

MIDDLE SCHOOL ATHLETIC PROGRAMS

The major emphasis in middle school sports is on participation and skill development. Winning is secondary.

The ten (10) Ysleta ISD Middle Schools will be divided into two divisions according to enrollment (big school and small school).

Division I	Division II
Bel Air MS Eastwood MS Del Valle MS Hanks MS Parkland MS	Eastwood Knolls Rio Bravo MS Young Women's Leadership Academy Ysleta MS Riverside MS

COMMON PROCEDURES

SPORTSMANSHIP

All schools will take whatever steps necessary to assure that coaches and athletes are committed to the principles of ethics and sportsmanship as ground rules governing the pursuit of victory.

- It is the responsibility of the coach to demonstrate and develop good character among his/her players. This standard will never be subordinate to the desire to win.
- It is never appropriate to act unethically in order to win.
- Any action that is degrading or demeaning to an opponent will not be tolerated.

What follows is a list of procedures and regulations which will hold all coaches accountable for their team's conduct before, during and after all competitions.

- All celebrations during a contest will be done discreetly in front of their own bench.
- There will be no post game celebrations at the pitcher's mound, home plate, or center circle of a gym or field.
- All teams will shake hands immediately following the game with the coaches supervising.
- Visiting team is to exit the playing event as soon as possible after the game.

DRESS CODE FOR COACHES

Coaches attire shall consist of: a school coaching shirt and coaching shorts, slacks or warm up suits in school colors or the following colors khaki, black, white or gray. Denim pants or cut off shorts are prohibited.

WORK ORDERS

Each campus will establish procedures for placing work orders. District wide procedures have been established, and work orders must be placed accordingly. Work orders should be entered through Tyler Munis.

TRANSPORTATION

Each campus will establish procedures for placing orders through the transportation department. District wide procedures have been established, and orders must be placed accordingly.

AWARDS

Awards will vary with each sport. The Athletic Office will supply awards for all middle school district sponsored athletic events ONLY.

PARENT/STUDENT FORMS

A student needs to have the following forms correctly completed prior to trying out, practicing or competing for a school team: www.rankonesport.com

- Medical History
- Failure to Warn
- YISD Voluntary Insurance Acknowledgement
- UIL Forms Signature Page
- YISD Release of Liability
- Emergency Card

*Physical Examination

*UIL Middle School Acknowledgement of Rules

*YISD Release of Liability

*YISD Failure to Warn

*Concussion Acknowledgement Form

*Parent/Coach Communication

*Anti-Hazing/Bullying/Sportsmanship Prevention

*Steroid Agreement Acknowledgement

*Sudden Cardiac Arrest Awareness Form

A student participant must be eligible prior to competing for a school team. An eligibility list with the names of all participants for each team must be completed with the signatures of the coach and the principal or designee and on file in the Athletic Office by the date required for the specific sports. Athletes who join the team late or become eligible during the season need to be submitted on an additional eligibility list.

ELIGIBILITY

To participate on a 7th grade team, a student may not be 14 years of age on September 1 of the current school year. To participate on an 8th grade team, a student may not be 15 years of age on September 1 of the current school year.

PRACTICES

All practices must be conducted under the supervision of the coach/assigned coach only. Practice sessions are limited to 2 hours per day Monday - Thursday. No practice or open gym/field allowed the day before or the day of testing until the final testing day is completed. No practices are allowed on school holidays or Saturdays unless specified on the sports schedule, in writing from the Athletics Office, or with the Principal's approval. Practices may be conducted on in-service days if there is no conflict with in-service obligations and the principal grants permission. Whenever a practice is cancelled, the coach needs to notify the parents and the principal. Individual and team sports will not conduct off-season workouts and middle school students will not be permitted in high school open gyms or open fields during the school year.

TRANSPORTATION

District yellow buses are used to transport team members and coaches to and from competitions. Buses are to be scheduled by campus personnel. All coaches must ride the bus throughout the trip, and they are responsible for all students on the bus. There is no eating or drinking allowed on the bus. Only electronic devices with earphones are allowed to be played on the bus. Any damage to the bus is the responsibility of the team and

school. The coach will sign and specify the time that the bus returns to the campus. If an incident occurs, the coach should notify the principal as soon as possible.

VISITING TEAM PROTOCOL

The visiting team will dress at their own school and come ready to play. The host school should make provision for access, a meeting area, water, restrooms and exit for the visiting team (s). The coach is responsible for team members on school grounds including supervision in a single location while the team is not playing. Visiting teams should be led by a coach with the other coach following. Visiting teams may exit immediately following the game or may opt to wait several minutes for the crowd to clear at the determination of the host principal.

UIL COACHING REQUIREMENTS

UIL Coach Education and Training Requirements

- 1 C&CR 1202 (j) UIL Professional Acknowledgment Form
- 2 C&CR 1208 (j) Annual Requirement-Rules Compliance Program
- 3 C&CR 1209 (k) One Time Requirement-National Federation of High Schools Fundamentals of Coaching
- 4 C&CR 1208 (y) Cheerleading Program Coach/Sponsor-Safety/Risk Minimization for Cheerleading Course
- 5 C&CR 1208 (j) Coach with Misconduct-Minimum Educational Requirement

UIL Texas Education Code Requirements

- 1 TEC Chapter 33.086 Certification-CPR and First Aid Training
- 2 TEC Chapter 22.902 Certification-AED Training
- 3 TEC Chapter 33.202 Annual Requirement-Safety Training
- 4 TEC Chapter 38.158 Annual Requirement-Concussion Training (2 hrs every other year/1 hour annually)

VOLUNTEER COACHES

The Middle School Athletic Council voted in 2002 that in order for a person to volunteer as a coach at the middle school they MUST:

1. Be a certified teacher under contract with the Ysleta ISD; and
2. Be approved by the campus principal; and
3. Be approved by the district's volunteer program

PLAYER PARTICIPATION RULE PROCEDURES (SEE INDIVIDUAL SPORTS)

When a Player Participation Rule violation is suspected, the coach that notices the violation is to get the attention of the officials and have them stop the game. The two officials, game administrator and both coaches are to meet at the scorers table and examine the official game score book. The violation is to be debated immediately and the game administrator is to make a decision.

WAIVER OF PLAYER PARTICIPATION

A coach and principal may complete a waiver form and submit it to the Athletics Office if a team has to compete with fewer than the minimum number of players required to play a regular season game.

The automatic forfeit for playing fewer than the required number of players in a regular season game may be waived due to specific conditions.

Conditions are:

Pre-contest waiver: used when athlete(s) will miss a game due to involvement in other school activity or family emergency.

CHEERLEADERS: Cheerleaders in uniform may cheer at home games. Pom-poms, megaphones or other noise makers are not permitted.

ELIGIBILITY

Check the Middle School Calendar (R-4) for the due date in the Athletics Handbook online. Lists are due in the Athletics Office by 4:00 pm.

POST SEASON TOURNAMENTS

Volleyball, basketball, 8th grade soccer, baseball and softball will have post season tournaments. The participation rules are in effect for all YISD tournaments, except for the championship game. In order to participate in a post season tournament an athlete must participate in at least three regular season games. A tournament roster will be turned in to the Office of Athletics for verification purposes.

GAME RESULTS

Each coach will report game scores, via e-mail, to Rudy Zarate rzarate@yisd.net and copy Rachael Blair rblair1@yisd.net & Chris Gee jgee@yisd.net no later than noon on the first school day following the contest. A game roster form MUST be completed, signed by the coach and principal and sent to the Athletics Office on the Monday after the game in order to certify player participation indicating that all players in uniform played.

JEWELRY

Jewelry shall not be worn by contestants. Medical alert medals are not considered jewelry and must be taped to the body and alert may be visible. Religious medals are not considered jewelry and must be worn under the uniform and taped to the body. (State approval is needed in order for a contestant to be in compliance.) Prohibition of jewelry lifted in high school Track and Field.

MIDDLE SCHOOL FOOTBALL PROGRAM

Player Participation Rule: Each player in uniform must play in the game.

Equipment: The school will furnish each player with a certified/recertified helmet with face mask. Student athletes are not allowed to wear helmets that are not issued by the school. Shoulder pads, game jersey with numbers on front and back, pants with hip, thigh and knee pads and mouth protector are also furnished. The player will sign for the equipment and is responsible for returning it at the end of the season. The player will furnish his/her own shoes (molded plastic or rubber cleats or tennis shoes), socks, T-shirt, shorts, supporter, etc.

Feeder School Role: The head coach of the feeder high school is responsible for the organization of the football program throughout the feeder system. He should provide each middle school coach with a program play manual and guidelines regarding philosophy, terminology, offensive schemes and defensive schemes. The middle school coach is responsible to organize the middle school program based on the high school program during spring training and/or prior to the start of school and scouting for the high school during the regular season.

Game Ball: An intermediate size rubber or leather football is to be used with the team on offense providing their own game ball.

Games: All games will have four eight minute quarters of actual playing time. There will be five minutes between halves. Kickoffs will be in effect starting in the 2010-2011 season. (A kickoff is a free kick, while the ball is positioned on a tee or the ground. It may be controlled by a teammate). After a safety is scored, the ball belongs to the defending team at its own 20-yard line, who shall put the ball in play on or between the in-bounds lines by a free kick that may be a punt, drop kick or place kick. After scoring a touchdown, an extra point may be kicked for a score of two (2) points, or a team may run/pass the ball into the end zone for a score

of one (1) point. The 7th grade will play first unless arrangements have been made between the principals at least three days prior to the game. The 8th grade team should warm-up during the 4th quarter of the 7th grade game.

Jersey Colors: The home team should wear dark color jerseys and the visiting team should wear light color jerseys. Coaches should confer several days prior to the game in order to alleviate jersey color problems. If two teams have similar colors on game day, the home team will have to change.

Jersey Numbers: Duplicate numbers should be avoided for members of the same grade team. Backs and ends should wear numbers 1-49 and 80-99 with lineman wearing numbers 50-79. Any deviation should be brought to the attention of the officials prior to the game.

Officials: Four officials will be assigned to each game. If fewer than four officials show up, each will be paid the regular fee and the game will be played. An official will keep time on the field. The home team will provide the chain and down marker, sideline and end-zone pylons and padding for the goal posts. The home team will provide one chains-person and a down marker person. The visiting team will provide one chain-person.

Practice: The first **four** days are set aside for basic conditioning and drills. Conditioning and drill work with a helmet is permissible. Coaches may issue all equipment (**after regular practice** has been completed). Full contact with all equipment will be permitted, provided students have completed the four days of basic conditioning and drills. There will be seven days of full contact prior to the first scrimmage game.

Rules: The NCAA Football Rules shall govern all middle school football games with the additional rules noted herein.

Championship Game: Only division games will be used to crown a champion. The winner of each division shall be declared division champion.

Tie Breakers:

1. Two Teams:

- A. Head to head
- B. If a tie occurs in a mutual game – flip a coin

2. Multiple Ties:

- A. If no team has beaten the other two teams in a three-way tie, or if more than three teams tied for the championship, the division representation shall be determined by the net positive and negative points.
Illustration of highest number of net positive and negative points (maximum number of points for one game is 14). Team A would advance because they have the highest number of positive points.

		Team A	Team B	Team C
Team B beat Team A	14-13	- 1	+1	
Team C beat Team B	10-7		-3	+ 3
Team A beat Team C	20-7	+14		-14
Net Points		+13	-2	-11

- B. If a tie still remains, the winner will be decided by the flip of a coin.

MIDDLE SCHOOL VOLLEYBALL PROGRAM

Player Participation Rule: A minimum of 12 players must be in uniform and play in at least one game of every match. A team will officially forfeit if fewer than 12 players are in uniform and participate, but the game will be played. The school will divide their team into two units. One unit will play the first game only. Other

unit will play the second game only. There are no restrictions in the third game. The libero will not be used in middle school competition.

The opposing coach will draw from a hat the player (s) from the first game unit to play in the second game when a team has less than twelve players.

Violations of the Player Participation Rule

1. Penalty for violation of the Player Participation Rule will be forfeiture of the game.
2. If the violation occurs during play, the game shall continue as a regulation game and the score reported as 25-0.
3. If the violation occurs before the game begins, i.e., a team has less than the required number of player (10 for basketball, 12 for volleyball), the score will be reported as 25-0, and the game will be completed as a regulation game.

GAME: The 7th grade will play first, followed by the 8th grade unless arrangements are made two days prior to the game. Each will play a match consisting of two out of three games with rally scoring to 25 (cap at 30). Let serve shall be allowed. Players in the 8th grade will serve overhead at all games and tournaments. Each team will provide a lines-person. The home team will furnish a scorekeeper, an adult knowledgeable in the sport, who will keep the official book.

Pre-Season Tournament: A 7th and 8th grade volleyball tournament will be scheduled at the beginning of the season. Officials will be assigned by the host school district.

Tournament: There will be a 7th and 8th grade tournament scheduled at various school facilities at the conclusion of the season. In order to participate, an athlete must be eligible and have competed in at least three regular season matches. A tournament roster will be turned into the Athletic Office at the seeding meeting and will be checked against eligibility lists and scorebook page reports for verification by the Athletic Office staff. Each listed home team will provide an adult scorekeeper and a linesperson, and each visiting team will provide a linesperson. The participation rules are in effect for all YISD tournaments, except for the championship game.

Tournament Seeding: Coaches will meet to seed the tournament. Coaches will need to bring their scorebooks to this meeting to justify the teams' position. Seeding for the post season tournament will be determined by won/loss record of division games only. If a tie should occur within a division, seeding will be determined by the following:

1. Winner of mutual game.
2. If a two way or multiple tie occurs and mutual game winner cannot be applied, seeding will be determined by the following:
 - A. Total points allowed in division games.
 - B. Total points scored in division games.
 - C. Flip of coin.

The top two seeds will receive first round byes.

Uniforms: The school will furnish each player with a team issued uniform and protective kneepads. The player will furnish her own shoes, socks and practice gear.

Officials: If an official has not arrived ten minutes prior to game time, please contact the Athletic Director or Coordinator.

MIDDLE SCHOOL CROSS COUNTRY PROGRAM

Equipment: The school will furnish uniforms. Each athlete will furnish their shoes.

Player Participation Rule: Each athlete will participate in all meets.

Feeder School Role: the head coach of the feeder high school is responsible for the organization of the cross country program throughout the feeder system. He/she should provide each middle school coach with guidelines regarding their philosophy and program. The middle school coach is responsible for organizing the middle school program based on the high school system. The high school coach will assist the middle school coach with arranging for practice sessions and assist them with practice organization, etc. Middle school coaches are responsible for organizing and running the meets with the assistance of the high school coach.

Meets: there will be three regular season meets plus the district meet.

Number of contest per week: Individual sports participants are limited to one contest, meet or tournament per calendar week.

Meet Results: the meet director will forward the results to each coach and the office of athletics.

MIDDLE SCHOOL BASKETBALL PROGRAM

Basketball - (Regular Season Player Participation Rules)

A minimum of ten players must be in uniform during the regular season. A team will forfeit if fewer than ten players participate, but the game will be played. It is required that every player play in each game. The team will be divided into two units. One unit plays the first quarter, and the other unit plays the second quarter. Players over the ten player roster minimum must play for at least 4 minutes, either in the first or second quarter. Teams that have less than ten players on their roster must play the players that did not play the first quarter the entire second quarter. They cannot be substituted for. There are no restrictions in the second half. During tournament play it is required that every player play in each game except the championship game.

Note: The county schools with smaller enrollments will be given consideration in regard to the player participation rules.

The opposing coach will draw from a hat the players from the first quarter unit to play in the second quarter when a team has less than ten players.

Game Ball: The tan indoor/outdoor composite game ball will be furnished by the home team. A rubber or leather game basketball may be used if both coaches agree prior to the start of the game.

Games: Quarters will be eight minutes. The halftime will be five minutes. Overtime will follow National Federation Rules. **During the first half there will be timeouts at 4:00 minute remaining in the 1st quarter and at 4:00 minute remaining in the 2nd quarter in order for player substitution. (If a team has more than ten players).**

7th and 8th grade teams that are ahead by 25 points, or more, **CANNOT** run a full court press.

8th grade teams will play man to man defense but may switch to a zone defense at the coaches' discretion when the opposing team is leading by 20 points or more. Running the clocks will be allowed.

Officials: If an official has not arrived ten minutes prior to game time, please contact the Athletics Director or Coordinator.

Practice: Teams may not practice on Thanksgiving Break or during Winter Break. Teams may not practice on Martin Luther King Jr. Day. No practices or use of team equipment is allowed after the completion of the season.

Protest: There can be no protest of a game because of an official's decision. A written protest may be filed with the Athletic Office the first day following the game regarding an ineligible player. The protest will be

investigated and ruled upon according to Middle School DEC procedures (telephone poll conducted by the DEC chairperson).

Scorekeeper/Timekeeper: The timekeeper will be provided by the home team and will operate the scoreboard and be responsible for administrative timeout. The scorekeeper will be provided by the visiting team and will keep the scorebook and display the possession indicator. Each individual should be an adult knowledgeable of the game of basketball.

District Tournaments: There will be a single elimination tournament for 7th & 8th grade boys and girls to conclude the season. Team trophies will be awarded to the tournament champion and runner-up. The player participation rule will be in effect for the tournaments except for the championship game. In order to be eligible to participate, a player must have played in three regular season games. A tournament roster must be turned in at the coaches' seeding meeting. This roster will be checked against xeroxed game reports and eligibility lists by the Athletic Office. The participation rules are in effect for all YISD tournaments, except for the championship game.

Tournament Seeding: Coaches will meet to seed the tournament. Coaches will need to bring their scorebooks to this meeting in order to justify the teams' position. Top seeds will have the home court advantage throughout the tournament whenever possible. Seeding for the post season tournament will be determined by won/loss record of division games only. If a tie should occur within a division, seeding will be determined by the following:

1. Winner of mutual game.
2. If a two way or multiple tie occurs and mutual game winner cannot be applied, seeding will be determined by the following:
 - A. Point differential with a 20 pt. cap.
 - B. Flip of coin

Team B	Beat team A 68-30	-20	+20	
C	Beat Team B 56-42		-14	+14
A	Beat Team C 48-37			-9
		-9	+6	+3

Uniforms: Each player will wear a team issued uniform and will be listed in the scorebook. If possible, the visiting team will wear dark jerseys and the home team will wear light jerseys.

Dress Code: Undershirts, if worn, shall be of the same solid color front and back. Undershirts shall be similar in color to the jersey and shall not have frayed or ragged edges (cut-off sleeves). Socks must be of the same design, color and length as those of other squad members. Wrist-bands may only be worn on the arm, between the wrist and elbow. If a player is not in compliance with the dress code, the team shall be charged a timeout and the player shall not be permitted to play until he complies.

MIDDLE SCHOOL TENNIS PROGRAM

Equipment: Students may furnish their own racket. The school will furnish some rackets, uniforms, and tennis balls. Athletes must furnish their own shoes.

Player Participation Rule: Each athlete must participate in at least one or more tournaments.

Feeder School Role: The head coach of the feeder high school is responsible for the organization of the tennis program throughout the feeder system. He/she will provide each middle school coach with guidelines regarding their philosophy and program. The middle school coach is responsible for organizing the middle school program based on the high school system. The high school coach will assist the middle school coach with arranging for practice sessions, etc.

Tournaments: There will be three regular tournaments. Each school is responsible for a can of tennis balls as the entry fee for each athlete entered in each event. Tournaments will be played at the Ysleta ISD high school tennis facilities.

Number of Contests Per Week: Individual sport participants are limited to one contest, meet or tournament per calendar week.

Tournament Results: The meet director (high school tennis coaches) will forward the results to the office of Athletics and to each coach.

MIDDLE SCHOOL WRESTLING PROGRAM

Equipment: the school will furnish a uniform and headgear. Athletes will furnish their own shoes.

Feeder School Role: The head coach of the feeder high school is responsible for the organization of the wrestling program throughout the feeder system. He/she will provide each middle school coach with guidelines regarding their philosophy and program. The middle school coach is responsible for organizing the middle school program based on the high school system. The high school coach will assist the middle school coach with arranging practice sessions, etc.

Player Participation Rule: Each athlete should participate in at least one wrestling tournament. In consideration of safety, coaches' discretion will be given primary consideration when entering athletes in competition.

Meets: There will be three tournaments. Two tournaments will be held prior to the District meet.

Weight Classes (lbs.):

Boys: 78, 86, 94, 102, 110, 118, 126, 134, 142, 165, 185, 250

Girls: 65, 76, 85, 96, 108, 121, 134, 154, 165, 176, 187, 198

Number of Contest Per Week: Participants are limited to one contest, meet or tournament per calendar week.

Meet Results: The tournament director will forward the district tournament results to the office of athletics and to each coach.

MIDDLE SCHOOL SOCCER PROGRAM

Player Participation Rule: Each player in uniform must play. Minimum players required to start and finish game is 7.

Equipment: The school will furnish shin guards although a player may opt to use his/her own pair. Players will provide their own molded plastic or rubber cleats or tennis shoes.

Game Ball: A synthetic leather or leather size 5 ball which meets FIFA specifications will be provided by the home team.

Games: Halves will be 30:00 for single games and with a five-minute halftime. Any game which is tied at the end of regulation will go immediately into penalty kicks. There will be ten minutes between games. The team(s) warming up should do so in an adjacent area and not in the end-zone behind the goalposts.

Maintenance: The Landscaping Team will mark the fields for home games upon receipt of a work order generated by the campus. Coaches are responsible to mark the fields for practice or scrimmage and for setting up nets, pylons, etc.

Tournament: The participation rules are in effect for all YISD tournaments, except for the championship game. See tournament participation requirement at the beginning of middle school athletics section.

Officials: The yellow and red card procedures will be followed based on UIL and district guidelines. The basic rule is a player or coach who earns a red card or accumulates three yellow cards sits out the next game.

Practice: Teams may practice on Saturdays with the principal's approval.

Uniforms: The school will furnish each player with a game jersey, shorts and socks. The home team should wear light colored jerseys and socks with the visiting team wearing dark.

MIDDLE SCHOOL SWIMMING PROGRAM

Equipment: The school will furnish swim caps. The athletes will furnish their own swimsuits and trunks.

Player Participation Rule: Each athlete should participate in at least one meet. Due to safety concerns, coaches' discretion will be given primary consideration when entering athletes in competition.

Feeder School Role: The head coach of the feeder high school is responsible for the organization of the swim program throughout the feeder system. He/she should provide each middle school coach with guidelines regarding their philosophy and program. The middle school coach is responsible for organizing the middle school program based on the high school system. The high school coach will assist the middle school coach with arranging for practice sessions at the pools, and they will also assist them with practice organization, etc.

Meets: There will be two regular swim meets and the District meet.

Fees: Each school is responsible for the fees charged for practice sessions. Also, the fees for the use of the pool for all meets will be divided by each school participating in that meet. Each campus will be billed for all swimming events.

Number of Contests Per Week: Individual sport participants are limited to one contest, meet or tournament per calendar week.

Meet Results: the meet director will forward the results to each coach after scores have been compiled. They will also forward a copy to the office of Athletics.

Practice: No practice to be held during the spring break.

Events: (Tentative)

100 yard Medley Relay
50 yard Butterfly
25 yard Butterfly
100 yard Backstroke
50 yard Backstroke
100 yard IM

100 yard Freestyle Relay
100 yard Freestyle
50 yard Freestyle
50 yard Breaststroke
25 yard Breaststroke
200 yard Freestyle Relay

MIDDLE SCHOOL TRACK PROGRAM

Awards: Medals will be awarded to the first three places in all events at the district meet.

District Meet: Only YISD teams will participate in the district meet. Entries for meets will be done through (MileSplit for District). Workers will be assigned to officiate the meet.

Eligibility: Any athlete not on an eligibility list on file in the Athletics Office will not be able to participate in any meet.

Points: The point system in scoring middle school track meets shall be the same in all meets.

- (1) *Points for Individual Events and Relays.*
Points shall be given in individual events as follows: First place 10 points, second place 8 points, third place 6 points, fourth place 4 points, fifth place 2 points, sixth place 1 point. Points for relays shall be as follows: first place 20 points, second place 16 points, third place 12 points, fourth place 8 points, fifth place 4 points, sixth place 2 points.
- (2) *Points to All Finishers.* Points shall be awarded to all finishers (first through sixth).

Entry Cards and Forms: Each event will be run at the meet. Hurdles may be run in the regular order or may be run as the first event or in between the switch of a grade level from field events to running events.

Running Events (Girls then Boys unless otherwise noted):

2400 Meters
Boys/ Girls 400 Relay
800 Meters
Girls 100 Hurdles; Boys 110 Hurdles
100 Meters
Boys/ Girls 800 Relay
Boys/Girls 400 Meters
300 Hurdles (Boys & Girls)
200 Meters
Boys 1600; Girls 1600 Relay

Field Events:

Boys: Discus (1K), Long Jump, Shot Put (8lbs) Triple Jump
Girls: Discus (1K), Long Jump, Shot Put (6lbs) Triple Jump

Feeder School Role: The head high school coach is responsible to provide technical assistance for middle school coaches including putting on a clinic. High School coaches may assist with middle school meets and middle school coaches are encouraged to assist with a feeder high school meet.

Maintenance: The Landscaping Team will deliver and pick up hurdles as needed, there will be 30 delivered per site with increments of 10 delivered as soon as possible for each meet. Hurdles are to be requested from schools one week prior to meet. The Landscaping Team will also mark the throwing areas for each home meet upon receipt of a work order generated by the campus.

Meet Organization and Procedures: Host school coaches will set up the meet schedule including worker's assignments and mail out correspondence seven days prior to the meet. Entries should be in the meet director's hands at least two days prior to the meet unless otherwise specified. If entries are not received, the meet director is not obligated to seed athletes from that school but should try to place athletes into scheduled events.

A scratch meeting should be held at least 30 minutes prior to the first event to allow time for any changes. Scoring follows the procedures in the National Federation Rulebook with the notation that in Texas relays are scored double. Starting blocks must be used for all 8th graders.

Results: The host coaches are responsible to send out copies of the meet score sheet to the coaches of the participating schools and the Athletic Office by the first school day following the meet.

Uniforms: The school will furnish a track singlet or T-shirt and shorts or sweatpants. The athlete will provide his/her own running shoes, although the school may provide racing flats or spikes for meets. Excessive adornments or multi-color spandex (see rulebook) will not be permitted and athletes who fail to comply with an official's request to remove such items will be disqualified from competition. Relay team members must be outfitted similarly in terms of tops, undershirts and shorts following Federation Rules. One or more team members may wear spandex of any length as long as it is the same solid color.

Rule Changes Approved for High:

1. Beginning with the 2016 high school track and field season, the head starter (or designee), rather than the implement inspector, shall inspect all starting blocks used in the running events.
2. Rule 3-10-7 now states that "the head event judge may be equipped with both a white and red flag" to signal whether a throwing attempt is fair or foul. The change will allow for more efficient administration of field events and for improved communication between officials, coaches, and fans.

MIDDLE SCHOOL BASEBALL

Player Participation Rule: Each player in uniform will play one complete inning per game to include at least one at bat.

Seeding Meeting: There will be a seeding meeting for the end of the year tournament. Please bring your scorebook to the meeting. Meeting time is TBD.

Equipment: The school will furnish balls, bats, batting helmets, and catcher's equipment (including the mitt). Players will need to provide their own glove, batting glove, plastic or rubber cleats or athletic shoes, and a protective cup. Players must be in full uniform to play.

Game Ball: The Diamond DOL-1 or NFHS equivalent leather baseball is the official game ball. The home team will provide two new baseballs for each home game, and have at least four other good baseballs available for the umpire.

Tournaments: The participation rules are in effect for all YISD tournaments, except for the championship game. See player tournament participation requirement at the beginning of the middle school athletics section.

Games: A game will consist of seven innings unless the game is ended due to the ten rule or time limit. You must have 9 players to start the game. There is a 6 run per inning limit. No runs will be counted after the 6th run is scored. There will be a one hour and forty-five minute time limit for each game. No new inning will be started after one hour and forty five minutes. Any inning that is started, must be finished. If there is a tie game at the end of regulation play, or at the end of the one hour and forty-five minute time limit, the inning will be played out. There is no "Drop Dead Rule". There will be a thirty minute rain delay for all games. The home team (listed second on the schedule) will be responsible for the official book, official scorekeeper (an adult knowledgeable in the sport), an administrator, and security to cover the game. Pitchers will be limited to 10 innings within the calendar week.

Maintenance: The Landscaping Team will drag and mark each district field for scheduled games upon receipt of a work order generated by the school. Coaches will need to drag and mark fields for practice, scrimmage, and between games of a doubleheader.

Officials: If an official has not arrived ten minutes prior to game time, please contact the Athletics Director or Coordinator.

Uniforms: The school will furnish a game jersey, pants, stirrups, socks, undershirt, and cap. Players will need to provide their own practice gear.

Season: The baseball season will consist of four weeks which will count in the division standings. At the end of the four (4) weeks, a postseason single elimination tournament will be played for each division. Each division will have a district champion.

Tie Breakers: Seeding in the post-season tournament will be determined by the won/loss records for all games played during the season. If a tie should occur within a division, seeding will be determined by the following:

1. Two teams tied:
 - A. Head to head
 - B. Total runs allowed
 - C. Total runs scored(maximum number of runs counted for one game is 10)
 - D. Coin toss
2. Multiple ties:
 - A. If no team has beaten the other two teams in a three-way tie, or if more than three teams are tied the post season tournament seeding shall be determined by the net positive and negative points (maximum number of runs counted for one game is 10). Team A would advance because they have the highest number of positive points.

Team B beat Team A	6-5	-1	+1	
Team C beat Team B	10-7		-3	+3
Team A beat Team C	13-6	+7		-7
Net Points		+6	-2	-6

- B. If a tie still remains, the winner will be decided by the flip of a coin.

MIDDLE SCHOOL SOFTBALL

Player Participation Rule: Each player in uniform will play one complete inning per game to include at least one at bat.

Seeding Meeting: There will be a seeding meeting for the post-season tournament. Please bring your scorebook to the meeting.

Equipment: The school will furnish balls, bats, batting helmets, and catcher's equipment (including the mitt). Players will need to provide their own glove, batting glove and soft plastic or rubber cleats or athletic shoes.

Game Ball: An optic yellow (on bid) fast-pitch softball is the official game ball (sold in dozens only). The home team will provide two new softballs for each home game and have at least four other good softballs available for umpire.

Games: A game will consist of seven innings unless the game is ended due to the ten run rule or time limit. There is a 6 run per inning limit. The inning will end after the 6th run is scored. There will be an hour and forty-five minute time limit for each game. No new inning will be started after one hour and forty minutes. If there is a tie game at the end of regulation play, or at the end of the one hour and forty-five minute time limit, the inning will be played out. There is no Drop Dead Rule. The home team (listed second on the schedule) will be responsible for the official book, official scorekeeper (an adult knowledgeable in the sport), an administrator, and security to cover the game.

International Run Rule: The international run rule will be in effect for all games, including the district tournament. If after five innings, one team is leading by 10 runs, the game shall be called a legal contest and the game shall end. If after three innings, one team is leading by 15 runs, the game shall be called a legal contest and the game shall end.

Maintenance: The Landscaping Team will drag and mark each field for scheduled games. Coaches will need to drag and mark fields for practice, scrimmage, and between games of a doubleheader.

Officials: If an official has not arrived ten minutes prior to game time, please contact the Athletic Director or Coordinator.

Uniforms: The school will furnish a game jersey, pants, stirrups, socks, undershirt, and cap/visor. Players will need to provide their own practice gear. Players must be in complete uniform to play.

Season: The softball season will consist of four weeks. A postseason single elimination tournament will be played for each division. Each division will have a district champion.

Tie Breakers: Seeding in the postseason tournament will be determined by the won/loss records for all games played during the season. If a tie should occur within a division, the tie will be broken by the following:

- A. Tie Breaker
 - 1. Two teams tied:
 - A. Head to head
 - B. Total runs allowed
 - C. Total runs scored (maximum number of runs counted for one game is 10)
 - D. Coin toss
 - 2. Multiple ties:
 - A. If no team has beaten the other two teams in a three-way tie, or if more than three teams are tied after the fourth game season, the post season tournament seeding shall be determined by the net positive and negative points. Illustration of highest number of net positive and negative points (maximum number of runs counted for one game is 10). Team A would advance because they have the highest number of positive points.

Softball				
		Team A	Team B	Team C
Team B beat Team A	6-5	-1	+1	
Team C beat Team B	10-7		-3	+3
Team A beat Team C	13-6	+7		-7
Net Points		+6	-2	-6

- B. If a tie still remains, the winner will be decided by the flip of a coin.

MIDDLE SCHOOL GOLF PROGRAM

Equipment: A student may furnish their own clubs. The school will supply some clubs. The school will supply a uniform and golf balls. Athletes will furnish their own shoes and cap.

Player Participation Rule: Each athlete must participate in at least one or more events.

Feeder School Role: The head coach of the feeder high school is responsible for the organization of the golf program throughout the feeder system. He/she will provide each middle school coach with guidelines regarding their philosophy and program. The middle school coach is responsible for organizing the middle school program based on the high school system. The high school coach will assist the middle school coach with acquiring a course for practice and organizing practice sessions.

Fees: the school is responsible for practice fees and each campus will be billed for the regular meet fees. The fees for the regular meets will be divided by all schools involved.

Number of contests Per Week: Individual sport participants are limited to one contest, meet or tournament per calendar week.

Meet Results: The meet director will forward the results to each coach. They will also forward a copy to the office of athletics.