

MIDDLE SCHOOL ATHLETICS

GENERAL GUIDELINES

2019-2020

Please note that 8th grade athletics are governed by the LCPS Athletics Handbook and the NMAA Guidelines.

Responsibilities of Campus Administrators

According to the New Mexico Activities Association (NMAA), the administration of the home school is required to have at least one administrator present at all contests and events for the purpose of assisting with crowd control. One administrator from the visiting school will be present at all contests and events to assist with crowd control as well. Events that are held at neutral sites are required to have administrator(s) from both schools assigned to help with event management and crowd control.

The LCPS District requires that these NMAA guidelines be followed for all middle school athletic events.

Track meets are considered neutral sites; therefore, one administrator is required from each school entered.

Coaches Behavior

The LCPS Athletic Department supports “Compete With Class”, therefore, it is imperative that all LCPS coaches support, model, and reinforce this philosophy. As role models, coaches are held to higher standards of ethics, values, and professionalism at all times. It is important that our coaches’ value, teach, and reinforce respect, integrity and responsibility. Officials should be supported and respected regardless of the outcome of the contest. If there should be a question regarding a LCPS coaches’ behavior, or if a coach is **ejected** from an event, it is the responsibility of the administrator on duty to report the incident to the LCPS Athletic Director or Assistant Athletic Director as soon as the contest is over.

Student-Athlete Behavior

Students who participate in athletics must be aware that their personal conduct and attitude needs to reflect high standards of respect, loyalty, attitude, and morale. Because athletes represent their school and community, their conduct is expected to exemplify high standards at all times.

The LCPS Athletic Department supports the tenets of “Compete With Class”. If warranted, suspension from athletics shall be implemented by the Principal or Assistant Principal, **participation in athletics is a privilege not a right.**

It is the responsibility of the student and his or her parent(s) or legal guardian(s) to be familiar with the standards of student conduct (as per Section VIII Extracurricular Activities – Code of Conduct in the LCPS Athletic Handbook, residency and eligibility guidelines as per NMAA Requirements listed on their web site – www.nmact.org).

Student-athletes are expected to attend classes and practices daily. Any athlete who miss school, for one full period or more, on the day of competition or on the Friday prior to a Saturday competition, is not eligible to participate in the competition unless the student-athlete has a documented excused absence and has been cleared to play by a school administrator.

Parent(s)/Legal Guardian(s) Behavior

Parent(s)/legal guardian(s) are expected to adhere to and promote the “**Compete With Class**” education program. Understand and support the philosophy, objectives, and expectations that the coach has for the student-athletes. The LCPS Athletic Department supports the middle school philosophy that all student-athletes play in every competition as long as the student-athlete is academically eligible and has attended school and practice.

As spectators, parent(s)/legal guardian(s) are expected to comply with the guidelines of LCPS and NMAA through positive role modeling. Please remember that **the athletic contest is an extension of the classroom**. Therefore, be careful not to criticize the competitors, or harass students, players, coaches, officials, parents, or administrators. **Encourage all student-athletes and fans to promote good sportsmanship.**

8th Grade Sport Specific Guidelines/Rules

*****Students who participate in any sport for LCPS will not be able to participate, in the same sport, for any other team or league during the LCPS season. This includes but not limited to AAU, Club, Meerscheidt League or any other league.**

This is inclusive of all practices, games tournaments, etc...

This starts from the first official day of LCPS practice and concludes when the team is eliminated from the end of year tournament.

CONSEQUENCES for participating with a team other than an LCPS team will be immediate removal from the team.

I. All Sports Guidelines

- A. **NFHS/NMAA rules will be followed for all 8th grade athletic events.**
- B. Team Rosters – players may not be cut from a team during try-outs.
A student may join a team up until the first scheduled game. After the first game, the rosters are closed; any additions must be cleared through the LCPS Athletic Department. (**Exceptions:** *In-district transfers only eligible to play on “B-team”, out-of-district transfers may be added to the “A-team” roster. Players may not be moved from a “B-team” to an “A-team”.*)
- C. The 8th grade athletic program is open to 8th graders only, (**Exception:** *White Sands, due to low enrollment. The Athletics Administrator at White Sands will notify the LCPS Athletic Department when the need arises to use 7th graders.*)
- D. School uniforms are not to be worn outside of competition.

II. Practice Requirements

- A. Football: Minimum practices before participation-excluding weekends. Each team or individual must have at least (10) days of practice before competing in a scrimmage or game. The first (4) days of practice for each participant shall be a time of conditioning with the first (2) days of practice in shorts and helmets (no pads) and days (3) and (4) being in shorts, shoulder pads and helmets (shells). Full pads can then be worn during the remaining (6) days of practice. **All other sports** require (5) practice days minimum before participation in games-excluding weekends.
- B. Teams may practice Monday – Friday for no longer than two (2) hours. **Practice is not mandatory during holidays and fall/spring breaks.**
- C. **Attendance at all practice sessions is mandatory**, unless it is cleared through the head coach. If a player misses practice (unexcused) without clearing it through the head coach, he/she will not be eligible to play in the next scheduled athletic contest.

- D. **If a player is sick or injured and under a physician's care, the coach must have a written release from that physician before the player will be allowed to participate in a practice or a game.**

III. Ejection from a game (coach or player)

If a coach or player is ejected from a contest, he/she cannot participate in the next scheduled athletic contest. **In addition, when a coach or player is ejected, he/she is subject to sanctions according to NMAA Bylaw 7.7.2**

When a coach has been ejected, the official and/or administrator on duty should immediately notify the LCPS Athletics Department.

IV. Rank One Sport

All schools will now be required to use Rank One Sport to manage student Athlete physicals as well as all required paperwork.

Rank One Sport web site: www.rankonesport.com



8TH GRADE VOLLEYBALL

I. Rosters:

All teams must have a minimum of 10-players listed on their official roster.
(Exception – White Sands)

II. Substitution Rule:

Free substitutions are allowed on the A-Team only, as per National Federation of High School Associations/NMAA rules.

III. Participation Rule:

- A. All players must play in every match.
- B. Teams may not start a game with less than 6-players.
- C. B-Team only - Every player must play (1) full game of a 3-game match. **After every player has played 1-full game there may be free substitution. (Each match will consist of 3-games.)**

Example: Team A has 9 players. 6 players will qualify in game 1. During game 2 the remaining 3 players will qualify. The other 6 can substitute freely during game 2. Game 3 is free substitution.

IV. Pregame warm-up:

Consists of a minimum of two 6-minute segments, with each team taking their allotted 6-minutes of “net time”. Followed by 3-minutes of shared “serving time”.

**** Tournament rules will be the same as the rules used during the regular season.**



8TH GRADE FOOTBALL

I. Rosters:

Each team must have a minimum of 22-players on their official roster.

II. Player Participation:

- A. Players are allowed to play on both sides of the ball.
- B. All players must play a minimum of FOUR plays in every game.
- C. 8 min. Quarters.

III. Mercy Rule:

When a team is ahead by 35 or more points, the clock will not stop during out of bounds, incomplete passes, or first downs. The clock only stops for timeouts or scores. If the point differential becomes less than 35 points, the regular timing resumes. A game is ended at halftime or during the second half if a team is 50 or more points behind, according to NMAA Section 9.8.4 (F).

IV. Sideline Protocol:

- A. Teams will share the sideline opposite of the bleachers.
- B. Should the home administration wish and there is enough space the teams can be split on opposite sidelines. Admin needs to take the proximity of the bleachers into account.

V. Games/Post Season:

All schools will play the other 6 middle schools for a total of 6 regular season games. The two teams with the best records will play for the championship. All tie-breakers will be determined through NMAA guidelines according to Section 7.15.3 of the NMAA Handbook.



8th GRADE BASKETBALL

I. Rosters:

All teams must have a minimum of 10-players listed on their official roster.

II. Substitution Rule:

Free substitutions are allowed on the A-Team, as per National Federation of High School Associations/NMAA rules.

III. Participation Rule:

- A. All players must play in every game. (May not play with less than 5-players.)
- B. B-Team: Every player must play 1-quarter. (No substitutions except for injury or fouling out.) Players may be freely substituted in the 2nd half for players that qualified (played a full quarter in the 1st half). If a player did not qualify in the 1st half, they must play the entire 3rd quarter.

IV. Game:

Game will consist of four 6-minute quarters. **Overtime period is 3-minutes.**
Game start time for all games following the first game will be 15 minutes
Following the conclusion of the previous game. **(Please notify parents)**

V. Mercy Rule:

- A. Teams with a 20 point lead may not press in both A and B team games.
- B. A-Team: When a team is ahead at half-time by 35 or more points or becomes 35 or more points ahead in the second half, the clock will be a running clock and only stop for time outs, free throws and substitutions. If the point differential becomes less than 35 points regular time resumes.
- C. B-Team: When a team is ahead at half-time by 20 or more points or becomes 20 or more points ahead in the second half, the clock will be a running clock and only stop for time outs, free throws and substitutions. If the point differential becomes less than 20 points regular time resumes.



8th GRADE TRACK

I. Running Assignments:

- A. In all running events, enter your fastest runner in slot No. #1, 2nd fastest in slot #2, 3rd fastest in slot #3, etc.
- B. Print or type student's name - first name first. (Example: Mary Smith)
- C. Entry sheets are due to the meet director on dates noted on Middle School Athletic Calendar.

II. All Athletic Coordinators or designated school personnel must work field events and time at each track meet. Each school must provide workers.

III. All meets will be held at the Fields of Dreams Stadium

- A. Scratch meeting will be held 30-minutes prior to the track meet in the designated "Home Team" locker room at the stadium.
- B. In the High Jump & Long Jump: each participant will be allowed 3-jumps at each height. In the Shot Put & Discus: each participant will be allowed 3-throws. First throw will be marked.
- C. Starting Heights: High Jump (Girls) – 4'0", High Jump (Boys) – 4'6"
- D. All kids must compete. Therefore, there is no limit to the number of entrants per event. There may be 2- relay teams from each school entered per event, or as determined by the Meet Director, relay teams may increase to 3- per school relay
- E. In the 100, 200, 400-meter runs, and the relays, more than one heat will be necessary. Therefore, each heat will be run against time. In the 800 and 1600-meter run, all contestants will run in one heat.
- F. Each participant shall be limited to (4) events. No more than (3) running events or (3) field events per contestant. Running in a relay event will count as (1) of a contestant's (3) running events.
- G. A participant may not run both the 1600 and 800 runs in the same meet. If they run the 1600 or the 800, they may run in (1) more run of 400 meters or less.

IV. Equipment:

Spikes or track shoes of any kind are prohibited, athletes will be disqualified for wearing these prohibited shoes.

V. Scoring:

There will be no recording of "team/school scores", only individual athletes will receive awards for placement.

VI. Points of Emphasis:

- A. Violation of the "Participation Limit" will result in the individual athlete being disqualified.**
- B. Food, beverages, candy, and gum are not allowed on the track and may result in the individual athlete being disqualified from competition.**