

# SPORTS

## FALL:

Boys'/Girls' Cross Country - 7th/8th grade

Girls' Basketball - 7<sup>th</sup> & 8th grade

## WINTER:

Boys' Basketball - 7th & 8th grade

Boys' Wrestling - 7th/8th grade,

Girls' Volleyball - 7<sup>th</sup> & 8th grade

## SPRING:

Boys' Track - 7 & 8th grade

Girls' Track - 7 & 8th grade

**Season must end two weeks before the end of school**

**Any additional tournaments must incur no additional cost to the district.**

A. League championships for basketball, volleyball and wrestling are determined by dual meet competitions. In the event of a tie, both schools are declared co-champions. Tournaments shall determine individual tournament championships only.

B. **At the conclusion of the cross country season, place of finish will be determined by your school's win/loss record using the following point system. All ties will result in split points.**

Dual meet final standings:

1st place - 5 points

2nd place - 3 points

3rd place - 1 point

Additional points for finals:

1st place - 5 points

2nd place - 3 points

3rd place - 1 point

# RULES GOVERNING SPORTS

## Commissioner

Athletic Directors will serve as the Commissioner for each sport. The Commissioner will hold a pre-season meeting for his/her sport. The minutes from this meeting to be distributed to all Athletic Directors. Rule changes will then be presented by the Commissioner to the Principals. Results from competition should be reported to the Commissioner. The Commissioner for each sport will rotate each year.

- \* Rincon Valley - Wrestling
- \* Slater - Track and Field
- \* Cook
- \* Comstock
- + Santa Rosa - Cross Country

Recommendations for rule changes must be approved by Athletic Directors and Principals.

At the end of the season, Commissioners will send final league results and tournament results to each middle school Athletic Director.

## Basketball 7/8

1. 7 minute quarters.
2. 10 minute half times.
3. Timeouts: Three full 60 second timeouts and two 30 second timeouts per game.
4. The sport is governed by the National Federation Rule Book rules of the previous year.
5. A qualified adult must be present at the score table to keep score or time for the entire game. Failure to do so will result in the game being played but counting as a forfeit in the league standings.
6. G.P.A. for 8th graders is based on 4th quarter grades from previous year. Release from probation shall be determined by G.P.A. status as of the first league contest. Seventh graders are based on 1st quarter grades.
7. Game balls shall be the District adopted wide seamed leather ball.

### Girls Team Only:

A 28-1/2" diameter ball will be used.

## Volleyball - Girls 7/8

1. Match is 2 out of 3 games.
2. G.P.A. is based on 2nd quarter/trimester. Release from probation shall be determined by G.P.A. status as of the first league contest.
- \* 3. 7<sup>th</sup> grade games will be played first; varsity will be second.
4. Net height is
5. Rally scoring will be used.
6. A qualified adult must be present at the score table to keep score or time for the entire game. Failure to do so will result in the game being played but counting as a forfeit in the league standings.

## Wrestling - Boys 7/8

\* Sport governed by National Federation H.S.wrestling rules with the following rules amended: (the following rules are subject to change following the first wrestling coach meeting.)

1. **Amend Rule 1-3 Weight-Control Program:** Replace weight control program with: All teams must submit a final roster with each participant categorized in a weight class with the actual weight of each participant recorded. Final rosters are due by fax to the League Athletic Director no later than 12:00 noon on the date of the first league competition. Copies of the school's final rosters then will be faxed by the League's Wrestling Athletic Director to each school no later than 3:00pm that same day. After the final roster is submitted, a wrestler may drop no more than one weight class from the weight class the wrestler qualified for on the final roster.
2. **Amend Rule 4-4-1 Weight Classifications:** Competition shall be in the following weight classes: 77,84,91,98,105,112,119,126,132,138,145,155,165,175,191,245.
3. **Amend Rule 4-4-4 Growth Allowance:** A one pound allowance will be given to all weight classes on the date of the first completion at the beginning of the second half of the season.
4. The minimum weight in order to wrestle at the 245 lb. weight class is 185 lbs.
5. **Amend Rule 5-22-1 Random Draw:** The random selection of one of the 16 weight classes to determine the order of weight classes wrestled for each dual meet will be randomly drawn at the meeting for all wrestling coaches at the beginning of the season. A random starting weight class will be drawn for each date of competition during the season and will apply to all teams competing in dual meets on that date.
6. **Amend Rule 4-5-1 Weigh-ins:** Weigh-ins and qualifications must occur before 9:00am on the day of the match.
7. **Amend Rule 6-1-1 and 6-1-2 Length of Match:** All regular varsity matches in dual meets, tournament championship, or tournament consolation competition shall be: Round 1 (1 minute), Round 2 (1-1/2 minutes), Round 3 (1-1/2 minutes). All JV or exhibition matches in dual meets, tournament championship, or tournament consolation competition shall be: Round 1 (1 minute), round 2 (1 minute), round 3 (1 minute).
8. League Champions shall be determined by the final results of the leagues dual meet records. In the event two or more teams have identical records, there would be co-champions.
9. The Tournament Champion has no bearing on the League Championship.
10. GPA is based on 2<sup>nd</sup> quarter/trimester. Release from probation shall be determined by GPA status as of the first league contest.
11. Amend Rule 9-2-2: Dual meets which result in a tie will be recorded as a tie.
12. Amend Rule 4-1-3: Any athletic non marking shoes may be used during matches.
13. The League Tournament will conclude the season and has no bearing on the League Championship. The league tournament will rotate to different high

**schools in the following order. If a high school is unable or uninterested in hosting the next school will get an opportunity to host the event.**

- a. **Host school required to provide supervision**
- b. **Host school will order and pay for awards**

**2016 – Santa Rosa**

**2017 - Piner**

**2018 – Elsie Allen**

**2019 – Maria Carrillo**

**2020 – Montgomery**

**14. The Santa Rosa City Middle School Tournament will be scored as follows:**

**1<sup>st</sup> Place 14 points**

**2<sup>nd</sup> Place 10 points**

**3<sup>rd</sup> Place 7 points**

**No points for fourth place. Also, no advancement or bonus points for pins, technical falls or major decisions.**

### **Cross Country - Boys/Girls 7/8**

1. **Meets: 2 divisions - 1 boys, 1 girls. Course will be 1.8 to 2.0 miles.**  
**Personnel needed for meets:**

**Starter - gun, sleeve, whistle**

**Finish Judge - whistle, watch**

**Assistant Finish Judge - whistle, watch**

**2 Checkers - clip board, time sheets, pencils**

**2 Finish Taggers - cards, numbers**

**1 Scorekeeper - put in corner with back to wall so person isn't smothered**

**Course Judges - depending on the course layout**

**2 Finish Tape - tape**

**Chalker - chalk course with arrows or spots; cones can be used but sometimes they can be moved**

2. **Scoring: Team points are made by the first 5 finishers from each school, added up and the team with the lowest score wins the meet.**

**Use of Score Sheet: Count down first 5 runners from your school and draw a double line. Circle the 7th runner from your school. Count down first 5 runners from visiting school and circle their 7th finisher. This helps the scorekeeper see points placement. Points like placement at finish. First place runner earns one point for their team. If first runner from a team is 9th place in a race, that runner earns 9 points for their team. Check example.**

3. **There may be one invitational meet hosted by a designated school. The type of event, course, division break down within girls' and boys' teams and run are decided by the creativity of the hosting school.**

4. **Finals:**

a) **Runner gives scoring pull tag to scorekeeper.**

b) **A permanent course must be established for the finals so annual finals records will be consistent. School course records can be established if the same course is used annually.**

5. A coach hosting the finals shall receive one day release time for meet preparation. Host school is the same as for track (refer to Athletic Schedule).
6. G.P.A. for 8th graders is based on 4th quarter grades from previous year. Release from probation shall be determined by G.P.A. status as of the first league contest (8th graders only.) Seventh graders are exempt for this sport.
7. **Refer to page 13 for point system**  
 NOTE: Second race may begin before all runners from first race have finished if exceptionally slow times are involved.

**Track and Field**

1. There is a head boys' coach & a head girls' coach. An Assistant is hired if the team exceeds 40 eligible athletes with completed paperwork & qualified G.P.A.
2. G.P.A. is based on 3rd quarter/trimester. Release from probation shall be determined by G.P.A. status as of the first league contest.
3. Four dual meets, one semi-qualifying meet and one final city meet.
4. Two divisions of boys and two divisions of girls compose the school teams. Divisions are determined by grade level; students must compete in their grade level.
5. Athletes may participate in any three events, plus the relay. Violation of this will result in a disqualification of the athlete in that meet.
6. Athletes competing in field events need to check in within 30 minutes of arrival of bus. Host school may declare open pit competition for 90 minutes from start of the 70 meter hurdles; unless there are athletes waiting in line.

7. **Shot Put:**

<u>Boys' Division</u>	<u>Girls' Division</u>
8th - 10 lbs.	8th - 8 lbs.
7th - 8 lbs.	7th - 6 lbs.

8. **Discus:**

8th Boys - 1.6 kg	7th Girls & Boys - 1 kg
	8th Girls - 1kg

*NOTE: Equipment used for the Finals could be brought by any school, but must be available for all athletes to use.*

9. **High Jump:**

Starting height for high jump:	8th Boys - 4' 0"
	8th Girls - 3' 10"
	7th Girls - 3' 6"
	7 <sup>th</sup> Boys - 3' 8"

Bar may be raised 1 or 2 inches at a time.

10. A minimum 15 minute warm-up period will be allowed a visiting team after the entire team arrives at the meet site.

11. An athlete must wear a school issued uniform or P.E. uniform during competition. He/she will be disqualified without the appropriate uniform. Additional clothing must be school color or white. No hats or scarves allowed.
12. Timing: All times will be turned in to the desk written in the hundredth. Times will be recorded on score sheets in hundredths. Records will be established in hundredths. League records can only be established in semi-finals or finals.
13. Six places will be timed in each heat of dual meets. Marks and times will be posted at track meet.
14. Order of events: (Refer to Chart on page after next)

15. Hurdle Races:	<u>Dist.</u>	<u>Ht.</u>	<u>Start</u>	<u>Between</u>	<u>Finish</u>	<u>No.</u>
	70m	30"	13m	8m	17m	6
	<u>Dist.</u>	<u>Ht.</u>	<u>Start</u>	<u>Between</u>	<u>Finish</u>	<u>No.</u>
	200m	30"	35m	35m	25m	5

16. 400m shall be one lap in lanes, if possible.  
800m shall be one turn stagger.  
800m may be stacked in dual meets with same school sharing lanes.  
800m may not be stacked in semi-finals.
17. A coach hosting semi-finals shall receive half-day release time for meet preparation.
18. Host coach will send semi-final forms to each school two weeks before semi's. Coaches must make certain that completed forms are in the hands of the host coach on the Friday before the semi's. The host coach must return lane assignments and field event forms by the Tuesday before the semi-finals.
19. Entries for semi-finals: only six (6) entries per event listed in descending order according to times or distance.
20. Qualifying for the Finals, semi-finals will be timed as follows:
  - a) 1 heat - top eight qualify
  - b) 2 heats - top three of each heat qualify plus the next two best times
  - c) 3 heats - top two of each heat qualify, plus the next two best times
  - d) 4 heats - first place runner qualifies, plus the next four best times
21. A coach hosting the Finals shall receive two days release time for meet preparation. All other schools should receive one half day release time to help with field events.
22. The host school will supply 15 workers for the city Finals other than the coaches.
23. Finals: field events start at 1:00 p.m., track events start at 3:15 p.m.
24. No coaches, parents or athletes are to approach the finish line judges at any time during a meet.
25. Refer to page 13 for point system.