



POUDRE SCHOOL DISTRICT

Revised 7/29/19

PSD Middle School Athletic League Constitution and Bylaws

Bylaws and procedures that govern the general operation of interscholastic athletic programs at the middle school level of Poudre School District.

Formally adopted May 7, 2015

*EDUCATE...
EVERY CHILD, EVERY DAY.*

*POUDRE SCHOOL DISTRICT EXISTS TO
SUPPORT EVERY CHILD TO THINK, TO
LEARN, TO CARE AND TO GRADUATE
PREPARED TO BE SUCCESSFUL IN A
CHANGING WORLD.*

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PSD MIDDLE SCHOOLS OFFERING INTERSCHOLASTIC ATHLETIC PROGRAMS

BLEVINS MIDDLE SCHOOL BRUINS

BOLTZ MIDDLE SCHOOL PHOENIX PRIDE

CACHE LA POUFRE MIDDLE SCHOOL PIRATES

KINARD MIDDLE SCHOOL MUSTANGS

LESHER MIDDLE SCHOOL VIKINGS

LINCOLN MIDDLE SCHOOL LANCERS

PRESTON MIDDLE SCHOOL PUMAS

WEBBER MIDDLE SCHOOL PANTHERS

WELLINGTON MIDDLE SCHOOL EAGLES

AFFILIATE MEMBERS OF THE PSD MIDDLE SCHOOL ATHLETIC LEAGUE

RESURRECTION CHRISTIAN MIDDLE SCHOOL COUGARS (CC, FB, VB, GBB, BBB, SB, TRK ONLY)



MOUNTAIN SAGE (CC ONLY)

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SECTION I – Structure and Governance

ARTICLE I – Name

Section 1 The official name of this organization shall be, “**Poudre School District Middle School Athletic League**” herein referred to as the **PSDMSAL**.

Section 2 The PSDMSAL shall operate to provide a competitive structure for the middle school athletic programs at the nine middle schools of the Poudre School District and any affiliate members formally approved by the Athletic Directors of the nine PSD middle schools.

Section 3 Individual building administrators shall make operating decisions relative to their buildings within the formal structure and governance policies of the PSDMSAL.

ARTICLE II - Authority

Section 1 The PSDMSAL is bound by the PSDMSAL Constitution and By-laws, the Constitution and By-laws of the Colorado High School Activities Association relative to middle school athletics, Poudre School District policy, as well as State and Federal statutes.

Section 2 The District Athletic Director shall act as the overall director of the middle school athletic program and is granted the discretion to adopt league policy and procedures in collaboration with the PSD middle school principals and athletic directors.

Section 3 The PSDMSAL may make rules more restrictive than those of CHSAA.

Section 4 Individual schools may adopt policies and procedures specific to the individual programs and operation of the overall athletic program at the school level provided such policies do not circumvent PSDMSAL policies

ARTICLE III – Vision Statement and Philosophy

MISSION/PURPOSE

To pursue excellence daily through character and education-based activities that: 1) are not defined by the scoreboard or rating sheet; 2) demonstrate a commitment to respect, the spirit of fair play, and the ideals of sportsmanship; 3) are aligned with the mission, values and policies of PSD and the CHSAA; 4) are led by coaches/sponsors that are committed to such ideals; and 5) are participated in by students with an understanding of their role in representing PSD, their school, their team, and their community.

WHY WE PLAY

Poudre School District is committed to educating administrators, coaches, parents and students daily on the benefits derived from participation in education-based athletics. PSD has formally adopted the standards of the *Why We Play* initiative launched by the Minnesota State High School League.

The initiative provides a clear purpose for education-based athletics and sets a clear delineation between education-based athletics and club, collegiate and professional sports.

We Prepare, Plan & Play to “WIN” But “Winning” is not our Purpose.



We are measured by the result on the scoreboard or rating sheet; however, we need not be defined by it. Some might question this approach or label it as weak. There is nothing further from the truth. We are every bit as committed to pursuing excellence daily in all our programs, but never at the sacrifice of a student, our mission or our values that we seek to instill in every student that participates in our programs. That is where we are different, and where we take a stand! This in no way guarantees that we will satisfy the wants and desires of every student or parent. What we can promise is that if everyone involved is ‘aiming at the same

target', and views participation from an education-based framework, we are much more likely to have success, retain students in our programs, and derive the full benefits possible for everyone involved.

ARTICLE IV – Middle School Athletic Philosophy

The middle school athletic program, like the high school athletic program, shall serve as an extension of the classroom. The PSD middle school athletic program exists to promote participation in a wide variety of education-based athletic programs. It is important to recognize the unique developmental needs of the middle level student, to promote activities that build student success through active participation, increased skill building, and positive sportsmanship.

Participation

- Emphasize participation over win/loss records.
- Provide opportunities for everyone to participate.
- Balance competition with cooperation.
- Encourage lifelong participation in activities.
- Emphasize having fun.

Skill Building

- Develop age appropriate skills.
- Focus on fundamentals.
- Develop skills as a foundation for improvement.

Sportsmanship

- Develop a positive team attitude.
- Encourage, cooperate and collaborate with peers.
- Present positive adult role models that demonstrate self-control and mutual respect.

Middle School Coaches Shall Understand:

- Students have varying levels of ability, and coaches need to present a developmentally appropriate program for students.
- Positive encouragement is the strongest tool for learning.
- Coaches should provide a safe environment for kids to “risk” and grow.
- Activities should be meaningful and fun.
- Fundamentals and practice are the building blocks for a successful athlete.
- Coaches are key role models.
- Every team member’s responsibility is to encourage one another.
- The importance of commitment and responsibility are stressed.
- Today’s superstar could be tomorrow’s bench warmer and vice versa. Students may be placed on varsity or junior varsity levels in certain sports; however, participation and skill development shall be the driving factors in operating our middle school athletic program. This is not intended to state that everyone will play the exact same amount or that everyone will be a starter. Middle school interscholastic programs are not intramural programs, while at the same time, they are not ‘mini’ high school programs either. The building athletic director shall guide and direct the athletic program at their school in accordance with these principles.

ARTICLE V – General Operation

The purpose of the PSDMSAL is to provide a league structure to conduct middle school athletics for PSD member middle schools and affiliate members. The PSDMSAL exists to govern and administer middle school interscholastic competition within the PSDMSAL by means of a league constitution, by-laws, and efficient organization.

ARTICLE VI – Membership

6.1 Each of the nine comprehensive PSD middle schools shall be formal members of the PSDMSAL. Formal member schools must participate in all regular season and championship events in all sports that the formal member school fields a team.

6.2 New schools may be added to the PSDMSAL by formal vote of member schools. Such action requires a 2/3 majority vote.

6.2.1 New member schools shall be classified in one of two categories: 1) Formal membership – extended to PSD comprehensive middle schools or 2) Affiliate membership – extended to any other school outside of the PSD comprehensive middle schools.

6.3 Affiliate member schools must agree to participate in the full schedule (regular season and championship tournament) in sport(s) approved by member schools.

6.4 Requests for membership into the PSDMSAL must be made in writing to the District Athletic Director during the period between August 1 – February 1 each year. Requests made outside of this timeline will be presented to the athletic directors for consideration of review.

6.5 Affiliate membership contracts shall be extended for 1-year renewable terms. Renewal must be acted on prior to January 1st of each calendar year. Renewal approval shall be extended to those affiliate members that receive a 2/3 majority vote from PSD middle school athletic directors at a designated, regular meeting.

6.6 Requests for membership shall be automatically designated as a Tier 3 decision on the *Pathways for Decisions*.

6.7 *The following guidelines will apply to new members:*

- Addition of new member schools may be approved on a sport-by-sport basis.
- To be approved, a new member must agree to participate in the full schedule (regular season and championship tournament) in sport(s) approved by member schools.
- A formal contract shall be executed to define constitutional and by-law areas that will apply to all affiliate members. Contract shall also define voting rights, responsibilities and any associated fees. All such stipulations must be approved by a 2/3 majority of member schools.
- Such schools shall be considered affiliate members of the PSDMSAL and will have representation in issues governing sport by-laws in sports in which the affiliate member(s) participates in only.
- Only formal members shall have full voting rights on all matters of the constitution and sport by-laws.
- Any new member school approved as outlined above, must agree to fully abide by practice and competition guidelines and relative sport by-laws in the sports that the new member school(s) participate(s) in.
- All members must utilize SportsEngine for league scheduling and score-reporting purposes. All such costs for Affiliate Members will be absorbed by individual school.
- Formal members shall weigh several factors when considering new members including facilities, transportation, fit of requesting school, scheduling, etc.

ARTICLE VII – Operating Structure

7.1 The general operation of the PSDMSAL is overseen by the District Athletic Director.

- 7.2** Daily operation of the athletic program is conducted by the Athletic Director at each of the PSD middle schools under the supervision of the building principal.
- 7.3** Scheduling for all middle school contests shall be the responsibility of the District Athletic Director.
- 7.4** Game/contest supervision of all regular season contests is the responsibility of the administration of each of the PSD middle schools and affiliate members.
- 7.5** The District Athletic Director at his/her discretion shall secure tournament directors for each of the league championship tournaments.
- 7.6** The District Athletic Director shall hold a pre-season meeting and a post-season **feedback** for each of the sports offered through the PSDMSAL.
- 7.7** The District Athletic Director shall secure officials for all PSDMSAL contests. Affiliate members must schedule and fund officials for all home games unless otherwise agreed upon.
- 7.8** The building athletic director at each middle school shall maintain all athletic schedules on the athletic scheduling website – www.psdathletics.org
- 7.9** The District Athletic Director shall keep all standings, organize all district championship events and perform all other duties needed to conduct daily operation of the PSDMSAL.
- 7.10** The District Athletic Director shall conduct monthly meetings during the academic year for all middle school athletic directors. The meetings shall be held on the first Thursday of each month during the school year unless communicated in advance by the District Athletic Director. The meetings shall begin at 7:30AM sharp and end no later than 9:00AM at 1502 S. Timberline Road, Fort Collins, CO. The minutes of these meetings will be shared with building principals, department heads, and the Assistant Superintendent for School Services at the Secondary Level.
- 7.11** The monthly meetings shall serve to convey information, offer professional development, collaborate to improve operation of the PSDMSAL and to approve constitutional by-laws and amendments.
- 7.12** The following norms or expectations are established relative to conducting meetings and making decisions as a leadership group of athletic directors:
- All decisions will require a 2/3 vote for approval.
 - Only formal members may make a motion to be considered by the nine PSD member schools that have voting rights. All such motions shall require a second to be formally considered. Affiliate members may bring issues to the formal members to consider.
 - Decisions will be a collaborative effort and aligned with middle school philosophy and PSD values.
 - The PSD Middle School Athletics ***Pathway for Decisions*** shall serve as the structure for making decisions by the PSDMSAL. The intent of this document is that items presented for action will provide for the material/information being presented at a minimum of one meeting ahead of vote. This will allow feedback to be gathered from coaches, staff and building administration. Some decisions may require immediate action, however whenever possible this norm will be followed. Other decisions (Tier 3) require a more extended timeline due to the potential impact such decisions may have to overall operating structure of the PSDMSAL.
 - ***It is a professional responsibility that each athletic director meet with their building principal and other appropriate parties at the building level to cover items that arise/that are brought up in our meetings, gather input, etc. This will help assure that when votes are taken, the vote from a school represents a building consensus. Votes shall also reflect a global consideration of the interests of the entire league membership.***
- 7.13** Building athletic directors from each of the nine PSD middle schools shall also formally assist in the overall direction of the PSDMSAL through committee participation. Each building athletic director may be asked to volunteer for a role in one of three committees: legislative committee, sport committee or the uniform committee. See Appendix Document entitled ***PSD Middle School Athletic Director Committees*** for a complete description of each committee.

7.14 Each sport group shall have one PSD athletic director that serves as the sport chairperson for the sport. The assignments for each sport will be included in the August minutes each year.

ARTICLE VIII – Formation of Constitution/New By-laws/Amendments

Section I - Establishment of Constitution and By-laws

8.1 The initial working document of the PSDMSAL constitution was drafted by the District Athletic Director in August 2014. The District Athletic Director established the general operating parameters/initial framework of the constitution and the necessary by-laws in congruence with PSD policy to assure equity in operation of the PSDMSAL (**Completed – August 2014**).

8.2 Following the creation of this basic framework, (during the 2014-15 school year) the District Athletic Director met with each sport group to craft the by-laws specific to each sport and the operation of regular season contests and the district championship. Such by-laws became part of the PSDMSAL constitution after formal approval of the nine PSD voting members. (**Completed – May 2015**).

8.3 Coaches of each sport and the District Athletic Director will continue to review and propose any potential changes to sport by-laws for the purposes of improving the middle school athletic experience. Sport recommendations are communicated with middle school athletic directors at the next regularly scheduled athletic director meeting. The athletic directors may elect to study a recommendation further or may also elect to formally adopt a recommendation as per the 2/3 majority vote requirement.

8.4 All voting shall take place at regularly scheduled AD meetings unless an extenuating circumstance exists that demands immediate action. All nine PSD middle schools must cast a vote. In the event a school representative cannot make a meeting when a vote will occur, the building athletic director must call the District Athletic Director ***prior to the meeting*** to cast his/her vote.

8.5 A motion to introduce a new by-law, revision or amendment to existing by-law may be made at any regular PSD Middle School AD meeting. The group shall determine what tier the decision represents and shall proceed according to the PSD Middle School Athletics ***Pathways for Decisions***.

8.6 All PSDMSAL votes shall require a 2/3 majority vote.

8.7 Clerical changes may be made to current by-laws by the District Athletic Director following the ***Tier 1*** pathway on the PSD Middle School Athletics ***Pathways for Decisions***.

ARTICLE IX - Eligibility Requirements

Middle School (grades 6-7-8) athletic eligibility has been determined by the Middle School Principals and is as follows:

- A student shall be declared ineligible if he/she is failing more than one subject.
- A student shall be declared ineligible if he/she receives more than one failure in citizenship.
- Eligibility is to be determined weekly.
- A school may choose to have higher standards, but at a minimum must maintain the above policy.

A student who transfers from one PSDMSAL school to another during any competitive season in which he/she is a participant in will be considered ineligible for varsity competition at the new school unless a formal hardship waiver is approved by the PSDMSAL.

The process for the hardship waiver shall be as follows –

1. The parent(s) or legal guardian(s) of student must complete the hardship waiver and must certify that the move is not athletically motivated.
2. The hardship waiver must be submitted to the District Athletic Director by the athletic director of the receiving school.
3. The District Athletic Director and both the athletic director from the school the student is transferring from and the receiving school shall each cast one vote as to whether to approve the hardship waiver. The majority shall rule.
4. The District Athletic Director shall inform family, both athletic directors and shall communicate result of hardship waiver process to all league member schools.

ARTICLE X - Sports Physical and Medical Insurance

Poudre School District requires that all student athletes in its interscholastic athletic program shall have a valid sports physical prior to participation in practices and games. Physicals must be secured annually. Physicals are good for 365 days from the date of the exam. Physicals presented at the beginning of a sports season must be good through the last possible date of participation in that sport (i.e. a student wishing to participate in cross country at the middle school level must present a physical that does not expire prior to that last possible day of the PSDMSAL competitive season).

Physicals are not provided by the District and must be obtained from a licensed practitioner including any of the following: MD's, DO's, Nurse Practitioners, Physician's Assistants, and Doctor of Chiropractic who are School Physical Certified (DC, Spc.).

It is the responsibility of the parent or guardian to provide accident/health insurance coverage for their student as a condition of the student's participation in interscholastic athletic practices and competitions; Poudre School District does not independently provide such insurance coverage. The required accident/health insurance coverage may be provided under the parents or guardians own policy or purchased through Poudre School District for each school year of the student's athletic participation.

Proof of a sports physical and insurance coverage must be indicated on the Authorization for Athletic Participation form, completed and signed by the physician, parent or guardian and student-athlete. These forms are available at all the PSD middle school offices and available through online athletic registration.

ARTICLE XI – Athletic Fees

Athletic fees approved by the Board of Education will be charged for athletes in grades 6-12. Athletic fees will be collected at the beginning of each sport season prior to the first competitive contest.

- Students who qualify under the Federal Free or Reduced-Price Meal Program are exempt from athletic fees.
- Athletic fees for athletes who are not enrolled in a Poudre School District school shall be 150% of the amounts otherwise specified.

I. PSD School-Based (non-charter) & Online Academy Students (Per Sport Per Year):

- 6th - 8th Grade: \$110
- Unified Basketball \$66
- Annual Family Maximum: NO Family max

II. Home-Based, Charter & Private School Students:

- 6th - 8th Grade: \$165
- Unified Basketball \$99
- No Family Maximum

ARTICLE XII – Sport Offerings and Grade Levels

12.1 The following PSDMSAL sports are offered during the fall competitive season:

SPORT	GRADES	TEAMS	CONTESTS	WEEKS	CHAMPIONSHIP
Cross Country (B/G)	6 th -8 th	Varsity	No more than 2 meets per week	6	Final Saturday AM
Football (B)	7 th -8 th	7 th and 8 th Varsity and JV levels	7	8	Final Saturday AM
Tennis (B/G)	7 th -8 th	Varsity and JV	8	6	Final Week of Season
Volleyball (G)	7 th -8 th	7 th and 8 th Varsity and JV levels	9	8	Final Week of Season

*In cross country, schools may attend meets outside of the PSDMSAL as regulated by practice and competition guidelines.

The number of contests listed reflects the number of regular season contests at the varsity level. The number of contests at the junior varsity and/or 7th grade level shall not exceed the limitations for the 8th grade and/or varsity level in each sport. In addition, each sport will hold a district championship for the top level of the sport (7th and 8th grade varsity and/or varsity level depending on sport).

12.2 The following PSDMSAL sports are offered during the winter competitive season:

SPORT	GRADES	TEAMS	CONTESTS	WEEKS	CHAMPIONSHIP
Basketball (G)	7 th -8 th	7 th and 8 th Varsity and JV levels	9	9	Final Week of Season
Basketball (B)	7 th -8 th	7 th and 8 th Varsity and JV levels	9	8	Final Week of Season
Wrestling (B)	7 th -8 th	Varsity and JV	8	7	Final Saturday AM

The number of contests listed reflects the number of regular season contests at the varsity level. The number of contests at the junior varsity and/or 7th grade level shall not exceed the limitations for the 8th grade and/or varsity level in each sport. In addition, each sport will hold a district championship for the top level of the sport (7th and 8th grade varsity and/or varsity level depending on sport).

12.3 The following PSDMSAL sports are offered during the spring competitive season:

SPORT	GRADES	TEAMS	CONTESTS	WEEKS	CHAMPIONSHIP
Golf (B/G)	6 th -8 th	Varsity	8	7	Final Week of Season
Softball (G)	7 th -8 th	Varsity and JV	8	7	Final Saturday
Track and Field (B/G)	6 th -8 th	Varsity	4*	6	Final Week of Season
Unified Basketball (B/G)	6 th -8 th	Varsity	TBA	5 weeks	n/a

*In track and field, schools may attend meets outside of the PSDMSAL as regulated by practice and competition guidelines.

The number of contests listed reflects the number of regular season contests at the varsity level. The number of contests at the junior varsity and/or 7th grade level shall not exceed the limitations for the 8th grade and/or varsity level in each sport. In addition, each sport will hold a district championship for the top level of the sport (7th and 8th grade varsity and/or varsity level depending on sport).

12.4 The following PSDMSAL sports offer junior varsity programs as described:

SPORT	JUNIOR VARSITY PROGRAM
Basketball (B)	Play 2, 12-minute halves following each regular season, varsity game
Basketball (G)	Play 2, 12-minute halves following each regular season, varsity game
Football (B)	Play 2, 15-minute halves following each regular season, varsity game
Softball (G)	Play game schedule versus other PSD JV teams
Tennis (B/G)	Play game schedule versus other PSD JV teams
Volleyball (G)	Play 2 sets to 25, cap of 25.

12.5 The formal competitive season for each sport is defined as follows:

Each year, the PSDMSAL calendar shall be created as follows:

- Week #1 each year shall be designated as the week in which the first Monday after July 4th falls. This numbering system for weeks corresponds to the week designation on the SportsEngine Schedule maker.
- Weeks shall be numbered consecutively Week #1 – Week #52 throughout the year. The numbered weeks shall correspond to the weeks noted on the Athletic Scheduler.
- The specific dates for the seasons within the calendar weeks will be announced each year.

SPORT	2018-19 COMPETITIVE SEASON
Basketball (B)	Week #16 – Week #24
Basketball (G)	Week #28 – Week #36
Cross Country (B/G)	Week #8 – Week #14
Football (B)	Week #8 – Week #16
Golf (B/G)	Week #38 – Week #44
Softball (G)	Week #36 – Week #42
Tennis (B/G)	Week #8 – Week #14
Track and Field (B/G)	Week #42 – Week #47
Volleyball (G)	Week #8 – Week #15
Wrestling (B)	Week #28 – Week #34
Unified Basketball (B/G)	TBA

12.6 6th grade athletics are provided by the City of Fort Collins Parks and Recreation as a partner with PSD. PSD allows 6th grade students to participate in the PSDMSAL in the sports of cross country, golf, track & field and unified basketball.

ARTICLE XIII – Placement Policy

PSD POLICY ON PLACEMENT OF NON-PSD STUDENTS IN ATHLETIC PROGRAMS

Each multiple high school district must present to CHSAA in writing the policy which governs placement of students into athletic programs.

August 22, 2014

Guidelines for Student Participation in Extracurricular and Interscholastic Activities at District Schools

The purpose of these guidelines is to set forth in writing the policy of Poudre School District R-1 (the “District”) for implementation of C.R.S. § 22-32-116.5 regarding student participation in extracurricular and interscholastic activities at District schools.

1. Student participation in competitive activities at District schools may be based on tryouts or other merit-based selection criteria as determined by the coach or sponsor.
2. Students who reside within the District and who attend a school that does not offer an activity for which they are eligible and in which they wish to participate shall only be eligible to participate in that activity at their neighborhood school (if the activity is offered at their neighborhood school). If the activity is not offered at their neighborhood school, they shall only be eligible to participate in that activity at the closest District school to their residence that offers it or at the closest District school to their school of attendance that offers it (except that if the closest District school is a charter school, they may choose to participate in the activity at the charter school or at the closest District non-charter school that offers it).
3. Students who reside within the District and who participate in a nonpublic home-based educational program, on-line program or on-line school that does not offer an activity for which they are eligible and in which they wish to participate shall only be eligible to participate in that activity at their neighborhood school (if the activity is offered at their neighborhood school). If the activity is not offered at their neighborhood school, they shall only be eligible to participate in that activity at the closest District school to their residence that offers it (except that if the closest District school is a charter school, they may choose to participate in the activity at the charter school or at the closest District non-charter school that offers it).
4. Students who do not reside within the District and who attend a school within the District that does not offer an activity for which they are eligible and in which they wish to participate, or who participate in a District nonpublic home-based educational program, on-line program or on-line school that does not offer an activity for which they are eligible and in which they wish to participate, shall only be eligible to participate in that activity at the closest District school to their residence that offers it or at the closest District school to their school of attendance that offers it (except that if the closest District school is a charter school, they may choose to participate in the activity at the charter school or at the closest District non-charter school that offers it).
5. Students who do not reside within the District and who do not attend a school within the District or participate in a District nonpublic home-based educational program, on-line program or on-line school but who are eligible under C.R.S. § 22-32-116.5 to participate in an activity at a District school shall only be eligible to participate in that activity at the closest District school to their residence that offers it (except that if the closest District school is a charter school, they may choose to participate in the activity at the charter school or at the closest District non-charter school that offers it).
6. Student eligibility for and participation in activities at District schools shall be subject to governing law (including but not limited to C.R.S. §§ 22-32-116.5 & 22-36-101), CHSAA’s Constitution and Bylaws, District policies and regulations, and the decisions of the coach/sponsor responsible for the activity.
7. Decisions made under these guidelines at the school level may be appealed to the District’s athletic director (for athletic activities) or assistant superintendent responsible for the school at issue (for other activities). Decisions made under these guidelines by the District athletic director may be appealed to the assistant superintendent of secondary schools. Decisions made under these guidelines by an assistant superintendent may be appealed to the superintendent of schools.

Note: The purpose of these guidelines is to help prevent recruiting by schools and school activity shopping by students and their parents, both of which the District has determined are unfair to the other schools, students and parents involved in the activities.

ARTICLE XIV – CITIZENSHIP EXPECTATIONS, TRAINING AND PERSONAL CONDUCT RULES (Grades 6 through 12)

Citizenship Expectations

PSD has high expectations for the students that participate in extracurricular activities and interscholastic programs (grades 6 through 12). As such, student-athletes are expected to demonstrate good citizenship in school, during activities and in the community. The core expectations of behavior regarding the use of alcohol and drugs are outlined in the sections that follow. District Policy JJ specifically is written for students in grades 9 through 12. Similar expectations are outlined for students in grades 6 through 8 in the middle school training and personal conduct rules.

Students and parents must be fully aware that this handbook cannot possibly list every possible conduct violation that might result in a student-athlete facing disciplinary action by a coach or the athletic director of a given school. Incidents involving legal issues, conduct that reflects poorly on program and/or school, acts of hazing, and dishonesty with school officials are all examples that may result in a student-athlete being suspended or removed from team. Two of the most important goals of our extracurricular activity and interscholastic programs (grades 6 through 12) are to teach student-athletes life skills and respect for others. Participation in extracurricular activities and interscholastic programs is truly a privilege and must be viewed as such. Making good decisions and honoring your commitment that you have made to the program(s) that you represent are essential to maintaining eligibility to represent your school and program.

TRAINING AND PERSONAL CONDUCT RULES FOR MIDDLE SCHOOL ATHLETIC PROGRAMS

This section is written specifically for students who participate in PSD middle school athletic programs in Grades 6 through 8. Much of the language mirrors District Policy JJ for students in grades 9 through 12. It is important to note that there are some differences that apply specifically to middle school students.

Participation in Poudre School District middle school athletic programs is a privilege, not a right. Student-athletes serve as representatives of their schools and teams and may be viewed as role models by younger students. In addition, student health and fitness must be maintained on a year-round basis to meet the demands of participation in athletic programs. For these reasons, student-athletes are required to comply with the standards set by these training and personal conduct rules.

General Rules

These rules shall apply to all students who participate in any Poudre School District middle school athletic program. In addition to these rules, students participating in middle school athletics are subject to and required to comply with all policies and regulations in the Poudre School District Code of Conduct. Student athletes shall not be eligible to participate in athletic practices or competitions during any period of suspension or expulsion under the Code of Conduct.

Student-athletes are also subject to and required to comply with the Bylaws adopted by the Colorado High School Activities Association specific to middle school participation, with all team/program rules, and are required to exercise good sportsmanship at all practices and competitions. A student-athlete who fails to comply with these requirements as determined by a coach, PSD administrator or competition official shall be subject to suspension from practices and/or competitions. For more serious violations shall be subject to removal from the team.

I. Rules Concerning Controlled Substances, Alcohol and Tobacco

A student athlete's unlawful or otherwise improper use or possession of controlled substances, alcohol and/or tobacco reflects poorly on the student's school and team and sets a bad example for other students, regardless of when the use or possession occurs. In addition, a student athlete use a of a controlled substances, alcohol and/or tobacco may adversely affect the student athlete's health, fitness and athletic performance and may result in injury or harm, regardless of when the use occurs. Accordingly, students participating in any Poudre School District middle school athletic program shall not, regardless of the quantity involved: (1) use or possess any beverage containing alcohol; (2) use or possess tobacco or tobacco products; or (3) use or possess any controlled substance, including steroids, in any manner that is contrary to law or Poudre School District policies and regulations.

The foregoing rules shall be in effect during the entire academic year, including weekends, vacations and holidays, whether the student-athlete is on or off School District property and whether the student-athlete is at the time participating in any school-sponsored activity or event.

The following consequences for violation of the rules concerning controlled substances, alcohol and tobacco are applicable to all Poudre School District students in middle school athletics throughout the time they are enrolled in grades 6 through 8. Violations at the middle school level do not carry-over to the high school level.

Consequence for First Violation:

- Suspension from **30%** of interscholastic competitions for which the student-athlete is otherwise eligible and in which the student-athlete is otherwise able to participate, beginning in the season when the first violation occurs (including regular season and District Championship) and continuing into any subsequent season of the same or a different sport if the full suspension cannot be served during the season when the first violation occurs. During all periods of their suspension, student-athletes must participate in practices and otherwise remain in good standing with each team from which they are suspended in order to be eligible to return after their suspension.

Consequence for Second Violation:

- Suspension from **50%** of interscholastic competitions for which the student-athlete is otherwise eligible and in which the student-athlete is otherwise able to participate, beginning in the season when the second violation occurs (including regular season and District Championship) and continuing into any subsequent season of the same or a different sport if the full suspension cannot be served during the season when the second violation occurs. During all periods of their suspension, student-athletes must participate in practices and otherwise remain in good standing with each team from which they are suspended in order to be eligible to return after their suspension.

Consequence for Third Violation:

- The student athlete will lose the right to participate in all middle school athletics for the remainder of his/her middle school career.

For all violations - if the suspension carries over into a subsequent season of the same or a different span, the student-athlete must successfully complete that subsequent season in order to be considered as having served the portion of his/her suspension applicable to that subsequent season.

The foregoing rules concerning controlled substances, alcohol and tobacco, including the consequences for violation of those rules are hereby incorporated into the coach's team rules for every span at every school within the Poudre School District interscholastic athletic program, and are uniformly applicable to all team members.

The chart below is designed to outline the number of contests that each violation level carries at the middle school level.

MIDDLE SCHOOL SPORT	30%	50%
Cross Country	2 meets	3 meets
Football	2 games	4 games
Golf	30% of total number of holes scheduled	50% of total number of holes scheduled
Softball	3 games	5 games
Tennis	3 meets	5 meets
Volleyball	3 games	5 meets
Basketball	3 games	5 games
Wrestling	3 meets	5 meets
Track and Field	2 meets	3 meets

Question/Answer Regarding Athletic Suspensions

Q: Do scrimmages count in the number of games/meets/holes levied as a part of a suspension?

A: No. As such, suspended student-athletes are eligible to take part in a scrimmage while suspended as in essence a scrimmage is considered a practice opportunity.

SECTION II – Practice and Contest Limitations and Definitions

- 1.0 Each athletic season will begin on the first allowable practice date as designated by the District Athletic Director.
- 2.0 This date will mark the first allowable, required practice that may be held.
- 3.0 The definition of practice will include **any required** activity that includes a coach or coaches and one or more students receiving **sport-specific instruction** and **will also include strength and conditioning conducted in-season by the coach (or coaching staff)**.
- 4.0 Strength and conditioning conducted outside of the in-season period must be of general nature intended to develop all students for all sports. Such activity must be voluntary.
- 5.0 Seasons for all middle school athletic programs will be divided into the following categories:

I. **In-season** – begins with the first required practice allowed in each sport through the day of the championship tournament in that sport (or last regularly scheduled contest in that sport if there is not a championship for the level or sport).

II. **Out-of-season** – delineated below by season:

Fall Sports (sports beginning in the months of August, September or October), **out-of-season** will be designated as August 1st of each calendar year through the first required practice in the respective sport **and** from the day following the last scheduled contest or championship event in the sport through the last day of school.

Winter Sports (sports beginning in the months of November, December, January or February), **out-of-season** will be designated as August 1st of each calendar year through the first required practice in the respective sport and from the day following the last scheduled contest or championship event in the sport through the last day of school.

Spring Sports (sports beginning in the months of March or April each year), **out-of-season** will be designated as August 1st of each calendar year through the first required practice in the respective sport **and** from the day following the last scheduled contest or championship event in the sport through the last day of school.

III. **Summer** – will be designated as the day following the last day of school through August 1st of each calendar year.

Allowable activities during the **out-of-season period** each year will be limited to the following:

- 1) **Pre-Season Camp:** A school may permit the coaches of a sport to offer a pre-season camp during the week before the first required practice in the respective sport. Pre-season camps must meet all the following parameters:
 - A. The pre-season camp must be **voluntary** with no tie (whether actual or inferred) to making the squad or determining playing time in respective sport.
 - B. Each session of the pre-season camp is limited to **2 hours** in a given day.
 - C. The pre-season camp shall **not** include the use of personal protective equipment (other than helmets for acclimation purposes only) in the sport of football.
 - D. The number of sessions will be limited to **5 calendar days** per sport, per year.
 - E. Enrollment for the pre-season camp must open to all enrolled students (and home school students approved to participate) of designated school

- F. The pre-season camp must be at no cost to students.
 - G. The pre-season camp must be conducted so that all activities are supervised by coaching staff.
 - H. The event must appear on School Dude (the PSD-approved calendar). Affiliate members must list the event on the designated school calendar for each school.
 - I. Pre-season camps may include sport-specific instruction, may include conditioning activities and may include the use sport-related equipment (balls, gloves, etc.).
 - J. The **focus/purpose** of the pre-season camp should be two-fold:
 - 1. To **acclimate** students to the conditioning needed for upcoming sport.
 - 2. To provide an opportunity to **familiarize** students with the basic skills needed for upcoming sport.
- 2) **Clinics, Open Gyms:** A school may offer clinics, open gyms or other drop-in type opportunities for students during the out-of-season period (including the summer) provided:
- A. All activities must be voluntary.
 - B. All activities are always supervised by coaching staff.
 - C. The out-of-season offerings (sponsored by the school) are free of charge (and open) to all enrolled students (or home school students who participate at respective school).
 - D. All such offerings appear on School Dude (the PSD-approved calendar). Affiliate members must list the event on the designated school calendar for each school.
 - E. Out-of-season activities in the sport of football shall not include contact and participants may not wear protective equipment for such offerings.
 - F. Each year the PSDMSAL may approve allowing sports to attend state or regional competitions outside of the formal season. Such participation shall be voluntary and would be considered a school activity as such activity is outside of the formal competitive season of the PSDMSAL.
 - G. The PSDMSAL may grant permission for league schools to offer voluntary practices to prepare for state events in each sport that offers regional or state competitions for middle school specific teams. Such requests must come before the middle school athletic directors at a regular meeting.
 - H. As a school activity, all respective costs must be absorbed at the school or individual participant level.
 - I. It is up to each respective school to determine what grade levels may be involved in such activities outside of the formal season.

It is important at the middle school level that no one sport is ever emphasized over another and that participation is encouraged over specialization. The school administration sets the tone in their school and programs to assure that these values are carried out in everyday practice.

Question/Answer Section on Out-of-Season and Summer Offerings

Q – Just to be clear, what is considered out-of-season?

A – There are three basic time periods/seasons relative to middle school athletics per our athletic constitution. Those are in-season (the first day of required practice each year – the District Championship in that sport), out-of-season (all time periods from August 1st through the last day of school each year) and summer (the last day of school to August 1st each year). Specific activities may occur during each period/season. The chart below illustrates the permissible activities:

In-Season

- Formal season for the sport.

- Only time period in which competitions may occur, unless request has been submitted and approved by regular membership to allow a team to represent their school in a regional or state competition in that sport outside of the designated PSDMSAL season.
- Required practices may be held.
- Practices are limited in terms of number of days and duration per day
- No camps, clinics or open gyms may be held during the in-season period. All such activities would be considered practices and thus must comply with practice limitations.

Out-of-Season

- No practices may be held.
- No contests may be played, unless conditions above are met.
- Camps, clinics and open gyms may be offered.
- All activities must be approved through school administration and must appear on School Dude or school calendar (affiliate members)
- All camps and clinics that have any fee associated with participation must abide by the [Developmental Program Guidelines](#).

Summer

- No practices may be held.
- No contests may be played, unless conditions above are met.
- Camps, clinics and open gyms may be offered.
- All activities must be approved through school administration and must appear on School Dude or school calendar (affiliate members)

There are no limits in terms of the number of out-of-season or summer offerings that a school provides. This area is monitored and approved through school administration.

Q – A coach would like to offer open gyms for basketball players throughout the year. Is this allowed and if so how many open gyms may be offered according to the practice guidelines?

A – Yes. Open gyms, clinics or other voluntary clinics would be allowed during the out-of-season period. There are no limits in terms of number of offerings. These offerings must be approved through the school administration at each school. School administrators are expected to commit to the value statement described on the bottom of page #19.

Q – A coach would like to offer open gyms for softball players throughout the summer. Is this allowed and if so how many open gyms may be offered according to the practice guidelines?

A – Yes. Open gyms, clinics or other voluntary clinics would be allowed during the out-of-season period. There are no limits in terms of number of offerings. These offerings must be approved through the school administration at each school. School administrators are expected to commit to the value statement described on the bottom of page #19.

Q – May out-of-season or summer activities be required, or team selection based on these activities.

A – No. All out-of-season and summer activities must be voluntary and may have not tie whatsoever to playing time or team selection.

6.0 **In-Season Activities:** Allowable activities during the **in-season** will include practices (both required and voluntary), contests, meetings and other team activities (to include in-season strength and conditioning). Required practices and other

team activities may occur on any regularly scheduled PSD school days. Schools may permit team activities and practices on non-school weekdays provided that all such activity is voluntary if approved by the administration of given school and such activity does not exceed the in-season parameters. Practices approved on Saturdays or Sundays should only be approved on a limited basis by the administration of the respective school for instances of weather-related cancellations from week prior or other extenuating circumstances.

The following practice limitations shall apply:

- 1) One practice per day is permitted.
- 2) Practice length from start to finish may not exceed **2.5 hours**.
- 3) Each school/sport is allowed a maximum of **five** practices per week.
- 4) All practices and team activities must be supervised by coaching staff.
- 5) All practice and/or activities must appear on School Dude (the PSD-approved calendar). Affiliate members must list the event on the designated school calendar for each school.
- 6) Each sport may participate in/conduct in a maximum of **two** scrimmages during the formal in-season period. A scrimmage shall be defined to include two or more teams on a given date.
 - a. The date of the scrimmage(s) is up to the building athletic director and head coach of the sport.
 - b. Scrimmages may be conducted with another PSD middle school or arranged with another local middle school team. The opposing team must be a recognized middle school team or junior high (**may not include 9th grade students**) and not a club program, high school program or any students in 9th-12th grade.
 - c. A scrimmage must comply with the following conditions:
 - i. No score may be kept either formally or informally. A scrimmage is intended as an extension of the practice environment to promote instructional opportunities.
 - ii. No admission may be charged.
 - iii. No school time may be missed to travel to or conduct a scrimmage.
 - iv. If officials are to be used, the individual school must secure officials and if the officials are to be paid the school(s) involved must use building level funds.
 - v. Transportation to any scrimmage will be up to the parents of team members.
 - vi. If two teams share a practice facility, the teams must conduct practices separately unless a scrimmage date is used.

7.0 The following individuals **may** participate in an in-season practice:

- 1) Enrolled 7th or 8th grade students at respective school (including students placed at school for athletics) who have completed all check-out requirements for current school year. In the sports of cross country, golf and track, 6th grade students shall also be allowed to participate as per this by-law.
- 2) All school-approved coaching staff members that have completed requirements to be employed through PSD for current year. All coaching staff members, including any volunteers must be approved through the administration of the respective school, and must have a current background check on file **prior to working with students**.
- 3) Current 7th or 8th grade student managers that have been approved by respective coaching staff. In the sport of cross country, golf and track, a 6th grade student may serve as a manager as 6th grade students are allowed to participate in these sports.

8.0 The following individuals **may not** participate in an in-season practice:

- 1) Any student who has **not** completed all check-out requirements for the current year.

- 2) Any volunteer or coach who does **not** have a current background check on file with PSD.
- 3) Any coaching staff member who has **not** completed PSD requirements for coaches for current year.
- 4) Any student manager that has not been approved by respective coaching staff.
- 5) A student that does **not** meet the grade requirements specified above.

9.0 To participate in **any** in-season activity, the student must have completed **all** checkout requirements required by the respective school.

10.0 To participate in **any** out-of-season activity during the school year, the student must have a current physical and parent permission form on file in the office of the respective school.

11.0 To participate in **any school-sponsored camp, clinic or strength and conditioning program** the student must have a current physical and parent permission form on file in the office of the respective school.

12.0 The following contest limitations will apply to all middle school sports. To allow flexibility regarding transportation, officials, weather, player/coach safety, and budgetary concerns the regular season schedules and championship format may change throughout the season.

- Basketball – 9 games plus championship tournament
- Cross Country – no more than 2 meets per week during season
- Football – maximum of 7 games
- Golf – maximum of 144 holes per individual including championship tournament
- Softball – 8 games plus championship tournament
- Tennis – 8 meets plus championship tournament
- Track - no more than 2 meets per week during season
- Volleyball – 9 matches plus championship tournament
- Wrestling - 8 matches/meets plus championship tournament – if RCS offers wrestling the limit will be 9 matches/meets plus the championship tournament

SECTION III – Basketball



POUDRE SCHOOL DISTRICT

Middle School Athletic Constitution

BASKETBALL

ARTICLE I - Governing Rules/Levels Specific to Basketball

Section 1 The current edition of the NFHS Basketball Rules Book shall be the official rulebook for the league contests and the championship game.

- 1.1** Each school has the opportunity to form one varsity level team per grade (7th and 8th).
- 1.2** Each school will also have the opportunity to have athletes compete at the junior varsity level in each grade (7th and 8th).
- 1.3** Competition at the varsity level will include 4, 6-minute quarters. The timing during the 4, 6-minute quarters shall be governed by the NFHS basketball rule book. Overtime periods shall be 3 minutes in length and shall continue until a winner is declared. The mercy rule will be in effect for all varsity regular season and post season contests. The championship game will follow this format as described in 1.3 and 1.4.
- 1.4** PSD Mercy Rule – If a team is ahead by **30 or more points** during any varsity regular season or post season contest, the clock will run continuously from that point on except for time outs, injuries and any intermissions. Once the mercy rule has gone into effect, the clock will be running for remainder of the game regardless of score differential from that point on.
- 1.5** If a team leads by **20 or more points** at the varsity or junior varsity level, the team that is ahead may not press until the margin is below this standard. Coaches should use good sportsmanship as a guide as to whether to reapply the press if the margin drops below 20 points.
- 1.6** Game time for all varsity contests will be 3:30PM. The junior varsity game will begin 5 minutes after the conclusion of the varsity contest.
- 1.7** The junior varsity contest will include 2, 6-minute halves. The clock will be stopped per NFHS basketball game rules and to mimic procedures used at the varsity level! Overtime periods shall be sudden death with the first team that scores declared the winning team.
- 1.8** Teams will be granted the following amount of time outs: VARSITY - 3 full (60 seconds) and 2, 30-second timeouts per varsity game. JUNIOR VARSITY - 1 full (60 seconds) timeouts and 1, 30-second time out per junior varsity game. One additional full timeout is awarded to each team for each overtime period played at each level.
- 1.9** Standings will be kept during the regular season to determine the seeding for the championship tournament. In the event of a tie for one of the two positions, the following tiebreaker will be used.
- 1.10** If two teams **are tied for any place**, the team that won the head-to-head game during the regular season will be declared the higher seed. The team that lost the head-to-head game during the season will be declared the lower seed.
- 1.11** If **three (or more) teams are tied for any place**, the tie will be broken as follows. Starting at the top of the standings, results will be compared versus each team (i.e. how the tied teams did versus #1 seed, the #2 seed, etc.). If ever two teams remain in a tie, head-to-head results of the regular season will be used to break the remaining tie. If this procedure fails to break the tie between the tied teams, the District Athletic Director will break the ties using coin flip(s) with a representative of each tied team present.

Section 2 The District Athletic Director will serve as the League Commissioner and will coordinate all schedules, facility use, sport meetings, hiring of Championship Game Director(s), maintain standings, and will rule/act on all matters relative to the Basketball and League Constitution on behalf of member schools.

ARTICLE II - Practice and Game Limitations

Section 1 Practice limitations are governed by the practice guidelines for all middle school sports. This includes first allowable day of required practice, number of days of practice, in-season vs. out-of-season vs. summer guidelines, etc.

Section 2 No changes will be made to competition schedule without approval of the District Athletic Director except for weather-related postponements/cancellations. In the event of such occurrence, the host school Athletic Director shall contact the District Athletic Director to reschedule the contest. Playing a contest outside of the formal schedule will result in a forfeit being recorded for both teams. Further sanctions are possible if deemed necessary by the District Athletic Director

ARTICLE III – Tryout Period/Procedures

Section 1 Tryouts must be a minimum of three days. Individual schools may elect to extend the tryout period to five practices.

Section 2 Each school must carry a **minimum of sixteen** players on the basketball roster. Individual schools may carry more athletes on the roster.

Section 3 Players that **start** a varsity contest may not participate in the junior varsity contest.

ARTICLE IV - Player Eligibility

Section 1 All athletes must have completed all check-out requirements prior to being allowed to practice or participate in any competitions.

ARTICLE V - Game Management

Section 1 Starting times: All varsity league contests will begin promptly at 3:30 p.m. The junior varsity contest will begin **five (5)** minutes following the conclusion of the varsity contest.

Section 2 PSD teams will have a minimum of a **ten (10)**-minute pregame warm-up period before the varsity contest. Teams shall warm-up on the basket furthest from their bench. Players may not cross the division line for any of their warm-up activities including stretching.

Section 3 Halftimes for all varsity games will be ten (10) minutes and five (5) minutes for junior varsity.

Section 4 Scouting and Filming

4.1 Scouting is per permitted provided that no videotaping is involved. A coach may observe a contest involving other PSD middle schools and take notes but may not videotape any segment of the contest.

For the intent of the videotaping ban, using or possessing any video of PSD basketball contests, other than video involving your school, shall be considered a violation of this rule. For example, if a parent attends a PSD game and offers the video to the coach of their team, the coach(es) must refuse to take possession of and/or view the video. The coach should inform the parent that this practice is unethical and not within the spirit of this by-law.

4.2 Coaches may call other coaches within the league to inquire about an opponent, but coaches are prohibited from sharing any video with other schools not involved in the contest.

Coaches may video their own contests or practices that may be used for game planning or development of their own team only.

4.3 Use of computers shall not be used for coaching purposes during the game or between periods. Using an IPAD for keeping stats or videotaping a contest would be permitted. Showing the video to the team during a timeout would be example of a prohibited use of technology as this would be used for coaching purposes during a contest.

4.4 Violations of the scouting guidelines will result in sanctions up to an including forfeiture of contest(s), restriction from consideration for championship game, etc.

Section 5 The official game ball will be the Wilson Evolution.

Section 6 The home school shall designate a responsible person to enter the scores for all varsity contests on the www.psdathletics.org website.

ARTICLE VI – Championship Games

Section 1 A championship tournament will be held for both the 7th and 8th grade varsity level.

- 1.1** The 8th grade tournament will include all 10 teams in a single elimination bracket to determine the PSDMSAL 8th grade champion.
- 1.2** The 7th grade level will consist of the top 4 teams qualifying to play a 4-team, single elimination bracket to determine the PSDMSAL 7th grade champion.
- 1.3** The championship game for the 7th and 8th grade level will be played at a high school venue on the same night.
- 1.4** The 8th grade bracket will have a pigtail round for seeds 7-10. After the pigtail round, the lowest remaining seed shall advance to face the #1 seed and the second lowest seed shall advance to face the #2 seed.

Section 2 As with all the championship events for PSD middle school athletics, a tournament director(s) may be hired to run the championship tournaments. The determination of the individual or individuals selected to be the tournament director(s) shall be made by the middle school athletic directors and District Athletic Director. Input will be solicited from the head basketball coach at each school.

2.1 Once the tournament director(s) has/have been hired, he/she will have authority to run the championship tournaments within the context of the league constitution. Coaches will allow the tournament director(s) to conduct the responsibilities of running such events as a representative of the PSD Athletic League membership and not in the interests of an individual coach or school.

Section 3 At the 8th grade level - The PSDMSAL will award a championship trophy that will travel to the winning school each year. The second-place team will be awarded a plaque. Individual medals will also be presented to the 1st and 2nd place teams.

At the 7th grade level – The PSDMSAL will award a plaque to the 1st and 2nd place finishers. Medals will be awarded to the 1st and 2nd place participants.

ARTICLE VII - Basketball Chairperson/District Athletic Director

Section 1 The chairperson will be one of the middle school athletic directors. The role of the chairperson is to assist the District Athletic Director in the operation of the middle school basketball program and championship event as needed.

Section 2 The chairperson for each year will be designated at the final middle school AD meeting. The chairperson will be an AD that is not a coach of the respective sport to which he/she is assigned.

Section 3 The middle school athletic directors and District Athletic Director are responsible for the by-law revisions made following each season. Input will be gathered from the head basketball coach at each of the middle schools. Changes in the constitution must be voted on by middle school athletic directors with a 2/3 majority required to amend the existing constitution. The District Athletic Director may mandate changes or additions to the constitution in issues relative to District policy and matters in the best interest of all member schools and students if such action is deemed to be a Tier 1 decision on the Pathway for Decisions. Such action must only be done after informing league coaches, athletic directors and middle school principals.

Section 4 The District Athletic Director will schedule and coordinate the pre-season and post-season coaches' meetings for each sport.

Section 5 The District Athletic Director will present a two-year PSDMSAL schedule in the sport of basketball by May 1st each scheduling cycle. The schedule will follow the steps below:

- Teams participating in the PSDMSAL in each sport will be randomly drawn every two years.
- The schedule for Year #1 will be drawn for 7th and 8th grade.

- The Year #2 schedule will remain the same as the Year #1 schedule to assure that athletes play at home and away versus all league teams during their middle school career.
- The next two-year schedule will be presented after re-drawing all schools.

ARTICLE VIII – Sportsmanship

Section 1 It is expected that each building principal and athletic director commit to educating coaches, athletes, the student body and parents regarding good sportsmanship practices.

- 1.1 Cheers should be positive and directed towards (and in support of) the school that the fans represent and not directed at the opposing team, coaches, officials or participants.
- 1.2 Cheers or comments considered vulgar, derogatory, or profane are grounds for immediate ejection from the contest. If such behavior involves a PSD student or students, the offending person(s) may face further consequences according to the PSD Code of Conduct.
- 1.3 It is recommended that any adult affiliated with PSD schools that is ejected or removed from an athletic venue due to poor sportsmanship be placed on probation and not allowed to return to further PSD athletic events until the following have occurred: 1). The parent meets with the building administration to discuss future expectations for behavior. 2). The parent completes an approved NFHS Sportsmanship course. The course is free and is available online. A certificate of completion must be presented to the District Athletic Director as proof of meeting this requirement.
- 1.4 Future incidents may result in PSD disallowing the parent to attend any future PSD contests.
- 1.5 It is also expected that coaches understand and commit to their role of modeling superior sportsmanship. The spectators and participants in most cases behave in the manner in which the coach behaves.
- 1.6 PSD does not condone coaches or athletes at the middle school level receiving sanctions of any kind for unsportsmanlike conduct (i.e. technical fouls, yellow or red cards, etc.). It is the responsibility of each coach to assure that these violations do not occur. Building administrators and the District Athletic Director may impose sanctions for egregious acts or repeated acts of unsportsmanlike conduct by coaches or participants. Coaches are to enforce violations of this expectation involving a participant or participants.
- 1.7 Ejections by a participant or coach will result in the following actions:
 - The offending party must meet with the building athletic director to develop a plan of action to assure that the behavior will not occur in the future.
 - The offending party will be suspended for one contest at the level involved. The suspension will include suspension from all levels until the one game suspension is served at the level involved. For example, if a player or coach is ejected from a JV softball game, the player or coach is suspended from all softball contests (at any level) until the player or coach sits out one JV contest.
 - In the case of a coach, the coach may not assist or coach at any other level until the suspension is served at the level involved. If no contests remain at the level involved, and the coach regularly assists at a higher level, the coach will serve the suspension at the higher level before being allowed to coach at any level.
 - In the case of a participant, if no contests remain at the level involved (and the participant does not suit up for another level in that sport), the suspension will carry over to the next season of middle school competition in that sport.
 - If no contests remain at the level involved (and the participant **does** suit up for another level in the same sport), the athlete shall serve the suspension at that level. A coach may not suit up an athlete for the sole purpose to serve the suspension. The athlete must be a regular member of the level involved.
 - The offending party must complete an approved NFHS Sportsmanship class prior to participation being restored. The NFHS Sportsmanship courses are free and available online. A certificate of completion must be presented to the District Athletic Director as proof of meeting this requirement.

- There is no appeal process for an ejection.
- For a second ejection for offending party at the middle school level, the penalty structure shall be repeated except the length of suspension shall increase to 2 games.
- Any further offenses may result in loss of participation at the middle school level.

ARTICLE IX – Approved Coaches

Section 1 Approved coaches are to be defined as those coaches that are school-approved coaching staff members that have completed requirements for coaches employed through PSD for current year. All coaching staff members, including any volunteers must be approved through the administration of the respective school, and must have a current background check on file **prior to working with students.**

1.1 Only such approved coaches may coach or instruct in any match or contest during the championship tournament.

1.2 The number of paid coaches will be determined by adhering to PSD policy on extra duty positions.

Schools and building administrators should oversee the hiring of all athletic coaches and must balance equity across all programs and genders when approving such hires.

SECTION IV – Cross Country



POUDRE SCHOOL DISTRICT

Middle School Athletic Constitution

CROSS COUNTRY

ARTICLE I - Governing Rules/Meet Management

Section 1 The current edition of the NFHS Track & Field and Cross-Country Rule Book shall be the official rulebook for the league matches and the championship meet.

- 1.1** Each member school may form a team composed of any eligible 6th-8th grade student.
- 1.2** The course length for all regular season PSDMSAL-sponsored meets and the District Championship will be 3500 meters (2.174799 miles) or 2 miles based on course logistics and the host school. Outside meet distances may vary. Coaches are encouraged to verify with meet host.
- 1.3** All PSD competitions including the District Championship will be electronically timed using a chip timing system. Runners finishing without a chip will not receive a time and will not be included in the results (NFHS rule).
- 1.4** Coaches will be responsible to instruct competitors how to properly wear the chips prior to reporting to the starting area.
- 1.5** At no meet may the boys' and girls' division start at the same time. Runners of different genders may however be on the course at the same time.
- 1.6** Jewelry may be worn by individual competitors if such jewelry is not determined to present a hazard to runners.
- 1.7** For the District Championship, entries are unlimited. The top **four** runners will count for scoring.
- 1.8** During the regular season each individual meet may be scored using different formats. It is important for coaches to be informed of how each meet operates and communicate this to your athletes.

ARTICLE II – Championship Meet/League Champion

Section 1 The championship meet will be held at the conclusion of the regular season as denoted on schedule for current year.

Section 2 As with all the championship events for PSD middle school athletics, a tournament/event director may be hired to run the event. The determination of the individual or individuals selected to be the tournament/event director shall be made by the middle school athletic directors and District Athletic Director. Input will be solicited from the head cross country coach at each school.

Once the meet/event director has been hired, he/she will have authority to run the championship event within the context of the league constitution. Coaches will allow the tournament/event director to conduct the responsibilities of running such events as a representative of the PSD Athletic League membership and not in the interests of an individual coach or school.

Section 3 Awards at the District Championship will consist of a plaque for the top **3 teams** and top **10 finishers** in each division (boys and girls).

3.1 The league champion will be declared in each division based on the team finish at the District Meet. The PSD Athletic League will award a championship trophy that will travel to the winning school each year.

3.2 In the event of a tie for any place at the District Championship, the tie will be broken scoring the 5th runner (6th, 7th, 8th, if needed).

ARTICLE III – Cross Country Chairperson/District Athletic Director

Section 1 The cross-country chairperson will be a one of the middle school athletic directors. The role of the chairperson is to assist the District Athletic Director in the operation of the middle school cross country program and championship event as needed.

Section 2 The chairperson for each year will be designated at the final middle school AD meeting. The chairperson will be an AD that is not a coach of the respective sport to which he/she is assigned.

Section 3 The middle school athletic directors and District Athletic Director are responsible for the by-law revisions made following each season. Input will be gathered from the head cross country coach at each of the middle schools. Changes in the constitution must be voted on by middle school athletic directors with a 66% majority required to amend the existing constitution. The District Athletic Director may mandate changes or additions to the constitution in issues relative to District policy and matters in the best interest of all member schools and students. Such action must only be done after informing league coaches, athletic directors and middle school principals.

ARTICLE IV – Scheduling

Section 1 The District Athletic Director will develop the cross-country schedule and coordinate the pre-season and post-season coaches' meetings for each sport.

1.1 The District Athletic Director will present a two-year PSDMSAL schedule in the sport of cross country by May 1st each scheduling cycle.

1.2 Schools can schedule meets outside of the conference schedule according the guidelines outlined in the contest limitations section of the middle school athletic constitution.

1.3 All non-conference meets must be communicated with the District Athletic Director to be added to the athletic scheduling website.

1.4 All schedules will be entered and appear on the athletic scheduling website found at www.psdathletics.org.

ARTICLE V – Sportsmanship

Section 1 It is expected that each building principal and athletic director commit to educating coaches, athletes, the student body and parents regarding good sportsmanship practices.

1.1 Cheers should be positive and directed towards (and in support of) the school that the fans represent and not directed at the opposing team, coaches, officials or participants.

1.2 Cheers or comments considered vulgar, derogatory, or profane are grounds for immediate ejection from the contest. If such behavior involves a PSD student or students, the offending person(s) may face further consequences according to the PSD Code of Conduct.

1.3 It is recommended that any adult affiliated with PSD schools that is ejected or removed from an athletic venue due to poor sportsmanship be placed on probation and not allowed to return to further PSD athletic events until the following have occurred: 1). The parent meets with the building administration to discuss future expectations for behavior. 2). The parent completes an approved NFHS Sportsmanship course. The course is free and is available online. A certificate of completion must be presented to the District Athletic Director as proof of meeting this requirement.

1.4 Future incidents may result in PSD disallowing the parent to attend any future PSD contests.

1.5 It is also expected that coaches understand and commit to their role of modeling superior sportsmanship. The spectators and participants in most cases behave in the manner in which the coach behaves.

1.6 PSD does not condone coaches or athletes at the middle school level receiving sanctions of any kind for unsportsmanlike conduct (i.e. technical fouls, yellow or red cards, etc.). It is the responsibility of each coach to assure that these violations do not occur. Building administrators and the District Athletic Director may impose sanctions for egregious acts or repeated

acts of unsportsmanlike conduct by coaches or participants. Coaches are to enforce violations of this expectation involving a participant or participants.

1.7 Ejections by a participant or coach will result in the following actions:

- The offending party must meet with the building athletic director to develop a plan of action to assure that the behavior will not occur in the future.
- The offending party will be suspended for one contest at the level involved. The suspension will include suspension from all levels until the one game suspension is served at the level involved. For example, if a player or coach is ejected from a JV softball game, the player or coach is suspended from all softball contests (at any level) until the player or coach sits out one JV contest.
- In the case of a coach, the coach may not assist or coach at any other level until the suspension is served at the level involved. If no contests remain at the level involved, and the coach regularly assists at a higher level, the coach will serve the suspension at the higher level before being allowed to coach at any level.
- In the case of a participant, if no contests remain at the level involved (and the participant does not suit up for another level in that sport), the suspension will carry over to the next season of middle school competition in that sport.
- If no contests remain at the level involved (and the participant **does** suit up for another level in the same sport), the athlete shall serve the suspension at that level. A coach may not suit up an athlete for the sole purpose to serve the suspension. The athlete must be a regular member of the level involved.
- The offending party must complete an approved NFHS Sportsmanship class prior to participation being restored. The NFHS Sportsmanship courses are free and available online. A certificate of completion must be presented to the District Athletic Director as proof of meeting this requirement.
- There is no appeal process for an ejection.
- For a second ejection for offending party at the middle school level, the penalty structure shall be repeated except the length of suspension shall increase to 2 games.
- Any further offenses may result in loss of participation at the middle school level.

ARTICLE VI – Approved Coaches

Section 1 Approved coaches are to be defined as those coaches that are school-approved coaching staff members that have completed requirements for coaches employed through PSD for current year. All coaching staff members, including any volunteers must be approved through the administration of the respective school, and must have a current background check on file **prior to working with students.**

- 1.1 Only such approved coaches may coach or instruct in any meet or practice session.
- 1.2 The number of paid coaches will be determined by adhering to PSD policy on extra duty positions.
- 1.3 Schools and building administrators should oversee the hiring of all athletic coaches and must balance equity across all programs and genders when approving such hires.

SECTION V– Football



POUDRE SCHOOL DISTRICT

Middle School Athletic Constitution

FOOTBALL

ARTICLE I - Governing Rules/Levels Specific to Football

Section 1 The current edition of the NFHS Football Rules Book shall be the official rulebook for the league contests and the championship game.

- 1.1** Each school has the opportunity to form one varsity level team per grade (7th and 8th).
- 1.2** Each school will also have the opportunity to have athletes compete at the junior varsity level in each grade (7th and 8th).
- 1.3** Competition at the varsity level will include 4, 8-minute quarters. The timing during the 4, 8-minute quarters will be conducted per NFHS, except in the event of the **28-point mercy rule** being enforced. The championship games will follow this format as described in 1.3 and 1.4.
- 1.4** If a team leads by **28 or more points**, a running clock will be in place for the duration of the contest (even if the team that is behind cuts the margin to less than 28 points). The only reasons the clock will stop once the mercy rule is in effect are for **timeouts, injuries and intermissions**.
- 1.5** A junior varsity contest will be played whenever numbers allow to provide an opportunity for junior varsity players or varsity players that did not receive considerable playing time in the varsity contest. Varsity starters may not play in the JV contest unless required to conduct the game and with the mutual agreement of both coaches.
- 1.6** The JV contest will consist of 2, 8-minute halves of play. The clock will stop per NFHS rules and shall mimic timekeeping at the middle school varsity level for the two 8-minute halves. Halftimes will be five minutes in length. Each team shall be allowed two timeouts per half.
- 1.7** The JV contest will commence immediately following the completion of the varsity contest (within five minutes). The five-minute period will allow coaches to prepare for the contest and allow for any athletes that have not played in the varsity contest to warm up if needed. The officials shall call for captains immediately for the coin toss.
- 1.8** The JV contest will follow all NFHS rules during play including having kickoffs, punts, etc.
- 1.9** In the event of a tie **in the varsity game only**, the ten-yard line tiebreaker system will be used in all regular season contests.
 - If the score at the end of regulation play is tied, there will be a timeout. The captains of the two squads will meet at midfield, with the officials, for a flip of the coin.
 - The winner of the toss will have the option to defend a goal or to determine possession.
 - Then, each team will have the opportunity to score from the 10-yard line. The team which outscores the other in the “overtime” session will be the winner, following the rules of football.
 - If a second (or additional) overtime period is needed, a 2-point conversion **MUST** be attempted by the team scoring a touchdown. This process continues until the tie is broken.
- 1.10** The PSDMSAL will randomly draw the 10 schools involved in the football schedule into two groups of five. Each group will play a single round robin with all other schools within the assigned group. The top **two** teams from each group will advance

to the Gold Division and the middle **two** teams from each pool will form a group of four (Silver Division) that will play a single round robin to complete the season. The **last place team** in each pool will compete against each other in the First Round Games. In the Silver Division, the two first round losing teams will compete against the lowest two teams from the opposite pool for the second round.

- 1.11** All teams will play **seven** games (4 regular season and 3 post-season contests). This format will be used for both 7th and 8th grade, varsity play. Following the regular season, teams will be seeded into the Gold or Silver Division. All teams will play 3 post-season games regardless of result.
- 1.12** Junior Varsity contests will take place after each Varsity contest throughout the entire season to allow 7 games for the JV level. For teams that advance to the championship final in both 7th and 8th grade will be given an option to schedule their JV game prior to the Saturday final. **A school could schedule additional junior varsity contests (not to exceed the 7 game maximum games allowed) to make up for contests that cannot be played throughout the year due to a lack of numbers.**
- 1.13** If **two** teams are tied for **any place** within the group standings, the team that won the head-to-head game during the regular season will be declared the higher seed of the respective group. The team that lost the head-to-head game during the season will be declared the lower seed.
- 1.14** If **three (or more)** teams are tied for the **1st position** within a group, the tie shall be broken as follows:
- When possible, teams will be removed from the tie using the record in games involving the tied teams only. If there is a difference when comparing the records of the three teams in games between the tied team only (i.e. 2-0, 1-1, 1-1), the tie could be broken with this step. The 2-0 team would secure higher seed and head-to-head would be used to determine the seeding for the 1-1 teams. If the three records using games amongst tied teams are all 1-1, proceed to comparing results of all games.
 - If only two teams remain using this procedure, head-to-head results will be used to break remaining tie(s).
 - If more than two teams remain tied the results will be compared from the top of the standings through the bottom of the standings to attempt to remove a team or teams from the tie. An example is illustrated on next page.
 - If the previous step fails to remove a team from the tie, a coin flip will be held to establish seeds. A coin flip will be used for the tie that will not move any of tied teams to another division based on result of coin flip. Three coins will be used during coin flip with each of the tied teams represented by a coin. The coins will be tossed and compared until one of the coins is different than the other two. The school represented by this coin will be designated as the highest seed among the three teams. The tie between the two remaining schools shall be broken by comparing the head-to-head result between the two tied teams during the regular season.

Example A -

Seed after

Group A	Wins	Losses	Place	Tiebreaker
Team 1	3	1	T1st	Coin Flip = 1st
Team 5	3	1	T1st	2nd (Head-to-head over team #4)
Team 4	3	1	T1st	3rd
Team 3	1	3	4th	4th
Team 2	0	4	5th	5th

Regular Season Results:

TEAM	1	2	3	4	5
1	XXX	34-33	22-10	6-7	50-0
2	33-34	XXX	13-14	20-32	6-44
3	10-22	14-13	XXX	42-44	30-32
4	7-6	32-20	44-42	XXX	6-8
5	0-50	44-6	32-30	8-6	XXX

In breaking the tie illustrated in the example on the previous page applying 1.14 (3-way tie), the tiebreaker procedure would proceed as follows:

- The first step is to compare results between teams #1, #4 and #5 only.
- The result of the games between the three tied teams only finds that the teams all finished 1-1 against each other.
- A coin flip would be conducted to seed the three teams.

1.15 If **three (or more)** teams are tied for the **2nd or 3rd position** within a group, the tie shall be broken as follows:

- When possible, teams will be removed from the tie using the record in games involving the tied teams only. If there is a difference when comparing the records of the three teams in games between the tied team only (i.e. 2-0, 1-1, 1-1), the tie could be broken with this step. The 2-0 team would secure higher seed and head-to-head would be used to determine the seeding for the 1-1 teams. If the three records using games amongst tied teams are all 1-1, proceed to comparing results of all games.
- If only two teams remain using this procedure, head-to-head results will be used to break remaining tie(s).
- If more than two teams remain tied the results will be compared from the top of the standings through the bottom of the standings to attempt to remove a team or teams from the tie. An example is illustrated on next page.
- If the previous step fails to remove a team from the tie, a coin flip will be held to establish. Three coins will be used during coin flip with each of the tied teams represented by a coin. The coins will be tossed and compared until one of the coins is different than the other two. The school represented by this coin will be designated as the highest seed. The tie between the two remaining schools shall be broken by comparing the head-to-head result between the two tied teams during the regular season or results against common opponent.
- The two remaining teams shall play one, 8-minute sudden death period of play. The 8-minute period will be timed per NFHS rules.
- The team that wins the coin flip at the start of the playoff game shall possess the ball first.
- The first team to score will be declared the winning team provided that both teams have had the opportunity to possess the ball. If a team has possession of the ball (**during their first opportunity to possess**) and the time expires, the team shall be allowed to finish that possession. Any change of possession (including turning the ball over on loss of downs or a turnover) will end the period. If the period ends in a tie, the 10-yard overtime procedure will be conducted.
- The winner of this first contest will advance to play the team that received the bye. The same contest rules will apply.

- The loser of this first contest will receive the lowest seeds available to three teams that are tied.
- The winner of the second contest will receive the highest seed available to the three teams that are tied, with the losing team receiving the second of three seeds available to the three tied teams.
- The District Athletic Director will assign officials for any sudden death contests, determine date for contest(s) to be played. Each school must arrange transportation for this round.

Section 2 The District Athletic Director will serve as the League Commissioner and will coordinate all schedules, facility use, sport meetings, hiring of Championship Game Director(s), maintain standings, and will rule/act on all matters relative to the Football and League Constitution on behalf of member schools.

ARTICLE II - Practice and Game Limitations

Section 1 Practice limitations are governed by the practice guidelines for all middle school sports. This includes first allowable day of required practice, number of days of practice, in-season vs. out-of-season vs. summer guidelines, etc.

Section 2 No changes will be made to competition schedule without approval of the District Athletic Director except for weather-related postponements/cancellations. In the event of such occurrence, the host school Athletic Director shall contact the District Athletic Director to reschedule the contest. Playing a contest outside of the formal schedule will result in a forfeit being recorded for both teams. Further sanctions are possible if deemed necessary by the District Athletic Director

Section 3 Playing a contest outside of the formally approved schedule without approval from the District Athletic Director will result in a forfeit being recorded for both teams. Further sanctions will be possible if deemed appropriate by the District Athletic Director.

ARTICLE III – Acclimation Period and Contact Limitation

Section 1 Athletes must complete the following acclimation period at the onset of participation in the sport of football.

1.1 During the initial **three** calendar days of required, in-season football practice only football shoes, jerseys, and helmets may be worn by players as permissible equipment. No pads or other components of regular football uniforms may be worn. Additionally, there shall be no activity which includes physical contact between players or blocking or tackling exercises.

1.2 On the **fourth** day of required, in-season football practice athletes may wear a full uniform including all protective equipment. No player to player contact is permitted.

1.3 On the **fifth** day of required, in-season football practice full contact is allowed.

1.4 All athletes must progress through the acclimation period in one day increments and must advance in day order sequentially from day 1 – day 5. A school may not hold a second session in one day to advance through the period more quickly or to make up for an absence. Each athlete must be tracked through the acclimation period individually to assure that **all athletes have four days of acclimation** accumulated prior to player-to-player contact.

1.5 A maximum of 90-minutes per week and no more than 3 days per week of full contact is permitted by member schools. Each game day during a week shall count 1 day towards the number of full contact days allowed and shall count 30 minutes towards the minute limitation. **Individual coaches or schools can limit full contact beyond this limitation but may not exceed this limitation.**

Questions/Answers regarding first days of practice:

Q: Are sleds, dummies and hand shields permitted during the first three required practices of the in-season period?

A: Yes

Q: Is it considered contact if one player holds a dummy which is blocked by another player?

A: No

Q: If our school has held a pre-season camp, can this count as the acclimation period?

A: No

Q – Justin attends day 1, is absent day 2, and returns for day 3. What is his status?

A – Justin is formally on day 2 of the acclimation period when he returns day 3 and is restricted to only those activities and equipment noted for day 2.

Q – Justin attends day 1, is absent day 2 and 3, and returns for day 4. What is his status?

A – Justin is formally on day 2 of the acclimation period when he returns day 3 and is restricted to only those activities and equipment noted for day 2.

Q – During one week my school has one game and four practices, how would I apply the contact limitation rule to this scenario?

A – Based on the scenario described, your school would have 2 days and 60 minutes of full contact left for this week.

Q – During one week of the football schedule, our school plays two games, how would I apply the contact limitation rule to this scenario?

A - Based on the scenario described, your school would have 1 days and 30 minutes of full contact left for this week.

Q – In the above scenario, what if the second contest was a sudden death contest played to resolve a tie in the final standings.

A - Based on the scenario described, your school would have 1 day and 30 minutes of full contact remaining for this week. Each game day regardless of length, counts 30 minutes towards the minute limitation.

1.5 Violations of the acclimation period or the contact limitation will result in a forfeit being recorded for the offending team. Further sanctions may be imposed against the offending coaching staff.

1.6 When an athlete has been absent for more than 10 consecutive days, it is recommended that the coaching staff require an appropriate acclimation period prior to returning to full contact and competition. It is up to the discretion of the building athletic director to determine the length and nature of the acclimation period based on circumstances of the absence.

ARTICLE IV - Player Eligibility

Section 1 All athletes must have completed all check-out requirements prior to being allowed to practice or participate in any competitions.

ARTICLE V - Game Management

Section 1 Starting times: All league contests will begin promptly at 3:30 p.m.

Section 2 PSD teams will have a minimum of a fifteen (15) minute pregame warm-up period on the football field before each game. During warm-ups before the game and at halftime there shall be a division of the field, and neither team shall enter the other team's portion of the field. That division shall be as follows:

- Before the game: each team shall occupy the space from their own 45-yard line to the end line of their goal line. Neither team shall occupy the area between the 45-yard lines.
- EXCEPTION: When kicking, each team shall have the area between the opponent's 45-yard line and kicking team's end zone in the side zone area on the same side of the field as their bench. Kickers shall kick toward their end zone.

- Re-entering the field before the game and at halftime: each team shall have the portion of the field between their bench and the near edge of each goal post - i.e., field divided lengthwise.

Section 3 On-Field Communication/Scouting/Filming

- 3.1** On-field communications shall not be allowed during PSD contests (to include the championship game).
- 3.2** Scouting is permitted provided that no videotaping is involved. A coach may observe a contest involving other PSD middle schools and take notes but may not videotape any segment of the contest.
- 3.3** For the intent of the videotaping ban, using or possessing any video of PSD football contests, other than video involving your school, shall be considered a violation of this rule. For example, if a parent attends a PSD game and offers the video to the coach of their team, the coach(es) must refuse to take possession of an/or view the video. The coach should inform the parent that this practice is unethical and not within the spirit of this by-law.
- 3.4** Coaches may call other coaches within the league to inquire about an opponent, but coaches are prohibited from sharing any video with other schools not involved in the contest.
- 3.5** Coaches may video their own contests or practices that may be used for game planning or development of their own team only.
- 3.6** Use of computers shall not be used for coaching purposes during the game or between periods. NFHS Rule 1-6-1.
- 3.7** Violations of the scouting guidelines will result in sanctions up to an including forfeiture of contest(s), restriction from consideration for championship game, etc.

Section 4 The official game ball will be the Wilson TDY Junior High Football.

Section 5 The home school shall designate a responsible person to enter the scores for all varsity contests on the www.psdathletics.org website.

ARTICLE VI – Championship Games

Section 1 The championship game for both 7th and 8th grade shall occur on the Saturday of the final week of regular season. The games will be held at French Field or Fossil Ridge High School Stadium if French Field is unavailable.

Section 2 As with all the championship tournaments for PSD middle school athletics, a tournament director(s) may be hired to run the tournaments. The determination of the individual or individuals selected to be the tournament director(s) shall be made by the middle school athletic directors and District Athletic Director. Input will be solicited from the head football coach at each school.

2.1 Once the tournament director(s) has/have been hired, he/she will have authority to run the championship tournaments within the context of the league constitution. Coaches will allow the tournament director(s) to conduct the responsibilities of running such events as a representative of the PSD Athletic League membership and not in the interests of an individual coach or school.

Section 3 At the 8th grade level - The PSDMSAL will award a championship trophy that will travel to the winning school each year. The second-place team will be awarded a plaque. Each member of the 1st and 2nd place team shall also be awarded a medal.

At the 7th grade level - The PSDMSAL will award a plaque to the 1st and 2nd place finishers. Medals will be awarded to the 1st and 2nd place participants.

3.1 The winner of the championship game at each level (7th and 8th) will be designated as the PSDMSAL champion in the sport of football.

ARTICLE VII - Football Chairperson/District Athletic Director

Section 1 The chairperson will be one of the middle school athletic directors. The role of the chairperson is to assist the District Athletic Director in the operation of the middle school football program and championship event as needed.

Section 2 The chairperson for each year will be designated at the final middle school AD meeting. The chairperson will be an AD that is not a coach of the respective sport to which he/she is assigned.

Section 3 The middle school athletic directors and District Athletic Director are responsible for the by-law revisions made following each season. Input will be gathered from the head football coach at each of the middle schools. Changes in the constitution must be voted on by middle school athletic directors with a 66% majority required to amend the existing constitution. The District Athletic Director may mandate changes or additions to the constitution in issues relative to District policy and matters in the best interest of all member schools and students. Such action must only be done after informing league coaches, athletic directors and middle school principals.

Section 4 The District Athletic Director will schedule and coordinate the pre-season and post-season coaches' meetings for each sport.

Section 5 The District Athletic Director will present a two-year PSDMSAL schedule in the sport of football by May 1st each scheduling cycle. The schedule will follow the steps below:

- Teams participating in the PSDMSAL in each sport will be randomly drawn every two years.
- The schedule for Year #1 will be drawn for 7th and 8th grade.
- The Year #2 schedule will remain the same as the Year #1 schedule to assure that athletes play at home and away versus all league teams during their middle school career.
- The next two-year schedule will be presented after re-drawing all schools.

ARTICLE VIII – Sportsmanship

Section 1 It is expected that each building principal and athletic director commit to educating coaches, athletes, the student body and parents regarding good sportsmanship practices.

- 1.1** Cheers should be positive and directed towards (and in support of) the school that the fans represent and not directed at the opposing team, coaches, officials or participants.
- 1.2** Cheers or comments considered vulgar, derogatory, or profane are grounds for immediate ejection from the contest. If such behavior involves a PSD student or students, the offending person(s) may face further consequences according to the PSD Code of Conduct.
- 1.3** It is recommended that any adult affiliated with PSD schools that is ejected or removed from an athletic venue due to poor sportsmanship be placed on probation and not allowed to return to further PSD athletic events until the following have occurred: 1). The parent meets with the building administration to discuss future expectations for behavior. 2). The parent completes an approved NFHS Sportsmanship course. The course is free and is available online. A certificate of completion must be presented to the District Athletic Director as proof of meeting this requirement.
- 1.4** Future incidents may result in PSD disallowing the parent to attend any future PSD contests.
- 1.5** It is also expected that coaches understand and commit to their role of modeling superior sportsmanship. The spectators and participants in most cases behave in the manner in which the coach behaves.
- 1.6** PSD does not condone coaches or athletes at the middle school level receiving sanctions of any kind for unsportsmanlike conduct (i.e. technical fouls, yellow or red cards, etc.). It is the responsibility of each coach to assure that these violations do not occur. Building administrators and the District Athletic Director may impose sanctions for egregious acts or repeated acts of unsportsmanlike conduct by coaches or participants. Coaches are to enforce violations of this expectation involving a participant or participants.
- 1.7** Ejections by a participant or coach will result in the following actions:
 - The offending party must meet with the building athletic director to develop a plan of action to assure that the behavior will not occur in the future.
 - The offending party will be suspended for one contest at the level involved. The suspension will include suspension from all levels until the one game suspension is served at the level involved. For example, if a player or coach is ejected from a JV football game, the player or coach is suspended from all football contests (at any level) until the player or coach sits out one JV contest.

- In the case of a coach, the coach may not assist or coach at any other level until the suspension is served at the level involved. If no contests remain at the level involved, and the coach regularly assists at a higher level, the coach will serve the suspension at the higher level before being allowed to coach at any level.
- In the case of a participant, if no contests remain at the level involved (and the participant does not suit up for another level in that sport), the suspension will carry over to the next season of middle school competition in that sport.
- If no contests remain at the level involved (and the participant **does** suit up for another level in the same sport), the athlete shall serve the suspension at that level. A coach may not suit up an athlete for the sole purpose to serve the suspension. The athlete must be a regular member of the level involved.
- The offending party must complete an approved NFHS Sportsmanship class prior to participation being restored. The NFHS Sportsmanship courses are free and available online. A certificate of completion must be presented to the District Athletic Director as proof of meeting this requirement.
- There is no appeal process for an ejection.
- For a second ejection for offending party at the middle school level, the penalty structure shall be repeated except the length of suspension shall increase to 2 games.
- Any further offenses may result in loss of participation at the middle school level.

ARTICLE IX – Approved Coaches

Section 1 Approved coaches are to be defined as those coaches that are school-approved coaching staff members that have completed requirements for coaches employed through PSD for current year. All coaching staff members, including any volunteers must be approved through the administration of the respective school, and must have a current background check on file **prior to working with students**.

- 1.1 Only such approved coaches may coach or instruct in any meet or practice session.
- 1.2 The number of paid coaches will be determined by adhering to PSD policy on extra duty positions.
- 1.3 Schools and building administrators should oversee the hiring of all athletic coaches and must balance equity across all programs and genders when approving such hires.

SECTION VI – Golf



POUDRE SCHOOL DISTRICT

Middle School Athletic Constitution

GOLF

ARTICLE I - Governing Rules/Meet Management

Section 1 The current edition of the USGA Decisions on the Rules of Golf Rule Book shall be the official rulebook for the league matches and the championship tournament.

Section 2 All member schools may form a team a girls' team and a boys' team composed of 6th-8th grade students.

2.1 Both genders must have equal access to events and practice rounds.

2.2 If a school cuts golfer of either gender, the school may not keep a greater number of the opposite gender.

2.3 The maximum number of golfers for each gender that may be kept for each squad is 12.

Tryout Scenarios:

School A

School A has 4 boys and 2 girls tryout for the team.

In this situation, the school does not have enough golfers to form a team with either gender individually. The school could form one team in the boys' division for team scoring purposes. Girls could compete in the boys' division; however, boys could not compete in the girls' division.

Because scores are tabulated individually, both genders would be able to qualify for their respective division at the District Championship and both genders would have opportunity to play as a team.

School B

School B has 6 boys and 1 girl tryout for the team.

In this situation, the school would form a boys' team and the 1 girl would be kept in the girls' division. When all of the tryouts have been completed, the golf directors and District Athletic Director will work to form teams when there are not enough girls to form a team at a school. This might mean that golfers from multiple schools form a combined team. The District Athletic Office will coordinate this if such a situation arises.

School C

School C has 24 boys and 6 girls tryout for the team.

In this situation, the school could employ several different options. The school could:

- *Keep 6 boys and 6 girls.*
- *Keep 12 boys and 6 girls. Since this school would not be taking opportunity away from any girls, this option would be permissible. The District Athletic Office would work with Chris to schedule the 3 teams.*

If this situation were reversed (24 girls and 6 boys tryout for the team). The school could:

- *Keep 6 boys and 6 girls.*
- *Keep 12 girls and 6 boys. The District Athletic Office would work with the golf directors to schedule the 3 teams.*

If the situation existed that 8 girls and 24 boys tryout for a team and the coach decided to cut the girls team down to 6 girls, the coach would need to do the same for the boys. The school would have to cut down to 6 boys. The best course of action in this scenario (that supports equity for both genders) is that you keep the maximum number of boys allowed (12) and keep all the girls.

It is impossible to list every conceivable scenario. If you have a question when you have your tryout numbers, feel free to call or email the District Athletic Office ahead of your tryout to walk through your situation before you make any cuts. Golf coaches need to work through your athletic director so that they are in the loop.

- 2.4 PSD will offer two days of tryouts for all schools. Coaches will be expected to sign up for tee times on Google Doc that is shared for this purpose.
- 2.5 Once tryouts have been completed for all schools, the District Athletic Office will work to accommodate any scheduling additions that need to occur due to numbers.
- 2.6 Each practice/match will have three tee times starting at the times designated on the current schedule.
- 2.7 On match days, each school will have six player spots for each gender.
- 2.8 On practice days each school will have twelve spots (3 tee times). Coaches and/or athletic directors may not negotiate for more (or alternate) tee times with the golf courses. Practices and matches will be coordinated by the District Athletic Director and/or scheduling coordinator. Coaches and AD's need to assure equal access for both genders. If more times are needed contact golf directors.
- 2.9 Each school will be allocated one small bucket of balls for the driving range per athlete each week.
- 2.10 Individual schools may fund additional range balls for practice rounds during the week or prior to matches.
- 2.11 Coaches will not be allowed to play with the students during the regular season matches.
- 2.12 Golf courses will invoice PSD for tee times and driving range usage for all approved practice/tryout and match rounds. Golf participants pay the athletic fee participation fee that includes polo to be worn at all competitions. The polo shirts must be collected, inventoried and stored at the end of the season.
- 2.13 Proper golf etiquette will be expected and enforced at all times including pace of play, proper first tee instructions, acknowledging the good play of others, avoidance of distraction on the tee or during opponent's swings, replacing divots, raking bunkers, repairing ball marks, not intentionally harming course, proper disposal of any trash, good sportsmanship, and replacing flagstick to the hole when hole is completed.
- 2.14 Cell phones and other electronic devices (including GPS devices) are prohibited during play. No golfer shall wear headphones of any kind due to safety issues.
- 2.15 Spectators must always remain 100 yards from competitors and may not coach players from the time of first shot through the conclusion of the event. **Parents are not allowed on the course during qualifying rounds.**
- 2.16 Participants must practice safe practices during all practices and competitions (i.e. checking surroundings prior to attempting a swing, positioning yourself out of danger of other golfers whenever possible, driving range safety, monitoring lightning in area, taking shelter when appropriate, yelling 'fore' when you hit a ball that is traveling in the vicinity of other golfers, spectators or bystanders, etc.
- 2.17 Participants and coaches must be well-versed in and correctly apply the rules of golf during play.
- 2.18 Scoring integrity is paramount. Participants must trade scorecards during play and must sign cards to verify accuracy.
- 2.19 Dress code will be enforced during all practice rounds, on the driving range and during competitions. This includes proper shirts (polo shirts must be worn during matches), appropriate footwear and proper pants or shorts, etc.

2.20 All matches will include 9 holes of play during the regular season. The District Championship play will include 18 holes for both genders.

ARTICLE II - Practice and Game Limitations

Section 1 Practice limitations are governed by the practice guidelines for all middle school sports. This includes first allowable day of required practice, number of days of practice, in-season vs. out-of-season vs. summer guidelines, etc.

Section 2 No changes will be made to competition schedule without approval of the District Athletic Director except for weather-related postponements/cancellations. In the event of such occurrence, the host school Athletic Director shall contact the District Athletic Director to reschedule the contest. Playing a contest outside of the formal schedule will result in a forfeit being recorded for both teams. Further sanctions are possible if deemed necessary by the District Athletic Director

Section 3 Playing a contest outside of the formally approved schedule without approval from the District Athletic Director will result in a forfeit being recorded for both teams. Further sanctions will be possible if deemed appropriate by the District Athletic Director.

ARTICLE III – Tryout Period/Procedures

Section 1 Tryouts must be a minimum of **one qualifying round if at all possible**. In the event of inclement weather, schools can shorten the tryout, but must conduct a tryout that is fair and open to all participants. Individual schools may elect to extend the tryout period if numbers or situations warrant.

ARTICLE IV - Player Eligibility

Section 1 All athletes must have completed all check-out requirements prior to being allowed to practice or participate in any competitions.

ARTICLE V – Championship Tournament/League Champion

Section 1 The championship meet will be held at the end of the regular season as denoted on schedule for current year. The meet will feature a shotgun start. The championship meet shall include both genders at same site on same day if possible. If meets must be scheduled on different days or different courses, both genders shall have equal access to the better courses.

Section 2 As with all the championship events for PSD middle school athletics, a tournament/event director may be hired to run the meet. The determination of the individual or individuals selected to be the tournament/event director shall be made by the middle school athletic directors and District Athletic Director. Input will be solicited from the head golf coach at each school.

2.1 Once the tournament/event director has been hired, he/she will have authority to run the championship event within the context of the league constitution. Coaches will allow the tournament/event director to conduct the responsibilities of running such events as a representative of the PSD Athletic League membership and not in the interests of an individual coach or school.

2.2 During the District Championship Tournaments, PSD will secure an adult to walk with the top groups during play to help monitor scoring, rule applications and spectator conduct.

Section 3 Awards at the District Championship will consist of a traveling trophy for the championship team (boys and girls), a plaque for the top **3 teams and medalist for each gender**, and medals for places 2-10 in each division (boys and girls).

3.1 The league champion will be declared in each division based on the team finish at the District Championship. The traveling trophy will be presented to the championship team to be housed at their school for the next year.

3.2 In the event of a tie for any place 3rd-10th will be broken using handicapping system at course. Ties for 1st and 2nd place will be broken with a hole-by-hole playoff until a winner is declared.

ARTICLE VI – Golf Chairperson/District Athletic Director

Section 1 The golf chairperson will be a one of the middle school athletic directors. The role of the chairperson is to assist the District Athletic Director in the operation of the middle school golf program and championship event as needed.

Section 2 The chairperson for each year will be designated at the final middle school AD meeting. The chairperson will be an AD that is not a coach of the respective sport to which he/she is assigned.

Section 3 The middle school athletic directors and District Athletic Director are responsible for the by-law revisions made following each season. Input will be gathered from the head golf coach at each of the middle schools. Changes in the constitution must be voted on by middle school athletic directors with a 2/3 majority required to amend the existing constitution. The District Athletic Director may mandate changes or additions to the constitution in issues relative to District policy and matters in the best interest of all member schools and students. Such action must only be done after informing league coaches, athletic directors and middle school principals.

ARTICLE VII – Scheduling

Section 1 The District Athletic Director and/or scheduling coordinator will develop the golf schedule and coordinate the pre-season and post-season coaches' meetings for each sport.

- 1.1** The schedule will be distributed to middle school athletic directors by March 1st each year.
- 1.2** Schools can schedule meets outside of the conference schedule according the guidelines outlined in the contest limitations section of the middle school athletic constitution.
- 1.3** All non-conference meets must be communicated with the District Athletic Director to be added to the athletic scheduling website.
- 1.4** All schedules will be entered and appear on the athletic scheduling website found at www.psdathletics.org

ARTICLE VIII – Sportsmanship

Section 1 It is expected that each building principal and athletic director commit to educating coaches, athletes, the student body and parents regarding good sportsmanship practices relative to the sport of golf.

- 1.1** Coaches, participants and/or spectators not meeting PSD expectations of sportsmanship may be suspended, be required to take a NFHS Sportsmanship course or face further sanctions deemed appropriate by the building administration or District Athletic Director.

ARTICLE IX – Approved Coaches

Section 1 Approved coaches are to be defined as those coaches that are school-approved coaching staff members that have completed requirements for coaches employed through PSD for current year. All coaching staff members, including any volunteers must be approved through the administration of the respective school, and must have a current background check on file **prior to working with students.**

- 1.1** Only such approved coaches may coach or instruct in any meet or practice session.
- 1.2** The number of paid coaches will be determined by adhering to PSD policy on extra duty positions.
- 1.3** Schools and building administrators should oversee the hiring of all athletic coaches and must balance equity across all programs and genders when approving such hires.

SECTION VII – Softball



POUDRE SCHOOL DISTRICT

Middle School Athletic Constitution

SOFTBALL

ARTICLE I - Governing Rules/Levels Specific to Fast-Pitch Softball

Section 1 The current edition of the NFHS Softball Rule Book shall be the official rulebook for the league contests and for the championship tournament with exceptions as noted regarding line-up allowances and run cap per inning as highlighted in yellow.

- 1.1** Each school has the opportunity to form one varsity level team, and the number of junior varsity teams that numbers allow. A minimum of 12 players is required to form an additional team unless approved as an exception by the District Athletic Director. Schools can use athletes on two teams if needed to allow the formation of an additional team. The goal is to maximize participation for all athletes.
- 1.2** A minimum of 12 players must be listed on the varsity roster. A minimum of 9 players are required to be present to begin a game. Failure to provide 9 players in legal uniform will result in a forfeit by offending team. The game may still be played; however, the result of the game will be a forfeit win/loss. Once the game has started (with a minimum of 9 players), a team could finish the game with 8 players (short-handed rule).
- 1.3** **Coaches must indicate whether they will be using 9, 10 or 11 batters or 10 using Flex/DP when the line-up is turned in at the start of each contest. 9/10/11 batter option – coach designates number of batters that he/she will use throughout the game. If 10 or 11 batters are chosen, this number of positions must remain in effect for entire game or the short-handed rule will apply. In this option, the coach can play any of the players listed in the batting order in the field during each inning; however, the batting order must remain the same unless a legal substitution is made. DP/Flex option is also allowed as a choice for coaches – see description included in this section.**
- 1.4** Bases will be placed at 60'. Single, white bases shall be used at all bases.
- 1.5** The pitching distance will be 43'.
- 1.6** The game ball will be 12", shall be optic yellow, and must have the NFHS stamp.
- 1.7** Varsity games will be 7 innings or 1 hour and 20 minutes whichever occurs first. Once an inning has started, the full inning shall be played if necessary. No new inning will start after 1:20. The 10-run rule shall apply after 5 complete innings. The 15-run rule shall apply after 3 innings. **A 6-run cap will be placed on all innings through the completion of the fourth inning. If a team scores more than 6 runs in an inning and the play is completed, that half of the inning will end, and the teams will switch. If the 6th run is scored in the middle of a play, the play may be completed, and runners may advance in a typical game-like scenario but only a maximum of 6 runs will be recorded.**
- 1.8** Junior Varsity games will be 7 innings or 1 hour and 20 minutes. No new inning will start after 1:20. The 10-run rule shall apply after 5 complete innings. The 15-run rule shall apply after 3 innings. Once an inning has started, the full inning shall be played if necessary. **A 6-run cap will be placed on all innings through the completion of the fourth inning. If a team scores more than 6 runs in an inning, that half of the inning will end, and the teams will switch. If the 6th run is scored in the middle of a play, the play may be completed, and runners may advance in a typical game-like scenario but only a maximum of 6 runs will be recorded.**

- 1.9 For the championship tournament, games will be restricted to a 1 hour and 30-minute time limit or 7 innings whichever occurs first, once an inning has started the full inning will be played if necessary. The 10-run rule (after 5 complete innings) and the 15-run rule (after 3 complete innings) shall apply. The 6-run cap limit will not be in effect for the championship tournament.**
- 1.10** All players that are suited up for the contest (at both the varsity and junior varsity level), must be allowed the opportunity to play a minimum of one complete inning. If a coach is using the 9, 10 or 11 batter option all players slotted in the line-up and all substitutes in uniform must play a minimum of one full inning (offense and defense). If a coach is using the DP/Flex option, the 10 players used in the DP/Flex line-up will be considered to have met the requirements of this rule; however, all sub substitutes must play one full inning as described (offense and defense).
- 1.11** The NFHS substitution rules shall apply at the varsity level including the DP/Flex rule and the use of courtesy runners with exceptions noted in 1.3.
- 1.12** Each player the varsity level may each have one re-entry.
- 1.13** At the JV level, substitutes may be made freely defensively. Players must remain in the original batting order unless an official substitution is made. Coaches may elect to use the 9, 10 or 11 batter option or the DP/Flex option as with the varsity level. This designation must be made at the coaches meeting at the beginning of the game.
- 1.14** At the junior varsity level, all players on the roster (and listed in the official scorebook) must be allowed to play both offensively and defensively during the game. Coaches shall not use varsity pitchers at the junior varsity level unless needed to hold the contest.
- 1.15** DP/Flex Explanation:

What is a Designated Player (DP) and a Flexible Player (Flex)?

Basically, the DP is a player designated to BAT ONLY for one of the 9 starting defensive players, but

with some additional defensive options. Prior to the start of the game you must choose which defensive

player you want the DP to bat for. This player becomes the FLEX and plays DEFENSE ONLY, but with some additional offensive options.

In the past the DP was called a DH (Designated Hitter) and could ONLY BAT. NO defensive options.

The DP gets listed in any one of the nine batting spots on the starting line-up card. The FLEX player, for whom the DP is batting for, ALWAYS is listed as the 10th player on the bottom of the starting line-up card.

The intent of the rule is to allow the DH type player to play some defense too and thus get more playing time. The following is a breakdown of the new rule:

- A DP does not have to be used. You can play the game with 9 starting players on the line-up card. This must be declared on the line-up card presented to the home plate official prior to the start of the game. You cannot switch and go to a DP later in the game.
- A team using the DP starts the game with 10 Players on the line up. The DP is to be listed as one of the top 9 players with the 10th player ALWAYS being called the Flex and must be listed in the 10th spot on the line-up card.
- The DP can just play offense (“BAT” and sit on the bench), or now they can play defense, at any time, for any of the other top 9 players listed on the line-up card without penalty of having left the game for either player. The DP does not have to report to the home plate official that he/she is playing defense for any of the top 9 players on the line-up card.
- Example: Should the DP decide to play defense one inning for the left fielder, then the left fielder sits on the bench, but continues to bat in his/her normal listed spot on the line-up card, along with the DP batting in his/her normal listed spot on the line-up card. Whenever the DP is playing defense, the player being played for is considered to still be in the game, but “temporarily” on the bench and still must bat in his/her normal spot.
- The player listed in the 10th position on the line-up card is called the “Flex” Player, and plays

DEFENSE ONLY. The DP and the Flex can be playing defense at the same time; it is just that the Flex does not bat. The DP could be playing defense for any of the other top 9 players listed on the line-up card as mentioned above.

- You can substitute for the DP and/or Flex using the standard substitute and reentry rule with any

player on the bench who has officially not been in the game yet. The DP and Flex would then also be subject to the standard reentry rule. Designated Player (DP) / Flexible Player (Flex) Rule Explained. Here's where it can get tricky if you are not careful with your line-up card management and knowledge of the substitute and reentry rule....

- You can bring the FLEX player into the game to BAT or RUN for the DP if you like. This is the ONLY player and spot in the line-up card you can allow the FLEX to BAT or RUN for. Your line-up card now goes from 10 "official" players down to 9 players. You can legally end the game with 9 players with this scenario.
- When you bring the FLEX into BAT or RUN for the DP, the DP has now "officially" left the game and is subject to the standard reentry rule. BUT the FLEX is not, because she is "officially" still in the game. She can also go back to her DEFENSIVE only spot later in the game, and you can bring the starting DP, or a substitute, back into the original DP batting spot. Your line card goes back to 10 "official" players in the game. When you bring the "starting" DP back into the game, she has now re-entered once, and if removed again, will be out of the game. If you choose to substitute for the DP and bring her into the game in the DP spot on the line-up card, she is now entered the game for the first time and is subject to the standard substitute reentry rule from there.
- If you choose to bring the DP into the game to play DEFENSE for the FLEX, the FLEX player has now "officially" left the game and you down to 9 official players in the game. The game would continue and run as if it were a standard 9 player roster. The DP would continue to bat in her starting line-up spot.
- A SUBSTITUTE can enter the game for either the DP or the FLEX Player. The SUBSTITUTE can enter on defense, or as a PINCH HITTER or PINCH RUNNER.
- REMINDERS:

1) The DP can never be on DEFENSE ONLY.

2) The FLEX PLAYER can never be on OFFENSE ONLY.

3) The DP and FLEX PLAYER can never be on offense at the same time.

4) The DP and the FLEX can play defense at the same time.

5) The STARTER and the SUBSTITUTE cannot be in the game at the same time.

6) The STARTING DP and FLEX PLAYER each have one reentry just as any other starting player.

1.16 Only bats that are stamped as ASA approved fast pitch softball bats (and not on the non-approved list supplied to coaches at the start of each season) are allowed. Players may use their own bats provided that they meet this standard. NFHS rules shall apply for discovery of all illegal bats.

1.17 The approved bat length shall not exceed 34".

1.18 Catcher's masks shall include a throat protector.

1.19 No optic markings, or solid optic colors shall be permitted on pitcher's glove or catcher's mitt.

1.20 Batting helmets shall comply to the following provisions:

- Must be NOCSAE approved with double ear flaps.
- NOCSAE approved face guards shall be required.
- Chin straps shall be optional.
- All batters, base runners, on deck batters, and student base coaches must wear a helmet whenever on the field of play.

- 1.21** NFHS jewelry rules shall be strictly enforced.
- 1.22** Defensive face masks shall be optional.
- 1.23** For all regular season and championship tournament play, a full batting count will be used (4 balls and 3 strikes). Unlimited fouls balls are allowed on the 3rd strike.
- 1.24** Metal cleats are allowed (but not required) by NFHS rules.
- 1.25** A pitcher must throw four balls to intentionally walk a batter.
- 1.26** Pitchers shall be allowed 5 warm-up pitches or one minute (whichever occurs first) between each inning.
- 1.27** Stealing shall be permitted on the release of the pitch.
- 1.28** Runners may advance on passed balls.
- 1.29** Batters may advance on a dropped third strike.

Section 2 The District Athletic Director will serve as the League Commissioner and will coordinate all schedules, facility use, sport meetings, hiring of Championship Tournament Directors, maintain standings, and will rule/act on all matters relative to the Softball and League Constitution on behalf of member schools.

- 2.1** All schedules will be entered and appear on the athletic scheduling website found at www.psdathletics.org

ARTICLE II - Practice and Game Limitations

Section 1 Practice limitations are governed by the practice guidelines for all middle school sports. This includes first allowable day of required practice, number of days of practice, in-season vs. out-of-season vs. summer guidelines, etc.

Section 2 Rained out games or games that cannot be completed because of the onset of darkness shall be re-played within ten (10) days when possible.

Section 3 A meeting will be held with the umpire/crew and a coach from each team prior the game. At this time all ground rules will be covered, batting designations made (use of DP/Flex or 9/10/11 batter option designated).

3.1 In the event of darkness or inclement weather, a complete game will be defined as five complete innings or if the home team is leading after 4 ½ innings of play.

3.2 Suspended games not meeting the requirement for a complete game will be resumed from the point of interruption. Line-ups must remain the same from the point of interruption unless a legal substitution can be made.

Section 4 No changes will be made to competition schedule without approval of the District Athletic Director except for weather-related postponements/cancellations. In the event of such occurrence, the host school Athletic Director shall contact the District Athletic Director to reschedule the contest.

Section 5 Playing a contest outside of the formally approved schedule without approval from the District Athletic Director will result in a forfeit being recorded for both teams. Further sanctions will be possible if deemed appropriate by the District Athletic Director.

ARTICLE III – Game Management

Section 1 Starting times: All league games will begin promptly at 3:30 p.m.

Sections 2 Each team shall have a minimum of 10-minutes of infield practice with the first team on site to take the field first.

Section 3 The home school shall designate a responsible person to enter the scores for all varsity contests on the www.psdathletics.org website.

ARTICLE IV – Championship Tournament/League Champion

Section 1 The championship tournament will be held at the end of the regular season. All teams will play a single elimination tournament held on one day or by discretion of the District Athletic Director with approval of two-thirds of Ads moved to multiple day format.

1.1 All teams will submit a roster of up to 20 names that are eligible for the Championship tournament prior to the start of the event.

Section 2 As with all the championship events for PSD middle school athletics, a tournament director may be hired to run the event. The determination of the individual or individuals selected to be the tournament director shall be made by the middle school athletic directors and District Athletic Director. Input will be solicited from the head softball coach at each school.

2.1 Once the tournament director has been hired, he/she will have authority to run the championship event within the context of the league constitution. Coaches will allow the tournament director to conduct the responsibilities of running such events as a representative of the PSD Athletic League membership and not in the interests of an individual coach or school.

Section 3 PSD will award a championship trophy to the school that wins the District Championship Tournament. The trophy will be a traveling trophy that is displayed at the school until the next season. A plaque will be given to the runner-up team. Individual medals will be given to members of the 1st and 2nd place teams. Medals will be awarded to all athletes and coaches on the active rosters of the championship game. Maximum of 20 per school including coaches.

ARTICLE V - Softball Chairperson/District Athletic Director

Section 1 The chairperson will be a one of the middle school athletic directors. The role of the chairperson is to assist the District Athletic Director in the operation of the middle school softball program and championship event as needed.

Section 2 The chairperson for each year will be designated at the final middle school AD meeting. The chairperson will be an AD that is not a coach of the respective sport to which he/she is assigned.

Section 3 The middle school athletic directors and District Athletic Director are responsible for the by-law revisions made following each season. Input will be gathered from the head softball coach at each of the middle schools. Changes in the constitution must be voted on by middle school athletic directors with a 2/3 majority required to amend the existing constitution. The District Athletic Director may mandate changes or additions to the constitution in issues relative to District policy and matters in the best interest of all member schools and students. Such action must only be done after informing league coaches, athletic directors and middle school principals.

Section 4 The District Athletic Director will schedule and coordinate the pre-season and post-season coaches' meetings for each sport.

Section 5 The District Athletic Director will present a two-year PSDMSAL varsity schedule in the sport of softball by May 1st each scheduling cycle. The schedule will follow the steps below:

- Teams participating in the PSDMSAL in each sport will be randomly drawn every two years.
- The schedule for Year #1 will be drawn.
- The Year #2 schedule will remain the same as the Year #1 schedule except the home and away locations will be flip-flopped.
- The next two-year schedule will be presented after re-drawing all schools.
- The junior varsity schedule will be developed each year based on the numbers for each program.

ARTICLE V – Sportsmanship

Section 1 It is expected that each building principal and athletic director commit to educating coaches, athletes, the student body and parents regarding good sportsmanship practices.

1.1 Cheers should be positive and directed towards (and in support of) the school that the fans represent and not directed at the opposing team, coaches, officials or participants.

- 1.2** Cheers or comments considered vulgar, derogatory, or profane are grounds for immediate ejection from the contest. If such behavior involves a PSD student or students, the offending person(s) may face further consequences according to the PSD Code of Conduct.
- 1.3** It is recommended that any adult affiliated with PSD schools that is ejected or removed from an athletic venue due to poor sportsmanship be placed on probation and not allowed to return to further PSD athletic events until the following have occurred: 1). The parent meets with the building administration to discuss future expectations for behavior. 2). The parent completes an approved NFHS Sportsmanship course. The course is free and is available online. A certificate of completion must be presented to the District Athletic Director as proof of meeting this requirement.
- 1.4** Future incidents may result in PSD disallowing the parent to attend any future PSD contests.
- 1.5** It is also expected that coaches understand and commit to their role of modeling superior sportsmanship. The spectators and participants in most cases behave in the manner in which the coach behaves.
- 1.6** PSD does not condone coaches or athletes at the middle school level receiving sanctions of any kind for unsportsmanlike conduct (i.e. technical fouls, yellow or red cards, etc.). It is the responsibility of each coach to assure that these violations do not occur. Building administrators and the District Athletic Director may impose sanctions for egregious acts or repeated acts of unsportsmanlike conduct by coaches or participants. Coaches are to enforce violations of this expectation involving a participant or participants.
- 1.7** Ejections by a participant or coach will result in the following actions:
- The offending party must meet with the building athletic director to develop a plan of action to assure that the behavior will not occur in the future.
 - The offending party will be suspended for one contest at the level involved. The suspension will include suspension from all levels until the one game suspension is served at the level involved. For example, if a player or coach is ejected from a JV softball game, the player or coach is suspended from all softball contests (at any level) until the player or coach sits out one JV contest.
 - In the case of a coach, the coach may not assist or coach at any other level until the suspension is served at the level involved. If no contests remain at the level involved, and the coach regularly assists at a higher level, the coach will serve the suspension at the higher level before being allowed to coach at any level.
 - In the case of a participant, if no contests remain at the level involved (and the participant does not suit up for another level in that sport), the suspension will carry over to the next season of middle school competition in that sport.
 - If no contests remain at the level involved (and the participant **does** suit up for another level in the same sport), the athlete shall serve the suspension at that level. A coach may not suit up an athlete for the sole purpose to serve the suspension. The athlete must be a regular member of the level involved.
 - The offending party must complete an approved NFHS Sportsmanship class prior to participation being restored. The NFHS Sportsmanship courses are free and available online. A certificate of completion must be presented to the District Athletic Director as proof of meeting this requirement.
 - There is no appeal process for an ejection.
 - For a second ejection for offending party at the middle school level, the penalty structure shall be repeated except the length of suspension shall increase to 2 games.
 - Any further offenses may result in loss of participation at the middle school level.

ARTICLE VI – Approved Coaches

Section 1 Approved coaches are to be defined as those coaches that are school-approved coaching staff members that have completed requirements for coaches employed through PSD for current year. All coaching staff members, including any volunteers must be approved through the administration of the respective school, and must have a current background check on file **prior to working with students.**

- 1.1** Only such approved coaches may coach or instruct in any meet or practice session.
- 1.2** The number of paid coaches will be determined by adhering to PSD policy on extra duty positions.
- 1.3** Schools and building administrators should oversee the hiring of all athletic coaches and must balance equity across all programs and genders when approving such hires.

SECTION VIII – Tennis



POUDRE SCHOOL DISTRICT

Middle School Athletic Constitution

TENNIS

ARTICLE I - Governing Rules/Levels Specific to Tennis

Section 1 The current edition of the USTA guide shall be the official rulebook for the league matches and the championship tournament.

- 1.1** Each school has the opportunity to form one varsity level team, and as many junior varsity teams as needed based on numbers available to each respective school.
- 1.2** Competition at the varsity level will include #1-#3 Singles and #1-#3 Doubles for each gender. At the varsity level during regular season competition, each athlete may participate in only **one match** per scheduled contest.
- 1.3** Regular season matches at both the varsity and JV levels will use a 6-game pro set format (no ad scoring).
- 1.4** Matches during days 1-2 of the championship tournament will use an 8-game pro set format (no ad scoring).
- 1.5** Matches during the finals of the championship tournament will consist of 2/3 sets to 6 games with ad scoring in place.
- 1.6** Ties will be broken using the USTA 10-point tie breaker.
- 1.7** Regular season matches will use the tiebreaker procedure when matches are tied at 5 games each.
- 1.8** The championship tournament will use the tiebreaker procedure when matches are tied at 7 games each. (except for finals)
- 1.9** The championship tournament Finals will use the tiebreaker procedure when matches are tied at 6 games each.
- 1.10** Competition at the JV level will include doubles play only and will consist of as many doubles teams as a school may field. For JV competition only, some doubles teams may play multiple times if needed to conduct a match versus an opposing school.
- 1.11** Competition at the championship tournament will include #1-#3 Singles and #1-#3 Doubles.
- 1.12** Failure to appear for a scheduled match will result in a forfeit. Teams are expected to be on time to begin warm-up promptly so matches can begin at the scheduled time. It is vital that all coaches instill the importance of being on time so that matches can start and end on time. If a coach has a player or team that might be running late, the coach must communicate with the opposing coach. The two coaches must mutually agree to adjust schedule if needed. Late athletes may result in a forfeit if not properly communicated, the lateness is deemed excessive or there is not an excused reason for the athlete(s) being late.
- 1.13** Players rank will be compiled using a singles and doubles ladder. Coaches will rank players according to current ability. The last date to hold tryouts is no later than the date of the last regularly scheduled league match before the championship tournament. Individual schools may set an earlier date to end challenge matches.
- 1.14** Challenge matches must be communicated and approved through the head coach. Once the head coach has approved the challenge request, he/she will communicate the challenge with the player(s) involved. The challenge match must be played within five calendar days of the notification being sent by the head coach. Failure to meet the five-day requirement will result in a forfeit being recorded against the offending player(s).

1.15 The number of games for each challenge match will be set by the head coach. It is recommended that a 6-game pro set be used for all challenge matches. However, the head coach may decide to shorten these matches based on court availability, numbers of players on team, etc.

1.16 The best singles player and top doubles team shall be ranked number one respectively.

1.17 If one singles competitor is absent on the day of the match, his/her replacement does not have to be a member of a doubles team if the school has a reserve singles player available. Players may be moved up but may not be moved down to adjust a line-up. If for example the #2 singles player is absent the day of the match, a school may move the #3 singles player up to the #2 position but may not move the #1 singles player down to #2.

1.18 Openings at the doubles position may be filled by moving players up, but not down according to their position on the challenge ladder.

1.19 If a match must be forfeited at a level, the loss will be recorded on the standing of the singles or doubles team that holds that position on the challenge ladder.

1.20 Standings will be kept by District Athletics and available upon request for varsity team results. The head coach of the school designated as the home team must complete the results form provided by the District Athletic Director by no later than 10:00AM on the day following the match.

Section 2 The District Athletic Director will serve as the League Commissioner and will coordinate all schedules, facility use, sport meetings, hiring of Championship Tournament Director(s), maintain standings, and will rule/act on all matters relative to the Tennis and League Constitution on behalf of member schools.

ARTICLE II - Practice and Match Limitations

Section 1 Practice limitations are governed by the practice guidelines for all middle school sports. This includes first allowable day of required practice, number of days of practice, in-season vs. out-of-season vs. summer guidelines, etc.

Section 2 Rained out matches or matches that cannot be completed because of the onset of darkness may or may not be replayed pending court availability, open dates, and transportation concerns.

2.1 Unfinished sets of individual matches shall be played from the point at which they stopped. For matches that have started, the player(s) that were involved in the match must be the same when the match is resumed. Failure to comply with this procedure will result in a forfeit be assessed to the offending player(s).

2.2 Once rosters have been exchanged; line-ups are frozen. Should rain delay a match in its entirety before any points have been played, then new line-ups may be used on the new date of play.

2.3 If two teams do not play a league match on the scheduled date and time, both teams record the match as a forfeit for both teams unless approved in advance through the District Athletic Director.

Section 3 No changes will be made to competition schedule without approval of the District Athletic Director except for weather-related postponements/cancellations. In the event of such occurrence, the host school Athletic Director shall contact the District Athletic Director to reschedule the contest.

Section 4 Playing a contest outside of the formally approved schedule without approval from the District Athletic Director will result in a forfeit being recorded for both teams. Further sanctions will be possible if deemed appropriate by the District Athletic Director.

ARTICLE IV - Player Eligibility

Section 1 All players must be cleared through the formal check-out process at their individual school prior to being allowed to practice or compete.

1.1 At the varsity level, all coaches must submit a ladder of their top 3 singles players. These players are not allowed to play doubles, unless they are challenged and removed from the singles line-up. Injured singles players may not play doubles. Penalty will result in forfeiture of first match and so on until coach complies.

Section 2 A player shall not compete in both singles and doubles during a dual meet or in the League tournament.

ARTICLE V - Match Management

Section 1 Starting times: All league matches will begin promptly at 3:30 p.m. depending on court availability. Special circumstances (limited courts or rented courts) shall be discussed at the fall coaches meeting.

Section 2 Play shall commence according to ranking on the ladder. 10 minutes prior to introductions coaches will exchange line-ups. Any change of match order shall be made by mutual agreement of coaches. Each coach must carry copies of results of previous league matches and the current challenge ladder for their school. The results and/or challenge ladder must be made available to opposing coach upon request. Failure to do so will result in forfeiture of affected line-up positions. Disputes must be resolved before introductions are made.

Section 3 All warm-ups shall not exceed ten (10) minutes including service warm-ups.

Section 4 Players will be taught the etiquette of tennis in terms of conducting a match. Respect for the game, the opponent and the spirit of all playing rules will always be expected. If a dispute occurs regarding line calls, a **coach** for each team shall act as referee for that match. This procedure shall be used only in unusual and limited situations as being able to work out these issues is a fundamental part of the etiquette of tennis.

Section 5 Coaches will be permitted to coach/instruct their players only prior to the match, during side exchanges, and following matches. Any coaching or giving of instructions during play is strictly prohibited.

Section 6 Parents and spectators are prohibited from coaching or giving instructions during the time of the match starting through the completion of the match. Parents and spectators are expected to adhere to appropriate tennis etiquette during all matches. Respectful applause is permitted following points. Comments or negative cheers directed at opposing players are not allowed and will be grounds for removal from premises.

Section 7 Conducting matches will be done in accordance with the following procedures.

7.1 The home coach shall greet all players, explain the home court rules, and assign players to court for matches.

7.2 Foot faults and conduct violations shall be called to the attention of both coaches.

7.3 Coaches shall mutually enforce USTA warnings and penalties and are responsible for their administration. The point penalty system 1) Warning 2) Loss of point and 3) Loss of match will be enforced for inappropriate behavior on the court.

7.4 During the championship tournament, coaching is to be restricted to 90 seconds when players are changing sides of the net or between 1st & 2nd sets. Coaches are not allowed on the court to coach or provide instruction. Coaches may only enter the court area to attend to an injury, to assist with an equipment issue, or other issue that arises during the duration of the match. During the regular season, coaches should adhere to this provision whenever possible unless the presence of the coach is needed to assist inexperienced players conduct a match. Under this circumstance a coach may be near the court area to assist. The opposing coach will have the right to be present near the court if the opposing coach is assisting their athlete(s).

7.5 Coaches are to remind the players that there is to be no coaching from spectators during any match in progress. Coaches shall make sure that this type of coaching does not occur during the match.

7.6 The point penalty system will be called on the player/players of a team if a parent or another member of the team interferes (coaching, questioning calls, scoring, etc.)

7.7 It is encouraged that all players be outfitted in their school-issued uniform top for all league and championship matches.

Section 8 The home coach will keep courts adjacent to matches clear unless used for warm-ups or other matches.

Section 9 Players shall not leave the court during the match except:

9.1 For an emergency i.e. illness, injury (the need for water is not an emergency). Players should have water with them when they report for the match. Players also should use the restroom prior to the match.

9.2 Warnings about leaving courts will be given in the pre-match instruction. The point penalty system will be used for infractions--**warning** for first infraction; **one point** for second infraction; **match** for third infraction.

Section 10 Individual matches shall be automatically defaulted in the event of injury or illness incurred during a match. Players, in the case of a contact injury, have three (3) minutes to resume play. Otherwise play is continuous. A player is allowed only one (1) injury timeout per match.

Section 11 Coaches must be present at all matches and at the league tournament. Players may not be placed on the courts until an authorized school official is present.

ARTICLE VI – Championship Tournament/League Champion

Section 1 The championship tournament will be held at the end of the regular season over the course of two calendar days. The tournament will begin at 9:00 a.m. or earlier each day. The two days of the tournament will include Tuesday – Wednesday as scheduled each season with Thursday or Friday being reserved for rain date. If the final day of the tournament is held on a Saturday due to postponement(s) during the week, the starting time on Saturday will be 9:00AM.

Section 2 As with all the championship events for PSD middle school athletics, a tournament director(s) may be hired to run the event. The determination of the individual or individuals selected to be the tournament director shall be made by the middle school athletic directors and District Athletic Director. Input will be solicited from the head tennis coach at each school.

2.1 Once the tournament director has been hired, he/she will have authority to run the championship event within the context of the league constitution and guidelines established by the league. Coaches will allow the tournament director to conduct the responsibilities of running such events as a representative of the PSD Athletic League membership and not in the interests of an individual coach or school.

Section 3 PSD will award the traveling trophies to the championship team declared by the results of the championship tournament. The 2nd place team shall receive a plaque. Additionally, the top four places in each division of the championship tournament will receive medals. There will be separate girls and boys team champions awarded at the district tennis tournament. Scores will be tabulated to determine one girls team champion and one boys team champion.

Section 4 The championship tournament format will include the following parameters:

4.1 The format of the tournament will be single elimination championship bracket with a consolation bracket to determine 3rd and 4th place for each division.

4.2 The bracket for the entire tournament will be posted online for parents, athletes and coaches to view throughout the event.

4.3 The District Athletic Director will secure the technology needed to allow for results and upcoming matches to be posted as the tournament proceeds to aid in coordinating the event.

4.4 The District Athletic Director may secure a pool of adult volunteers that have no direct school affiliation to serve as line judges/court officials should the need arise during the event.

ARTICLE VII - Tennis Chairperson/District Athletic Director

Section 1 The chairperson will be a one of the middle school athletic directors. The role of the chairperson is to assist the District Athletic Director in the operation of the middle school tennis program and championship event as needed.

Section 2 The chairperson for each year will be designated at the final middle school AD meeting. The chairperson will be an AD that is not a coach of the respective sport to which he/she is assigned.

Section 3 The middle school athletic directors and District Athletic Director are responsible for the by-law revisions made following each season. Input will be gathered from the head tennis coach at each of the middle schools. Changes in the constitution must be voted on by middle school athletic directors with a 2/3 majority required to amend the existing constitution. The District Athletic Director may mandate changes or additions to the constitution in issues relative to District policy and matters in the best interest of all member schools and students. Such action must only be done after informing league coaches, athletic directors and middle school principals.

Section 4 The District Athletic Director will schedule and coordinate the pre-season and post-season coaches' meetings for each sport.

Section 5 The District Athletic Director will present a two-year varsity PSDMSAL schedule in the sport of tennis by May 1st each scheduling cycle. The schedule will follow the steps below:

- Teams participating in the PSDMSAL in each sport will be randomly drawn every two years.
- The schedule for Year #1 will be drawn.
- The Year #2 schedule will remain the same as the Year #1 schedule except the home and away sites will be flip-flopped.
- The next two-year schedule will be presented after re-drawing all schools.
- The junior varsity schedule will be distributed no later than the Friday of the second week of required practice based on numbers for each school.

5.1 The schedule will be rotated each year with the first match rotating to the last match and all matches adjusted accordingly to assure that each year schools are facing a new rotation.

ARTICLE VIII – Sportsmanship

Section 1 It is expected that each building principal and athletic director commit to educating coaches, athletes, the student body and parents regarding good sportsmanship practices relative to the sport of tennis.

1.1 Coaches, participants and/or spectators not meeting PSD expectations of sportsmanship may be suspended, be required to take a NFHS Sportsmanship course or face further sanctions deemed appropriate by the building administration or District Athletic Director.

ARTICLE IX – Approved Coaches

Section 1 Approved coaches are to be defined as those coaches that are school-approved coaching staff members that have completed requirements for coaches employed through PSD for current year. All coaching staff members, including any volunteers must be approved through the administration of the respective school, and must have a current background check on file **prior to working with students**.

1.1 Only such approved coaches may coach or instruct in any practice, match or contest during the championship tournament.

1.2 The number of paid coaches will be determined by adhering to PSD policy on extra duty positions.

1.3 Schools and building administrators should oversee the hiring of all athletic coaches and must balance equity across all programs and genders when approving such hires.

SECTION IX – Track and Field



POUDRE SCHOOL DISTRICT

Middle School Athletic Constitution

TRACK AND FIELD

ARTICLE I - Governing Rules/Levels Specific to Track and Field.

Section 1 The current edition of the NFHS Track and Field Rules Book shall be the official rulebook for the league contests and the championship meet.

ARTICLE II - Practice and Meet Limitations

Section 1 Practice limitations are governed by the practice guidelines for all middle school sports. This includes first allowable day of required practice, number of days of practice, in-season vs. out-of-season vs. summer guidelines, etc.

Section 2 No changes will be made to competition schedule without approval of the District Athletic Director except for weather-related postponements/cancellations. In the event of such occurrence, the host school Athletic Director shall contact the District Athletic Director to reschedule the contest. Playing a contest outside of the formal schedule will result in a forfeit being recorded for both teams. Further sanctions are possible if deemed necessary by the District Athletic Director

Section 3 Competing in a contest outside of the formally approved schedule without approval from the District Athletic Director will result in a forfeit being recorded for both teams. Further sanctions will be possible if deemed appropriate by the District Athletic Director.

Section 4 PSDMSAL teams shall compete in all regular season league meets and District Championship.

Section 5 League schools may compete in outside meets approved in advance through the District Athletic Director. No school may compete in more than two meets per week during the competitive season.

ARTICLE III - Player Eligibility

Section 1 All athletes must have completed all check-out requirements prior to being allowed to practice or participate in any competitions.

Section 2 All eligible 6th-8th grade students may participate in regular season and the District Championship Meet.

Section 3 Each participant may enter a maximum of four events including relays.

ARTICLE IV - Meet Management

5.1 The following events shall be offered at all PSDMSAL-sponsored meets (including the District Championship Meet):

This list shall indicate the order of events at all PSDMSAL-sponsored events. **At the pre-season coaches meeting each year, the coaches shall agree to the process for running all field events during the regular season. Once the consensus has been reached, this process shall be used at all regular season meets.**

Running Events

- 100 Meter Low Hurdles (G) – 30” hurdle height
- 100 Meter Intermediate Hurdles (B) – 33” hurdle height

- 100 Meter Dash (G, B)
- 1600 Meter Run (G, B)
- 400 Meter Relay (G, B)
- 400 Meter Dash (G, B)
- 200 Meter Low Hurdles (G, B) – 30” hurdle height
- 800 Meter Run (G, B)
- 200 Meter Dash (G, B)
- 800 Meter Medley Relay (100, 100, 200, 400) - (G)
- 1600 Meter Relay (B)

Field Events

- Shot Put (B) Discus (G)
- Discus (B) Shot Put (G)
- Long Jump (B) Triple Jump (G)
- Triple Jump (B) Long Jump (G)
- High Jump (B) High Jump (G)

5.2 The following chart shall assist host schools in meet set-up/operation of the meet for the running events.

EVENT >>>	(G) 100 M HURDLES	(B) 100 M HURDLES	100 METERS	1600 METERS	4 x 100 METER RELAY	400 METERS	200 METER LOW HURDLES	800 M MEDLEY RELAY	4 x 400 METER RELAY
1st Hurdle	13 M	13 M	--	--	--	--	50 M	--	--
Between Hurdles	8.5 M	8.5M	--	--	--	--	35 M	--	--
Start	White	White	White	Waterfall – Cut right away	White	White – In lane entire race	White (PHS); Red (FRENCH)	White	White, Blue
Exchange Zones	--	--	--	--	Vary	--	--	Vary	Vary

5.3 The following guidelines shall guide each field event.

5.3.1 High Jump

- The starting height for girls will be 3’6” for all regular season meets.
- The starting height for boys will be 4’0” for all regular season meets.
- The starting height for the District Championship will be 4’2” for girls and 4’6” for boys unless otherwise agreed by a unanimous vote of all track coaches prior to the District Championship.

- There will be a limit of eight (8) entries per school for the PSDMSAL regular season meets and three (3) entries for the District Championship Meet.
- Athlete will be eliminated on three (3) consecutive misses.
- There will be a limit of three (3) tries per height.
- The bar will not be lowered for an athlete that had to check out for another event and then returns.
- Ties will be broken as follows:
 - #1 – the athlete with the fewest misses at that height.
 - #2 – the athlete with the fewest misses throughout the competition, up to and including the last height cleared.
 - If tie has not been broken, the tied athletes will remain tied and both awarded the same place.

5.3.2 Long and Triple Jump

- Limit of twenty (20) entries per school per gender for the PSDMSAL regular season meets and three (3) entries for the District Championship Meet.
- Limit of two (2) attempts per athlete for regular season meets and three (3) attempts per athlete at the District Meet.
- Each legal jump shall be measured perpendicular to the scratch line, or its extension to the nearest mark in the pit made by participant or apparel of the jumper.
- The tape measure will be extended from the closest edge of the scratch board to the pit with the reading taken at the scratch board end of the jump.
- Measurements will be taken to the nearest $\frac{1}{4}$ ".
- Ties will be broken by taking the next furthest jump by all competitors.

5.3.3 Shot Put

- Unlimited entries per school during the PSDMSAL regular season and three (3) entries for the District Championship Meet.
- Athletes must throw the minimum distance to compete.
- Minimum distance for girls will be 15'0" to be measured.
- Minimum distance for boys will be 20'0" to be measured.
- Each athlete is allowed three (3) attempts, with the best attempt recorded.
- Attempts shall be marked from the nearest edge of the first mark made by the shot put to the inside edge of the stop board nearest the mark, measured along radius of the circle.
- Out-of-bounds areas shall be clearly marked.
- Spectators, coaches and non-throwing participants shall be clearly out of competition area prior to next competitor throwing.
- Both genders shall use an 8 lb. shot put. All implements will be weighed and certified prior to the District Championship Meet.
- Ties will be broken by taking the next furthest attempt by all tied competitors.

5.3.4 Discus

- Unlimited entries per school during the PSDMSAL regular season and three (3) entries for the District Championship Meet.
- Athletes must throw the minimum distance to compete.

- Minimum distance for girls will be 30'0" to be measured.
- Minimum distance for boys will be 40'0" to be measured.
- Each athlete is allowed three (3) attempts, with the best attempt recorded.
- Attempts shall be marked from the nearest edge of the first mark made by the discus to the inside edge of the stop board nearest the mark, measured along radius of the circle. Spectators, coaches and non-throwing participants shall be clearly out of competition area prior to next competitor throwing.
- Both genders shall use a 1K discus.
- All implements will be weighed and certified prior to the District Championship Meet.
- Ties will be broken by taking the next furthest attempt by all tied competitors.

5.4 Scoring

5.4.1 Only the first two heats will be scored in each gender during regular season events. Scoring for triangular meets will be as follows – Individual 5-3-2-1 and Relay 5-3. Scoring for quad meets will be as follows – 6-4-3-2-1 and 6-4-2 respectively. Scoring for the District Championship will be 10-8-6-5-4-3-2-1 and 10-8-6-5-4-3-2-1 respectively. For regular season meets, the host school must assure that each participating school will have an equal number of opportunities to score in the first two (scored) heats.

5.4.2 The field will be allowed one (1) false start at all regular season events and the District Meet.

5.4.3 Runners are to be instructed to remain in their lanes until the clerk of the finish can record all respective times, and timers have given runners their times. The clerk of the finish will release runners when ready.

5.4.4 Only 3/16" spikes may be worn by competitors during all PSDMSAL-sponsored competitions (to include the District Championship).

5.4.5 Each regular season PSDMSAL-sponsored meet will have a designated host school. The host school shall be responsible for supplying all clipboards, score sheets, stop watches and tape measures.

5.4.6 For all triangular meets each school will provide the following: Host School will provide Clerk of the Start, Clerk of the Finish, Announcer, Scorer and High Jump workers. School #2 will provide 4 timers and will be responsible for all of the Shot Put and Discus workers. School #3 will provide 4 timers and will be responsible for all of the Triple Jump and Long Jump workers.

For all quad meets each school will provide the following: Host School will provide Clerk of the Start, Clerk of the Finish, Announcer, 4 timers and a Scorer. School #2 will be responsible for all of the Shot Put and Discus workers. School #3 will be responsible for all of the Triple Jump and Long Jump workers. School #4 will be responsible for providing 4 timers and be responsible for all of the High Jump workers.

5.4.7 All timers shall have a stopwatch. The meet director shall assign each timer to a lane. At the end of each heat, the timers will verbally communicate if any issues arose during race (i.e. late start, missed gun, etc.). Once team of timers are clear of any issues, each timer shall report time to participant and then to Clerk of the Finish. If there was an issue, timers shall figure out solution prior to reporting times.

5.4.8 All field event works shall be issued a clip board, writing device(s) and a tape measure.

5.4.9 All regular season PSDMSAL weekday meets will begin at 3:15PM for field events and 3:30PM for running events.

5.4.10 The host school shall be responsible for entering team results for regular season events into the Athletic Scheduler. This must be completed by 10AM the day following each event. The host school shall also send in meet results to the District Athletic Office for all events by 10AM the day following each event so that the District Athletic Office may publish rankings for all events throughout the season. As a courtesy, Top 10 best season marks will be posted on www.psdathletics.org.

5.4.11 Coaches of each school are responsible for entering individual results and District Meet entries into co.milesplit.com. Instructions will be sent to coaches and Athletic Directors prior to the first competition each year.

ARTICLE VI – Championship Meet

Section 1 The championship meet will be held during the last week of the season.

Section 2 As with all the championship events for PSD middle school athletics, a meet director may be hired to run the event. The determination of the individual or individuals selected to be the tournament director shall be made by the middle school athletic directors and District Athletic Director. Input will be solicited from the head track coach at each school.

2.1 Once the meet director has been hired, he/she will have authority to run the championship event within the context of the league constitution. Coaches will allow the meet director to conduct the responsibilities of running such events as a representative of the PSD Athletic League membership and not in the interests of an individual coach or school.

Section 3 The PSD Athletic League will award a championship trophy that will travel to the winning school each year. The second-place team will be awarded a plaque. Individual medals will also be presented to the top three (3) finishers in each event. Places 4th-8th will be presented with ribbons.

Section 4 General operation of District Championship Meet.

4.1 The championship meet will be held at French Field annually.

4.2 All events will be scheduled to start at 2:00PM (running to begin at 2:30PM) **unless otherwise communicated by the District Athletic Director.** Times for the coach's meetings and implement weighing will be communicated to all participating schools by the District Athletic Director.

4.3 All participants will be seeded and placed in lanes, heats, flights based on seed.

4.4 Participants are limited to **four (4) events maximum.** Each school may enter **three (3)** entries per individual event and **one (1)** relay team per relay event.

4.5 All results will be posted on co.milesplit.com by the District Athletic Director or designee.

4.6 The District Athletic Director will assign work assignments for all participating schools for the District Championship Meet.

4.7 In the event of inclement weather, the District Athletic Director shall communicate the make-up date for the District Championship Meet.

4.8 Alternates are allowed for relay teams only.

4.9 Only meet workers, officials and participants that have been called to report may be in the infield area during the meet.

4.10 All open heats shall occur during the start of the field events (prior to the beginning of the championship heats for all running events). Open events shall include the 800-meter run and the 1600-meter run.

ARTICLE VII - Track Chairperson/District Athletic Director

Section 1 The chairperson will be one of the middle school athletic directors. The role of the chairperson is to assist the District Athletic Director in the operation of the middle school track program and championship event as needed.

Section 2 The chairperson for each year will be designated at the final middle school AD meeting. The chairperson will be an AD that is not a coach of the respective sport to which he/she is assigned.

Section 3 The middle school athletic directors and District Athletic Director are responsible for the by-law revisions made following each season. Input will be gathered from the head track coach at each of the middle schools. Changes in the constitution must be voted on by middle school athletic directors with a 66% majority required to amend the existing constitution. The District Athletic Director may mandate changes or additions to the constitution in issues relative to District policy and matters in the best interest of all member schools and students. Such action must only be done after informing league coaches, athletic directors and middle school principals.

Section 4 The District Athletic Director will schedule and coordinate the pre-season and post-season coaches' meetings for each sport.

Section 5 The District Athletic Director will present a two-year PSDMSAL schedule in the sport of track and field by May 1st each scheduling cycle.

ARTICLE VIII – Sportsmanship

Section 1 It is expected that each building principal and athletic director commit to educating coaches, athletes, the student body and parents regarding good sportsmanship practices relative to the sport of tennis.

- 1.1** Coaches, participants and/or spectators not meeting PSD expectations of sportsmanship may be suspended, be required to take a NFHS Sportsmanship course or face further sanctions deemed appropriate by the building administration or District Athletic Director.

ARTICLE IX – Approved Coaches

Section 1 Approved coaches are to be defined as those coaches that are school-approved coaching staff members that have completed requirements for coaches employed through PSD for current year. All coaching staff members, including any volunteers must be approved through the administration of the respective school, and must have a current background check on file **prior to working with students.**

- 1.1** Only such approved coaches may coach or instruct in any practice, match or contest during the championship meet.
- 1.2** The number of paid coaches will be determined by adhering to PSD policy on extra duty positions.
- 1.3** Schools and building administrators should oversee the hiring of all athletic coaches and must balance equity across all programs and genders when approving such hires.

SECTION X – Volleyball



POUDRE SCHOOL DISTRICT

Middle School Athletic Constitution

VOLLEYBALL

ARTICLE I - Governing Rules/Levels Specific to Volleyball

Section 1 The current edition of the NFHS Volleyball Rules Book shall be the official rulebook for the league contests and the championship game.

- 1.1** Each school has the opportunity to form one varsity level team per grade (7th and 8th).
- 1.2** Each school will also have the opportunity to have athletes compete at the junior varsity level in each grade (7th and 8th).
- 1.3** Competition at the varsity level will include playing 2 out of 3 sets to 25, 3rd set to 15 points, with winning team having to win by two points or more in all sets. Junior varsity will play 2 sets to 25, cap of 25. A third set will not be played at the JV level.
- 1.4** Game time for all varsity contests will be 3:30PM.
- 1.5** The junior varsity game will begin 10 minutes after the conclusion of the varsity contest.
- 1.6** The warm-up period for all varsity matches will be **10-minutes in length**. The VISITING team shall take the court for the first 4 minutes, followed by the HOME team for the next 4 minutes, and the final 2 minutes will be shared serving by both teams. There will not be any shared court activities during the 10 minutes. Warm-up for JV will be 10-minutes also using the 4-4-2 warm up. There will be no shared hitting.
- 1.7** Teams will be granted 2 timeouts per game.
- 1.8** Teams will be allowed 18 substitutions in each game.
- 1.9** Teams may use a libero per NFHS rules. This is not required. The libero (if used) must wear the libero jersey issued by the District Athletic Office. All libero rules are covered in NFHS rule book.
- 1.10** Standings will be kept during the regular season to determine the seeding for the championship tournaments. In the event of a tie for one of the two positions, the following tiebreaker will be used.
- 1.11** If two teams **are tied for any place**, the team that won the head-to-head game during the regular season will be declared the higher seed. The team that lost the head-to-head game during the season will be declared the lower seed.
- 1.12** If **three (or more) teams are tied for any place**, the tie will be broken as follows. Starting at the top of the standings, results will be compared versus each team (i.e. how the tied teams did versus #1 seed, the #2 seed, etc.). If ever two teams remain in a tie, head-to-head results of the regular season will be used to break the remaining tie. If this procedure fails to break the tie between the tied teams, the District Athletic Director will break the ties using coin flip(s) with a representative of each tied team present.

Section 2 The District Athletic Director will serve as the League Commissioner and will coordinate all schedules, facility use, sport meetings, hiring of Championship Game Director(s), maintain standings, and will rule/act on all matters relative to the Volleyball and League Constitution on behalf of member schools.

ARTICLE II - Practice and Game Limitations

Section 1 Practice limitations are governed by the practice guidelines for all middle school sports. This includes first allowable day of required practice, number of days of practice, in-season vs. out-of-season vs. summer guidelines, etc.

Section 2 No changes will be made to competition schedule without approval of the District Athletic Director except for weather-related postponements/cancellations. In the event of such occurrence, the host school Athletic Director shall contact the District Athletic Director to reschedule the contest. Playing a contest outside of the formal schedule will result in a forfeit being recorded for both teams. Further sanctions are possible if deemed necessary by the District Athletic Director

Section 3 Playing a contest outside of the formally approved schedule without approval from the District Athletic Director will result in a forfeit being recorded for both teams. Further sanctions will be possible if deemed appropriate by the District Athletic Director.

ARTICLE III – Tryout Period/Procedures

Section 1 Tryouts must be a minimum of three days. Individual schools may elect to extend the tryout period to five practices.

Section 2 Players that started the varsity contest may not participate in the junior varsity contest unless numbers are required to play the match. Coaches must remember what the purpose of the game is.

ARTICLE IV - Player Eligibility

Section 1 All athletes must have completed all check-out requirements prior to being allowed to practice or participate in any competitions.

ARTICLE V - Game Management

Section 1 Starting times: All varsity league contests will begin promptly at 3:30 p.m. The junior varsity contest will begin **(10)** minutes following the conclusion of the varsity contest.

Section 2 PSD teams will have a minimum of a **ten (10)**-minute pregame warm-up period before the varsity contest.

Section 3 Scouting and Filming

3.1 Scouting is per permitted provided that no videotaping is involved. A coach may observe a contest involving other PSD middle schools and take notes but may not videotape any segment of the contest.

3.2 For the intent of the videotaping ban, using or possessing any video of PSD volleyball contests, other than video involving your school, shall be considered a violation of this rule. For example, if a parent attends a PSD game and offers the video to the coach of their team, the coach(es) must refuse to take possession of an/or view the video. The coach should inform the parent that this practice is unethical and not within the spirit of this by-law.

3.3 Coaches may call other coaches within the league to inquire about an opponent, but coaches are prohibited from sharing any video with other schools not involved in the contest.

3.4 Coaches may video their own contests or practices that may be used for game planning or development of their own team only.

3.5 Use of computers shall not be used for coaching purposes during the game or between periods.

3.6 Violations of the scouting guidelines will result in sanctions up to an including forfeiture of contest(s), restriction from consideration for championship game, etc.

Section 4 The official game ball will be the Wilson Power Touch volleyball.

Section 5 The home school shall designate a responsible person to enter the scores for all varsity contests on the www.psdathletics.org website.

ARTICLE VI – Championship Tournament

Section 1 A championship tournament will be held during the last week of the season for both the 7th and 8th grade level.

- 1.1** The championship tournament will be for the 8th grade varsity level will a pool play round that seeds teams into either the Gold or Silver division.
- 1.2** The winner of the Gold division will be designated as the PSDMSAL 8th grade champion.
- 1.3** The championship tournament for the 7th grade level will consist of a four-team single elimination tournament to be held at the site of the 8th grade championship. The losers of the semi-final matches will play to determine a 3rd and 4th place finish. The match will take place at the same time as the 7th grade championship match on the 2nd court.

Section 2 As with all the championship events for PSD middle school athletics, a tournament director may be hired to run the event. The determination of the individual or individuals selected to be the tournament director shall be made by the middle school athletic directors and District Athletic Director. Input will be solicited from the head volleyball coach at each school.

- 2.1 Once the tournament director has been hired; he/she will have authority to run the championship event within the context of the league constitution. Coaches will allow the tournament director to conduct the responsibilities of running such events as a representative of the PSD Athletic League membership and not in the interests of an individual coach or school.

Section 3 At the 8th grade level - The PSD Athletic League will award a championship trophy that will travel to the winning school each year. The second-place team will be awarded a plaque. Individual medals will also be presented to the 1st and 2nd place teams.

At the 7th grade level - The PSDMSAL will award a plaque to the 1st and 2nd place finishers. Medals will be awarded to the 1st and 2nd place participants.

ARTICLE VII - Volleyball Chairperson/District Athletic Director

Section 1 The chairperson will be one of the middle school athletic directors. The role of the chairperson is to assist the District Athletic Director in the operation of the middle school volleyball program and championship event as needed.

Section 2 The chairperson for each year will be designated at the final middle school AD meeting. The chairperson will be an AD that is not a coach of the respective sport to which he/she is assigned.

Section 3 The middle school athletic directors and District Athletic Director are responsible for the by-law revisions made following each season. Input will be gathered from the head volleyball coach at each of the middle schools. Changes in the constitution must be voted on by middle school athletic directors with a 66% majority required to amend the existing constitution. The District Athletic Director may mandate changes or additions to the constitution in issues relative to District policy and matters in the best interest of all member schools and students. Such action must only be done after informing league coaches, athletic directors and middle school principals.

Section 4 The District Athletic Director will schedule and coordinate the pre-season and post-season coaches' meetings for each sport.

Section 5 The District Athletic Director will present a two-year PSDMSAL schedule in the sport of volleyball by May 1st each scheduling cycle. The schedule will follow the steps below:

- Teams participating in the PSDMSAL in each sport will be randomly drawn every two years.
- The schedule for Year #1 will be drawn for 7th and 8th grade.
- The Year #2 schedule will remain the same as the Year #1 schedule to assure that athletes play at home and away versus all league teams during their middle school career.
- The next two-year schedule will be presented after re-drawing all schools.

ARTICLE VIII – Sportsmanship

Section 1 It is expected that each building principal and athletic director commit to educating coaches, athletes, the student body and parents regarding good sportsmanship practices.

- 1.1** Cheers should be positive and directed towards (and in support of) the school that the fans represent and not directed at the opposing team, coaches, officials or participants.
- 1.2** Cheers or comments considered vulgar, derogatory, or profane are grounds for immediate ejection from the contest. If such behavior involves a PSD student or students, the offending person(s) may face further consequences according to the PSD Code of Conduct.
- 1.3** It is recommended that any adult affiliated with PSD schools that is ejected or removed from an athletic venue due to poor sportsmanship be placed on probation and not allowed to return to further PSD athletic events until the following have occurred: 1). The parent meets with the building administration to discuss future expectations for behavior. 2). The parent completes an approved NFHS Sportsmanship course. The course is free and is available online. A certificate of completion must be presented to the District Athletic Director as proof of meeting this requirement.
- 1.4** Future incidents may result in PSD disallowing the parent to attend any future PSD contests.
- 1.5** It is also expected that coaches understand and commit to their role of modeling superior sportsmanship. The spectators and participants in most cases behave in the manner in which the coach behaves.
- 1.6** PSD does not condone coaches or athletes at the middle school level receiving sanctions of any kind for unsportsmanlike conduct (i.e. technical fouls, yellow or red cards, etc.). It is the responsibility of each coach to assure that these violations do not occur. Building administrators and the District Athletic Director may impose sanctions for egregious acts or repeated acts of unsportsmanlike conduct by coaches or participants. Coaches are to enforce violations of this expectation involving a participant or participants.
- 1.7** Ejections by a participant or coach will result in the following actions:
- The offending party must meet with the building athletic director to develop a plan of action to assure that the behavior will not occur in the future.
 - The offending party will be suspended for one contest at the level involved. The suspension will include suspension from all levels until the one game suspension is served at the level involved. For example, if a player or coach is ejected from a JV volleyball game, the player or coach is suspended from all volleyball contests (at any level) until the player or coach sits out one JV contest.
 - In the case of a coach, the coach may not assist or coach at any other level until the suspension is served at the level involved. If no contests remain at the level involved, and the coach regularly assists at a higher level, the coach will serve the suspension at the higher level before being allowed to coach at any level.
 - In the case of a participant, if no contests remain at the level involved (and the participant does not suit up for another level in that sport), the suspension will carry over to the next season of middle school competition in that sport.
 - If no contests remain at the level involved (and the participant does suit up for another level in the same sport), the athlete shall serve the suspension at that level. A coach may not suit up an athlete for the sole purpose to serve the suspension. The athlete must be a regular member of the level involved.
 - The offending party must complete an approved NFHS Sportsmanship class prior to participation being restored. The NFHS Sportsmanship courses are free and available online. A certificate of completion must be presented to the District Athletic Director as proof of meeting this requirement.
 - There is no appeal process for an ejection.
 - For a second ejection for offending party at the middle school level, the penalty structure shall be repeated except the length of suspension shall increase to 2 games.
 - Any further offenses may result in loss of participation at the middle school level.

ARTICLE IX – Approved Coaches

Section 1 Approved coaches are to be defined as those coaches that are school-approved coaching staff members that have completed requirements for coaches employed through PSD for current year. All coaching staff members, including any volunteers must be approved through the administration of the respective school, and must have a current background check on file **prior to working with students.**

- 1.1 Only such approved coaches may coach or instruct in any match or practice session.
- 1.2 The number of paid coaches will be determined by adhering to PSD policy on extra duty positions.
- 1.3 Schools and building administrators should oversee the hiring of all athletic coaches and must balance equity across all programs and genders when approving such hires.

SECTION XI – Wrestling



POUDRE SCHOOL DISTRICT

Middle School Athletic Constitution

ARTICLE I - Governing Rules/Levels Specific to Wrestling

Section 1 The current edition of the NFHS Wrestling Rules Book shall be the official rulebook for the league contests and the championship tournament.

- 1.1** Each school has the opportunity to form one varsity level team.
- 1.2** Each school will also have the opportunity to have athletes compete at the junior varsity level.
- 1.3** Competition at the varsity level will include 17 weight classes (75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 132, 140, 150, 165, 185, 275). Heavy weight shall include only those wrestlers that weigh between 185 – 275 pounds.
- 1.3.1** During the regular season, any wrestler who weighs in may wrestle in the weight class that matches his/her weigh-in weight or may wrestle one weight class higher than the weight he/she weighed in.
- 1.4** All wrestlers must maintain the appearance and health guidelines outlined in the NFHS Wrestling rulebook. Weigh-in procedures will be held in accordance with the guidelines established in the NFHS Wrestling rulebook.
- 1.5** Female students are eligible to wrestle. Weigh-in for female wrestlers will occur separate from the weigh-in for male students (either before or after), on the same scale and in the presence of an adult female as directed in the NFHS Wrestling rulebook.
- 1.6** No artificial means may be used to promote weight loss.
- 1.7** During the regular season, any wrestler that weighs in, may wrestle in the weight class that matches his/her weigh-in weight or may wrestle one weight class higher than the weight he/she weighed in at.
- 1.8** Each school must educate wrestlers and parents on safe and effective practices regarding maintaining and cutting weight. A copy of the article found at: <http://www.mpssaa.org/assets/wintersports/wrestling/wrestling%20diet%20guide.htm> should be made available to the parent(s) and/or legal guardian(s) of all wrestlers. In addition, coaches should convey the philosophy of wrestling at the natural weight for middle school wrestlers to all participants and parents.
- 1.9** Each school must maintain a weight chart for all wrestlers throughout the season which may be examined by opposing coaches or the District Athletic Director. Weight for all wrestlers shall also be recorded in the official scorebook at each event.
- 1.10** The following procedures will be used during the regular season:
 - Coaches will weigh in all varsity wrestlers as soon as the visiting team arrives at the host site.
 - Coaches should note any grooming and skin issues during the weigh-in period.
 - The certified official will report to the site no later than 3:15PM.
 - When the certified official reports, any grooming and skin issues will be checked by the official.
 - Immediately following the last varsity match, the junior varsity matches will begin.
 - The certified official will stay as needed until 6:00PM. Any matches after 6:00PM will be officiated by the coaches involved.

For the District Championship:

- All weigh-ins must be supervised by the official(s) or the head coaches of both schools involved. Determinations will be made regarding weight, appearance, health and special equipment at the weigh-in.

1.11 A one-pound allowance will be instituted for all matches beginning with the 4th week of the regular season, continuing through the District Championship.

1.12 The night before each regular season match, the visiting team shall email his/her line-up to the host school to allow him/her to prepare the schedule for the night. Changes may be made to this preliminary line-up on the day of the match, but this is an expected courtesy to allow host coaches to be able to plan the meet outside of the school day.

1.13 Following each match, both schools shall send the results to the wrestling coordinator (Trackwrestling software) who will maintain rankings for each weight class throughout the season. The **host school** will email match results to all **nine middle school wrestling coaches and record the team score for the match on www.psdathletics.org**.

1.14 All regular season matches will be scored using Trackwrestling. Annual training will be conducted for scorekeepers at each site.

1.15 Standings will be kept during the regular season to determine the final regular season standings. In the event of a tie for one of the two positions, the following tiebreaker will be used.

1.16 If two teams **are tied for any place**, the team that won the head-to-head match during the regular season will be declared the higher place in the regular season standings. The team that lost the head-to-head match during the season will be declared the lower place in the regular season standings.

1.17 If **three (or more) teams are tied for any place**, the tie will be broken as follows. Starting at the top of the standings, results will be compared versus each team (i.e. how the tied teams did versus #1 seed, the #2 seed, etc.). If ever two teams remain in a tie, head-to-head results of the regular season will be used to break the remaining tie. If this procedure fails to break the tie between the tied teams, the District Athletic Director will break the ties using coin flip(s) with a representative of each tied team present.

Section 2 The District Athletic Director will serve as the League Commissioner and will coordinate all schedules, facility use, sport meetings, hiring of Championship Game Director(s), maintain standings, and will rule/act on all matters relative to the Wrestling and League Constitution on behalf of member schools.

ARTICLE II - Practice and Game Limitations

Section 1 Practice limitations are governed by the practice guidelines for all middle school sports. This includes first allowable day of required practice, number of days of practice, in-season vs. out-of-season vs. summer guidelines, etc.

Section 2 No changes will be made to competition schedule without approval of the District Athletic Director except for weather-related postponements/cancellations. In the event of such occurrence, the host school Athletic Director shall contact the District Athletic Director to reschedule the contest. Playing a contest outside of the formal schedule will result in a forfeit being recorded for both teams. Further sanctions are possible if deemed necessary by the District Athletic Director

Section 3 Playing a contest outside of the formally approved schedule without approval from the District Athletic Director will result in a forfeit being recorded for both teams. Further sanctions will be possible if deemed appropriate by the District Athletic Director.

ARTICLE III - Player Eligibility

Section 1 All athletes must have completed all check-out requirements prior to being allowed to practice or participate in any competitions.

ARTICLE IV - Match Management

Section 1 Starting times: All varsity league contests will begin promptly at 3:30 p.m. The junior varsity contests will begin **five** minutes following the conclusion of the varsity contest. The certified official shall be contracted until 6:00PM. After this time, coaches will officiate any remaining JV matches.

Section 2 All varsity and junior varsity matches will consist of three, 1 ½ minute periods. If a tie exists at the end of the match, overtime procedures as outlined in the NFHS Wrestling rulebook will be used. Junior varsity matches will consist of three 1 ½ periods with running clock. There should be a 20-minute rest period between matches for JV wrestlers.

Section 3 At the junior varsity level, wrestlers will be matched as evenly as possible in terms of weight. If the weight difference is greater than two weight classes, the wrestlers may not be paired for a match.

Section 4 Head gear must be worn by all wrestlers.

Section 5 The host school is responsible for supplying and maintaining correct measures for Communicable Disease Control, and the handling of blood and other body fluids according to NFHS Wrestling guidelines. Bloodborne Pathogen procedures must be followed for all contact with body fluids and blood. Coaches have the discretion to determine fitness and safety for each student to participate.

Section 6 Coaches are responsible to instruct and monitor their wrestlers regarding sportsmanship, the use of dangerous holds and moves, unnecessary roughness, etc.

Section 7 Coaches attire: It is strongly suggested coaches wear full length pants, a collared shirt or school issued top with school name, dress shoes or athletic shoes. All apparel must be in good repair. No hats, shorts, flip fops or sandals are permitted.

ARTICLE V – Championship Tournament

Section 1 The championship tournament will be held during the last week of the season.

Section 2 As with all the championship events for PSD middle school athletics, a tournament director may be hired to run the event. The determination of the individual or individuals selected to be the tournament director shall be made by the middle school athletic directors and District Athletic Director. Input will be solicited from the head coach at each school.

2.1 Once the tournament director has been hired, he/she will have authority to run the championship event within the context of the league constitution. Coaches will allow the tournament director to conduct the responsibilities of running such events as a representative of the PSD Athletic League membership and not in the interests of an individual coach or school.

Section 3 The PSD Athletic League will award a championship trophy to the school that wins the championship tournament that will travel to the winning school each year. The second-place team will be awarded a plaque. Individual medals will also be presented to the top **four** wrestlers in each weight class at the championship tournament.

Section 4 The following weight management and scoring procedures shall be used:

Weight management procedures:

- A 1-pound allowance to allow for growth will be instituted beginning with all matches during the 4th week of the season and will continue through the District Championship.
- During the championship event, any wrestler who weighs in may wrestle in the weight class that matches his/her weigh-in weight **or** may wrestle one weight class higher than the weight he/she weighed in.
- For the District Championship a wrestler with a minimum of 2 matches or more at the varsity level during the regular season must wrestle at the weight that he/she has wrestled during 50% or more of the matches. If a wrestler has wrestled one match or less at the varsity level during the regular season, he/she may wrestle in the weight class the wrestler weighs-in at during weigh-ins for the District Championship **or** one weight class above the weight weighed in at during weigh-ins for the District Championship.
- The District Championship will use 16-person brackets for all weight classes that have nine or more wrestlers entered. If a weight class has eight or fewer wrestlers entered, an 8-person bracket will be used.
- No pigtail matches will be included in the format for the District Championship; therefore all matches shall count in the team scoring for the event.

- Trackwrestling shall be used to seed and score the District Championship.

Section 5 The ranking criteria will be based on the following criteria in order:

- 1st Criteria-Overall wrestling record and placed in order by overall win percentage. Once the order is established use head to head criteria to move a wrestler no more than one position or seed at a time. Record and seed must be based on a 5-match minimum and any wrestler with less than 5 matches minimum will be assessed losses to get to 5 match minimum.
- 2nd Criteria-Returning district placer from previous year. Higher place winner from previous year has seed priority.
- 3rd Criteria-Most wins
- 4th Criteria-Most falls
- Coin Flip

Section 6 If necessary, the tournament director shall schedule a seeding meeting to complete the seeding for the district wrestling championship tournament. A coach or representative from each school must attend this meeting.

Section 7 Weigh-ins for the championship tournament will occur at 7:00AM unless otherwise communicated in advance by tournament director and/or District Athletic Director. Weigh-ins will proceed school by school in assigned order. If someone does not make weight, a replacement may be made by head coach **only if replacement is present to be immediately weighed, makes respective weight and is eligible to wrestle at that weight according to PSD WR constitution. If a replacement is not available or the replacement does not meet all above criteria, the school will not be represented in that weight class.** If a replacement is available and meets all criteria, the seeding will be revised for that weight class prior to the tournament starting. If a wrestler is absent due to illness or family reason, a replacement may be made by the school. The replacement wrestler must make weight and be eligible to wrestle at the weight as prescribed in the PSD WR constitution. The bracket will be re-seeded accordingly.

Section 9 Match times will consist of three periods of 1 ½ minute each for the championship round and 1 minute, 1 ½ minutes and 1 ½ minutes in the consolation rounds.

Section 10 Once a wrestler is entered a weight class, that wrestler must wrestle or forfeit.

Section 11 Team points will be awarded on a 14-10-7-4 basis.

ARTICLE VI - Wrestling Chairperson/District Athletic Director

Section 1 The chairperson will be one of the middle school athletic directors. The role of the chairperson is to assist the District Athletic Director in the operation of the middle school wrestling program and championship event as needed.

Section 2 The chairperson for each year will be designated at the final middle school AD meeting. The chairperson will be an AD that is not a coach of the respective sport to which he/she is assigned.

Section 3 The middle school athletic directors and District Athletic Director are responsible for the by-law revisions made following each season. Input will be gathered from the head wrestling coach at each of the middle schools. Changes in the constitution must be voted on by middle school athletic directors with a 66% majority required to amend the existing constitution. The District Athletic Director may mandate changes or additions to the constitution in issues relative to District policy and matters in the best interest of all member schools and students. Such action must only be done after informing league coaches, athletic directors and middle school principals.

Section 4 The District Athletic Director will schedule and coordinate the pre-season and post-season coaches' meetings for each sport.

Section 5 The District Athletic Director will present a two-year PSDMSAL schedule in the sport of wrestling by May 1st each scheduling cycle. The schedule will follow the steps below:

- Teams participating in the PSDMSAL in each sport will be randomly drawn every two years.
- The schedule for Year #1 will be drawn.

- The Year #2 schedule will remain the same as the Year #1 schedule except that the home and away locations will be flip-flopped.
- The next two-year schedule will be presented after re-drawing all schools.

ARTICLE VIII – Sportsmanship

Section 1 It is expected that each building principal and athletic director commit to educating coaches, athletes, the student body and parents regarding good sportsmanship practices.

- 1.1 Cheers should be positive and directed towards (and in support of) the school that the fans represent and not directed at the opposing team, coaches, officials or participants.
- 1.2 Cheers or comments considered vulgar, derogatory, or profane are grounds for immediate ejection from the contest. If such behavior involves a PSD student or students, the offending person(s) may face further consequences according to the PSD Code of Conduct.
- 1.3 It is recommended that any adult affiliated with PSD schools that is ejected or removed from an athletic venue due to poor sportsmanship be placed on probation and not allowed to return to further PSD athletic events until the following have occurred: 1). The parent meets with the building administration to discuss future expectations for behavior. 2). The parent completes an approved NFHS Sportsmanship course. The course is free and is available online. A certificate of completion must be presented to the District Athletic Director as proof of meeting this requirement.
- 1.4 Future incidents may result in PSD disallowing the parent to attend any future PSD contests.
- 1.5 It is also expected that coaches understand and commit to their role of modeling superior sportsmanship. The spectators and participants in most cases behave in the manner in which the coach behaves.
- 1.6 PSD does not condone coaches or athletes at the middle school level receiving sanctions of any kind for unsportsmanlike conduct (i.e. technical fouls, yellow or red cards, etc.). It is the responsibility of each coach to assure that these violations do not occur. Building administrators and the District Athletic Director may impose sanctions for egregious acts or repeated acts of unsportsmanlike conduct by coaches or participants. Coaches are to enforce violations of this expectation involving a participant or participants.
- 1.7 Ejections by a participant or coach will result in the following actions:
 - The offending party must meet with the building athletic director to develop a plan of action to assure that the behavior will not occur in the future.
 - The offending party will be suspended for one contest at the level involved. The suspension will include suspension from all levels until the one game suspension is served at the level involved. For example, if a player or coach is ejected from a JV wrestling match, the player or coach is suspended from all wrestling contests (at any level) until the player or coach sits out one JV contest.
 - In the case of a coach, the coach may not assist or coach at any other level until the suspension is served at the level involved. If no contests remain at the level involved, and the coach regularly assists at a higher level, the coach will serve the suspension at the higher level before being allowed to coach at any level.
 - In the case of a participant, if no contests remain at the level involved (and the participant does not suit up for another level in that sport), the suspension will carry over to the next season of middle school competition in that sport.
 - If no contests remain at the level involved (and the participant **does** suit up for another level in the same sport), the athlete shall serve the suspension at that level. A coach may not suit up an athlete for the sole purpose to serve the suspension. The athlete must be a regular member of the level involved.
 - The offending party must complete an approved NFHS Sportsmanship class prior to participation being restored. The NFHS Sportsmanship courses are free and available online. A certificate of completion must be presented to the District Athletic Director as proof of meeting this requirement.

- There is no appeal process for an ejection.
- For a second ejection for offending party at the middle school level, the penalty structure shall be repeated except the length of suspension shall increase to 2 meets.
- Any further offenses may result in loss of participation at the middle school level.

ARTICLE IX – Approved Coaches

Section 1 Approved coaches are to be defined as those coaches that are school-approved coaching staff members that have completed requirements for coaches employed through PSD for current year. All coaching staff members, including any volunteers must be approved through the administration of the respective school, and must have a current background check on file **prior to working with students.**

- 1.1 Only such approved coaches may coach or instruct in any meet or practice session.
- 1.2 The number of paid coaches will be determined by adhering to PSD policy on extra duty positions.
- 1.3 Schools and building administrators should oversee the hiring of all athletic coaches and must balance equity across all programs and genders when approving such hires.

SECTION XII – Sanctions

Sanction Chart for Violations and Misconduct

Reporting Methods	Description
Self-Reporting	As a member of the PSDMSAL, schools are required to self-report any violations of the PSDMSAL by-laws or sport constitution.
Report made by another member school or PSD staff member	Member schools or PSD staff members may report violation observed or reported to them.
General Public	The general public may report violations they have observed.

Reporting Procedures

All violations must be reported to the District Athletic Director in writing.

The building athletic director and principal will be notified of alleged violation.

The building athletic director will be asked to gather facts regarding the alleged violation.

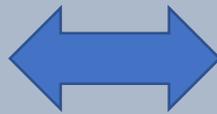
The District Athletic Director will make a determination as to whether a violation has occurred.

If a violation has occurred...

The District Athletic Director will notify the school(s) involved and place sanction report that is shared with all member schools.

The offending school shall have the right to appeal the sanction to the Appeals Committee.

Educational opportunities will be provided in area(s) that have generated sanctions.



If there is insufficient evidence of a violation or
It is deemed that a violation did not occur...

Correspondence from
District Athletic Director to all
league schools outlining findings.

TYPES OF SANCTIONS

It should be noted that sanctions do not have to automatically progress from the least restrictive to the most restrictive. The level of sanction applied is determined by a number of factors including prescribed penalties, seriousness of violation, history of past violations, etc.

VERBAL WARNING

Verbal warnings may be issued by the District Athletic Director for violation(s) that have occurred. Generally this sanction would be for minor or incidental offenses.

PROBATION

Probation may be applied for serious violations of the PSD Middle School Athletic or Sport Constitution, rules or philosophy. Additional violations while a school is on probation will be considered extremely serious and can lead to a school facing forfeiture of contests or being placed on restriction. Schools that are placed on probation may have remedial steps assessed for the school to be removed from probation. These steps may include a written action plan to correct compliance with PSD MS Athletic Constitution, educational mandates for coaches and/or building athletic director, etc.

WRITTEN WARNING

A written warning is issued in cases that involve violations that are more significant than those situations which warrant a verbal warning or for repeated minor violations.

FORFEIT OF CONTEST(S)

A school may face forfeiture of contests for violations that prescribe this level of sanction including use of ineligible athlete(s), violation of rules that result in a competitive advantage, or for intentional or flagrant violations.



RESTRICTION

Restriction from championship tournament play can be levied against an individual, coach or school for serious, repeated or egregious violations of the PSD MS Athletic Constitution, Sport By-Laws or Athletic Philosophy. Parties that are on restriction are ineligible for participation in such events. Schools that are placed on probation will have remedial steps assessed in order for the school to be removed from probation. These steps may include a written action plan to correct compliance with PSD MS Athletic Constitution, educational mandates for coaches and/or building athletic director, etc.

SUSPENSION

Suspension(s) may be applied to individual participants or coaches based on prescribed violations of sportsmanship or violations of the PSD MS Athletic Constitution, Sport By-Laws or Athletic Philosophy

APPEAL PROCESS

Individual participants, coaches or schools may appeal sanctions that have been levied by the District Athletic Director. This process does not apply to individual school policies/rules that are levied by the individual school or school personnel (i.e. training rule violations, school discipline penalties, etc.). PSD school policy shall provide appeal process and guidelines for appeals in these areas. Sanctions must be served during the appeal process. The appeal process provides for a timely hearing and rulings on such matters of appeal.

APPEALS COMMITTEE

The appeals committee shall be comprised of the Assistant Director of Student Services of Secondary Schools or designee and two middle school building principals that are not representing a school or individual involved.

APPEALS PROCESS

A notice of intent to appeal must be filed by a building administrator representing participant, coach or school within 5 calendar days of receiving the sanction notice. Upon receipt of declaration of appeal the Appeals Committee will meet to review the facts of the violation, sanction and appeal material. The District Athletic Director and administrator appealing may be requested to supply the Appeals Committee with additional material/information or may be asked to be present at hearing. Within 2 business days, the Appeals Committee shall notify in writing the decision of the Appeals Committee. Such ruling will be final.

SANCTIONS BY INFRACTION

VIOLATION OF PRACTICE LIMITATIONS - (holding an in-season practice that exceeds the day or weekly limitations or not complying with acclimation period as specified in football)

1ST OFFENSE - Forfeit of next varsity contest and school placed probation for remainder of the season in the sport in which violation occurred

2ND OFFENSE - Forfeit of next varsity contest and school placed on restriction for remainder of the season in the sport in which the violation occurred

3RD AND SUBSEQUENT OFFENSES - Forfeit of all remaining contests during the affected season in sport in which the violation occurred and restriction for remainder of the season in the sport in which the violation occurred

VIOLATION FOR HOLDING A PRACTICE OUTSIDE OF THE FORMAL SEASON (starting the season before 1st allowable date or holding a practice after the conclusion of the season)

1ST OFFENSE - Forfeit of 1st scheduled contest at the varsity level in the next season and school placed on probation in the sport in which violation occurred

2ND AND SUBSEQUENT OFFENSES - Forfeit of all contests during the next season in sport in which the violation occurred and restriction for remainder of the season in the sport in which the violation occurred

VIOLATION FOR EXCEEDING THE NUMBER OF CONTESTS OR SCRIMMAGES ALLOWED IN A SPORT (this would include playing a contest outside of the formal schedule without prior approval of the District Athletic Director)

1ST AND SUBSEQUENT OFFENSES - Forfeit of all contests during the affected season in sport in which the violation occurred and restriction for remainder of the season in the sport in which the violation occurred

VIOLATIONS DEEMED BY THE DISTRICT ATHLETIC DIRECTOR AS AFFECTING COMPETITIVE BALANCE OF A CONTEST - (i.e. in the sport of softball not allowing all players in uniform at the varsity level to play offensively and defensively in a game)

1ST OFFENSE - Formal letter of reprimand issued to head coach and athletic director in sport in which violation has occurred.

2ND OFFENSE - Forfeit of next varsity contest and school placed on probation for remainder of the season in the sport in which the violation occurred

3RD AND SUBSEQUENT OFFENSES - Forfeit of all remaining contests during the affected season in sport in which the violation occurred and restriction for remainder of the season in the sport in which the violation occurred

VIOLATIONS DEEMED BY THE DISTRICT ATHLETIC DIRECTOR AS INCIDENTAL IN NATURE AND NOT AFFECTING THE COMPETITIVE BALANCE OF A CONTEST - (i.e.)

1ST OFFENSE - Verbal warning issued to head coach and athletic director in sport in which violation has occurred.

2ND OFFENSE - Formal letter of reprimand issued to head coach and athletic director in sport in which violation has occurred.

3RD OFFENSE - Forfeit of next varsity contest and school placed on probation for remainder of the season in the sport in which the violation occurred

4TH AND SUBSEQUENT OFFENSES - Forfeit of all remaining contests during the affected season in sport in which the violation occurred and restriction for remainder of the season in the sport in which the violation occurred

VIOLATION OF OUT-OF-SEASON POLICIES

1ST OFFENSE - Formal letter of reprimand issued to head coach and athletic director in sport in which violation has occurred.

2ND OFFENSE - Forfeit of first varsity contest and school placed on probation for the next season in the sport in which the violation occurred

3RD AND SUBSEQUENT OFFENSES - Forfeit of all contests during the next season in sport in which the violation occurred and restriction for the next season in the sport in which the violation occurred

SECTION XIII – Scheduling Process

ARTICLE I – Random Draw, Process and Two-Year Cycles

Section 1 The schools for each sport will be randomly drawn based on the structure of each sport and the number of schools involved.

Section 2 The cycle for schedules will be based on the following parameters.

Sports that have a single varsity level (other than track and cross country)

- Year #1 – scheduled created from random draw
- Year #2 – home and away sites will swap
- Year #3 – schools will be re-drawn, schedules re-created

Sports that have a 7th and 8th grade level

- Year #1 - 7th grade and 8th grade schedules will be created from random draw, with home sites opposite for each grade level
- Year #2 – schedules remain the same so that an athlete plays at both sites during their career
- Year #3 – schools will be re-drawn, schedules re-created

Cross Country and Track

- Year #1 – schedule drawn from random draw, meets randomly assigned
- Year #2 – schools randomly moved around to attempt to vary opposing schools
- Year #3 - schools will be re-drawn, schedules re-created

Section 3 Schedules will be presented to Athletic Directors for approval for two-year cycle no later than the April meeting of a given year. The exception to this will be golf which will be created no later than March 1st each year once the Golf Director has met with area courses.

Section 4 Any changes to the schedules will be made by the District Athletic Director as a Tier 1 Decision under the *Pathways for Decisions*. If three or more of the Athletic Directors express a desire for the schedule change to be moved to a Tier 2 Decision, the Tier 2 pathway shall apply.

SECTION XIV – Player Safety

PSD is fully committed to providing the safest possible athletic setting for our student-athletes at the middle school level. Both building athletic directors and coaches have important roles in helping PSD accomplish this task. This section outlines many of the steps that PSD employs in the area of player safety.

Section 1 Coaches Education Relative to Player Safety

1.1 All PSD coaches will be required to complete the following certification/educational components:

- CPR/AED Certification
- 1st Aid
- Annual concussion training
- Background check
- Bloodborne pathogen training
- Sexual harassment prevention

1.2 PSD will offer continuing education opportunities in the following topics relative to player safety:

- Athletic training
- Responding to athletic injuries
- Developing medical emergency plans
- Properly fitting protective equipment
- Preventing communicable disease transmission
- Facility safety

Section 2 Orthopaedic & Spine Center of the Rockies

2.1 PSD and OCR of Fort Collins work closely together in several areas including athletic training services, access to physical therapy/sports medicine evaluation for injured athletes, and professional development opportunities.

Section 3 Concussion Management

3.1 Coaches shall closely monitor participants for sign and symptoms of a concussion. If any participant exhibits any signs or symptoms of a concussion, the participant shall be immediately removed from practice or competition for the remainder of the event and may not return to practice or competition until progressing through the Step Wise concussion protocol and cleared by a doctor in writing. Coaches should use OCR as a resource in concussion management and evaluation.

3.2 PSD in partnership with OCR adopts the use of the Stepwise Return to Play Protocol (listed on following page).

3.3 Athletes who have suffered a previous concussion and been fully cleared by a doctor to return to full activity will be immediately removed from all activity if any signs of a concussion return.

Stepwise Return to Play Following a Concussion

- 1. No physical activity if there are symptoms**

Quiet time with maximum rest

2. Light aerobic activity

Walking, swimming, stationary cycling – 10-15 minutes of exercise, no resistance

3. Sport-specific exercise

Running drills, 20-30 minutes –no weightlifting, no head contact

4. Non-contact training drills

Progression to more complex training drills; may start progressive resistance training

5. Full-contact practice

Following medical clearance, participate in normal training activities; full exertion

6. Return to play

**If symptoms re-emerge at any level of exertion then return to the previous stage.*

Section 4 Facility Safety

4.1 Building athletic directors and coaches have an important role in facility safety. Prior to any practice or competition, the coach and/or athletic director should inspect area to assure area is free of debris and any defects of related equipment and playing surface.

4.2 If any areas are found in need of maintenance, the coach shall immediately report the issue to the building athletic director. The building athletic directors shall then immediately report the issue to PSD Customer Service at (970) 490-3333 who will schedule repair/alert proper parties.

4.3 If any issues are deemed to present a risk to participants, spectators or coaches, all activity shall be stopped until appropriate repairs are made to correct situation.

4.4 Condition of playing surface to weather conditions or other factors shall be closely monitored throughout all use. If conditions do not allow for proper traction/safe play, all activity shall be stopped until conditions improve.

Section 5 General Athlete Safety

5.1 All athletes must have a current athletic physical on file as a part of the checkout process for all athletic programs.

5.2 Coaches must plan for and provide frequent water breaks during all practice sessions.

5.3 Coaches shall monitor heat conditions and adjust practice and hydration needs accordingly. The National Federation of High Schools provides a free course on preventing heat illness. The course can be found at <http://nfhslearn.com/courses>.

5.4 Coaches shall monitor for signs of infectious disease that could be spread to other athletes. This is particularly true in the sports of wrestling and football. A free instructional video can be found at <http://www.nwcaskinprevention.com/webinar/>.

5.5 Coaches in the sport of wrestling shall educate and closely monitor all athletes in proper weight management practices and recommendations.

5.6 Coaches in the sport of football will comply with all acclimation and contact limitation policies.

5.7 In the sport of football PSD in agreement with the recommendations of CHSAA, prohibit the use of add-on helmet products. See NOCSAE attachment in appendix section.

5.8 Coaches and athletic directors must monitor for the presence of lightning during all outdoor practices and events. The use of the Weatherbug Application is recommended to assist in monitoring for approaching storms. As per NFHS recommendations, if lightning is seen or thunder is heard all participants and spectators should seek shelter until 30 minutes following the last flash or sound. The complete guidebook for lightning safety can be found in the Appendix section of this document.

SECTION XV – Sportsmanship

Section 1 As outlined in each sport section, PSD expects that good sportsmanship is taught, promoted and assured at all PSDMSAL contests.

Section 2 PSD Sportsmanship Championship Program. Beginning in August 2015, PSDMSAL will launch a program to award schools that exemplify superior sportsmanship. Criteria and evaluation criteria can be found in Appendix.

SECTION XV – Appendix Section

- PSD Middle School Athletics *Pathway for Decisions*
- CHSAA Transgender Policy