

Junior High Athletic Handbook

For School Personnel/Coaches

Klamath County School District
2017-18



Adopted By
Klamath County School District
Board of Directors
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Klamath County School District
Junior High School
Athletic Program

The activity/athletic program is designed to supplement the total co-curricular offerings of the overall school program. All participants in the activity/athletic program shall abide by all district and school policies, rules and guidelines.

The goal of this program will be to:

1. Promote a healthy spirit of competition, sportsmanship and team play and will emphasize skill development, fun and how to handle winning and losing;
2. Provide additional time for further instruction and guidance;
3. Provide each participant the opportunity to be a successful team member;
4. Provide the setting to emphasize the importance of punctuality and dependability of attendance at practice and contests; and
5. Provide all participants the opportunity to participate in each contest, thereby enhancing self-confidence, satisfaction and a feeling of self-worth. (This does not preclude benching a player for training rule violations, etc.)

CHAIN OF COMMAND in the administration of athletics:

- **BOARD OF DIRECTORS**
- **SUPERINTENDENT**
- **HUMAN RESOURCES DIRECTOR**
- **DISTRICT ATHLETIC DIRECTOR**
- **PRINCIPAL**
- **SCHOOL ATHLETIC DIRECTOR**
- **HEAD COACH**
- **ASSISTANT COACHES**

PREFACE

This handbook is to be considered the standard for the operation and conduct of the athletic programs in Klamath County School District. It is a requirement that those responsible for the operation and conduct of the District's Athletic Programs abide by the regulations/guidelines outlined within this handbook.

COACHES CODE OF ETHICS

The function of a coach is to educate athletes through participation in interscholastic competition which should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each athlete should be treated as though he/she were the coaches own, emphasizing the values of honesty, fair play and self-discipline along with assuring that the welfare of the athlete is kept uppermost at all times. Accordingly, the following guidelines for coaches

and other personnel associated with the district's athletic program have been adopted by Klamath County School District Board of Directors.

The coach will sign the Klamath County School District Athletic Handbook Coaches Acknowledgement Form to indicate that he/she has read the contents of this handbook.

The coach shall be aware that he/she has a tremendous influence, for either good or ill, on the education of the athlete and shall never place the value in winning above the value of instilling the highest ideals of character.

The coach shall uphold the honor and dignity of the profession. In all personal contact with athletes, parents, students, officials, athletic directors, school administrators, the media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.

The coach will not use derogatory language or gestures.

The coach shall take an active role in the prevention of drug, alcohol and tobacco/nicotine products abuse.

The coach will not use alcohol, illegal drugs, or tobacco/nicotine products when in contact with players or when acting in a supervisory capacity.

The coach shall promote the entire interscholastic program of the school and direct his/her program in harmony with the total school program.

The coach shall exert his/her influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, pep club sponsors, booster clubs, and administrators.

The coach shall respect and support contest officials. The coach shall not indulge in conduct which would incite players or spectators against the officials. Public criticism of officials or players is unethical.

Before and after contests, coaches for the competing teams should meet and exchange cordial greetings to set the correct tone for the event.

A coach shall not exert pressure on faculty members to give athletes special consideration.

When using social media to communicate with students/athletes, a coach will use it in a professional and positive manner.

INTERSCHOLASTIC ATHLETICS

It must be clear that although athletics in Klamath County School District are a part of the total educational program, it is an elective part – it is not required. Interscholastic activities give the athlete the opportunity to perform at a higher skill level in competition with other athletes.

This means that the athlete will have an opportunity to work with skilled coaches in a combined effort to master higher levels of skill and performance. Further, the athlete will have the opportunity to perform before their peer group and those in neighboring communities.

Competition can lead to good sportsmanship in the areas of discipline, loyalty, sacrifice and fair play. It is the responsibility of the community, school, boosters, coach and athlete to work to develop these qualities of good sportsmanship. Competitive athletics display the athlete to the community and for this reason coaches and athletes' behavior is up for criticism from their own peer group and community as well as those of neighboring communities. The athlete, by the very nature of competition, is put on display during athletic contests for public criticism and evaluation. The athlete is not part of the crowd; athletes do stand out. Judgments are made about the athlete, coach, school, and community as they travel to and from contests or simply function in everyday routines. However, while the benefits are great and the opportunities present, a degree of responsibility lies with the athlete and the coach must see the athletes adhere to acceptable team rules.

While not all athletes are interested in athletics as a lifelong career, all can benefit from training in positive attitude development in getting along with coaches, officials, team members, student body and community. All athletes can benefit from the physical development of their bodies and the satisfaction gained from physical activity.

THE ATHLETE

The Athlete: All athletic policies are in effect for all Klamath County School District students once he/she participates in the first practice of his/her respective sport and remain in effect for the duration of his/her junior high school career. The KCSD policies are in effect during the first day of the OSAA calendar year until the end of the school calendar year.

- ☛ Must be clean in mind, body and dress.
- ☛ Must be concerned with the proper health and care of his/her body.
- ☛ Must be considerate of other people's feelings, attitudes and wishes.
- ☛ Must be developing positive attitudes towards himself/herself and the community.
- ☛ Must be concerned with the safety and welfare of self and of others.
- ☛ Must be considerate of other people's property and rights.
- ☛ Must be observant of the laws that govern the school, community and country.
- ☛ Must be progressing satisfactorily towards academic success.
- ☛ Must be positive towards teammates, opponents, and coaches when using social media.

While not all athletes are going to be at precisely the same point in the development of these areas, they must be in the general area and making positive progress toward the fulfillment of each.

KCSD ATHLETICS ILLEGAL DRUG/ALCOHOL AND TOBACCO/NICOTINE PRODUCTS POLICY

Klamath County School District has made the following decision and consequences regarding the use of illegal drugs, including alcoholic beverages and tobacco/nicotine products during the following time period, first day of OSAA calendar until the end of the school calendar year. Students involved in both activities and athletics and found in violation of either policy will have consequences incurred in both activities and/or athletics.

Klamath County athletes shall not possess, use, transmit, or be under the influence of illegal drugs, alcohol, or tobacco/nicotine products of any kind, nor shall the athlete have in his/her possession any paraphernalia associated with the above, from the first day of the OSAA calendar year until the end of the school calendar year. Athletes will be found in violation of this policy if they are not personally using, but remain in the presence of individuals who are violating this policy. Any infraction occurring from the first day of the OSAA calendar year until the end of the school calendar year will result in consequences being enforced upon the conclusion of a due process meeting between the school administration, the student, and parents/guardians. Enforcement will take place during the present, and/or next sport in which the athlete participates. The athlete may become ineligible to receive awards or letters for the sport being played when the incident occurred. Athletes who find themselves in jeopardy because of a substance abuse problem should seek professional assistance. KCSD schools will be expected to participate in a front-end education component that will be required for all perspective athletes under this policy. An athlete who is in violation of these rules and transfers during the period of the consequence to another KCSD school will serve out their full consequence at their new school.

I. USE AND/OR POSSESSION OF ILLEGAL DRUGS OR ALCOHOL

a. First Offense:

1. The athlete will be suspended from interscholastic competition according to the following:
 1. 45 OSAA calendar days from the conclusion of a due process meeting between the school administration, the student, and parents/guardians.
 2. Suspension may carry from one sport season into the next in which the athlete participates.
 3. The athlete will be able to practice but not compete during the suspension.

The athlete may be required to comply with additional recommendations from administration before being permitted to rejoin the athletic program.

OR EDUCATIONAL AWARENESS OPTION

In an effort to provide athletes an opportunity to have the 45 OSAA calendar day suspension reduced, an **Educational Awareness Option** is available for First Offense violations only. An athlete and parent, or adult advocate, may opt to successfully complete a KCSD provided, or approved alcohol or drug educational program.

The **Educational Awareness Option** will consist of the following:

The school administration will inform the student and parents/guardian of the **Educational Awareness Option** Program. The athlete needs to choose this option within five (5) calendar days upon the conclusion of a due process meeting between the school administration, the student, and parents/guardians.

- The athlete, with a parent or an adult advocate, will be required to complete all **Educational Awareness Option** sessions.

- Upon successful completion of the **Educational Awareness Option**, the athlete and the parent or adult advocate will be required to meet with the advisor/coach and school administration. The purpose of the meeting is to plan for continued assistance for the athlete. The meeting must take place prior to reinstatement.
- Athletes who choose this option will be suspended from competition for a minimum of 30 calendar days. If the Educational Awareness Option Program exceeds 30 calendar days the athlete will be expected to successfully complete the **Educational Awareness Option Program** if they have rejoined the team. An athlete not making satisfactory progress in the program after being reinstated can be removed from the team at the discretion of the school administration until the program is fully completed.
- Athletes not choosing the **Educational Awareness Option** will be suspended for 45 OSAA calendar days.
- Suspension may carry from one activity season into the next in which the athlete participates.
- The athlete will be able to practice but not compete during the suspension.
- The athlete may be required to comply with additional recommendations before being permitted to rejoin the athletic program.
- Any costs outside the KCSD approved programs will be the responsibility of the parent.

b. Second Offense

- i. The athlete will be suspended from the athletic program for a period of 1 calendar year from the conclusion of a due process meeting between the school administration, the student, and parents/guardians.
- ii. The athlete may be required to comply with additional recommendations from administration before being permitted to rejoin the athletic program after the 1 calendar year suspension.

c. Third Offense

- i. The athlete will become ineligible for athletic competition, practice, or team membership for the remainder of his/her high school years.

II. ATTENDING PLACES WHERE ILLEGAL ACTIVITIES ARE OCCURRING

Athletes shall not remain at any site where illegal activities such as consumption of illegal drugs or alcohol by minors are occurring. The interpretation for this violation is at the discretion of the school administration.

a. First Offense

1. The athlete will be suspended from interscholastic competition according to the following:
 - a. 30 OSAA calendar days upon the conclusion of a due process meeting between the school administration, the student, and

- parents/guardians in any sport season in which the athlete participates.
- b. Suspension may carry from one sport season into the next in which the athlete participates.
 - c. The athlete will be able to practice but not compete during the suspension.
2. The athlete may be required to comply with additional recommendations from administration before being permitted to rejoin the athletic program.

OR EDUCATIONAL AWARENESS OPTION

In an effort to provide athletes an opportunity to have the 30 OSAA calendar day suspension reduced, an **Educational Awareness Option** is available for First Offense violations only. An athlete and parent, or adult advocate, may opt to successfully complete a KCSD provided, or approved alcohol or drug educational program.

The **Educational Awareness Option** will consist of the following:

The school administration will inform the student and parents/guardian of the **Educational Awareness Option** Program. The athlete must choose this option within five (5) calendar days upon the conclusion of a due process meeting between the school administration, the student, and parents/guardians.

- The athlete, with a parent or an adult advocate, will be required to complete all **Educational Awareness Option** sessions.
- Upon successful completion of the **Educational Awareness Option**, the athlete and the parent or adult advocate will be required to meet with the head coach and school administration. The purpose of the meeting is to plan for continued assistance for the athlete. The meeting must take place prior to reinstatement.
- Athletes who choose this option will be suspended from interscholastic competition for a minimum of 15 OSAA calendar days. If the Educational Awareness Option Program exceeds 15 calendar days the student will be expected to successfully complete the **Educational Awareness Option Program** if they have rejoined the team. An athlete not making satisfactory progress in the program after being reinstated can be removed from the team at the discretion of the school administration until the program is fully completed.
- Athletes not choosing the **Educational Awareness Option** will be suspended for 30 OSAA calendar days.
- Suspension may carry from one sport season into the next in which the athlete participates.
- The athlete will be able to practice but not compete during the suspension.

- The athlete may be required to comply with additional recommendations before being permitted to rejoin the athletic program.
 - Any costs outside the KCSD approved programs will be the responsibility of the parent.
- b. Second Offense
1. The athlete will be fully suspended from the athletic program for a period of 1 calendar year.
 2. The athlete may be required to comply with additional recommendations from administration before being permitted to rejoin the athletic program.

SUSPENSION REDUCTION OPTION

In an effort to provide athletes an opportunity to have the 1 calendar year suspension reduced, the athlete may opt to have the suspension reduced to 120 OSAA calendar days by completing 100 hours of community service and any additional recommendations decided by a KCSD Supervision Committee

- c. Third Offense
1. The athlete will become ineligible for athletic competition, practice, or team membership for the remainder of his/her high school years.

III. USE OR POSSESSION OF TOBACCO/NICOTINE PRODUCTS

- a. First Offense
- Suspension for two weeks from athletic competitions; the suspension will begin upon the conclusion of a due process meeting between the school administration, the student, and parents/guardians
 - The athlete may be required to comply with additional recommendations from administration before being permitted to rejoin the athletic program.
 - The athlete will be able to practice but not compete during the suspension.
- b. Second Offense
1. The athlete will be suspended from interscholastic competition according to the following:
 1. 45 OSAA calendar days upon the conclusion of a due process meeting between the school administration, the student, and parents/guardians in any sport season in which the athlete participates.
 2. Suspension may carry from one sport season into the next in which the athlete participates.
 3. The athlete will be able to practice but not compete during the suspension.
 2. The athlete may be required to comply with additional recommendations from administration before being permitted to rejoin the athletic program.
- c. Third Offense
1. The athlete will be fully suspended from the athletic program for a period of 1 calendar year.

2. The athlete may be required to comply with additional recommendations from administration before being permitted to rejoin the athletic program.

If an athlete begins a sport season with a suspension, the athlete must complete the season as an active team member for the suspension to be credited for the Educational Awareness Option.

The above violations in the different areas will be handled separately and not as an accumulative total. Violations from different areas cannot be combined to equal a cumulative violation total to determine a consequence. Only violations in the same area can be counted as cumulative for that specific violation.

ACADEMIC STANDARD

An eligible student must maintain at least a 2.00 grade point average (GPA) during any grading period or at the end of each semester and be passing five (5) classes. Some schools within KCSD may choose to make grade checks every three weeks.

Students failing to achieve a 2.00 GPA will be placed on probation for one week. Grades will be checked at the end of the one-week probationary period. If the deficiency causing the probation is corrected no other action will be taken. If at the end of the one-week probation the deficiency still exists, the student will be declared ineligible for the following week. The student will continue to practice, but will not be permitted to compete in any contests during this period. If the deficiency is corrected, the student is declared eligible.

If at the end of the second week the deficiency still remains, the student will be declared ineligible. The student will continue to practice, but will not be permitted to compete in any contests until the deficiency is corrected. Grades will be checked at the conclusion of this one week period. If the deficiency is corrected, the student is declared eligible.

If at the end of the third week the deficiency still remains, the student is declared ineligible for the remainder of the season for any activity. However, the Academic Eligibility Committee may elect to permit this student to remain on the squad for an indefinite period of time with the student being required to obtain weekly grade checks.

Achievement of a 2.00 GPA will regain the student's eligibility.

ACADEMIC ELIGIBILITY COMMITTEE

The principal of each school *will* appoint a committee of five members to review individual cases of eligibility. Individual cases of district academic standard waivers will be decided by a simple majority decision.

The committee will consist of the principal, coach of the concerned student, athletic director, and two staff members at large.

PHYSICAL EXAMINATION REQUIREMENTS

Each student athlete needs to complete a physical examination by a licensed medical practitioner every two years.

ATHLETIC DIRECTOR

The athletic director at each school will be responsible for the overall functioning of the program. The director will be directly responsible to the school principal.

1. Conduct pre-season student sign-up.
2. Secure coach and make assignments to teams.
3. Collect completed paperwork (i.e., athletic participation form, physician's exam form, copy of coach's first aid card, etc.).
4. Conduct coach pre-season meetings to brief them on program goals, rules/regulations, safety emergency care plan for injuries and other expectations.
5. Supervise team selection process to assure **equality and quality** among teams.
6. Provide rosters to team coaches and building administration.
7. Attend district meetings as scheduled.
8. Provide necessary equipment and facilities for all activities: i.e., balls, score books, uniforms, etc.
9. Provide and train necessary personnel and judges for activities (clock operators, scorers, etc.)
10. Will provide Athletic Commissioners and District Athletic Director the Sport Schedule(s) and will advise them of additions, deletions, time or site changes.
11. The athletic director, under the supervision of the building principal, will evaluate each coach using the district form.

The above list is not to be construed as an all inclusive list of duties. Other responsibilities may be designated by the building principal.

COACHING ASSIGNMENTS—NON-DISTRICT EMPLOYEE

1. NON-SCHOOL DISTRICT EMPLOYEES ADMINISTRATIVE REQUESTS FOR EMPLOYMENT

Prior to hiring, all coaching positions paid and volunteer must be approved by the KCSD Human Resources Director.

The School District has permission to employ personnel not presently employed by the District for coaching positions. The candidate will have completed the Coaching Principles Certification Class as endorsed by the OSAA, and will have knowledge of the sport assigned, understanding of youth, good communications, and an appreciation of the role of athletics in education Coaching Principles Class, as endorsed by the OSAA.

- a. Coaching staffs will not be supplemented or increased above normal requirements by the employment of the applicant.
- b. Coaches employed under the provision will receive the regular salary provided contracted personnel for comparable duties.

REQUIREMENTS

Listed below are the items required for a coach. These requirements must be met before the coach can be paid. All forms are available at the district or local school administration.

1. Application–Employment of Coach is required for all first time KCSD coaches. Personal Information Forms and payment requests need to be updated yearly.
2. Coaching Principles Certification Class as endorsed by the OSAA.
3. Current First Aid/CPR Card **Please check the expiration date on your card.**
4. W-4 Form/Temporary Employee Form **Both are required for payroll purposes.**
5. Fingerprinting and Criminal Record Check
6. Photo Identification Badge
7. Blood Borne Pathogens Class
8. All obligations designated by the KCSD and/or building administrators must be completed prior to final payment. Building administrators will contact KCSD payroll to verify that all obligations have been met.

VOLUNTEER COACHES

It will be the practice of the Klamath County School District to use volunteer coaches in school athletic programs when deemed appropriate by the school Athletic Director and Principal and approved by the District Human Resources Director. All volunteer coaches must be approved by the KCSD Human Resources Director before receiving a coaching assignment. A volunteer coach is one who offers coaching services of his/her own free will and time, without compensation.

In order to protect the safety and welfare of our athletes, Klamath County School District will conduct background checks on all volunteer coaches. All records and background checks on volunteer coaches will be maintained in the District Office. Klamath County School District does not provide Workers' Compensation Insurance for volunteers.

Volunteer coaches will be at least 21 years of age and possess the ability and experience to provide assistance with the various athletic programs in the school. Volunteer coaches will not be paid and cannot serve as a head coach. Volunteer coaches will always be under the direct supervision of a paid coach.

In order to be considered for a volunteer coaching position, a prospective coach must fill out a volunteer coach application, meet all volunteer coaching requirements and interview with the principal, athletic director, and head coach. This must be completed prior to the start of volunteer coaching service.

VOLUNTEER COACH REQUIREMENTS AND EXPECTATIONS ARE:

- A. The volunteer coach must be at least 21 years of age.
- B. The volunteer coach must have completed Volunteer Coach Application.
- C. The volunteer coach must have completed a criminal background check.

- D. The volunteer coach must be directly responsible and must recognize the leadership of the Head Coach of the sport.
- E. The volunteer coach is expected to respect athletes and other coaches and adhere to all school and district guidelines, rules, and policies.
- F. The volunteer coach will be expected to complete certification and have membership in the following:
 - a. All certification classes as required by the OSAA (Coaching Principals Class; Concussion Training for coaches, etc.)

All certification and membership must be completed prior to the start of volunteer coaching service.

EMERGENCY CARE PLAN

The importance of an Emergency Care Plan cannot be stressed enough since preventative measures will not totally eliminate sports injuries. Each scheduled practice session or contest should have the following:

1. The presence of immediate availability of a person qualified and delegated to render first aid to a stricken participant.
2. Planned access to a physician or appropriate medical personnel for prompt medical evaluation.
3. Planned access to a medical facility including a plan for communication and transportation.

Safety/Emergency Care Equipment Preparation:

- | | |
|---|---------------------------------|
| Medical Kits | Accessibility to ice |
| First aid equipment | Emergency plan available |
| Authorized transportation | Emergency transportation |
| Accessibility to emergency telephone or cell phone | |

TRANSPORTATION

When district transportation is provided:

Teachers, coaches, chaperones, and bus drivers should all assume an aggressive role in the control of athletes while riding on a school bus. The following rules have been established to aid those responsible to accomplish this. These rules have evolved through the cooperation of representatives from groups involved with out of town trips.

1. The teacher, coach, bus driver and chaperone should confer with each other before the trip begins to establish trip procedure and expected athlete behavior.
2. The driver should remind the athletes of safety rules and regulations connected with riding in a school bus.
3. Teachers, coaches and chaperones will know the number of athletes riding their bus and have a list of their names. An accurate roll call and head count will be taken before departure. Use judgment as to when you take head counts or take rolls. All athletes must be accounted for after each stop when athletes leave the bus.
4. Teachers and coaches will space themselves throughout the bus to maintain better control.
5. While the bus in motion, the teacher, coach and chaperone will be responsible to enforce the safety rules and rules on conduct previously established. If there is a problem that has gone unnoticed by

the teacher, coach or chaperone, the bus driver will make the final decision whether the trip continues. This refers to when the trip is in progress. The bus driver should specify his noise tolerance level while the bus in motion.

6. Teachers, coaches and chaperones will take charge in case of misconduct of athletes.
7. Athletes displaying documented past behavioral problems should be considered carefully before being allowed to go on trips. Athletes should know in advance the possible consequences of unruly behavior and should be warned explicitly when the first occurrence happens. Parents and principal should be notified of any unusual misconduct on bus trips that could lead to disciplinary action.
8. Bus drivers are not to begin a trip without a teacher, coach, or chaperone physically on the bus.
9. When travel to and from contests is arranged by Klamath County School District:
 - a. Those athletes wishing to be dropped off at places other than school on return trips must make **prior** arrangements with teachers or coaches by bringing a note from parents and having been signed by the principal of respective school. **NO EXCEPTIONS!**
 - b. Athletes and coaches will ride to and from contests on this provided transportation. Exceptions: Parents or legal guardians may request directly of the head coach at contest sites permission for their children to ride home with them.
10. Coaches, teachers, and chaperones are responsible to check appearance and condition of bus at the end of each trip and see that all debris is picked up. No sunflower seeds on the bus at any time. Driver should provide containers for debris.
11. No person other than teachers, coaches, or chaperones shall be permitted to ride with athletes on trips. Exceptions for coaches' children must be approved in writing by the school administration.
12. There will be no food or drinks brought aboard the bus after students have been inside fast food restaurants to eat.
13. No glass containers or potentially hazardous materials are allowed on the bus.
14. There will be no smoking or tobacco/nicotine products chewing allowed on the buses at any time.
15. Football cleats, track spikes, baseball cleats and other potentially damaging footwear will not be allowed to be worn on buses
16. Lunches will not be permitted to be eaten on buses unless prior permission has been obtained.
17. Rear windows of the bus must be kept unobstructed.

JUNIOR HIGH VOLLEYBALL

Guidelines

STRUCTURE OF TEAMS

1. Twelve members per team.
2. Teams shall be divided as evenly as possible according to the ability and potential of the participants. Final adjustments should be made before the first match.

SAFETY PROCEDURES

Teams shall be allowed at least ten minutes of warm up at the match site before each match.

RULES AND REGULATIONS

Matches will be conducted according to the rules and regulations set forth in the National Federation of State High School Association Volleyball Rules Book, except as specified below.

1. Net height will be regulation.
2. Any legal serve may be used.

3. No player will serve more than five times in one turn at service. If a player on team "A" has served five points in a row for her team, then team "A" will rotate one position and the next server shall continue team "A's" turn at service. This five serve limit shall apply to both seventh and eight grade matches.
4. Substitution rule is same as high school.
5. Team benches are assigned to the respective teams according to the coin toss and may be switched to start the second and third games of a match.
6. Coaches must provide a complete roster of all teams to the scorer's table prior to the match beginning. This roster needs to stay at the scorer's table.
7. All teams will play three games to 25, with a 30 point cap.
8. 7th grade teams may use a short service line that is marked five feet inside the regulation service only.
9. The host school will provide an adequate number of practice volleyballs for warm ups.
10. Starting time will be 4:00 PM for 7th grade games and 5:30 PM for 8th grade, OR starting times may be changed if both schools reach mutual agreement.
11. No libero will be permitted.
12. Any COACH or ATHLETE that is ejected from a game by an official will result in a one game suspension. The coach needs to leave the playing area immediately. The coach or athlete suspended will not be allowed to be on campus during the next scheduled game. *The one game suspension can be appealed to the school's athletic director and/or school's administration.*

TRACK AND FIELD

Rules and Regulations

All meets are to be conducted according to the rules and regulations set forth by the National Federation of State High School Association with listed exceptions.

COMPETITION

Order of Events

Track Events in Order

4x100 meter relay
 800 meter run
 100 meter dash
 400 meter run
 100 meter hurdles
 110 meter hurdles
 200 meter dash
 1500 meter run
 4x200 meter relay

Field Events

Long Jump
 High Jump
 Starting Height
 3'6" – Girls
 4'0" – Boys
 Shot Put – 8 lb
 Triple Jump

NOTE: All hurdle races will use 10 hurdles set at standard high school spacing on track.

DIVISION

Separate divisions for 7th grade boys, 7th grade girls, 8th grade boys and 8th grade girls.

NUMBER OF EVENTS

Three events plus one relay. Schools can enter more than one relay team.

NUMBER OF ATTEMPTS IN FIELD EVENTS

Each participant shall have three attempts in the shot, discus and long jump. High school girls' regulation discus shall be used for boys and girls. Judges are not to force participants to take all three attempts in a row.

UNIFORMS

Schools having uniforms can use them.

NOTIFYING MEET OFFICIALS OF ENTRIES

Participants will report in at start line or field event.

SAFETY

Coaches are to continually instruct and remind participants of risks or injury to themselves and others in the sport of track and field.