

MIDDLE SCHOOL SPORTS

RULES

REGULATIONS

AND

PROCEDURES

ATHLETIC PROGRAMS

MIDDLE SCHOOLS

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INTRODUCTIONS

This handbook is a compilation of athletic rules, regulations, and procedures of the Long Beach Unified School District All-City Sports Program. It has been developed to serve as a guide in conducting the athletic programs in our middle and K-8 schools. The coach is an integral part of the teaching staff and has the responsibility to know and to adhere to these rules, regulations and procedures. The middle school athletic program in the Long Beach Unified School District serves an educational purpose and is an extension of the curriculum. The program can be justified only when the outcomes are educationally sound. Striving to win is important, but not at the expense of deviation from an ethical code of sportsmanship or from fundamental principles inherent in an excellent athletic program.

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INTERSCHOLASTIC ATHLETICS IN THE MIDDLE SCHOOLS
2024 Revision

SPONSORSHIP The middle school interschool athletic program is sponsored by the Long Beach Unified School District. The program is under the direction of the K-12 Sports Program Administrator and the Assistant Superintendent of Middle Schools.

RESPONSIBILITIES FOR THE PROGRAM: Board of Education

As part of the after school athletic program on school days, the Board of Education:

1. Provides instruction for students participating in the program.
2. Provides supervision over the program.
3. Provides transportation for teams to games away from the home school.
4. Provides facilities and equipment for the program.
5. Provides game officials for all scheduled competition.
6. Provides supplies for the program.
7. Provides office services to supply informational materials (bulletins, schedules, standings, etc.).
8. Provides awards.

FINANCING THE PROGRAM Costs of the middle school All-City athletic program shall be met as follows:

- a. The Middle School Sports office shall budget salary expenses for coaching time expended after school preparing teams for competition. The office will also assume the responsibility for budgeting salary expenses for game officials for All-City competition.
- b. Players' approved uniforms (shirt/shorts) and transportation of participants to games shall be financed by the school district and/or student bodies of the various middle and K-8 schools.

MIDDLE SCHOOL SPORTS MEMBERSHIP

1. Membership:-Members include the following:

Principals from participating schools
Middle School Assistant Superintendent
Head Coaches
Program Administrator – K-12 Sports

2. ***Principals** shall have authority to make broad policy decisions and recommendations at their school site on such matters listed below, provided that they are consistent with Board of Education policies.

- 1) Use of student body funds for MSS
- 2) Purchasing uniforms
- 3) Publicity
- 4) Donations from outside sources
- 5) Approval of equipment

3. All Members are expected to support the following:

- a. Promote an inclusive, supportive, and positive environment where winning is secondary to sportsmanship.
- b. Enforce student eligibility rules.

4. Meetings

- a. Meetings will be held as needed at the discretion of the K-12 Sports Program Administrator.

5. Purposes

- a. To solve problems related to the middle school sports program.
- b. To make recommendations for major policy changes
- c. Organize and establish operating procedures and evaluate each seasonal sport program within the framework of major policies

5. Typical functions may include but not be limited to:

- a. Providing input on the athletic schedule for the year.
- b. Establishing operating procedures for each sport.
- c. Determining the formation of leagues.
- d. Determining special playing rules for each sport
- e. Evaluating each sport.
- f. Considering problems related to the athletic program.
- g. Recommending desirable changes for the betterment of the program

A committee (no more than one representative from each school) will be organized by the Program Administrator when there is a need to review current policies/rules and to determine whether or not changes need to occur. At least 10 members must be in attendance for a vote to occur. A vote will be taken when changes are requested. Majority vote wins. In case of a tie, the Program Administrator will determine the outcome.

ATHLETIC COMMISSIONER

The Program Administrator of K-12 Sports shall serve as the Athletic Commissioner. The Commissioner will make all interpretations on established policies and rules. Should questions or controversies arise that are not covered by existing rules and policies, the decisions of the athletic commissioner shall be official until such time as a ruling covering the point in question can be formulated and approved by the MSS committee.

The Commissioner also shall be responsible for making and publishing schedules, evaluating the overall program, and for assigning officials.

ELIGIBILITY

1. All students enrolled in middle/K-8 schools of the district shall be eligible.
2. Students must maintain a 2.0 grade point average and have no more than one “U” in conduct. The quarter/semester report cards will be used to determine eligibility. Eligibility can be gained/lost when the printing of the report cards is completed. Students with more than one unsatisfactory mark in conduct may be eligible for a one-time per year ‘probation’ period. This will be determined by the coach/site administrator. Each site will determine how the student’s behavior in class will be monitored throughout the season. Students not meeting the standard of behavior will be removed from the team.
3. Students must attend school for at least four periods (2 periods if school is on block schedule) of a school day in order to participate in an official contest the same day.
4. Students who are suspended from school are ineligible to compete until they return to school from the suspension.
5. If a student is declared ineligible any time during the season and remains ineligible for the remainder of the season, that student shall not receive an award for that sport in a public assembly. Any ineligible student cannot wear a team uniform, sit on the team bench during competition, or be transported on a district bus to an away game.
6. The coach shall submit a team roster to the administrator (principal, vice principal, or counselor) who will verify the eligibility of team members and submit the roster to the Program Administrator before the first scheduled contest. If a team roster is not received before first scheduled contest, the school will forfeit that game and will continue to forfeit contests until the roster is received.
7. No student may participate for more than one school in the same sport during the school year unless there is a legal change of residence by the student’s caregivers.

8. Disciplinary transfers may not participate until the next season following their transfer and must remain ineligible for a period of 6 weeks (30 school days) from his/her registration at the new school. Following this 6-week period of ineligibility, a grade/conduct review that complies with our current eligibility standards shall determine his/her eligibility.
9. All athletes must submit a completed student clearance packet, which includes a physical examination report from a medical doctor and evidence of insurance before they may participate in a game. It is recommended that the site nurse keep the physical forms on file and the site secretary keep the remaining documents. The Head Coach should possess each student's emergency contact information during practices and games.
10. Practice dates for All-City sports teams: In the interest of including as many kids as possible in our sports program, off-season practice/games should be considered open to all students (Intramural Program meets this need). The try-out/selection process of our All-City teams must take place no earlier than two weeks before the start of the season that is indicated on the yearly sports schedule. The exception to this rule is volleyball and flag football. Try-outs in these sports should not take place prior to the first day back to school in the fall.

DETERMINING DIVISION WINNERS

The standard method of computing games won and lost shall be used in determining league winners. If a game ends in a tie, each team will be credited with one-half (1/2) game won and one-half (1/2) game lost.

- Flag Football – If teams are tied at the end of regulation, overtime is utilized. A coin flip will determine which school plays offense/defense first. The ball will be placed at the first down line closest to the goal line. Each team will get four plays to score a touchdown/extra point. Each team will receive one possession. If the score is still tied after each team's opportunity, the game will end in a tie.
- Soccer – If the game is tied at the end of regulation, penalty kicks will be utilized to determine the winner. A coin flip will be used to determine which school kicks first. Each team will have five opportunities to score. If still tied after five kicks, sudden death is in effect. Ten players must have an opportunity to kick before any player kicks a second time.

SPECIAL RULES FOR BASKETBALL / SOCCER

- Basketball – At any point in the game, if a team is down by 30 points or more, that team can request a running clock. Once a running clock is requested, the only time the clock will stop is during a timeout, at the officials' discretion, or at the end of the playing period. The clock will continue running even if the losing team gets within 30 points. All other NFHS rules apply.
- Soccer – Once a team is up by seven goals, that team that is ahead will be required to remove one player from the game (10 vs 11). If the winning team goes up by eight goals, another player will be removed from the field (9 vs 11). This pattern will continue until the end of the contest. The team that is ahead will have no fewer than seven players on the field. For playoffs, one additional 10 minute overtime will be

played before going to penalty kicks.

To help with crowd control/behavior, it is highly recommended that fans be asked to sit/stand on the opposite sideline of the two teams.

Playoffs - one 10 minute overtime period will be played if there is a tie score at the end of regulation. If there is still a tie at the end of overtime, penalty kicks will decide the outcome.

PLAYOFFS

1. Each division will send four teams to the playoffs.
2. The top team in each division will play the 4th place team in the division. The second place team will play the third place team.
3. 1st and 2nd place representative will host semi-final games
4. If two teams tie for any place in the division, the following tie-breaker format will be followed:
 - 1) head to head
 - 2) coin flipIf three teams tie for any playoff position, the following tie-breaker format will be followed:
 - 1) head to head
 - 2) names of each school involved will be put in individual envelopes. A blind draw is performed. The school's name that is drawn is eliminated/given the lowest seed for the playoffs. The higher seed will be determined by head to head competition between the remaining two schools.
 - 3) coin flip

PROTESTS

Protests of any kind concerning conduct of a game or contest in the All-City athletic program shall be registered verbally at the time of the incident by the coach of the protesting team to the official in charge of the game or contest and the opposing coach. A written report describing the circumstances of the protest must be submitted to the athletic commissioner prior to the next regularly scheduled game or contest of the protesting team. The ruling of the athletic commissioner shall be final.

COMPETITION WITH OUTSIDE TEAMS

Regulation games or practice games in any sport shall be scheduled only between regularly organized teams from middle schools in the Long Beach Unified School District, unless approved by the commissioner.

LIMITS ON GAMES AND PRACTICE

Team practice shall not exceed two hours in length. The attendance of practice on non-school days is optional. Coaches cannot penalize a student for not attending practice on a non-school day.

ATHLETIC UNIFORMS

Athletic uniforms, which may be provided by student body funds, are to be limited to the following:

1. Standard basketball type uniform – consisting of trunks and jersey or T-shirt. Each shirt must have an identifying numeral. The school/mascot name is optional. The home team is to wear the lighter colored jersey. If the home school only has one jersey color and the competing school has the same jersey color, the HOME team must wear a mesh pinnie over the jersey so officials are able to see the jersey number.
2. Volleyball shirt – long or short sleeve.
3. Multi-purpose jerseys with an identification number.

Sweat shirts and sweat pants are optional and, if worn, are not to be purchased by student body or school funds. Regulation-type football pants may not be worn.

Participants in all sports are required to wear shoes. Track shoes (no longer than 3/16” spikes) and all-purpose multi-studded soccer shoes for football are optional and may be worn by participants. The standard athletic type tennis shoe with a rubber sole shall be worn by participants if the above-mentioned footwear is not available. No shoes may be purchased by the school or student body. Mouthguards (football) and shinguards (soccer) are required to be worn by all participants.

EJECTIONS

Whenever a player or a coach is ejected from a game by an official, the player or coach will sit out the next game. For soccer, a direct red card requires the coach/athletes to not participate in the next game.

OTHER CONSIDERATIONS:

Cheerleading (Optional) – Not sponsored by Middle School Sports. Cheer squads can only cheer at home games until playoffs. Transportation to away playoff games may be available depending on space.

Century Club Awards Banquet

All-Sports Award - Points are earned based on where each team finishes at the end of each season of sport. The point totals are: 7 points (1st place), 6 points (2nd place), 5 points, (3rd place), 4 points (4th place), 3 points (5th place) , 2 points (6th place), 1 point (7th place). Division champions receive two additional points. Division finalists receive one additional point. There are 36 possible points for boys and girls sports. The school with the most points (girls/boys/overall) will receive the All-Sports Award.

Keith Hansen Sportsmanship Award – Voting will take place at the end of each season of sport. Each school will vote for an opposing school that displayed the best sportsmanship during the season. Factors to consider include treatment of officials, the behavior of the players, coaches, fans and the treatment of equipment and the playing area.