

## Mid School Sports Program Guidelines No Cut

### I. All Sport Guidelines

- A. 8<sup>th</sup> grade student athletes cannot participate on a high school team
- B. Coaches cannot coach at a mid school and a high school during the same semester
  - 1. Priority will be to the mid school athletic program
  - 2. A coach could coach football, volleyball, or soccer at mid school and coach a spring sport at high school
  - 3. A coach at mid school who coaches basketball cannot coach at high school level
- C. Coaches will be asked to coach more than one sport – volleyball, soccer and basketball
  - 1. Girls and boys soccer, girls and boys basketball
  - 2. Hopefully volleyball or football with one of the above
- D. Classification of coaches
  - 1. Football and track (girls and boys)
    - a. Head coach and assistants
  - 2. Volleyball, soccer (girls and boys), basketball (girls and boys)
    - a. Will not have designated “Head Coach” for program. Each coach is responsible for his/her team
    - b. Two (2) 8<sup>th</sup> grade coaches
    - c. Two (2) 7<sup>th</sup> grade coaches
- E. Team Rosters
  - 1. A student may join a team up until three (3) school days before first scheduled game provided space is available. After the first game, the rosters are closed. (Exceptions are new students and/or transfers).
  - 2. Rosters **MUST BE** submitted to the principal and school athletic coordinator three (3) days before the scheduled first game
- F. The 8<sup>th</sup> grade athletic program is open to 8th graders only. The 7<sup>th</sup> grade athletic program is open to 7<sup>th</sup> graders only.

### II. Participation

- A. **ALL KIDS WILL PLAY**
- B. Players and coaches - high levels of expectations and character development
- C. Participation will be **“FUN”**

### III. Teams

- A. Football and Track – one (1) 8<sup>th</sup> grade and one (1) 7<sup>th</sup> grade
- B. Volleyball, soccer (girls and boys), basketball (girls and boys) – two (2) 8<sup>th</sup> grade and two (2) 7<sup>th</sup> grade
  - 1. Team selection – 8<sup>th</sup> grade and 7<sup>th</sup> grade
    - a. Pre-season practice – all 8<sup>th</sup> graders will practice together – all 7<sup>th</sup> graders will practice together
    - b. Three (3) days before 1<sup>st</sup> game – Coaches will pick rosters
      - 1) Two coaches will flip a coin
      - 2) Winner will have choice for the 1<sup>st</sup> or 2<sup>nd</sup> pick
      - 3) Coach A - 1<sup>st</sup> pick – select one player
      - 4) Coach B - 2<sup>nd</sup> pick – select two players
      - 5) Coach A & B will then have alternating picks until all players are chosen
  - 2. Once teams are selected and rosters submitted, coaches or players cannot trade players
  - 3. If a student transfers into a school and wants to play, he or she will be placed on the team who did not have the last selection.

### IV. Practice Organization

- A. Warm ups, drills, skill development – Each level will practice together
- B. Teams will separate into individual teams toward end of practice – determined by coaches

## V. Practice Requirements

- A. Minimum number of practice days **NOT PRACTICES** before competition, excluding weekends and game days
  - 1) Football – 10 practice days excluding weekends
    - a. 3 days without pads
    - b. 7 days with pads
  - 2) All other sports - 5 practice days
- B. Teams may only practice Monday – Friday for no longer than **two (2)** hours
- C. Practice is **not allowed** during the Thanksgiving Holiday and the Winter Break
- D. Practice and games are **allowed** during Fall Break

## VI. Practice Attendance

- A. **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 for play in the next scheduled athletic contest
- B. 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.

## VII. Class Attendance

Student-athletes are expected to attend classes and practices daily. Any athlete who misses school, for one full period or more, during a week of a game **is not eligible to participate in scheduled games the week of the absence unless the student-athlete has a documented excused absence and has been cleared to play by a school administrator.**

## VIII. Scrimmages

No scrimmages (7<sup>th</sup> & 8<sup>th</sup> grade teams)

## IX. Ejection from a game (coach or player)

- A. If a coach or player is ejected from a contest, he/she cannot participate in the next scheduled athletic contest.
- B. In addition, when a coach or player is ejected, he/she must also complete the "Pursuing Victory With Honor" component prior to returning to competition (NMAA bylaw 7.7.2)
- C. When a coach has been ejected, the official and/or administrator on duty should notify Bump Elliott, GISD Athletic Director
- D. If a coach or player is ejected a **second time**, during a season, he or she will not be able to coach or play for the remainder of the season.