

ST. VRAIN VALLEY
SCHOOL DISTRICT RE-1J

**HANDBOOK
FOR
MIDDLE LEVEL
INTRAMURALS & ACTIVITIES**

2015-16

PARAMETERS FOR
CO-CURRICULAR
AND
INTRAMURAL PROGRAMS

PARAMETERS FOR CO-CURRICULAR AND INTRAMURAL PROGRAMS

Rationale:

The St. Vrain School District has a varied and diverse a demographic profile as any school district in the state. This aspect is profoundly manifested in the enrollment differences among the schools in various parts of the District. Moreover, ethnic backgrounds, local resources along with local traditions and expectations, within the various District communities create a perception that the services wanted and needed from the school district can and do vary from school to school. These varied needs and wants are made manifest somewhat in the requests for curricular offerings. However, it is in the arena of extra and co-curricular activities where the differences are most apparent. These notions indicate a need for some flexibility on the part of the schools to meet the demands of the local patrons.

It would certainly be ideal to be able to provide opportunities in every endeavor requested and wanted by every community. However, certain realities have restricted what can be offered:

First, many of the extra and co-curricular activities desired have to be done wholly or partly at a time other than the regular work day. The staff members legally empowered to conduct such programs are the certificated members of the staff (*either someone with a regular Colorado teaching certificate or someone with a limited certification designated by the District.*)

GOALS

- I. To establish desired co-curricular and intramural programs at a site level without impacting the budget.
- II. To provide building site staff and patrons the flexibility and the resources to provide for the unique and dynamic needs of a local population and staff.
- III. To establish reasonable guidelines for site level decisions to insure consistency district wide.
 - A. Parameters
 1. Available resources
 - a. Funding (limitations)
 - b. Staff (availability -- as it relates to preparation and interest)
 - c. Facilities (as this relates to what is available on or near the site campus.)
 - d. Students (as this relates to how many students must be available at a site to support the activity.)
 - e. Fairness to all programs
 2. Ethnic and gender balance
 - B. No additional funding district wide as it relates to:
 1. The total amount of resources allocated for compensation for co-curricular and/or intramural activities sponsored by a school.

2. Costs of operations relative to reasonable adjustments (both up and down) for inflation or overall funding.

GUIDELINES

I. DEFINITIONS

- A. **Extra-curricular** programs are those that meet the following criteria:
 1. Student participation is totally voluntary.
 2. The practices are held on a daily basis and contests are wholly or mostly held at a time outside the regular school day.
 3. Are not an extension of a classroom
 4. Practice and preparation are not done as a part of or in conjunction with a regular class in which the student is enrolled.
 5. Participation is not counted as a required activity toward the awarding of a grade for a regularly scheduled class.
 6. Would most likely be viable even outside a setting of a school.
 7. Schedule contests on a regularly periodic basis that involve spectators.
 8. Schedule activities or contests on a regular periodic basis and involves out of district travel.
- B. **Co-curricular** programs are those that meet the following criteria:
 1. All intramural activities.
 2. An extension of a classroom activity.
 3. Would be difficult or impossible to maintain participation without an accompanying academic program or program for which credit toward graduation is earned.
 4. Many contests are scheduled during the regular school day.
 5. Practice and preparation is done as a part of or in conjunction with a regular class in which the student is enrolled.
 6. Participation is counted as a required activity toward the awarding of a grade for a regularly scheduled class.

II. GENERAL PROVISIONS

- A. Each school will be allocated a specific number of hours at a given rate (the rate will be determined by the negotiated agreement, **\$30 an hour starting in the 14-15 school year**) to provide for all extra duty needs except interscholastic athletics.
1. The number of hours allowed will be commensurate with the amount of funding presently allocated at each building for all extra-duty positions.
 2. Each school shall have the flexibility to use the hours at its discretion to meet the unique needs of the school and local community. These choices may be made within the following limits:
 - a. No program may use more than *eighteen percent (18%)* of the total building allocation without approval of the Superintendent or designee.
 - b. All co-curricular programs in existence as of June 1, 2005 shall be considered for continuation and will not be eliminated without *appropriate review*.
 - c. Any program that remains in existence for three or more continuous school years will not be eliminated without *appropriate review*.
 3. In order for a program to be considered as active it must meet the following criteria:
 - a. Have been mandated by the Board of Education *or*
 - b. Have had formal approval of the Board of Education *or*
 - c. *A list of responsibilities for program supervisors shall determined by the site team and filed with the Director of Athletics and Activities.*
 - d. Have filed a status report on participation and attainment of goals for each year.
 - e. Have final approval of the Deputy Superintendent for Learning Services or designee
 4. No program shall be considered for addition and or deletion without due consideration by the site team.
 - a. *Each program considered will use District Guidelines for addition and deletion as an evaluation guide.*
 - b. Input shall be solicited from involved and interested constituents.
- B. No staff member may be reimbursed for extra-duty compensation unless: He/she complies with state and federal employment laws as well as district rules and regulations (as they pertain to employment) and all proper documentation is filed with the Department of Human Resources and the Office of Athletics.
- C. In order for a staff member to be paid for time spent supervising an activity the following must be completed:

1. A time card must be filled out by the person requesting the compensation. The time card must be filled out each month.
 2. The time card must be verified by the building principal or designee.
 3. The time card must be forwarded to the Office of Activities and Athletics, Department of Learning Services for processing.
- D. There is a desire to compensate all staff fairly for time spent in extra-duty situations. In order to do this the following parameters have been established:
1. The following are situations for which time spent is eligible for compensation:
 - a. Time spent before the normal work day begins and after the normal work day ends (will differ for each building), Saturdays (See Article 8 of The Agreement.)
 - b. Occasional Sunday or overnight situations may be eligible for compensation if pre-approved by the building principal and the Deputy Superintendent for Learning Services or designee.
Hours used must be a part of and not above the total building entitlement.
 - c. If supervision is necessary during normal sleeping hours and no administrator is on duty, a maximum amount of time will be allotted per event for one person.
Documentation to corroborate that such time was actually spent must accompany any request for reimbursement.
 2. The following situations are among, but not limited to, those for which time spent is **not eligible** for compensation:
 - a. Time spent on fund raising, specifically for social events.
 - b. Time spent organizing or attending social events such as team parties, dinner theaters, etc.
 - c. Time spent on event organization or rehearsal during the regular work day and especially during regular class time.
 - d. Time spent on private instruction.
 - e. Time spent during normal sleeping hours.

**DISTRICT GUIDELINES
FOR
ADDING OR DISCONTINUING
CO-CURRICULAR AND INTRAMURAL PROGRAMS**

The following criteria is to be used as a guideline when consideration is being given to adding or discontinuing co-curricular and intramural programs. The criteria is listed in rank order of importance and should be used in that order in the decision making process by the site team.

1. The activity under study must be consistent with the philosophy, goals and objectives of the St. Vrain Valley School District.
2. The program should serve students not served by other programs offered by the district or other community agencies or organizations.
3. All co-curricular and intramural programs in existence as of June 1, 2005, shall be considered for continuation and not be eliminated without appropriate review by the site team.
4. Any program that has been mandated by the Board of Education or has had formal approval of the Board of Education or has remained in existence for three or more continuous school years will not be eliminated without appropriate review.
5. Student Interest
 - a. There is sufficient student interest to warrant the establishment of a new program.
 - b. There is insufficient student interest to warrant the continuation of a present program.
6. Compare known injury and risk of injury data with prudent district health and safety standards.
7. Project costs of operation of the activity program so that costs/benefit factors can be considered and the impact upon the total activity program assessed.
8. Assess necessary facility and equipment needs in order to determine adequacy and cost implications.
9. Determine the availability of qualified sponsors. On the basis of the analysis of the data associated with these guidelines, a report and recommendations will be prepared for the Assistant Superintendent of Human Resources. Adequate time will be allowed to accurately study the recommendations.

**GENERAL
UNDERSTANDINGS
FOR THE
2015-16
SCHOOL YEAR**

GENERAL UNDERSTANDINGS FOR 2015-16 SCHOOL YEAR

1. All middle schools are obligated to provide intramural opportunities with traveling squads in the sports approved by the Board of Education.
 - a. *All efforts must be made to select traveling squads so that the more skilled or more developed players are equally divided between or among the squads. It is imperative that efforts be made to keep from "stacking" one squad with all of the better players from your school.*
2. All middle schools will be limited to one or two squads during the weekly schedule but will still be allowed to enter up to three teams in the season ending tournament.
3. Schools may develop other activities for their students provided that:
 - a. Efforts are made to balance offerings according to gender involvement.
 - b. Recommendations for any paid position must be submitted to the **District Athletic Director for approval.**
(***NOTE*** The approval process is make sure that all people appointed comply with all federal, state and district regulations with regard to certification and documentation.)
4. All communications regarding assignment of personnel and development of activities must be sent to the District Athletic Director via memorandum and confirmation must be returned to the school before a position or an activity program will be considered to be official.

ALLOCATION OF CO-CURRICULAR AND INTRAMURAL HOURS 2015-16 SCHOOL YEAR

The five BOE sanctioned sports and to pay intramural coaches consistently across the district, principals will be given hours to support the intramural sports programs based on 65 hours per coach per sport. We have estimated the approximate number of coaches that you will need based on the average numbers of participants for the past couple of years. The expected number of student-athletes per coach should not exceed approximately 30-32 due to safety issues and concerns about supervision.

***Participation reports must be turned in to the Office of Athletics two weeks after the beginning of each sport's season. Participation reports should include student's name, grade and fee paid or waived. This will help us monitor the number of coaches and participants at each school for each season.*

TIME LINE

FOR

2015-16

SCHOOL YEAR

2015-16 SCHOOL YEAR

TIME LINE

EARLY FALL ACTIVITIES

- I. For fall of 2015:
 - A.
 - B. August 19th -21st enroll students in Volleyball.
 - C. August 24 –August 28th. Begin instruction. No games.
 - D. Aug.31 – Sept 4th. Continue basic instruction. Begin in-house intramural games.
Team rosters must consist of a combination of 6, 7, and 8 graders equally distributed by grade and ability.
****two weeks meets 9 day practice standard.
 - E. September 8th – 11th. Continue intramural contests begin.
 - 1. September 9th - Travel teams First contest.
 - F. September 14th - 18th. Continue intramural contests.
 - 1. September 16th - Travel teams Second contest.
 - 2. **Notify athletic office as to how many team entries each school will have in the tournament by September 18th, 2015. You may field up to 3 teams.**
 - G. September 21st -September 25th Continue intramural contests.
 - 1. September 23rd - Travel teams Third contest.
 - H. September 28th –Oct. 2nd . Continue intramural contests.
 - 1. Sept. 30th - Travel teams Fourth contest.
 - I. **Tournament - Saturday, October 3rd .**

**** Each Wednesday, play two games with the first one starting at 3:30 p.m. Schools would travel with two teams. The schools will discuss the make-up of the teams, such as two eighth grade or a seventh and an eighth. The visiting schools are responsible for calling the host school with the information about their traveling squads. Sixth should not be traveling.**

LATE FALL/EARLY WINTER

- II. for 2015-16:
 - A. Sept 28th - Oct. 2nd - Enroll Boys into Basketball
 - B. October 5th - October 9th. Begin practice this week.
 - C. October 12th - October 15th No Games- Basic Instruction
 - D. October 19th - October 23rd . Continue Instruction & Begin Intramural contests.
 - 1. October 21st Travel teams First contest.

- E. October 26th –October 30th Continue Intramural contests.
 - 1. October 28th . Travel teams' Second contest.
 - 2. **Notify athletic office as to how many team entries each school will have in the tournament by October 30th, 2015.**
- F. Nov. 2nd – November 6th. Continue Intramural contests.
 - 1. November 4th . Travel teams Third contest.
- G. November 9th – November 13th . Continue Intramural contests.
 - 1. November 11th. Travel team's Fourth contest.
- H. **Tournament - Saturday, November 14th .**

WINTER

- III. For 2015-16:
 - A. November 16th – 20th Enroll students in Girls' Basketball. No instruction or practice this week.
 - B. November 30th - December 4th – Basic instruction. No Games
 - C. December 7th – December 11th Basic instruction. No Games
 - D. December 14th – December 18th.
 - 1. December 16th Travel Team First Game
 - E. **Dec. 21st -Jan 1st Winter Break No practice**
 - F. January 4th - January 8th . Resume practice
 - 1. January 6th Travel Teams Second Contest
 - G. January 11th - January 14th Continue travel contests.
 - 1. January 13th Travel Teams Third contest
 - H. January 19th – 22nd . Continue Intramural contests.
 - 1. January 20th. Travel Teams Fourth contest.

Tournament - Saturday, January 23rd .

LATE WINTER

- IV. For 2016:
 - A. January 19th – January 22nd. Enroll students in wrestling. No instruction or practice this week.
 - B. January 25th – January 29th Begin instruction. No matches.
 - C. February 1st - February 5th. Continue basic instruction. No matches.

- D. February 8th – February 11th Begin Intramural contests.
 - 1. February 8th, Travel Team’s First contest.
 - 2. February 10th Travel Team’s Second Contest
- E. February 16th – 19th . Continue Intramural contests.
 - 1. February 17th Travel Team’s Third Contest
- F. February 22nd –February 25th Continue Intramural contests.
 - 1. February 24th Travel Team’s Fourth Contest
- G. Feb.29th - March 5th
 - 1. March 1st Team’s Fifth Contest
 - 2. **March 4th 6th grade Tournament @MHS 4:00pm (New day and location)**
 - 3. March 5th 7&8th Grade Tournament @ Mead HS 8am

SPRING

- V. For 2016:
 - A. Feb.29th – March 4th. Enroll students. No instruction or practice this week.
 - B. March 7th – March 11th Begin practice.
 - C. March 14th – March 18th Practice only
 - D. March 21st –March 25th Practice
 - 1. Wednesday, March 23rd First Contest
 - E. March 28th - April 1st . Intramural contests.
 - 1. Wednesday, March 30th Second contest.
 - F. **April 4th - April 8th. Spring Break (No practice or contest)**
 - G. April 11th - April 15th . Continue Intramural contests.
 - 1. Wednesday, April 13th Third contest.
 - 2. Friday, April 15th - 6th grade District Meet @ Lyons S/M School
 - H. April 18th - April 22nd Continue Intramural contests.
 - 1. Tuesday, April 19^h Fourth contest.
 - I. **All District Track and Field Meet @ Everly-Montgomery Stadium Saturday, April 23rd 2016.**

GENERAL RULES

I. FEES

A. All students who turn out for intramural activities will be assessed a fee of \$55.00 per activity.

Collected fees must be deposited into Account

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II. GENERAL ELIGIBILITY:

A student shall be eligible to represent his/her school in middle level activities sanctioned by the St. Vrain School District if they meet the following specific requirements:

A. The student must be bona fide member enrolled at the school for which they participate. Students who attend private school, home school, other, but who live in the attendance area, may participate with the approval of the administration.

B. In the judgment of the principal of the student's school, he/she is representative of the school's ideals in matters of conduct and sportsmanship.

C. Forms required:

1. Informed consent

a. Required for all intramurals.

b. Recommended for all engaging in activities.

2. Insurance waiver

a. Required for all intramurals

b. Recommended for all activities

3. Acknowledgement and Contract (District Code of Conduct)

a. Required for those trying out for traveling squads

b. Recommended for all activities

(This is consistent with programs like D.A.R.E., TARGET, JUST SAY NO AND DISTRICT POLICY.)

III. SCRIMMAGES

Up to two scrimmages in volleyball, girls' basketball and boys' basketball will be allowed. Besides these, there should be no contests or practices between schools (without the permission of the District Athletic Director) except for regular scheduled contests and tournament competition.

IV. SPORTSMANSHIP: An area we need to continue to emphasize is sportsmanship. The biggest responsibility a coach has is to teach how to play the game the "right way". Significant time should also be spent teaching what constitutes playing the game the "wrong way". This is a big responsibility, but must be emphasized! These young boys and girls are trying their hardest and need to be recognized by their peers for their efforts, not their shortcomings. This needs to be taught. Don't rely on others to teach this, you the coach must take this on. Making fun of a participant should not be allowed and any recognition by their peers for playing the game the "wrong way" should be stopped immediately and reprimands should follow.

V. POINTS OF EMPHASIS:

Aggressiveness is part of competition and should be channeled properly. Basketball players leaving the ground for a shot or a lay-up are vulnerable and should not be purposely bumped while they are in the air. This should be talked about coach to player and should be standard intramural procedure. This does not mean a player should not position themselves to take a charge. Young players at the intramural level have not played enough to know how to fall or to adjust in the air; thus serious injury may occur. If a player bumps, shoves, or undercuts another player while they are in the air, they may be called for a flagrant foul. If a player is called for a flagrant foul, they will be warned. If a second flagrant foul is called on the same player, that player will be removed from the floor for the remainder of that game.

VI. WHAT CONSTITUTES A FLAGRANT FOUL?

The officials officiating the game will determine what is and what a flagrant foul isn't, but purposely bumping, shoving, or undercutting a player while they are in the air will be a point of emphasis.

GIRLS' VOLLEYBALL GENERAL RULES

- A. Uniforms
1. Team shirts will be provided for all participants with the school name. A number should be on the front and back.
- B. Coaches will be allowed to meet with the traveling squad for organizational purposes and practice at their discretion, but not at the expense of the in-house intramural program.
- C. **Traveling squads for weekly contests:**
1. 8th grade students have priority.
 2. Schools may use 7th graders to fill a team only if numbers are low.
 3. Traveling squads must consist of 12 players.
 4. The traveling squad should vary on a week to week basis so all eligible players can play an equal amount of time. This may be altered if travel players have poor attendance at practices or are discipline problems.
- **5. Travel squad teams should be evenly balanced throughout the entire season. Example: Don't make one team stronger than another team.**
- ** Communication will take place between both schools and rosters shared prior to Wednesday competition. Determine if travel teams are both eighth or one eighth and one seventh where necessary.**
- D. The six players that start the first game may not start the second game.
1. No substitutes may occur until the 3rd game. Exceptions would be for injury or illness.
 - ** *other exception to this is:*
 - a. *If you are going to play 13 or 14 girl rotation. (usually for programs that have a large number of 8th graders in the program-over 40)*
 - b. *For the smaller programs that don't have 24 girls in program, play a minimum of 10 and 10. Players may not play in both matches (swing between teams) to fill out squads.*
 - c. *Otherwise it is expected to follow the rules of playing 12 girls per game*
 - d. *If neither of these situations met your needs, then you will have to play just one game, let other coach know this so, they can line up another in-house team to play that second match.*
 - e. *Visiting coaches communicate with other coach if your program fall into one these categories.*
- E. Any mixture of squad members may start in the third game.
- F. Every member of the traveling squad must enter and play during the match.
- G. All efforts must be made to allow each player equal playing time.
- H. The matches are to be decided by the best of three games.
- I. We will do rally scoring this year with some modifications from what CHSAA is doing at the high schools:
- a. 25 point games (no cap)
 - b. 15 point deciding game (no cap)
 - c. Include let serves
 - d. 2 time-outs per game
 - e. There will still be a 3 serve limit.

- J. THERE WILL BE A THREE SERVE LIMIT. Each server may serve no more than three consecutive points in the rotation. Upon completion of the third point by that server, the team will retain possession of the ball, but the serve will rotate to the next server.
- K. Each school will be allowed to enter up to three teams in the tournament.
- L. **Net height will be 7 feet 41/8" according to National Federation Rules for HS.**
- M. Regular season travel team matches:
1. Referees will be assigned 3 games. If one team wins in two games, a third game between the two schools can be played for practice and the assigned referees will officiate. Any games beyond the 3, will have to be officiated by the two coaches.
 2. Referees will be given a copy of the intramural volleyball rules before the season starts.
- N. Each middle school volleyball team may have 2 scrimmages. Scrimmages must be set by coaches, using parent transportation with the proper insurance forms being filled out before travel will be allowed.
- Coaches will decide the format for the scrimmages (scoring, time, controlled).

Volleyball Tournament: Gate: \$3 adults \$2 students

- A. Suggested salary for volleyball tournament workers:
1. Ticket takers = TBA
 2. Score keepers = TBA
 3. Timer = TBA
 4. Linesmen = TBA
- 2-2-2 rotation or 3 in each gymnasium.
- B. Volleyball teams assigned a location at the beginning of the season may be asked to change location depending on the number of teams at each site.

Each school will be allowed to enter up to three teams in the tournament. **Every attempt** must be made to field **12** players on a team. *You may use 7th graders (and an occasional 6th grader, if she is physically capable of competing at that level) to fill out squads. There may not be a seventh grade team and eight grade team. Remember 8th graders have priority and if you can only bring one team to the tournament that is okay.*

***13 or 14 girl rotation does apply in tournament (must be 8th graders)*

***Small program exception is also acceptable for tournament play, but coaches must have integrity not to play their 1 or 2 best players in the entire match*

- D. Fixed Rosters
1. During a tournament, rosters will be permanent. We will not allow a player to play a match for school A's red team then turn around and play a match for school A's blue team.

BASKETBALL GENERAL RULES

- A. Uniforms
1. Team shirts will be provided for all participants with the school name. A number should be on the front and back.
- B. Coaches will be allowed to meet with the traveling squad for organizational purposes and practice, **but not at the expense of the in-house intramural program.**
- C. Traveling squads for weekly contests:
1. 7th and 8th grade students may play on either squad.
 2. Traveling squads **must** consist of **10** players. (teams' need to have at least 2 alternative players selected per squad, in case something happens to one of the original 10 selected.)
 3. The traveling squad rosters will be determined from week to week. All players (A&B) must be eligible on a weekly basis. Players that play on the A squad may not play on the B squad on the same day.

B squad players may move up to fill out the roster of 10, if an A squad player is declared ineligible, the player, who moves up for that game, may not play in the B squad game that day. That player can move back down the following week for the B squad game.

4. Basketball teams need to be split into an A squad and a B squad.
 - a. The A squad will be made up of 10 players.
 - i. The A squad rosters should be determined by the skill level of the opponent of the upcoming game.** Coaches need to communicate with each other a week before they play.
 - ii. 7th graders may play on A squad
 - b. The B squad will be made up of 10 players.
 - i. The B squad rosters should be determined by the skill level of the opponent of the upcoming game.**

**** Communication will take place between both schools and both the A and B squad rosters will be shared by the Thursday before the upcoming Wednesday competition. It will be the responsibility of the visiting coach to call the host coach to determine skill level of the two squads.**

- D. Every member of the traveling squads must play two complete quarters unless they foul out or are injured.
1. The 5 players who start the game may not play in the 2nd quarter.
 2. The 5 players who start the 3rd quarter may not play in the 4th quarter.
- or
3. The coach may substitute all 5 players every 3 minutes at the time of a dead ball. Each player must play 2 quarters. (12 minutes) Exceptions would be illness, injury, or fouling out of the game.
- E. Squads must play "MAN-TO-MAN" defense, ONLY.
- F. No full court defense will be allowed except in the last two minutes of the game.

G. TIME:

1. All games will have 6 minute quarters with regular clock stoppage.
2. Half time will consist of 5 minute and games should not exceed one hour.
3. There will be a 10 minute warm up between each game.

Each middle school basketball team may have 2 scrimmages. Scrimmages must be set by coaches, using parent transportation with the proper insurance forms being filled out before travel will be allowed. Coaches will decide the format for the scrimmages (scoring, time, controlled).

Tournament Info

At tournament sites: A teams will play A teams and B teams will play B teams. Coaches will need to declare which team is A and which team is B, at the time they submit how many teams they will be sending to the tournament.

Schools are strongly encouraged to send an A and B team. If your school can send more than two, you will need to declare that you have two A teams and one B or two B teams and only one A, etc.

If your participation numbers determine that your school can send only one team, it will be assigned to the A squad side of the bracket. If there are other considerations, contact the District AD.

The Tournament games will have 6 minute quarters.

The games will be played per Federation Rules.

Each school will be allowed to enter up to three teams in the tournament.

The gate will be: \$3 adults/\$2 students.

BOYS' WRESTLING GENERAL RULES

A. Uniforms:

1. A standard collegiate cut singlet and head gear as specified in the Federation Rules will be used.
 - a. Students may use their own singlets and head gear.
 - b. The school will issue a singlet and head gear to any wrestler who does not own one or who chose not to wear his own.
 - c. No freestyle or low cut singlets.

B. Traveling squads will be made up of seventh and eighth grade students.

Weight classes: 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 137, 145, 155, 165, 180, HWT (must weigh above 180 lbs. minimum) - 18 weights. A contestant may NOT wrestle more than one weight class above his actual stripped weight, at the time of weigh-in. This rule is for all matches. All competitors must weigh in. Records must be kept of individual matches.

Sixth grade wrestlers may wrestle exhibition matches against other sixth graders before or after the regular travel team match. Coaches should use individual discretion in determining matching up wrestlers of equal ability, age and experience. Sixth grade weight classes: 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 137, 145, 155, 165, 180, HWT.

- C. Length of matches will be three (3) one and one-half minute periods.
- D. No wrestler may compete in more than sixteen (16) matches.
- E. All contestants will comply with the grooming and fingernail rules as contained in the National Federation rule book. The responsibility for compliance will rest with each coach and each official.
- F. No team scores will be kept.
- G. All wrestlers will be encouraged to participate in the district intramural tournament. Wrestlers will be seeded according to season records.
- H. All wrestlers who wrestle at the district tournament must plan on wrestling the entire day of the tournament. If a wrestler misses a match, he will be removed from the bracket.
- I. **A wrestling contest will consist of as many matches as the coaches deem necessary to allow all participants the opportunity to wrestle, however, officials will not be asked to stay past their assigned time.**

**The cost for the all day wrestling tournament will be:
\$3/adults; \$2/students**

TRACK AND FIELD GENERAL RULES

- A. Uniforms
All participants must be provided a school shirt. All participants must wear the same team shirt to compete.
- B. Traveling squads will be limited to seventh and eighth grade students with the exception that sixth graders may participate in the 2nd & 3rd meets and their own 6th Grade Meet. **6th grade should compete against 6th grade unless it is impossible. Heat the races with all/mostly 6th graders.
- C. A participant shall be limited to four events in any track meet. A participant cannot compete in more than three running or three field events at any meet. A 7th or 8th grade participant may enter both the 800 and the 1600.
- D. All meets, including the District Meet, will follow these rules:
1. All of the participants will be entered in heats.
 2. No limit on entries per event.
 3. Timed finals, only (HEATS AGAINST TIME).
 4. Seed to place best efforts in the last heat.
 5. **ATHLETES MAY ONLY USE NEEDLE SPIKES TO 1/8" AT THE DISTRICT STADIUM.**
- E. Schools should send entry lists to the host school before the meet, and a scratch meeting should be held preceding the meet.
- F. Meet times are 3:30 P.M. If all schools are ready before 3:30 P.M., and meet officials are available, it is highly recommended to start early.

**The cost for the MS Track Meet will be:
\$3/adults; \$2/students**

TOURNAMENT HOSTS & SITES 15-16

EVENT:	VOLLEYBALL	VOLLEYBALL	VOLLEYBALL
SITE:	Altona	Mead	CRMS

HOST :	Altona	Mead	CRMS
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EVENT:	BOYS BASKETBALL	BOYS BASKETBALL	BOYS BASKETBALL
SITE	Trail Ridge	Twin Peaks	Erie MS

HOST	Trail Ridge	Twin Peaks	Erie MS
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EVENT:	GIRLS' BASKETBALL	GIRLS' BASKETBALL	GIRLS' BASKETBALL
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SITE:	Skyline	Silver Creek HS	Thunder Valley
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HOST :	Heritage	Longs Peak MS	Thunder Valley
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EVENT:	WRESTLING:	6TH GRADE MEET	March 4th	Mead HS 4pm
		7 & 8th GRADE MEET	March 5th	Mead HS 8am

EVENT	TRACK:	6th Grade Meet,	April 15th	@Lyons M/S	2:30pm
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		7 & 8 Grade Meet	April 23rd	@ EV Stadium	9am
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