



MIDDLE SCHOOL

ATHLETIC HANDBOOK

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OFFICE OF ATHLETICS & STUDENT ACTIVITIES

Middle School Athletics

ALEXANDRIA CITY PUBLIC SCHOOLS MIDDLE SCHOOL INTERSCHOLASTIC ATHLETIC HANDBOOK

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INTRODUCTION

Extracurricular activities and interscholastic athletics are very important components of the total school program. These activities provide students with opportunities that supplement the classroom experience and engage the student in challenging and creative experiences.

This handbook has been created to provide guidelines for the middle school interscholastic athletic program in Alexandria City Public Schools. The athletic program is designed to correspond with and be an extension of the total school program. It is the intent of the ACPS Athletic & Student Activities Department that all schools follow the “Spirit of Sportsmanship” as well as the rules defined in this handbook.

STATEMENT OF BELIEF

We believe that athletic competition, kept in proper perspective, is desirable for certain middle school students. As an extension of the total school program and health and physical education program, interscholastic athletics offers physical, mental, and social growth experiences for those students who demonstrate a greater degree of skill and desire for competition than is found in the regular class setting.

We believe that coaches will be positive role models and shall conduct themselves in an exemplary manner at all times. Coaches shall place emphasis on the educational values of athletics as opposed to emphasis on winning games. At no time shall coaches deliberately embarrass an opponent by “running up the score.”

We believe that the interscholastic athletic program, when properly planned and implemented, is related to the goals of general education as it relates to the student, the student body, and the community.

As athletics relate to the student, opportunities are provided for:

1. The participation of skilled opponents of comparable skill.
2. The development of greater strength, endurance, and vitality.
3. The development of desirable health habits.
4. The development of sportsmanship.
5. The development of courage, tenacity, alertness, and resourcefulness.
6. The modes of participation that teach citizenship and cooperative effort.
7. The development of skills that will carry over into adult life.

As athletics relate to the student body the program attempts:

1. To create unity and foster school spirit.
2. To acquaint students with the values of athletics.
3. To promote wider participation of the student body in school events.

As athletics relate to the community the program attempts:

1. To provide activities of recreational interest.

2. To stimulate support for the entire school program.
3. To educate the community on the educational and social values of sports.

ADMINISTRATION OF THE MIDDLE SCHOOL ATHLETIC PROGRAM

Athletic Executive Committee

The governing body of the interscholastic program shall be the Executive Committee. The Executive Committee shall consist of the four middle school principals, four middle school athletics coordinators, and the Executive Director of Athletics & Student Activities as per the chart in this manual.

The Executive Committee shall be established for the following purposes:

1. To represent the middle school athletic coaches, athletes and schools
2. To discuss recommendations made by the athletic coaches, administrators, and/or community stakeholders, present as necessary to middle school principals, and provide a final decision for entry into the handbook.
3. To establish and approve annual athletic schedules.
4. To receive and interpret questions, disputes, or protests regarding the athletic program of which the Chairman and Vice Chairman of the Executive Committee and Executive Director of Athletics & Student Activities will refer to the Executive Committee according to their discretion. Each school on the Executive Committee will be allowed only one vote. If one of the schools on the Executive Committee is “involved” in the question, dispute, or protest, that school will not be allowed to vote.
5. To establish processes and procedures relative to awards, concession stands, ticket prices and all other administrative middle school athletic areas.

Chairman – Appointed by the Executive Committee and will serve a 2 year term.

Vice Chairman – Selected by the Chairmen and will serve a 2 year term.

NOTE: The Chairman and Vice-Chairman must be from different schools

The following are the responsibilities for the Chairman of the Executive Committee:

1. *Be host to the Executive Committee meetings normally held every two months.*
2. *Develop an agenda for the Executive Committee meetings. The Chair may delegate this to the appointed secretary.*
3. *Support the Executive Director of Athletics & Student Activities to provide the Executive Committee meetings.*
4. *Organized and host middle school coach’s meetings*

The following are the responsibilities for the Vice-Chairman of the Executive Committee:

1. *Fill in for the Chair as needed.*
2. *Collaborate with the Chair to schedule and host middle school coach’s meetings.*

The following are the responsibilities for all members of the Executive Committee:

1. *Collaborate with the Vice-Chairman to order championship awards.*
2. *Encourage and support the collection and recording of seasonal records in the designated “drop box” site.*
3. *Collaborate and assist with communication of middle school coach’s meetings.*
4. *Assist with the development of compliance and rules of the middle school program.*

Secretary of the Executive Committee – An middle school athletics coordinator may be appointed by the Chairman of the Executive Committee. The secretary will be responsible for assembling input from all middle school athletic coordinators for the Committee meeting agendas, and for distributing the minutes of the meetings to all athletic coordinators.

SCHEDULE OF MEETINGS

August.....	Athletic Coordinator Meeting
September	Athletic Coordinator Meeting and Executive Committee Meeting
November	Athletic Coordinator Meeting
December	Executive Committee Meeting
March	Athletic Coordinator Meeting and Executive Committee Meeting
April	Athletic Coordinator Meeting
May	Executive Committee Meeting
June.....	Athletic Coordinator Meeting

NOTE: The Executive Committee will be on call throughout the school year to deal with special concerns. The chairman of the Executive Committee will schedule special meetings.

Alexandria City Public Schools Coaches Education Implementation Plan

All coaches must comply and meet the following coaching requirements.

Please visit - <https://nfhslearn.com/courses?role=administrator>

NFHS Middle School Coaching Credential

Concussion in Sports - FREE

Sudden Cardiac Arrest - FREE

Middle School Coaching - \$25

Protecting Students From Abuse

THE ROLE OF COACHES AND ATHLETIC TRAINERS

WHEREAS, a principal purpose of interscholastic athletics is to contribute to the health and physical fitness of youth, and

WHEREAS, the use of tobacco and other drugs are detrimental to the health and fitness of teenage athletes, and

WHEREAS, there is a significant need for middle school athletes to understand the dangers of substance abuse as well as other undesirable health practices,

BE IT RESOLVED: Those coordinators of athletics and coaches include substance abuse prevention education as a part of the athletic program and refrain from the use of harmful substances in the presence of student athletes.

Middle School Sportsmanship Statement

The announcer is a key figure and carries a great responsibility. What is said and the way it is said will influence the crowd. Please have your announcers use the following middle school sportsmanship statement:

“Welcome to (your middle school), where sportsmanship is an expectation. Please let the players play, the coaches coach, the officials officiate, and spectators: BE POSITIVE. Thank you for your support of the athletics program.”

JOB DESCRIPTION: MIDDLE SCHOOL ATHLETIC COORDINATOR

The athletic coordinator is responsible to the principal for coordinating, supervising, and maintaining the athletic program within the school at the highest possible level of competency and efficiency

1. Have a meeting with all coaches at the beginning of each school year for the purpose of reviewing the Interscholastic Athletic Handbook and defining coaches' responsibilities. The school principal shall attend this meeting and discuss the following:
 - Expectations for athletic program.
 - Public interaction expected of coaches.
 - Coaches' attitude.
 - Coaches' behavior.
 - Increased participation.
 - Selection procedures for tryouts.
 - Handling emergencies.
 - Ways to increase sixth grade participation.
 - Encouraging staff volunteers.
 - Liability of coaches.
2. Ensure that coaches, players, cheerleaders, and students demonstrate a high level of good sportsmanship.
3. Coordinate all phases of the athletic program.
4. The inventory, storage, and issuance of all athletic equipment and uniforms
5. Work with Executive Director of Athletics & Student Activities on any budgetary needs
6. Development and coordination of schedules for the entire athletic program.
7. Assist in coordinating efficient transportation to all contests and practice sessions away from school.
8. Assist in scheduling and managing officials for all home contests.
9. Obtain, instruct, and supervise necessary security personnel for all home contests.
10. Insure field and court preparation for all interscholastic contests.
11. Provide required supervision for all athletic activities in the absence of an assigned school administrator.
12. Assist in the recommendation, supervision, and evaluation of coaching personnel.
13. Coordination of all athletic publicity.
14. Insure compliance with all School Board regulations and regulations
15. Interpret the athletic program to the school community.
16. Assist the principal and Executive Director of Athletics & Student Activities in the evaluation of the athletic program.
17. Prepare and maintain an eligibility list for each sport prior to the first game of each season.
18. Prepare and implement procedures for handling medical emergencies at athletic events and practices.

Sport-Specific Responsibilities

Each of the four Middle School Athletic Coordinators will be assigned responsibility for scheduling and promoting specific sports. These responsibilities include:

- **Coordinator 1:** Boys' Basketball, Girls' Basketball, Cheerleading
- **Coordinator 2:** Soccer (Boys & Girls), Swim & Dive
- **Coordinator 3:** Track & Field, Scholastic Bowl, Debate
- **Coordinator 4:** Football

Additional Responsibilities for Assigned Sports:

- Develop and coordinate game schedules in collaboration with other middle school coordinators.
- Promote participation through school-wide announcements, flyers, and social media.
- Liaise with coaches to address concerns and ensure smooth operations.
- Monitor athlete eligibility and academic performance

FORMS FOR ATHLETIC PROGRAM ADMINISTRATION

1. RANKONE REGISTRATION PROGRAM
2. VHSL PHYSICAL FORM
3. INDIVIDUAL SCHOOL WON/LOST RECORD FORM

EDUCATION FOR COACHES, PARENTS, AND ATHLETES

Concussion Education

Each student-athlete and a parent/guardian will review the [ACPS Middle School Sports Athletic Health Education Program](#) prior to the student's participation in middle school athletic activities. (Note: the document does not meet ACPS web accessibility standards at this time. If you need help interpreting this content, please contact us and we will aim to respond within 2 business days. Email: james.parker@acps.k12.va.us or call 703-824-6860.

Online Training

Coaches are required to participate in concussion training in one of the following ways:

1. Complete the Center for Disease Control and/or NFHS online training and provide a completion certificate;
2. Attend or participate in Division approved professional development sessions.

Coaching Certifications

Coaches must complete the following certifications prior to working with students and maintains valid certifications throughout the entire length of the season:

- CPR/AED Training – Every 2 Years
- NFHS Middle School Coaching Credential – Take one Time
- Protecting Students from Abuse – Take one time
- Sudden Cardiac Arrest – Take one time
- Concussion Training – Every year
- ACPS Fingerprint Clearance – Take one time

Ask your middle school sports coordinator or visit www.nfhs.org for instructions on how to complete these certifications. Coaches can monitor the status and expiration date of their certifications by visiting the Athletic Tracking Database. Coaches who are going 6th & 7th Grade Football will have to take the courses laid out by the Football League.

Coaches Responsibilities in the Absence of an On-Site Athletic Trainer (AT)

The head coach for each team is responsible for carrying a physical copy of the AT-14/ Emergency Treatment Form (ETF) for each of his/her student-athletes at all times when the student-athletes are under his/her supervision. This includes practices, scrimmages, games, and on transportation to/from events. The coach should ensure that all medications indicated are present and current (not expired). The coach must also ensure that the UHC (Physical) date at the bottom of the ETF is valid. UHCs are valid for one calendar year from the date of the exam.

Life or Limb Threatening Injuries/Illnesses

If an injury or illness occurs in the absence of an AT and it is considered to be life or limb threatening or it requires that the athlete is transported to a hospital by ambulance you should:

- a. Call 911 immediately
- b. Give EMS your exact location
- c. Provide appropriate emergency care to the injured athlete
- d. Contact and inform the athlete's parent or guardian
- e. Contact your assigned AT or the ACHS Lead Athletic Trainer

- f. Inform School/Site Administration
- g. Have a member of your staff accompany the athlete to the hospital (and give that staff member a copy of the athlete's ETF to give to EMS when they arrive)

Non-Life or Limb Threatening Injuries/Illnesses.

If an injury or illness occurs in the absence of an AT and it is not considered to be life or limb threatening, but it requires that the athlete's condition is followed up you should:

- a. Remove athlete from participation
- b. Contact and inform the athlete's parent or guardian
- c. Have the parent/guardian come and pick up the athlete
- d. Contact ACHS Athletic Trainer and Middle School Athletic Coordinator

GENERAL RULES

Enrollment

The student shall be officially enrolled as required by Virginia School laws and be a **regular Bona Fide student** as defined as a student determined to be in good standing. A **regular** student is considered a fulltime student who is in regular attendance and is carrying a schedule of subjects which, if successfully completed, will render him/her scholastically eligible for the ensuing semester.

Eligibility

1. Sixth, seventh and eighth grade students may participate in the interscholastic athletic program.
2. A participant must not have reached his/her 15th birthday prior to September 1.
3. Students must attend school the entire school day to participate in practice or competition unless they have an excused absence signed by the Middle School Athletic Coordinator.
4. Students must attend school the entire school day to participate in practice or competition unless they have an excused absence signed by the Middle School Athletic Coordinator.
5. Eighth graders who are selected onto the freshman or JV high school teams may not play the sport they were chosen for in middle school if it is at the same time.
6. The student must complete and have a signed current VHSL physical examination form and must be registered on the online RANKONE system. The student must upload their physical form and be GREEN(cleared) to participate in the RANKONE system prior to the first day of tryouts. (Exceptions: Athletes who are playing 6th or 7th grade football will follow the registration process of the Virginia American Youth Football Alliance(VAYFA))
7. All student athletes trying out for a team must pass a physical examination by a licensed physician (doctor of medicine), Doctor of Osteopathy, Physician's Assistant, or Licensed Nurse Practitioner to participate in athletics each school year – Your physical will be valid 14 months from the date your form is completed by doctors office.

8. Students returning from a concussion or head injury to participate in middle school athletics must have a written medical clearance from an appropriate licensed health care provider. Under Virginia law § 22.1-271.5 an appropriate health care means a physician, physician assistant, osteopath or athletic trainer licensed by the Virginia Board of Medicine; a neuropsychologist licensed by the Board of Psychology; or a nurse practitioner licensed by the Virginia State Board of Nursing.
9. The students need to adhere to the Alexandria Public Schools Athletic from Agreements that will be electronically signed via RANKONE system. Students not adhering to the middle school interscholastic athletic expectations are to be documented using the disciplinary form.
10. Educators generally agree that participants on a school team should not participate during the same sports season with any other organized athletic team. However, this practice is not prohibited. Therefore, student athletes may participate simultaneously on a school team and a non-school sponsored team.
11. Middle School Athletic coordinators shall have on file a team eligibility list for each team prior to the first game of each season. The list includes the name, date of birth, and grade for each participant.).

Academic Eligibility

To participate in any ACPS Middle School sponsored athletic program or student activity (athletics, scholastic bowl) a student must maintain a 1.7 or higher GPA in the semester preceding participation or by maintaining a 1.7 GPA overall. Students may not have any F's on their report card. Review chart below for study hall requirements. When not meeting this standard, the student shall be declared ineligible. Transfer students must comply with this standard and grades from the transferring school must be reviewed to determine eligibility before participation.

Student athletes are required to be in good academic, athletic, and behavioral standing to participate in Middle School Sports activities. Good standing will be measured by [Bi-Weekly Student-Athlete Progress Reports](#) to be completed by student-athletes, teachers, and coaches. See [Student-Athlete Progress Report](#) [CLICK HERE FOR PROGRESS REPORT](#)

Eligibility Status	
GPA 2.3 Higher	Eligible for all practices, games, and/or events
GPA 2.2-2.0	Eligible for games and/or events but must attend study hall: two 45 minute study halls sessions per week
GPA 1.9-1.7	Eligible for games and/or events but must attend study hall: three 45 minute study halls sessions per week
GPA 1.6 below	Not eligible to participate in middle school athletics activities
Suspended for behavior	Not eligible to participate in middle school athletics activities

Student Participation

A student may participate on only one school team during a given sports season. A student may change from one sports team to another prior to the first game. A student may not leave one team to join another once the regular season begins.

Selection of Team

Team selection should include as many participants as possible. Each student trying out will receive a letter developed by each school, specifying length of practice, criteria for squad selection, equipment needed, and a schedule of games. All squad selections will be implemented in a positive and objective manner. **There will be a minimum of three designated days for tryouts for all athletic teams.**

Practices

Schools participating in the Alexandria City Middle School Athletic program may not begin practice prior to beginning dates on each master schedule.

Practice time shall be limited to a maximum of two and a half hours, excluding dressing time. Regular practice sessions may be conducted during exam week. **Schools teams**

may not practice on days when schools are not in session. This includes Saturdays and Sundays. Exceptions may be made for additional games and tournaments.

Practice sessions during excessively hot weather and other unusual conditions should be adjusted to insure the well being of the student. **Practice sessions shall not be held on days that schools are closed.**

No students other than team members or managers may be at practices at any time.

The athletic trainer or middle school athletic coordinator should refer to the annual Outdoor participation guidelines to determine appropriate participation to determine heat/humidity conditions which might affect practices and/or games. If a decision cannot be reached, the Office of Athletics & Student Activities (703.824.6860) should be contacted by individual schools for direction

Practices for a sport shall stop after the last scheduled contest for that activity.

Middle school teams may not participate with, nor play high school teams.

Out of season workouts, clubs or intramural activities before or after sports seasons must be advertised and open to all interested students.

Transportation to and from Athletic Events

If a school provides transportation from a game event, the students are required to use that bus. IF parents sign them out, a coach must have a written sign out process and will be expected to keep that record on file for a minimum of a year. Parents may not sign out any student other than their own unless written permission is given by other guardian/parent/

Each Middle School Athletics Coordinator is responsible for reserving buses for their athletic events in conjunction with the ACHS Athletic Department.

If a postponement or make-up date is necessary, the home school shall notify transportation, officials association and ACHS Athletic Department

Coaches should check the buses for items left behind by student-athletes and cleanliness at the end of each trip.

Coaches are to remain with the student athletes under their supervision until the late bus arrives and departs. If no late bus arrives, the coach will call transportation at

Students as Team Managers

Students serving as team managers provide opportunities of support to the coaches and teams by providing assistance for care of equipment, practice, and game management. Student managers benefit personally through the development of leadership, service, sport specific involvement, and game/practice management skills. Coaches are encouraged to use student managers as team support. The use of best practices and safety are expected when coaches assign student manager duties and rules. The following expectations/guidelines are provided in order to support the positive gains all students

may experience when serving as a team manager. These Rules for Participation will be implemented and are to be followed as the regulation for participation.

1. Coaches are directly responsible for all behaviors, safety, and participation of a student manager of their team.
2. Student will be permitted to serve as a manager for the sport of any gender.
Coaches are directly responsible for all behaviors, safety, and participation of a student manager of their team.
3. The number of managers permitted to serves on a team is:
 - Teams with less than 20 athletes will be permitted to have two managers.
 - Teams with more than 20 athletes will be permitted two to five managers.
4. Student managers will be expected to maintain the same conduct and academic eligibility as the athletes.

Athletic Seasons

Season	Boys	Girls
Fall -I August - October	Football	Football
Fall - II September - October	Soccer	Soccer
Winter - I October - December	Basketball Cheer	Cheer
Winter -II December -February	Cheer	Basketball Cheer
Spring -I February - April	Swim & Dive	Swim & Dive
Spring -II March – May	Track & Field	Track & Field

Scholastic Bowl & Debate will take place throughout the Fall & Winter Seasons

Scheduling of Contests

1. A master schedule for all contests will be developed and approved by the Middle School Athletics Executive Committee.
2. Scrimmages or practices with any other team may not be scheduled by coaches without approval by middle school sports coordinator.
3. It is required that the track & field meets be scheduled at a high school.
4. Any changes in scheduling of events must have the approval of the following:
 - A. Executive Director of Athletics & Student Activities
 - B. Middle School Athletics Coordinators.
5. There will be no additional games after the athletic schedule has been approved.
6. Administrative Attendance at Events
One administrator/middle school athletic coordinator from each school must be in attendance at all events from the time of arrival until the team leaves the school.

Time of Contest

Every effort is made to start all sports at 4:30 p.m. Due to traffic and transportation situations games will start as close as possible to the designated start time. Football games will start at 530pm.

Early Dismissal for Games

Students may be dismissed from classes in order to participate in interscholastic athletics. Students who are not academically in good standing will not be allowed to participate in these events.

Parent Interest/Team Meetings

Each coach may have one organizational meeting prior to the beginning of the sport season. The meeting may not take place prior to the first day of school for students (except for Fall Season I sports which may meet in May or June). Coaches may also host a Team/Parent Meeting after their team is selected

Postponements of Contests

In case of a postponement of any contest, the contest shall be scheduled on the next available open date selected by the middle school athletic coordinators of both schools.

Determining Championships Regular Season

For all sports except Football only competition within ACPS school division will count toward determining the championship participants.

Determining Championships Involving Tie Games

The Virginia High School League formula designating a ½ win and a ½ loss for a tie game will be used to determine championships.

Admission to Contest

1. Adults - \$5.00
2. High school students - \$5.00
3. ACPS Middle school students - Free
4. ACPS Elementary school students - Free
5. Senior citizens (age 60) shall be admitted without charge.
6. Alexandria City Public School employees shall be admitted without charge.
7. Admission will be charged for all sports. Any employee of the School Division may gain admittance to an athletic event upon showing their Division security badge. This will gain free entrance for them to any regularly scheduled home athletic event in the county during the regularly scheduled season. It will not cover members of their family and will not cover any playoff games.
8. Each school may make a season pass available for all parents/adults.
9. **Collection Procedure**
 - a. Single contest – collect through end of the first half
 - b. Double contest – collect through half-time of the second contest
 - c. Track– collect throughout full contest
10. Once a student leaves the building during an indoor athletic event, they must pay to return to the event.
11. The approved procedure for ticket accountability shall be followed for all middle school athletic events.

Cheerleaders – Guidelines

The rules provided in the Middle School Athletic handbook for Cheerleading participation in effect for all practices, games, competitions and other performances.

Cheer Tryouts

1. Tryouts will be a minimum of 3 Days
2. Middle School Athletics Coordinator will establish the purpose and participation expectation for cheer squads at school events and competition opportunities for each school year.
3. All eligibility, participation, safety rules/guidelines provided in the Middle School Athletic Handbook will be followed.
4. Prior to try-outs, parents will be informed of the financial expectations, the selection process and the rules and procedures which govern cheerleaders and their activities.
5. Sponsors and/or administrators will be willing to meet with parents and/or students to explain why the student did not make the squad. At this meeting, only that student's evaluation will be discussed. No other student's evaluation will be revealed.
6. As with all matters, the building principal will be the final judge of the integrity of the cheerleading selection process.
7. The administration will be provided a list of the participants selected.

Cheer Participation

1. Cheerleaders may not cheer at away games outside of Alexandria City Public Schools.
2. Cheerleading squads should be placed and supervised under the direction of a qualified and knowledgeable coach.
3. Coaches will recognize a squad's particular ability level and should plan the squad's skill instruction and activities accordingly. "Ability level" refers to the squad's talents as a group. Individuals should not be pressed to perform activities until safely mastered.
4. An appropriate warm-up routine should precede all cheerleading activities.
5. Athletes must always practice and perform on an appropriate surface. Technical skills (stunts, pyramids, tosses or tumbling) may not be performed on concrete, asphalt, wet or uneven surfaces or surfaces with obstructions.
6. *Cheer stunts that are performed on gymnasium floors without mats are limited to half stunts.
7. All pyramids (or stacks) will not exceed 2 people high. When used, the top participant may touch a partner that is also in a stunt, but they may not grip the person. (This meets current guidelines in the Middle School Athletic Handbook as well as Federation rules). All stunts may not be more than one stunt high.
8. No tossing (or aerial) is permitted for any stunt. (Current ACPS Middle School Athletic Handbook).
9. All tumbling skills are allowed. (Current ACPS Middle School Athletic Handbook). Cheerleaders that are experienced may perform cartwheels, round-offs and aerial cartwheels and are allowed on surfaces other than a mat. No blind tumbling on gymnasium floors without mats. Examples: *Arabians, full twisting layouts, etc.*)
10. Twisting motion to mount is allowed, however, twisting motions to dismount are not. (Current ACPS Middle School Athletic Handbook).
11. Dive rolls are prohibited
12. Flips greater than one rotation are prohibited.
13. Twists greater than one rotation are prohibited.
14. Tumbling skills which cheerleaders are touching/holding hands are prohibited.
15. Basket tosses, elevator tosses and similar multi-based tosses are prohibited.
16. Participants may not perform aerial tumbling or rebound over an individual or prop.
17. Allowable dismounts – Pencil drop, step-down, pop cradle (with no basket toss), sweep is okay, but recommended op cradle for safety reasons. (Current ACPS Middle School Handbook except pop cradle).
18. Cheerleaders may not taunt the other team, cheerleader are to support school spirit.
19. All jewelry is prohibited during participation including practice. Religious medals and medical medals are not considered to be jewelry. A religious medal without a chain must be taped and worn under the uniform. A medical alert medal must be taped and may be visible.
- 20.

Officials for Scheduled Activities

1. Officials for all athletic events except track shall be obtained from official associations in the Northern Virginia, Washington D.C. or Western Maryland area.
2. Number of officials per activity:
 - a. Football - 4
 - b. Soccer - 1 and 2 for championship
 - c. Basketball - 1 and 2 for championship
3. Each middle school athletic coordinator shall be responsible for contracting or obtaining the services of officials for athletic events via Executive Director of Athletics & Student Activities.

GIRLS' & BOYS' SPORTS

Basketball

Basketball shall be governed by the current National Federation of State High School Athletic Association's rule book unless otherwise stated.

1. All games will consist of two 16-minute halves running clock.
2. Clock will stop the last two minutes of each half, during timeouts and during free throw shooting.
3. If a team is up by 20 points they may not press and will play defense behind the three point line.
4. Each team receives three 60 – second timeouts and two 30 – second timeouts per game.
5. On the 10th foul and every foul thereafter of a half the opposing team will be awarded a double bonus.
6. Each game will have a minimum of 5 minute warm up and a 5 minute halftime.
7. Overtime periods will be two-minute stop clock time and will continue for as many overtimes as necessary or at the Middle School Athletics Coordinators discretion.

Football -6th & 7th Grade

[6th & 7th Grade Football Rule Book](#)

Football -8th Grade

Shall be governed by the National Federation of State High School Athletic Association's current rule book except for the following adjustments:

1. Every participant shall have a minimum of three (3) days of practice in shorts prior to putting on full equipment. The three days will start on the participant's first day and remain effect until the completion of three full days.
** Schools may choose to use football helmets as practice gear on the third day of tryouts.

2. Quarters shall be eight (8) minutes each. In cases of tie games at the end of regulation play, overtime will be allowed. Each team will have two offensive possessions starting at the 10 yard line. If the score remains tied after overtime, the game will be recorded as a tie. One additional time out will be provided for overtime play.
3. One (1) coach will be allowed on the field during a time out. No mechanical aids will be allowed during this time.
4. The youth size, Wilson TDY, football shall be required.
5. If both head coaches agree, a ten play scrimmage may be inserted at the conclusion of regulation for the purpose of allowing those who did not play a chance to participate. If overtime is required for a game, a ten play scrimmage will be cancelled.
6. If a team is up by 24 points, there will be a running clock. The clock will stop for time outs.

Soccer

Shall be governed by the National Federation of State High School Athletic Association's current rule book except for the following adjustments:

1. May use regular football field as playing field
2. Standard football goal posts may be converted to soccer goal height.
3. Penalty area shall be thirty 30- yards wide when playing on a regulation football field and the standard width playing on a regulation soccer field.
4. Shall have halves twenty-five minutes long with a five-minute break between halves.
5. Each team will provide one ball boy/girl for each game.
6. Soccer teams are expected to dark color jerseys for home games and light or white colored jerseys for away games.
7. If up by 8 goals, the 2nd half is cut in half/over.
8. Overtime Rules. There will be no overtime in regular season games. Overtime will only occur in playoff and championship games. If a team ties during the regular season, the game will end in a tie and the point system will be as follows. Teams will earn 3 points for a win, 1 point for a tie, and 0 points for a loss. Overtime will proceed in the following fashion
9. Overtime Process:
 - If a tie exists after regulation the game will go straight to penalty kicks. The head coaches and team captains for both teams will meet with the official at the halfway line to review the procedure for penalty kicks.
 - Each coach will select five (5) players from the field to take penalty kicks and a goalkeeper to defend penalty kicks. A coin toss will occur. The winning team will have the choice of kicking first or second.
 - Teams will alternate kickers and there is no follow-up on the kick, the defending team may change the goalkeeper.
 - The team scoring the greatest number of these kicks will be declared the winner. If at the end of these five rounds of kicks the teams have scored an equal number of successful kicks, additional rounds of one kick each will be used until the tie is broken. No player will be allowed to take a second kick until all other players on their team have taken a first kick, including the goalkeeper.

Track and Field

1. Shall be governed by the National Federation of State High School Athletic Association's current rule book except for the following adjustments:
 - a. No participant can participate in more than four (4) events. Furthermore, the participant may not compete in more than three (3) running events (one of which must be a relay), nor participate in more than three (3) field events.
 - b. No participant can participate in back to back running events.
 - c. The contestant shall be disqualified upon a second false start.
 - d. Participants in the mile run are restricted to only one other running event. They may compete in four (4) events and if so, the other two must be field events.
 - e. In dual and tri-meets, a school cannot have more than three (3) entries in the dashes and field events. There can be no more than eight (8) entries in the 400, 800, and 1600 meter run. Exhibition relays may be permitted upon agreement between coaches.
 - f. Regional track meets may be held at a high school.
2. Track and Field Events
 - a. Field Events (to be run simultaneously if possible)
 - 8 lb. Shot
 - High jump
 - Long jump
 - b. Order of Track Event

1. 100/110m Hurdles	6. 800 meter run
2. 100m dash	7. 200 meter run
	8. 4x400 meter relay
3. 400 meter run	9.
4. 1600 meter run	10
5. 4x100 meter relay	
 - c. Running events may not begin until all field events have been completed.
3. Middle School students may not be used as officials. High school students may be used in dual meets, but may not be used as officials at regional track meets.
4. Hurdle spacing:

Start to 1 st Hurdle	= 13 meters
Between Hurdles	= 8.5M
Last Hurdle to Finish	= 8.0M

Swim & Dive

Shall follow all rules provided by coaching staff and meet directors.

Scheduling

The ACPS Athletic Department shall schedule all-meets. All non-ACPS meets must be turned into the ACPS Athletic Office, 6 weeks prior to the start of the event.

TEAM RESPONSIBILITIES

- It is the responsibility of the team to provide volunteers to assist the team with preparation and keeping track of athletes prior to the start of the race.
- It is the responsibility of the team to have and keep track of the Emergency Treatment sheet for each athlete competing.
- It is the responsibility of the team to ensure its athletes are at the designated location on time for transportation pick-up on the day of competition

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