that sport.

RULE 4 – AMATEURISM

Section 1

All contestants in middle level school sponsored contests should be amateurs in that sport in which they wish to participate.

Section 2

Students should not play under assumed names nor accept remuneration, directly or indirectly, for playing on athletic teams.

Section 3

Students should not be considered as violating their amateur standing if they participate in any sport, out of season, sponsored by professionals.

Section 4

School having students who have violated their amateur standing should notify any school against whom competition occurred which involved that student's participation.

Section 5

A student may accept reasonable meals, lodging and transportation if such are accepted in service rather than money or in some other material form.

RULE 5 – AWARDS, PRIZES, GIFTS

Section 1

The giving and receiving of awards should (a) be kept within reasonable bounds; (b) have symbolic value only and (c) be with the consent and under the supervision of the school principal.

NOTE: The giving and receiving of awards with the consent and under the supervision of the school principal concerned should mean that the school principal in each school should have real control and supervision without pressure of any kind from outside persons or groups of persons.

Section 2

Awards such as trophies, plaques, medals, ribbons or similar articles of symbolic value may be given.

Section 3

Schools belonging to athletic conferences may make awards to the winning schools or winning participants.

Section 4

Suitable awards may be accepted by schools and/or students from such local organizations as service clubs, patriotic organizations, civic groups, and dads' and mothers' clubs. Commercial businesses may name a player or players of the game or week provided the student does not accept merchandise, meals, cash, etc. for such an honor.

RULE 6 – COACHES

Section 1

Coaches should be regularly certified to teach in schools in Indiana if possible, however lay coaches may be used.

a. All remuneration for coaching should be from the Board of Education of the school employing the coach.

b. No school should be permitted to employ a coach who receives extra pay, salary, gifts or trips from outside sources for coaching.

c. Where there is a coach of a mixed (boys and girls) team or a male coach of a girl's team or a female coach of boys' team, there should also be an adult advisor of the opposite sex. It is **strongly recommended** that such advisor be employed by the school system. Responsibilities must include being present at practices, contests, meetings, and accompanying team to all events, which involve travel.

RULE 7 – CONDUCT, CHARACTER, DISCIPLINE

Section 1

Contestants' conduct, in and out of school, should be such as:

a. Not to reflect discredit upon their school.

b. Not to create a disruptive influence on the discipline, good order, moral or educational environment in the school.

RULE 8 – CONTESTS

These are general rules applying to all interschool contests.

Section 1

No games, meets or tourneys should be played by schools without the sanction of the principals.

Section 2

Interschool athletic contests should follow the recommended guidelines for that contest.

Section 3

In all contests, the decisions of the officials shall be considered final and binding.

Section 4

Students may represent only one school in any sport during a tournament series.

Section 5

All-boys teams and all-girls teams should not participate against each other in interschool athletic contests.

Section 6

Boys' contests and girls' contests may take place simultaneously or during the same session. With prior mutual consent, team and individual scores may be combined.

Section 7

There should be no interschool athletic contests played or practices or clinics held on Sunday. Calling one or more team members together on Sunday for the purpose of studying scouting reports or viewing films of games should be considered a violation.

Section 8

In order to protect the health and safety of all participants, when a school is involved in a strike situation, suspension of students, etc., which prevents regularly scheduled supervised practice sessions of normal length and frequency, prior to participation, there should be:

a. The required preseason practices, if applicable;
b. A minimum of 4 separate days of school-approved practices following 5 to 10 consecutive interrupted school days;
c. A minimum of 6 separate days of school-approved practices following 11 or more consecutive interrupted school days.

Section 9

Withdrawal of a school athletic team from an athletic contest in progress other than emergency situation and, unless by mutual consent of both schools, should jeopardize future scheduling considerations.

Section 10

The use of audio-visual equipment for coaching purposes during athletic contests in any sports should be prohibited.

RULE 9 – CONTRACTS

Section 1

The "Contract for Athletic Contests" should be used for all interschool athletic contests and countersigned by the principal or director of the schools involved.

RULE 10 – ENROLLMENT AND ATTENDANCE

Section 1

In order to be eligible for athletic competition during any cut-sport season, a student should have entered a middle level school prior to the day the first contest occurs.

RULE 11 – OFFICIALS

Section 1

The officials in all interschool contests requiring officials should currently be licensed by IHSAA.

Section 2

All licensed officials should wear the current officials' insignia on the prescribed uniform.

Section 3

Written contracts are mandated between schools and officials.

RULE 12 – PARTICIPATION

Section 1

Participation in an athletic contest or any other similar team during the same season in which they represent their school in that sport is strongly discouraged.

Section 2

A student who participates in an interschool contest when ineligible other than in scholarship, too many quarters, too many events and similar oversights, should become ineligible only in that sport for the remainder of that sport season unless facts were purposely withheld or misrepresented. Such deliberate action should make the student ineligible in all sports for the remainder of that semester and all of his/her next semester in school.

Section 3

Participation of students in an organized athletic contest with or against players not belonging to their school constitutes a game. An organized "scrimmage" or practice by students with or against teams or players not belonging to their school is considered a game.

RULE 13 – SCHOLARSHIP

Section 1

Each school should establish their own scholastic requirements for students participating in their interschool athletic contest.

RULE 14 – UNDUE INFLUENCE

Section 1

The use of undue influence by any person or persons to secure or to retain a student or to secure or to retain one or both parents or guardians of a student as residents should cause the student to be ineligible for interschool athletics.

Section 2

No student should be eligible to participate in any interschool contest under the rules, if it should be shown that he/she or any member of their family is receiving any remuneration, either directly or indirectly, to influence them or their family to reside in a given school district or territory in order to establish eligibility on the team of said school.

PART II

INTERSCHOOL SPORTS RULES–BOYS & GIRLS

GENERAL ELIGIBILITY RULES – these rules apply to all sports.

1. Practice should start no earlier than 3 weeks prior to first scheduled contest.
2. Follow National Federation Rules except in Golf (USGA rules are used) and Tennis (USTA rules are used).
3. There should be 10 separate days of organized practice under the supervision of the coaching staff for each contestant preceding date of participation in interschool contests. Only one practice may be counted for any one day.

NOTE: Individual participants may be considered eligible to participate in an immediately following season's sport contest after 5 days of organized practice.

RULE 51 – BASEBALL (BOYS)

1. Maximum number of season games for a team or student should be 18 including up to 2 tournaments.
2. A pitcher should not pitch in more than 8 innings in any 3-day period.
3. All bats must have a (-3) differential which is consistent with high school rules.

RULE 52 – BASKETBALL (BOYS & GIRLS)

1. The length of quarters should be no greater than 6 minutes with a 10-minute halftime.
2. A school should play no more than 16 regular season games and two tournaments.
3. Overtime periods should be 3 minutes in length.
4. It is recommended that the 3-point shot be used.
5. Participants should play no more than 5 quarters per session.

RULE 53 – CROSS-COUNTRY (BOYS & GIRLS)

1. Participants should not compete in more than 12 scheduled meets in one season.
2. All participants should wear a similar school team uniform.
3. Maximum distance for participants should be 4,000 meters.
4. All other I.H.S.A.A. and Federation rules apply.

RULE 54 – FOOTBALL (BOYS)

1. Use only safety approved football equipment as listed in the National Federation Rulebook.
   a. Helmet
   b. Mouth piece
   c. Shoulder pads
   d. Hip pads
   e. Only molded rubber shoes
2. Teams may use intermediate or regulation ball (example J5Y or J5V); if other team uses different ball, change will be made on change of possession.
3. The length of quarters should be a maximum of 8 minutes for 8th graders and 7 minutes for 7th graders with a maximum 10-minute halftime.
4. Participants should play a maximum of one game per calendar week.
5. Participants should play no more than 5 quarters per session.
6. Overtimes will be permitted but limited to a maximum of 1.

-Marion County OT rules explained on page 9-

RULE 55 – GOLF (BOYS & GIRLS)
1. Follow USGA Rules
2. Team may consist of six players but score only first four.

RULE 56 – GYMNASTICS (GIRLS)
1. Limit each event to no more than 3 contestants per school.

RULE 57 – SOCCER (BOYS & GIRLS)
1. The length of halves for middle level school contests should be no greater than 30 minutes with a 10-minute halftime.
2. A middle level school team should play no more than 14 scheduled games and one tournament.
3. If a team participates in 2 tourneys, the games played in the second tourney should be included in the 14 games permitted for that grade level.
4. No overtimes should be permitted.

RULE 58 – SOFTBALL (GIRLS)
1. Maximum number of season games for a team or student should be 18 including up to 2 tournaments.
2. Practice should begin no earlier than 3 weeks before first scheduled contest.
3. Pitchers mound should be at 43 feet.

RULE 59 – SWIMMING (BOYS & GIRLS)
1. No more than 10 meets should be scheduled per season.
2. Enter contestant in a maximum of 4 events, 2 of which should be relays.
3. Suggest participants swim 400 yards freestyle instead of 500 yards freestyle.

RULE 60 – TENNIS (BOYS & GIRLS)
1. Follow the United States Tennis Association Rules.
2. A team should not have more than 3 scheduled matches per week.
3. A contestant may play singles or doubles.

RULE 61 – TRACK AND FIELD (BOYS & GIRLS)
1. All team members/participants must wear the school uniform. No head apparel should be permitted.
2. Events – those recommended for middle level schools in the National Federation rulebook.
3. Recommend pole-vaulting event only if certified coaching is available and landing pad meet National Federation specifications.

RULE 62 – VOLLEYBALL (GIRLS)
1. A school should play no more than 16 regular season games and two tournaments.
2. There should be no more than 3 matches per calendar week.
3. Host school should notify visiting school regarding variations or modifications of facilities or rules prior to contest.

RULE 63 – WRESTLING (BOYS)
1. The recommended weight classes for a middle level combined team are: Change weight classes to: 70, 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 155, 165, 180, 215, 285.
2. Wrestlers may move up one weight class, but not down. Also 180, and 215 may not move up.

3. Weigh-ins may be done before school lunch time under the supervision of the coach and an appointed administrator. The wrestler gets one chance to weigh in. Once the wrestler weighs, they may eat lunch. Weights must be faxed, emailed, or telephoned to the opposing school before 2:00 PM on the day of the contest.
4. The only time a wrestler is given a one-pound allowance is for Monday meets, after a three-day holiday, or the second meet of back-to-back meets.
5. Excessive weight loss is not condoned.
6. The maximum number of dual meets should be 14. A student or team may participate in the following: (a) 14 interschool dual meets and one tournament or (b) additional tournaments may be scheduled with each counting as 2 of the 14 dual meets.

Marion County Middle School Association
Specific Guidelines

Listed below are specific sport procedures for the Marion County Middle Schools and opponents they host.

Created November 1, 2013

Online resources:

IIAAA

www.iiaaa.org

Every Athletic Director should be a member of both associations and attend the State Conference in the spring.

NIAAA –www.niaaa.org

National Federation of High Schools - www.nfhs.org

Brad Phelps-Fall Creek Valley Middle School AD
& MCMSADA President
Andrew Aspaas –Lynhurst 7th 7 8th Grade Center & MCMSADA Vide-President
Brian Kendall –Chapel Hill 7th & 8th Grade Center AD
& MCMSADA Treasurer

General Procedures

- **15 minute warm-up is recommended for a competitive event.**
  -The home team will be prepared and ready
  -Visiting team/school should contact host team/school if the scheduled start time is in jeopardy.

- **Students should play on the grade level team**

–If school provides a specific grade level team-

- **Wrestling, Track, Cross Country, Tennis, Swimming & Diving are for 6th, 7th & 8th grade students. Not for 5th or below.**

Concussion Awareness

All schools are required to provide concussion procedures, awareness forms, and a return to play protocol. A good idea is to attach this document with the physical form.

Football

Overtime Procedures/Rule

1. When the score is tied at the end of the fourth period, the referee will instruct both teams to return to their respective team boxes. There will be a 3 minute intermission during which both teams may confer with their coaches. All officials will assemble at the 50-yard line, review the overtime procedure, and discuss how penalties, if any, including any carry-over penalties from the regulation period will be assessed to start the overtime procedure.
2. At the coin toss in the center of the field the visiting-team's captain shall be given the privilege of choosing "heads" or "tails" before the coin is tossed. The winner of the toss shall be given his choice of defense or offense first, or of designating the end of the field at which the ball will be put into play for the single set of overtime downs. The loser of the toss will have the choice of the other options.
3. To start the overtime period, the offensive team shall put the ball in play, first and goal on the defensive team's 10 yard line or succeeding spot if a carry-over penalty has been administered anywhere between the hash marks. The first offensive team shall have a series of four downs. That series is terminated by any score by the offensive team or if the defensive team has possession of the ball.
4. If the offensive team scores a touchdown, it is entitled to the opportunity for a try (1 or 2 point) unless the points would not affect the outcome of the game.
5. A field goal attempt is permitted during any down.
6. If the defensive team gains possession, the ball becomes dead immediately and the offensive team's series of downs is ended.
7. After the first team on offense has completed its series of downs, the first team on defense will become the offensive team with the ball in its possession at the same 10 yard line anywhere between the hash marks. The second offensive team shall have a series of four downs. That series is terminated by any score by the offensive team or if the defensive team has possession of the ball.
8. If the score remains tied after one complete set of overtime downs, the game shall stand as a tied contest.

Basketball County Tournament

Bracket drawings are held at the Spring Meeting

1. All sites will be pre-determined in advance for scheduling. Host schools will be drawn first working back from championship rounds to 1st round games.

2. No school will host more than one time in the same tournament. This will allow for 16 of 20 schools to host at least one time. Schools not hosting in one tournament would automatically host in next tournament during same school year. This assures every school of at least one BB gate.

3. The drawing will be for both 7th and 8th grade tournaments.

4 Girls' and boys' tournaments will be separate drawings.

5. 7th and 8th grade 1st round games played at same site. This would save on transportation. Be aware that 2nd round hosts could have two different schools playing host school.

6. All host sites would schedule their own officials.

7. Games #1-19 will use two-person crews. Suggest game #20 use three-person crews for both championship games. Game fees should be agreed upon by all MC schools.

8. Suggested start times for 1st and 2nd round games 5:15/6:30. Suggested start times for Saturday games would be 9:00 and 12:00 for 7th grade games; 10:30 and 1:30 for 8th grade games. Championship games determined by schools involved.

9. Host schools in Tuesday/Thursday rounds will wear WHITE.
Schools listed on top line of bracket in quarter-finals and semi-finals will wear WHITE.

*South winners will wear WHITE in championship rounds.

North	South
Belzer	Beech Grove
Eastwood	Chapel Hill
Fall Creek Valley	Creston
Guion Creek	Decatur
Heritage Christian	FTM East
Lincoln	FTM West
New Augusta	Lynhurst
Northview	Perry Meridian
Stonybrook	Raymond Park
Westlane	Southport
	Speedway

Baseball & Softball

Baseball & Softball, Starting 2010-2011 Season:

No inning starts after 2 ¼ -hour time limit. Umpire will run stopwatch. Time begins with 1st pitch.

1. Baseball/Softball – CAN wear metal cleats.
2. Baseball – must use BB Core (-3) bats.

November 27, 201311/27/2013

- Softball mounds are to be 43 feet.
- Bats are to be ASA certified.
- Softball mask must be a full facemask.

www.mme.wsu-ssl.org/certifiedbaseballbats.aspx.

Wrestling

Specific Marion County Guidelines/practices

- Weight sheets should have two columns. One for actual weight (be specific) and one for the class the student is to compete in.
- An additional 1-pound weight allowance starting February 1
- A second 1-pound weight allowance starting March 1.
- 1-pound weight allowance for back-to-back matches, Monday matches, and matches the day after a 3-day weekend.
- Match times 2-1-1 (beg. 2015-16)

Cross Country

Chapel Hill hosts the Giant Championships –A Cross Country Event- the Saturday of week 13. This invitational is counted as a county meet.

Soccer

Soccer is the only "team" sport 6th grade students can participate as members of.

Golf

Match speed can be discussed prior to the start of the match between both coaches. Stroke recommendations can be determined by coaches if necessary.

Tennis

Contact should be made between competing schools with total number of players per gender if a full team is not available.

Cheerleading

Recommended a coach be certified for stunts and builds.

www.aacca.org/

Volleyball

Scoring per contest:

1st game 25, 2nd game 25, 3rd game 15 cap

Flags are recommended to be used for judges.

Swimming & Diving

To help with meet efficiency send event lists to host school in advance.

Track & Field

- Communication prior to the day of the meet to provide exhibition races, field event limits, and special circumstances.
- An individual can compete in 4 total events.
- Events follow the IHSAA/NFHS order
  4x800 relay and 300 low hurdles are optional (not common).
- Hurdles are the same height for both boys and girls races.
- Field Events:
  High jump begins at 4′ for girls and 4′6″ for boys.
  2″ increase for girls until 4′6″ then 1″
  2″ increase for boys until 5′2″ then 1″
  Shot and Disc events
  Both genders compete with a 4K shot.
  (NOT an 8lb implement)
  Discus is a 1K implement for each gender.

Officials Pay Scale
2015-16 through 2017-18

1 Football	$55
2 Football	$95
Volleyball	$65
1Basketball	$45
2Basketball	$75
Swimming & Diving	$80
Wrestling	$80 (1 official) $65 (2 officials)
Track & Field	$80
Softball/Baseball	$55

(Some schools pay $90 for a double-header, but we did not adopt this as an agreed upon max.)

1 Soccer	$50
2 Soccer	$90

Event Admission within Marion County (at Middle Schools)

Adults -$4
Students/Seniors -$2
Family prices, passes, and tournament admission is determined by the host school.