

SOUTHERN OREGON
MIDDLE SCHOOL
ATHLETIC
CONFERENCE



2026 – 2027 BYLAWS

MISSION STATEMENT

The Southern Oregon Middle School Athletic Conference envisions middle school athletics as a vehicle for teaching life lessons, character development, and sportsmanship. While winning is seen as an important aspect of the athletic experience, meaningful participation and the establishment of a lifelong love and knowledge for physical fitness is a priority.

THESE GUIDELINES WERE ADOPTED TO GOVERN SOUTHERN OREGON MIDDLE SCHOOL ATHLETIC CONFERENCE (SOMSAC) CONTESTS. THESE REVISED GUIDELINES SUPERSEDE THOSE ESTABLISHED PRIOR TO THIS DATE. OSAA POLICIES AND GUIDELINES ARE TO BE FOLLOWED WHEN APPLICABLE.

RULES WILL BE REVIEWED ANNUALLY AND REVISED AS NECESSARY BY CONFERENCE ACTION. COACHES ARE ENCOURAGED TO MAKE RECOMMENDATIONS AS GROUPS CONCERNED WITH PARTICULAR SPORTS.

APPROVAL DATE:	5/21/80	REVISED DATE:	5/19/81
REVISED DATE:	1/25/89	REVISED DATE:	6/12/90
REVISED DATE:	5/18/92	REVISED DATE:	4/12/93
REVISED DATE:	1/18/95	REVISED DATE:	9/20/95
REVISED DATE:	11/5/97	REVISED DATE:	11/4/99
REVISED DATE:	9/12/00	REVISED DATE:	11/20/00
REVISED DATE:	10/31/01	REVISED DATE:	8/28/02
REVISED DATE:	9/05/03	REVISED DATE:	9/02/04
REVISED DATE:	6/01/05	REVISED DATE:	9/25/06
REVISED DATE:	9/28/06	REVISED DATE:	9/15/07
REVISED DATE:	10/25/07	REVISED DATE:	1/10/08
REVISED DATE:	3/5/08	REVISED DATE:	6/28/11
REVISED DATE:	5/14/09	REVISED DATE:	3/12/13
REVISED DATE:	6/28/11	REVISED DATE:	1/19/14
REVISED DATE:	8/12/15	REVISED DATE:	06/07/17
REVISED DATE:	6/17/17 (Track)	REVISED DATE:	06/06/18
REVISED DATE:	12/09/21	REVISED DATE:	3/16/22 (Track)
REVISED DATE:	9/15/22 (football)	REVISED DATE:	2/13/23 (Track)
REVISED DATE:	May 2023	REVISED DATE:	Aug 2024
REVISED DATE:	SEP 2024	REVISED DATE:	Oct 2024
REVISED DATE:	SEP 2026		

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Small School Division

Mid School Division

Large School Division

Officers Rotations

SOMSAC officer positions will rotate on a yearly basis from school to school in alphabetical order. If a current officer resigns or changes roles in their school position, their replacement steps into their upcoming officer position. If the person is new to the position of Athletic Director they may either continue in the assigned rotation or start at the year one rotation as outlined below.

- Year 1 = Webmaster
- Year 2 = Secretary
- Year 3 = Chair

Large School Division — Officer Rotation Addendum

Officers Rotation

The Large School Division will maintain a separate officer rotation for the Chair/Webmaster position. Large Schools participating in the division agree that the Chair/Webmaster position will rotate from school to school on a **two-year basis**, following the established order of seniority within the Large School Division.

The next senior eligible person in the Large School Division will assume the Chair/Webmaster position upon completion of the current Chair/Webmaster's two-year term. This rotation will continue in order to provide an equitable and predictable distribution of leadership responsibilities among the participating Large Schools.

Chair/Webmaster Term

The Chair/Webmaster position will be held for a term of **two (2) consecutive years**. At the conclusion of the two-year term, the position will transition to the next senior eligible person in the Large School Division.

Four-Year Break

After serving a two-year term as Chair/Webmaster, an individual will be required to take a **four-year break** before becoming eligible to serve again as Chair/Webmaster. During this four-year period, the individual will remain in the Large School Division's established

rotation order but will be bypassed if their position in the rotation would otherwise result in another Chair/Webmaster assignment.

This provision is intended to ensure that leadership opportunities are distributed among the Large Schools and that no individual serves as Chair/Webmaster more frequently than permitted by the established rotation.

Transition of Responsibilities

At the conclusion of each Chair/Webmaster term, the outgoing Chair/Webmaster will work with the incoming Chair/Webmaster to provide an orderly transition of league responsibilities, including website administration, league records, communications, schedules, passwords, and other necessary information.

Relationship to Existing SOMSAC Officer Rotation

This Large School Division rotation is an addendum to the existing SOMSAC Officers Rotation provisions. Unless specifically modified by this addendum, all other SOMSAC officer rotation requirements and responsibilities remain in effect.

SCHOOLS RESPONSIBLE FOR SPORTS SCHEDULE & SPORT COMMISSIONER FOR THE SEASON
Will be posted on the SOMSAC website. SOMSAC sports commissioner positions will rotate on a yearly basis from school to school in alphabetical order.

**** Note:** The sport commissioner is responsible for writing the schedule for the season as well as fielding any and all questions/concerns for said sport season. The SOMSAC Chairperson will assist the sports commissioner as needed. In the event a concern(s) is (are) brought forward the sports commissioner will report to the general membership at the proceeding SOMSAC meeting. All concerns will be subject to discussion by the general SOMSAC membership.

SCHOOL MASCOT/COLORS		*OFFICE ROTATION
<u>SCHOOL</u>	<u>MASCOTS</u>	<u>COLORS</u>
Applegate School	Cougar	Blue/White
Ashland Middle School	Bear Cubs	Blue/Gold
Butte Falls Charter	Loggers	Green/Gold/White
Cascade Christian	Challengers	Purple/White
Eagle Point Middle School	Panthers	Blue/White
Fleming Middle School	Cavaliers	Red/White/Black
Hanby Middle School	Huskies	Royal Blue/White

Hedrick Middle School	Hornets	Maroon/Gold
Lincoln Savage Middle School	Tigers	Orange/Black
Logos Charter		Orange/White
Lorna Byrne Middle School	Vikings	Green/Gold
McLoughlin Middle School	Bulldogs	Black/Gold/White
New Hope Christian	Warriors	Red/Black/White
North Grants Pass Middle	Cave Cubs	Blue/White
Oakdale Middle School	Owls	Purple/Black
Ponderosa Middle School	Bobcats	Blue/Gold
Prospect Charter	Bobcats	Red/White
Rogue River Middle	Braves	Red/White/Blue
Rogue Valley Adventist	Hawks	Red/White
Ruch	Cougar	Navy Blue and Neon Orange
Sacred Heart	Knights	Red/White
Scenic Middle School	Spartans	Green/Gold/White
Shady Cove	Wolverines	Blue/White
South Grants Pass Middle	Trojans	Green/White
St. Mary's	Crusaders	Blue/White
Talent	Bulldogs	Gray/Blue
White Mountain	Wolves	Black/White/Red

SOUTHERN OREGON MIDDLE SCHOOL ATHLETIC CONFERENCE

Membership Application

The membership of the Southern Oregon Middle School Athletic Conference shall consist of middle schools within the counties of Jackson, Josephine, Douglas, and Klamath public or private, which meet the following qualifications:

- Subscribe to the Guidelines, Rules, Participation Limitations, Sports Seasons, and Interpretations of the Association
- Service a minimum of five students in grades 6-8 and offer a comprehensive educational curriculum.
- Participate in at least one SOMSAC season each year.
- SOMSAC members will not schedule events with Non-SOMSAC.
- Participate only against schools that are members of SOMSAC if the sport is part of SOMSAC. In the event a school can not fill a full schedule due to a bye, that team may look to schools outside of SOMSAC with prior approval from both the sports commissioner and SOMSAC Chair. A school's SOMSAC schedule supersedes any changes or additions. Events will be scheduled within the SOMSAC sports season and within the game limits per sport.

Which sports will you be participating in this year? **(Each school is allowed up to 3 teams per grade level)**

- **Small Schools:** Schools with an enrollment of **5 - 249**, will enroll their teams in the small schools division, and follow the Bylaws of the Small Schools. Small schools are allowed blended grades 6-8 to complete teams.
Small Schools have the option to play with the Mid-schools or Large Sized schools under large school bylaws. Small schools would need approval with majority vote of schools representing that division/schedule.

General Guideline: Small Schools playing against Mid/Large schools.
Varsity would compete with Mid/Large school 8th grade
JV would compete with Mid/Large school 7th grade

Bye Weeks in Schedules - Open to all division in order to fill schedules

- **Mid Schools**: Schools with an enrollment of **250 - 499**, will enroll their teams in the Mid division, and follow the Bylaws of the Large Schools. Mid Schools need to first fill their Varsity(Gold) team, then their JV (Silver) team next, if a second/third team is created schools may fill in as Gold, Silver or Bronze. Schools have the autonomy to fill teams leveled or balanced.

It is up to the individual School and school district to decide how to utilize 6th grade participation to complete 7th grade teams and 7th grade participation to complete an 8th grade team.

A school may not cut a seventh or eighth grade student and then complete that team with an underclassman.

Example: A school may not have Ten 7th graders tryout then cut four 7th graders and then complete the team by adding four 6th graders.

General Guideline:

Mid Schools playing against Large schools may do so if declared before the schedules are created. Mid schools wanting to play down or up would need approval with majority vote of schools representing that division/schedule

Bye Weeks in Schedules - Open to all division in order to fill schedules

- **Large School Division**: Schools with an enrollment of **500+** will enroll their teams and follow the Bylaws of the Large Schools. Large Schools need to first fill their Varsity (Gold) team, then their JV (Silver) team next, if a second/third team is created schools may fill in as Gold, Silver or Bronze. Schools have the autonomy to fill teams leveled or balanced.

It is up to the individual School and school district to decide how to utilize 6th grade participation to complete 7th grade teams and 7th grade participation to complete an 8th grade team.

A school may not cut a seventh or eighth grade student and then complete that team with an underclassman.

Example: a school may not have Ten 7th graders tryout then cut four 7th graders and then complete the team by adding four 6th graders.

General Guideline:

Large schools wanting to play down would need approval with majority vote of schools representing that division/schedule

Bye Weeks in Schedules - Open to all division in order to fill schedules

- Grade level teams must remain at least 51% intact of the designated grade level team.
Example: a school may allow the following, six 7th graders filled with four 6th graders to complete a 10 man roster for a 7th grade team.

I understand that if our school does not sign up for a sport by the published due dates, we will not be included on any schedules for that sport for the current SOMSAC season.

SOUTHERN OREGON MIDDLE SCHOOL ATHLETIC CONFERENCE



GENERAL POLICIES

1. Each Member (or requesting member) School must complete a membership form to participate in SOMSAC sports located on the SOMSAC website by each season's due date. New school membership must be voted and approved by current members at the next scheduled SOMAC meeting.
2. SOMSAC supports good sportsmanship which is something that needs to be stressed repeatedly by administrators, coaches and officials. This is to be a cooperative effort. There are many values, which student athletes should take with them after they have finished competing at the interscholastic level. "Good Sportsmanship" is one of the most important of them. It is recommended that a code of ethics be written by each school within the conference which shall reflect these values.
3. Certified officials will be employed for all interscholastic contests when available.
4. Contracts for officials should be taken care of in a timely manner.
5. The host school shall designate an individual to assist participants in the event of an injury.
6. Beginning and ending dates for a sport season shall be determined by the league and written on the schedule. One week after official practices begin no schedule changes will be allowed by the conference unless changes are made school to school. In the event a contest is to be changed from the approved master schedule, it is the host team's responsibility to notify the sports commissioner as well as the referee commissioner for that sport.
7. Competitions will start at 4:30pm unless the athletic directors from both teams agree on a different start time. If an agreement is not reached, the start time will default to 4:30pm.
8. When possible, participants will have a minimum of one week between the end of one sport and the first organized practice of the next sport.
9. SOMSAC will publish athletic season dates. Please refer to SOMSAC Website official dates

10. SOMSAC recommends at least 10 days of practice before participation in a scheduled inter-school activity.
11. All master schedules shall be routed for review a minimum of one week prior to regular meeting where they are to be approved by the general assembly.
12. Small school schedules, grade level does not determine team placement; it will be JV Varsity. In the event there is only one team for the school, the playing level shall be determined before season starts for scheduling purposes. If 8th graders are on the one team, the team will play varsity competition.
13. If T-shirts or spandex tights are worn they must be a solid color (Black, White, School color) or be the same color of the main jersey color worn.
14. Wearing jewelry will not be allowed in any sport (if deemed unsafe by officials).
15. Conference meetings will be held according to the approved SOMSAC Meeting Calendar (approx 8 meetings a year)
16. Conference meets and tournaments shall be governed by the league conference rules and regulations. Invitational type meets and tournaments are allowed.
17. All materials dealing with conference meets and tournaments will be passed on to the school hosting the next year's tournament.
18. Schools without playing facilities will pay officials if designated as the home team on the schedule.
19. Voting on any item will be limited to those schools participating in that sport/ division and at that grade level and present at the call for vote.
20. Changing the SOMSAC bylaws will require 2/3 majority of eligible schools. All other business will require a simple majority of eligible schools.
 - Voting will be confirmed with a google form (results will be posted on our website and updated in meeting minutes).
21. The SOMSAC secretary (or designee) is responsible for updating the bylaws and the webmaster will update the SOMSAC webpage.
22. Electronic Voting is permitted with the following parameters:
 - a. Voting delegated to applicable schools only
 - b. Members must vote by a designated date/time dictated by league president

23. 6th graders may participate in cross country, wrestling, and track & field as a non-counting entry (i.e., exhibition) or to complete a 7th grade team.
- 6th graders will participate against other 6th graders when possible, or against 7th graders if necessary.
 - It is up to the individual School and School District to decide how to utilize 6th grade participation to complete 7th grade teams and 7th grade participation to complete 8th grade teams.
 - A school may not cut a seventh or eighth grade student and then complete that team with an underclassman.
 - Example: A school may not have Ten 7th graders tryout then cut four 7th graders and then complete the team by adding four 6th graders.
 - In Mid/Large school divisions grade level teams must remain at least 51% intact of the designated grade level team.
 - Example: a school may allow the following, six 7th graders filled with four 6th graders to complete a 10 person roster for a 7th grade team.
 - A complete team is the number of athletes needed to take the field/court plus the same number of subs- 10 total for basketball, 12 total for volleyball, 16 total for 8 man football (small schools only) and 22 total for 11 man football

The small school division allows 6th graders to participate in all athletic sports (except at 7th and 8th grade districts).

A petition can be submitted to the SOMAC Officers prior to any sport scheduling season to allow a 5th grader to participate to make a team complete at the small school level.

24. Artificial body markings (stickers, body paint, ink etc.) are prohibited.
25. Ejected individual(s) must leave the contest immediately and shall remain out of “sight and sound” of the team for the duration of that contest and any other school contests that day. Ejected Player(s) may sit on the bench under coaches supervision. The Hosting school will notify the visiting school AD if the ejected individual(s) that was ejected was affiliated with their school.

SOUTHERN OREGON MIDDLE SCHOOL ATHLETIC CONFERENCE

CROSS COUNTRY BYLAWS

1. Maximum number of meets and road races in the season is ten.
2. All participating schools must host or co-host a meet. Only the host school will create the meet in *athletic.net*.
3. All meets will be co-ed.
4. Boys and girls will be run separately. 6th, 7th & 8th graders will run together and be scored as one team.
5. The distance for a meet course is: 3,000m, 1.8 miles
6. All meets will have a starter and an appeals judge.
7. Courses will be clearly marked.
8. Scoring – First five runners on each team.
9. Girl's races will start at 4:30pm and boy's race will start as close to 5:00 PM as is possible.
10. 6th graders will be allowed to compete in both regular season and district meets.
11. As a prerequisite to competing in the SOMSAC conference meet, schools must participate in three races during the regular season.
12. The SOMSAC cross-country conference meet host – as defined as the host school's athletic director or designee - is responsible for pre-designating a three person appeals committee (he/she or designee being one of them) to address issues at the conference meet. SOMSAC guidelines will be on hand for reference.
13. Awards will only be given at the district or conference meets.

SOUTHERN OREGON MIDDLE SCHOOL ATHLETIC CONFERENCE



FOOTBALL BYLAWS

1. Playing time following proper timing rules:

7th grade	8 minute quarters (10 minute halftime)
8th grade	9 minute quarters (10 minute halftime)
8 Man football	8 minute quarters (10 minute halftime)
2. Maximum number of games per season is seven for both grades.
3. Maximum number of games is one per week. Start times will be 4:30 unless otherwise arranged by mutual agreement between schools.
4. It is required that protective mouth guards be worn.
5. Correct numbering of jerseys will be followed when possible.
6. The "chain crew" shall operate on the same side of the field as the visiting team. If time is kept on the field, the timekeeper will be on the same side as the chains.
7. In the gold and silver schedules the fifth quarter will not be played unless there is a mutual agreement between both teams. The team desiring to play the fifth quarter must notify the opponent one week in advance. If agreed upon, the team desiring to play will also notify the referees in advance. The following procedure will be enforced.
 - a. The flip of the coin will decide who has the ball.
 - b. The ball will be put on the defensive 40-yard line.
 - c. The fifth quarter will consist of two (2) five (5) minute sessions.
 - d. Scores are to be separate from the regular game.
 - e. The fifth quarter of the game will have one team on offense for the first five minute session and the other team the last five minute session.
 - f. One coach may be on the field for each team during the fifth quarter of the game.
8. An intermediate football is to be used at the 7th grade level and small schools.
9. A regulation football is to be used at the 8th grade level. (Mikasa Regulation Acceptable) Upon initial agreement of schools, the intermediate football may be used for the 8th grade

10. When teams that normally play eight man and eleven man are scheduled, each team will play their normal offense and adjust their defense to match numerically with the opponents offense. With the agreement of both schools, they may play either an eight or eleven man game.
11. Metal or metal tipped cleats are not allowed.
12. 28 point mercy rule: When a team is winning by 28 points a running clock goes into effect for the rest of the game.

The team that is leading by 28 or more points will avoid trick plays and play straight ahead football.

On the Defensive side of the ball teams leading by more than 28 pts will not be allowed to blitz the opposing team.

Participating coaches, referees (including timekeepers), and athletic directors will hold each other accountable for adhering to the rule when it goes into effect during a football game.

Running Clock. If the point differential occurs, a running clock shall be used. The running clock shall be started with the ready-for-play signal from the official. Once the running clock is started, it shall be stopped only for the following reasons:

1. For measurement of a possible first down.
 2. For a player who appears to be injured.
 3. For unusual heat or humidity which may create a health risk to players.
 4. For a coach/referee conference concerning the misapplication of a rule.
 5. For a one-minute intermission between the third and fourth periods and following a try, successful field goal, or a safety.
 6. A team time out is granted.
 7. Any unusual circumstances (dog on field, etc.).
14. During the first scheduled game, if agreed upon one week in advance, one coach may be on the field for each team (similar to a coach on the field during the fifth quarter of a game).
 15. SOMSAC schools will follow Oregon Sub-Varsity Rules Modifications as published by OSAA. (current rules are included below)

2020 Oregon Sub-Varsity Rules Modifications

Kickoff Modifications

- Options for the team that wins the coin toss will be to defer choices OR choose to go on either offense or defense OR choose the goal that team will defend. The team on offense will start 1st and 10 at their 35-yard line anywhere between the hash marks. The game clock will start on the snap.
- Following a score, the non-scoring team will put the ball in play 1st and 10 at their 35-yard line after their opponents PAT. The ball will be placed on the 35-yard line anywhere between the hash marks. The game clock will start on the snap.
- Following a safety, the ball will be placed on the Team B 45-yard line, 35 yards from the Team A 20-yard line, anywhere between the hash marks. The game clock will start on the snap.
- Following a touchback, the ball will be placed on the Team B 20-yard line anywhere between the hash marks. The game clock will start on the snap.

Scrimmage Kick (Punt) Modifications

- The receiving team will put the ball in play 1st and 10 at the succeeding spot 25-yards from the previous spot anywhere between the hash marks. If the previous spot is on or inside the Team B 45-yard line, the ball will be placed at the Team B 20-yard line. The game clock will start on the snap.
- This does not eliminate Team A's option of "going for" a first down on 4th down. NOTE: Field goal attempts and PAT's by placekick will be conducted under NFHS Football Rules. These are considered scoring plays; rushing by the defense is allowed and blocked or errant field goal attempts may be advanced by either team.

SOUTHERN OREGON MIDDLE SCHOOL ATHLETIC CONFERENCE



VOLLEYBALL BYLAWS

1. Maximum matches per season: is 12 matches, excluding tournaments for both grades
2. Length of match:

Two (2) games using (25) point rally scoring. A team must have a 2-point lead to win. There will be a 30–point cap on the first two games. The third game will be played to 15 points with a cap of 20 points.
3. An athlete can play no more than 4 games in a day.
4. Federation rules will be used.
5. When possible, uniforms with numbers will be worn.
6. Must have at least one certified official
7. Home team will provide two lines people.
8. When possible, two games may be played simultaneously, if agreed upon before the date of the match.
9. The home team will have its warm-up time. The visiting team will have its warm-up time following. Serving time practice between the host school and the visiting school will occur following warm-ups.
10. If the matches are played back to back, the clock will be set at 10 minutes upon completion of the first match. The referee and both teams will be in position and ready to start the second match when the clock has expired.

Before the beginning of the second match, the following warm-up times will apply:

Host school/visiting school - 7 minutes combined.
Practice serving between both schools - 3 minutes

11. Mondays and Tuesdays, the 7th grade plays first. Wednesdays and Thursdays, the 8th grade plays first. There will be a 10 minute break between the 7th and 8th grade games.
 - Small schools- JV plays first on Mondays/Tuesdays, Varsity will play first on Wednesdays/Thursdays. There will be a 10 minute break between the 2 games.
12. Recommended net height: 7' 4 1/4"
13. The Libero is optional and may be employed at the 8th grade level (Gold and Silver & small school- varsity team). If a school uses a Libero, they must provide a tracker for home and away games.

SOUTHERN OREGON MIDDLE SCHOOL ATHLETIC CONFERENCE



BASKETBALL BYLAWS

1. Playing time following proper timing rules: 7 minute quarters / half time 5 min.
2. An athlete can play no more than 5 quarters in a day.
3. Maximum games per season: 12 games, excluding tournaments
4. A leather basketball to be used in all games
 - Size: Boys 29.5" ball
 - Size: Girls 28.5" ball
5. Mondays and Tuesdays, the 7th grade plays first. On Wednesdays and Thursdays, the 8th grade plays first. There will be a 10 minute break between the 7th and 8th games.
 - small schools play JV first on Mondays/Tuesdays. Varsity will play first on Wednesday/Thursdays. There will be a 10 minute break between JV & Varsity games.
6. Backcourt Pressure-

In the **Gold & Small School Varsity division**, both 8th & 7th grade teams may use backcourt pressure the entire game unless one team is up by 25 or more points, regardless of mercy rule.

In the **Silver division**, 8th teams may press the entire game unless one team is up by 25 or more points, regardless of mercy rule. 7th grade teams may press only during the 4th quarter unless one team is up by 25 or more points, regardless of mercy rule.

In the **Bronze division**, both 8th & 7th grade teams and **Small School JV division**, teams may press only during the 4th quarter unless one team is up by 25 or more points, regardless of mercy rule.

*If teams are mixed in divisions teams will refer and play to the lower team's backcourt pressure rules unless coaches agree otherwise.

Example 8th Silver and 8th Bronze teams play that game will be played at the Bronze division backcourt pressure rules.

7. Officials will warn teams for violations. There is one warning for all delay of game violations, the second will result in a technical foul. The technical foul will be assessed to the coach and the second technical foul would result in ejection from the game.
8. A zone defense will be allowed at all levels. When a player crosses half court they may not be trapped or double-teamed until the offense has been initiated (7th Grade Silver and Bronze Division). The officials will not be responsible for monitoring trapping defenses. If there are any problems, please contact the athletic director of the school involved.
9. Should a basketball game end in a tie in regulation, two- three minute overtimes with one 60 second timeout per overtime with no carryover will be allowed. If the score is tied after the second overtime the game will result in a tie game.
10. Mercy Rule- In basketball if the margin reaches 25 points, at any point after halftime, the rest of the game will be played with a running clock that will only be stopped for timeouts called by the coaches or the officials. Once the running clock has been implemented; the running clock will continue for the duration of the contest no matter the score differential. There will be no pressing by either team if running clock is in place.

SOUTHERN OREGON MIDDLE SCHOOL ATHLETIC CONFERENCE



WRESTLING BYLAWS

1. Maximum number of meets: 11 meets (Tournaments will count as two meets)
2. Length of bouts: 7th and 8th grades –three 90 second rounds.
3. National Federation Rules will apply except where noted.
4. Schools with large numbers of team members may request permission to fill two spots two teams in the regular season schedule.

For the purpose of the conference meet the school will be allowed only two participants per weight classification.

5. Visiting teams at duals and all teams at district should police the designated team area before leaving. -Place trash in a plastic bag, tie and leave for custodians.
6. Regular team coaches, the wrestler participating in the match and the on deck wrestler are the only persons that will be on the floor. All others including parents and other team members are to be in the stands.

7. Weight Classifications:

7th Grade Weights	8th Grade Weights
73	73
78	78
83	83
88	88
93	93
98	98
103	103
108	108
113	113
120	120
127	127
134	134
143	143
153	153
163	163
173	173
193	193
218	218
273	273

All weight classifications will be adjusted by adding one pound four weeks previous to the conference meet, and adding one pound the week of the conference meet. No additional adjustment will be made.

Example: Conference meet to be held on 3/11/07

Add one pound during the week of 2/6/07

Add one pound during the week of 3/6/07

Any rule not addressed in the SOMSAC Wrestling Guidelines will follow the National Federation of State High School Association Rule Book .

8. For a wrestler to wrestle in a specific weight classification at the conference meet, the wrestler must have qualified for the weight classification at least three times during the regular season (separate scheduled dates).

Example: Two Matches in one day do not count a two weigh-ins.

Individual participants may wrestle up only one weight from the official weigh-in classification.

Example: 7th grader - official weight 87 lbs. May wrestle in the 87 lb. or 93 lb. classification only.

With the exception of the conference meet, all weigh-ins will be completed before 9:30am on the day of the match to the opposing school on the official form (on-line google form). Host school will provide a copy of the weigh-in sheet for guest school with exact weights.

Any request for exceptions (new students, injury, etc.) must be submitted to the league chairman in writing at least one week before the seeding meeting for his or her appointed representative(s) ruling.

Coaches will bring score books/weigh-in forms to seeding meeting to prove number of weigh-ins.

9. Schools with more than two entries in a weight class may enter a third or fourth (3rd or 4th) wrestler in a pigtail match against a third or fourth (3rd or 4th) wrestler from another school. If there is only one school with an extra wrestler in a given weight and the bracket is full, the extra wrestler will be matched against a number two (#2) seeded wrestler from a school who entered extra wrestlers in a previous weight class.

Seeding criteria:

- A. Head to head competition.
- b. Common opponents
- c. Win/loss record prioritized as: A. At Weight, B. Weight Above, C. Weight below.
- D. If coaches cannot agree after 10 minutes, the AD representatives will decide.

Seed at least top four spots and draw for others. Wrestlers from the same school will be placed on opposite sides of the bracket

10. A complete list of team entrants (at the weight they are going to wrestle in the conference tournament) must be presented to the person in charge of the seeding meeting, two school days before the start of the seeding meeting.
11. At the conference tournament individual champions through sixth place finishers will be honored. Awards will consist of the weight chart for the individual champions plus ribbons for first, second, third, fourth, fifth, and sixth place (1st-6th) individuals.

The champions will be presented the weight chart and blue ribbon at the table when signing the score sheet immediately following the match. All other ribbons will be sent to the school to be given to the second through sixth place finishers.

12. Weigh-ins for the conference meet will take place at the host school on the morning of the tournament. Schools that travel more than 60 miles will be allowed to conduct weigh-ins at their own school the morning of the conference meet. Those weigh-ins must be initialed by the athletic director or school principal and then submitted to the tournament director prior to the close of weigh-ins at the host school.
13. A coach or designee must attend the seeding meeting for that team's wrestlers to be allowed to compete in the conference meet. The coach or designee must have a list in his/her possession that contains the wrestler name, weights, and each wrestler's season record to be admissible.
14. For those wrestlers who are diagnosed with a contagious skin disease they will not be allowed to wrestle until that wrestler is cleared. That wrestler must use the OSAA clear form to be cleared by the officials in all counties.
15. If a wrestler gets ahead in their bout by fifteen (15) points, it will be considered a technical fall.
16. No contestant shall wrestle two consecutive matches with less than a 15-minute rest between them. The conclusion time of each match shall be recorded.

SOUTHERN OREGON MIDDLE SCHOOL ATHLETIC CONFERENCE



TRACK AND FIELD BYLAWS

1. The National Federation of State High School Associations Track and Field Rulebook will be used as the guidelines unless preempted by league guidelines.
2. All meets will be co-ed (With the exception of Boys/Girls Prelims.)
3. Boys and girls will run the same events and distances.
4. Events will be limited to those listed under "Order of Events." The order of events MUST be followed as stated in the SOMSAC Bylaws.
5. **Event Entries**
With the exception of the Conference Preliminaries, all entries will be completed and entered into *Athletic.net* before 5:30pm the school day prior to the meet. The host school will provide a copy of entries/lane assignments to the participating schools (this can be done via e-mail).
 - a. Entry limitations for individuals are as follows: two (2) field and one (1) running event or two (2) running and one (1) field event or three (3) field events.
 - b. Relays are not considered one (1) of the running events and individuals may participate in only one (1) relay.
 - c. 3000 meter competitors may participate in any other running distance during a track meet
 - d. Entry limitation for teams are as follows: (per grade/per gender)
Running Events (Laned races):
 - Duals = 8 for 8 laned tracks (6th Grade = 4 per gender)
 - o 6 = for 6 laned tracks (6th Grade = 3 per gender)
 - 3 way meets = 5 for 8 laned tracks (6th Grade 2 per gender)
 - o 4 for 6 laned tracks (6th Grade = 2 per gender)
 - 4 way meets = 4 for 8 laned tracks
 - o 3 for 6 laned tracks**Field Events**
 - 5 Per Grade Per Gender

6. False Start - Disqualification occurs on the **FIRST** false start to the offending individual. Subsequent false starts result in disqualification of respective offending individuals.
7. *Athletic.net*: When using *Athletic.net*, entries must be listed as 6th/7th/8th, and not frosh/soph, JV, and Varsity. This is controlled by the host schools. Only host schools will create meets on *Athletic.net*.
8. If a school has a meet the week before the conference preliminaries for the conference meet, the results must be in by the Thursday (at noon) before the conference preliminaries. If a meet is held on Friday of this week then the results will not be used for seeding purposes.
9. Meet Scoring:

Dual Meets: 1st place = 5 points 2nd place = 3 points 3rd place = 1 point Triangular Meets: 1st place = 5 points 2nd place = 3 points 3rd place = 2 points 4th place = 1 point	Relays: 1st place = 5 points 2nd place = 0 points 1st place = 5 points 2nd place = 3 points 3rd place = 0 points
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10. In order for an athlete (or relay team) to compete in the conference meet (preliminaries or finals) in an event, the athlete (or relay team) must have competed in that event during the regular season and have a time posted in *Athletic.net* prior to the conference meet.
11. The discus will be the Gill D-70 or its equivalent.
12. The shot will be 6 lbs. for girls and 8 lbs. for boys.
13. The FinnFlier jav will be 450g.
14. Individuals participating in events with throws, puts, and jumps will be limited to three (3) attempts per event. (Exception: the pole vault and high jump have three (3) attempts per each height until eliminated.)
15. 3000 meter: For the conference meet there will be qualifying time set for participation in the 3000m finals. The times will be 12:00 minutes for boys and 14:00 minutes for girls.
- 16.

17. Hurdles

Gender	Grade	Distance of Race	# of Hurdles	Hurdle Height	Start to 1st Hurdle	Distance between Flights	Last Hurdle to Finish
Boys	8 th	100 m	10	36"	13.0 m	8.5 m	10.5 m
Boys	7 th	100 m	10	33"	13.0 m	8.5 m	10.5 m
Boys	6 th	100 m	10	30"	13.0 m	8.5 m	10.5 m
Girls	8 th	100 m	10	30"	13.0 m	8.5 m	10.5 m
Girls	7 th	100 m	10	30"	13.0 m	8.5 m	10.5 m
Girls	6 th	100 m	10	30"	13.0 m	8.5 m	10.5 m

Girls and Boys: 6th, 7th and 8th grade 200 M (Long Hurdles) 30" high

Distance as follows: 15 meters from start to the first hurdle; 35 meters between hurdles with 6 flights of hurdles; and 10 meters from last hurdle to the finish.

18. High Jump

Beginning heights:

- 6th girls - 3'5"
- 7th girls - 3'8"
- 8th girls - 3'11"
- 6th boys - 3'8"
- 7th boys - 3'11"
- 8th boys - 4'2"

The bar will be raised in three inch (3") increments until there is one (1) more contestant than places to be awarded. At that time, it will be raised in one inch (1") increments. Once the bar has risen it will not be lowered during the meet for athletes.

19. Pole Vault - Host school will determine if Pole Vault will be held.

Beginning heights: 7th boys - 6'0" 7th girls - 5'0"
8th boys - 7'0" 8th girls - 5'6"

The bar will be raised in six inch (6") increments until there is one (1) more contestant than places to be awarded. At that time, it will be raised in three inch (3") increments.

With the consent of all teams participating in dual/triangular meets, the pole vault can be counted in team scores. Otherwise, it may be contested as a non-counting event.

At the conference meet, the pole vault will have ribbons awarded to the individual competitors as in all other events.

Girls' and Boys' pole vault district event will be held at conference finals.

Entry Limitations

Event	Boys	Girls
100M	<18.0	<19.0
200M	<40.0	<42.0
400M	<1:25	<1:30
800M	<3:15	<3:30
1500M	<8:30	<8:45
3000M	<14:30	<15:00
100H	<22.0	<24.0
200H	<40.0	<45.0
4x100 Relay	<1:10	<1:20
4x400 Relay	<5:30	<6:00
Shot	>15'	>12'
Discus	>40'	>30'
FinnFlier Jav	>40'	>30'
Long Jump	> 9' 6	> 8' 6"
High Jump	> Opening Height	> Opening Height

Schools may enter up to the following:

Entry limitation for teams are as follows: (per grade/per gender)

Running Events (Laned races):

- Duals = 8 for 8 laned tracks (6th Grade = 4 per gender)
 - o 6 = for 6 laned tracks (6th Grade = 3 per gender)
- 3 way meets = 5 for 8 laned tracks (6th Grade 2 per gender)
 - o 4 for 6 laned tracks (6th Grade = 2 per gender)
- 4 way meets = 4 for 8 laned tracks
 - o 3 for 6 laned tracks

Field Events

- 5 Per Grade Per Gender

ORDER OF EVENTS

6th, 7th & 8th Co-ed Track Meet

TIME	EVENT	GROUP
3:45 p.m.	Shot Put	8 & 7 & 6 Girls & Boys
	Discus	8 & 7 & 6 Girls & Boys
	Pole Vault	8 & 7 & 6 Girls & Boys
	High Jump and Long Jump	8 & 7 & 6 Girls & Boys
	Javelin	8 & 7 & 6 Girls & Boys
3:45 p.m.	3000 Meter Run	8 & 7 & 6 Girls
	3000 Meter Run	8 & 7 & 6 Boys
4:15 p.m.	400 Meter Relay	8 & 7 & 6 Girls
	400 Meter Relay	8 & 7 & 6 Boys
	1500 Meter Run	8 & 7 & 6 Girls
	1500 Meter Run	8 & 7 & 6 Boys
	100 Meter Hurdles	8 & 7 & 6 Boys
	100 Meter Hurdles	8 & 7 & 6 Girls
	100 Meter Dash	8 & 7 & 6 Girls
	100 Meter Dash	8 & 7 & 6 Boys
	400 Meter Dash	8 & 7 & 6 Girls
	400 Meter Dash	8 & 7 & 6 Boys

	800 Meter Run	8 & 7 & 6 Girls
	800 Meter Run	8 & 7 & 6 Boys
	200 Meter Dash	8 & 7 & 6 Girls
	200 Meter Dash	8 & 7 & 6 Boys
	200 Meter Hurdles	8 & 7 & 6 Girls
	200 Meter Hurdles	8 & 7 & 6 Boys
	1600 Meter Relay	8 & 7 & 6 Girls
	1600 Meter Relay	8 & 7 & 6 Boys

6th, 7th and 8th Co-Ed Track Meet

The order of groups participating in each event will be 8th girls, 7th girls, 6th girls, 8th boys, 7th boys, 6th boys or a combination of two (2) or more groups when feasible.

Conference Meet for 6th, 7th, and 8th grade

- a. All rules and regulations stated under general will be in effect except those preempted by the following rules.
- b. Awards will be given to the first to fifth places. Trophies will awarded to top team per grade and gender (4 trophies).
- c. The meet director will be responsible for the running of the conference meet.
- d. Payments and revenue for pre-district and district tournaments personnel will follow SOMSAC procedures.
- e. Entries:

Running: Maximum of two (2) individuals per school/grade/gender per event in the 100m, 200m, 400m and each hurdle race.

Field: Maximum of two (2) individuals per school/grade/gender per

event. (Exception: A school may enter three (3) individuals in an event if **ALL** three (3) meet the qualifying standards. **In addition the pole vault will allow four (4) participants**

Relays: One (1) team per grade/gender for each school. Relays will qualify the top three (3) teams in each heat and then the next two (2) fastest times.

- f. The shot put, discus, FinnFlier Jav and long jump participants will have three (3) attempts in the preliminaries. The top eight (8) will have two (2) more attempts in the finals. Marks will carry over from the preliminaries to the finals.

Finals will be held immediately following completion of the preliminary flights. In the event that there is a tie for 8th place, a coin flip will determine who advances to the finals.

- g. Preliminaries will be held in the 800m regardless of the number of athletes. In the 1500m and 3000m (3000m qualifying time:-12:00 boys: 14:00 girls), if there are more than 21 competitors, a preliminary race will be ran. The top 12 runners will advance to conference finals.

- h. Qualifying for District track laned events will include the winner of each heat, followed by the next fastest times to complete the eight (8) lane or six (6) lane track depending on the host school.

i. Athletic Director of the HOST schools, for the preliminary & conference meets, will be responsible for putting a 3 person appeals committee together of athletic directors or SOMSAC leadership member attending the day of the meet. An attempt will be made to create a committee of multiple school district representation. Only Videos supplied as an official method of timing/placement may be used to determine place/time. Only head coaches will be allowed to bring an appeal before the committee.

- i. The score for a conference meet will be posted on *athletic.net*

- j. A “coin flip” will determine who advances for a tie in 8th place.

- K. Conference records can be set at the preliminary or finals meet.

QUALIFYING STANDARDS FOR CONFERENCE MEETS (to add a 3rd participant)

EVENT	7TH BOYS	8TH BOYS	7TH GIRLS	8TH GIRLS
Pole Vault	8' 6"	9' 6"		
Long Jump	16' 0"	17' 6"	13' 0"	14' 0"
Shot Put	35' 0"	42' 0"	30'0"	32' 0"
Discus	100'	120'	65'	75'
High Jump	4' 10"	5' 2"	4' 4"	4' 6"
FINNFLIER	TBD	TBD	TBD	TBD

Mid - Small School Track

Order of Events (girls heats, followed by boys heats)

TIME	EVENT
3:30pm	Coaches Meeting
3:45pm - open pit for all field events	Shot Put
	Discus
	High Jump - opening height for all grades - 3'5" The bar will be raised in three inch (3") increments until there is one (1) more contestant than places to be awarded. At that time, it will be raised in one inch (1") increments. Once the bar has risen it will not be lowered during the meet for athletes.
	Long Jump
	Triple Jump
	Javelin - Finnflir® 450g Standard Grip
4:00pm	3000m (combined)
	100m Hurdles - 30" (boys & girls),
	800m sprint medley (100,100, 200, 400)
	1500m
	100m
	400m
	200m
	800m
	400m Relay (4x100)

Mid - Small School Track Championships

1. Entry limits will be three (3) per school, per event.

2. Each school will be allowed to enter two (2) teams per relay event and must designate which team will be scoring.
3. Individual entries remain at three (3).
4. Field events, except high jump, will be flights by school.
5. Throws, long jump, and triple jump competitions will consist of three (3) attempts with NO finals
6. Awards- ribbons awarded to first through fifth place individuals in each event.
Trophies awarded to the top 2 teams per gender