

M.V.M.L.A.A.L.
S.O.P. Handbook
TABLE OF CONTENTS

Table of Contents.....	1
General Guidelines and Regulations.....	2-6
Baseball.....	7
Boys'/Girls' Basketball.....	8
Cross Country.....	9
Dance/Drill.....	10
Football.....	11
Fastpitch Softball.....	12
Boys'/Girls' Soccer.....	13
Track.....	14-16
Volleyball.....	17
Wrestling.....	18-19
Academic SOP's	
Rationale and Goals.....	20
Extended Calendar.....	20
Directions for Contests.....	20-22
Funding.....	22

MID VALLEY MIDDLE LEVEL ATHLETIC/ACTIVITIES LEAGUE GENERAL GUIDELINES AND REGULATIONS

Revised September 3, 2009

- A. **W.I.A.A. AND M.V.L.A.A.L. RULES AND REGULATIONS:** Each member school and **non-league schools** shall be responsible for adhering to the rules and regulations of the Washington Interscholastic Activities Association and the general guidelines and regulations of the Mid Valley Middle Level Athletic/Activities League. Non-league schools are those schools that participate in declared seasons.
- B. **M.V.M.L.A.A.L PHILOSOPHY:** The goal of our league is to promote development in social, athletic, and academic skills by offering activities and instruction to middle level students. We (the league representatives promote sportsmanship and competitiveness over league standings or final records. We expect coaches, athletes, officials, and parents to be stewards of these values. Always remember:

Sportsmanship Rules!

Players – Play

Coaches – Coach

Officials Officiate

Parents - Encourage

- C. **MEMBERSHIP:** The following schools are M.V.M.L.A.A.L. members

East Valley Central Middle School "Bruins"

Grandview Middle School "Pups"

Granger Middle School "Cadets"

Harrison Middle School (Sunnyside) "Cubs"

Highland Junior High "Scots"

Housel Middle School (Prosser) "Colts"

Morgan Middle School (Ellensburg) "Tigers"

Naches Valley Middle School "Knights"

Selah Intermediate School "Knights"

Selah Junior High "Spartans"

Sierra Vista Middle School "Falcons"

Toppenish Middle School "Cubs"

Union Gap Middle School "Cubs"

Walter Strom Middle School (Cle Elum) "Wildcats"

Wapato Middle School "Cubs"

West Valley Junior High "Panthers"

West Valley Middle School "Wolves"

Zillah Middle School "Leopards"

- D. **NON-LEAGUE SCHOOLS:**

St/ Joseph/Marquette Middle School (Yakima) "Squires"

Riverside Christian Junior High (Yakima) "Crusaders"

St. Paul Cathedral Junior High (Yakima) "Cougars"

E. **AFFILIATION:** Each school that competes in the League must be a member of the W.I.A.A.

F. **DUES:** Each member school shall annually pay dues to the league secretary-treasurer at the beginning of each school year. The dues schedule is \$250 annually. League dues will be reviewed annually. Non-league schools will pay \$50 per sport in which they wish to compete.

G. **ADMINISTRATION:** The officers shall consist of a president, secretary and a treasurer. The secretary position will rotate alphabetically (by school name) yearly. The secretary will become president in the following year.

Meeting Procedures:

1. The league president should receive additional agenda items by Friday prior to the meeting date. Items can be added to the agenda at the beginning of regularly scheduled meetings.
2. Only Items on the written agenda can be subject to action vote at the meeting except in emergency situations
3. The league secretary will mail minutes as soon as possible after the meeting date.

H. **REPRESENTATION:** Each **member** school shall be represented by the principal, athletic director, or their designee(s). Each member school shall have one vote.

I. **ELIGIBILITY LISTS:** An eligibility list for each interscholastic sport shall be on file in the office of the principal of each school. A copy of each eligibility list will be available to each member school upon request.

J. **AGE LIMIT: MIDDLE SCHOOL** - Middle School is defined as a school with at least seventh and eighth graders with eighth grade being the highest grade level. An 8th grade student shall not have reached his/her fifteenth birthday prior to June 1 of the previous school year. A seventh grade student shall not have reached his/her fourteenth birthday prior to June 1 of the previous school year. Over-age students in any class may play up with the proper class age group. Appeals for seventh and eighth grade students must be made to the Y.V.I.A.A. Eligibility Committee, and the league will uphold the committee's decisions. Individual school administrators are responsible for notifying the league president of the committee's decision.

K. **PLAYING UP / PLAYING DOWN:** Athletes shall be placed on teams at grade level. The league must approve any exception to this rule. The league president will poll member schools and a simple majority will rule. Any individual student or group of students can play up or down only with prior league approval. However, single game exceptions can be made with prior approval of opposing athletic directors.

L. **FOUR-SEASON YEAR:** The interscholastic athletic calendar will be divided into four seasons. A sport turnout must not start until the first date of a middle school sport season. Dates will be adjusted annually.

- M. **SCHEDULES:** All league schedules shall be approved prior to the season by the member schools and shall be for two (2) years unless otherwise specified. Review of schedules will be done yearly.
- N. **CHANGE OF SCHEDULE TIMES OR DATES:** All schools will notify the sport chairman of the number of teams they will have in a sport no later than the fifth practice day in order to be included in the league schedule. Following the adoption of the league schedule, the schedule may only be changed by mutual agreement of the schools involved.
- O. **GAME TIMES / LENGTHS:** Game times and lengths of games (i.e. minutes per half, innings, etc.) may be adjusted by mutual agreement of coaches and/or athletic directors only when necessary to accommodate such issues as darkness, facility availability or competition.
- P. **CLASS DISMISSAL POLICY:** It is the policy of the M.V.M.L.A.A. for league contests in all sports that all schools will adhere to the policy of minimal release for student athletes and coaches from class prior to the regular school dismissal time in order to travel for games.
The only exceptions to the early dismissal time policy are for:
1. Transportation emergencies or shortages as ordered by the Director of Transportation of each district and communicated to the principal and athletic director of the school involved.
 2. In scheduled games requiring extended travel, schools are urged to dismiss as late as possible and still be able to meet scheduled starting times.
- Q. **WARM UP TIME:** Host schools must realize that in order for interscholastic athletics to be conducted with maximum safety, athletes must be allowed adequate warm-up. Therefore, the visiting team will be allowed 15 minutes for warm-up after the arrival of their transportation. If they dress at the game site, an additional 10 minutes must be allowed. Thus, the maximum time allowed after arrival of a team without incurring penalties for delay of game is 25 minutes. Coaches are urged to take only enough time to insure adequate warm-up and use less than the allowed 25 minutes if possible.
- R. **FORFEITURE:** Once league schedules are approved by the league, member schools should make every effort to meet schedule commitments. If a school elects to forfeit a regularly scheduled league game on any level without the mutual consent of the opponent the forfeiting school is liable for sanction by the league, and any game costs. In a disputed forfeiture case the offended school shall request the president of the league to call a special league meeting pertaining to the case. If the league rules by a simple majority that the game was forfeited without justification, the offending school is sanctioned, and responsible for payment of officials or any other game costs.
- S. **POSTPONED OR CANCELLED GAMES:** In the event that weather conditions or facility conditions are such that a contest(s) cannot be played, either team is responsible for notifying the other team(s) at a reasonable time prior to the time the visiting team(s) would be departing, preferably by noon the day of the contest. If a school cannot field a team for the second or "B" game, they must give the opposing school 24 hours advance notice.

T. **VACATION PRACTICE:** It is the recommendation of the M.V.M.L.A.A.L. that practice will not be held for any sport on any non-school days. However, each district has the right to determine practice days and times to meet their athlete's and program needs as long as WIAA Regulations are followed. These include:

Labor Day
Thanksgiving
President's Day
Christmas/New Years Day
Veteran's Day
Martin Luther King Day
Spring Vacation
Saturdays

U. **PROTESTS:** When disputes arise between schools, the parties involved should make every effort to resolve the problem. If the problem cannot be solved, the school desiring to protest must follow the W.I.A.A. procedure for protest. This protest must be in writing and postmarked within the next two (2) school days. The league president may handle the decision in one of three ways: (1) Appoint a committee of three principals to arbitrate the matter and render a decision on behalf of the league; (2) Bring the matter before the next scheduled league meeting for a decision; or (3) Call a special league meeting to resolve the matter. The decision of any one of these three methods will be final, and a written report will be sent to the principals of the school(s) involved.

V. **ALL MUST PLAY RULE:** The M.V.M.L.A.A.L. endorses the "ALL MUST PLAY RULE" concept for all teams. Coaches should refer to the specific sports regulation for detail.

W. **CHANGE OF GUIDELINES AND REGULATIONS:** Changes in guidelines and regulations of this handbook are made only by a 2/3 vote of the membership of the league. Such recommendations submitted to the chairperson should be scheduled far enough in advance of upcoming league meetings to allow any possible change of regulations for a sport to be announced prior to the beginning date for that season. Changes that occur later than the first day of a season will not take effect until the next scheduled year.

X. **SPORTS COMMISSIONER:** The commissioner for each sport will be assigned each fall and will be responsible for reviewing their sport on an annual basis. Prior to each sport season school athletic directors are responsible for reviewing their guidelines with their coaches.

Y. **OFFICIALS:** It will be the policy of the M.V.M.L.A.A.L. to keep in step with W.I.A.A. standards for officials' fees. Change in basic officials' fees by the W.I.A.A. will warrant the M.V.M.L.A.A.L. to grant the officials the same raise as recommended by the W.I.A.A.

Z. **CHEERLEADERS:** No league schools are permitted cheerleaders and/or mascots.

- AA. **TICKET PRICES:** It is the policy of the M.V.M.L.A.A.L. that no admission shall be charged for regularly scheduled games. League schools may require school age fans/spectators to be accompanied by a parent or present a valid A.S.B. Card.
- BB. **LEAGUE STANDINGS:** In the M.V.M.L.A.A.L., there are no league standings, no league champions declared or publicized, and no trophies awarded. Ribbons will be awarded at culminating tournaments/meets only when approved by the league and will be approved on an individual sport/activity basis.
- CC. **GAME ORDER:** Where games are scheduled at multiple locations (i.e. gyms or fields), the 7th grade teams will be at one location and the 8th grade teams will be at the other. When doubleheaders are necessary, the lower classification will be played first (i.e. 7th before 8th or “B” before “A”).
- DD. **GYMNASIUM SIGNS AND BANNERS:** The only "spirit" sign allowed in the gym is the school banner.
- EE. **INFORMING OFFICIALS:** The site manager or designee is responsible for informing the game officials of the league rules.
- FF. **DIVISIONS:** Divisions come into play with sports that are divided into squads (i.e. football, volleyball, softball, girls’ and boys’ basketball, baseball, and soccer.)
 Division I
 Division II
 Division III – Can be combination teams of 7th and 8th grade, sometimes there are rule changes.
 Division I and II schedules are always set ahead of time. Division III schedules are set before the season starts to meet the needs of individual schools.
- GG. **SPORTSMANSHIP AWARDS:** *The MVMLAAL recognizes the importance of teams displaying good sportsmanship. In order to emphasize the importance of good sportsmanship, the MVMLAAL will recognize the teams that display the best sportsmanship in each division. Criteria for voting on the sportsmanship award should include, but not be limited to: behavior of coaches, athletes, administrators, game workers and fans that promote positive sportsmanship and good will. Each team will submit a first, second and third place vote for the top three teams in terms of their sportsmanship in each division. Those votes will be tallied and a winner for each division will be declared based on those votes. The team that receives the most votes in each division will receive a plaque. In case of ties, the team with the most first place votes will receive a plaque. If that does not solve the tie, the team with the most votes overall will receive the plaque.*
At the end of the year, all of the votes for all of the boys’ teams and all of the girls’ teams for each school will be totaled. An overall best sportsmanship champion will be determined for both the boys and girls. The school receiving this award will receive a trophy at the end of the year SOP meeting.

BASEBALL
M.V.M.L.A.A.L. REGULATIONS

MINIMUM NUMBER PRACTICE DAYS PER INDIVIDUAL: 10

1. **METAL CLEATS:** No metal cleats will be allowed due to safety considerations.
2. **COACHES' HELMETS:** Players who coach bases must wear approved batting helmets.
3. **BAT SIZES:** Bat sizes are -5, -4, -3.
4. **DISTANCES:** Distances will be as follows for both 7th and 8th graders:
Home to pitcher's rubber = 54'6"; Home to first base = 80"
5. **10-RUN RULE:** The game shall end any time after 5 innings, or after 4 1/2 innings when a team is 10 or more runs behind and has completed its term at bat.
6. **GAME LENGTH:** Game length will be 7 innings. If the game has not been completed, no new inning will start more than two hours from the time the game begins. In the event of a doubleheader, time limit will be one and one-half hour. *Extra innings are allowed within the time limit.* Ties are allowed.
7. **MAKEUP GAMES:** M.V.M.L.A.A.L. League games that are rained out are made up by mutual consent of the two schools if circumstances permit. If the game cannot be made up, the game is cancelled from the schedule. All reasonable attempts should be made to play the game as scheduled as long as care is taken so that playing conditions are not hazardous.
8. **WARMUP:** No batting practice is allowed before games. Soft toss, wiffle ball, or similar drills are allowed. Each team is allowed 10 minutes of infield practice - home team first.
9. **UMPIRES:** Association umpires will be used for all games. If Association umpires are not available, umpires must be acceptable to the on-site administrator or designee.
10. **SUBSTITUTION RULE:** Teams may choose between two substitution options, which must be followed throughout the entire contest. The coach may choose which option his/her team uses, without regard to the option chosen by the other team.
Option 1: Substitution as per National Federation Rule Book (substitutes).
Option 2: All players on the roster bat in order, with unlimited substitution on defense. In the event a player leaves the game early, his/her spot will be skipped in subsequent at bats with no penalty. Players who arrive late who were left off the original batting order shall be added to the bottom of the order at the time of their arrival.
11. **ALL MUST PLAY RULE:** If a player suits up for a contest, he/she must play at least three outs in the field to meet the requirements of this rule. Failure to play all players will result in forfeiture of that contest.

**BOYS'/GIRLS' BASKETBALL
M.V.M.L.A.A.L. REGULATIONS**

MINIMUM NUMBER PRACTICE DAYS PER INDIVIDUAL: 10

1. **GAME ORDER:** Where games are scheduled at multiple gyms, the 7th grade teams will be at one location and the 8th grade teams will be at the other. When doubleheaders are necessary, the lower classification will be played first (i.e. 7th before 8th or "B" before "A").
2. **GAME SOP'S:**
 - A. "A" and "B" teams will be allowed 10 minutes to warm up and 5 minutes between halves.
 - B. Quarters shall be 7 minutes in length.
 - C. By mutual agreement, of the coaches, the second half of a game can be running clock.
3. **OFFICIALS:** If possible, W.I.A.A. registered officials shall be used for seventh and eighth grade games. The home team will provide a responsible person who will supervise the clock and scoreboard and supervise the official scorer.
4. **PLAYER PARTICIPATION:**
 - A. A player is limited to four (4) quarters of play in any one day and twelve (12) quarters per week.
 - B. A player will be limited to playing in either an "A" or "B" team game on any given day. If a player suits up for an "A" game, for example, he/she **MUST** play in that game only.
 - C. Coaches shall play everyone suited.
5. **OVERTIME:** Teams will play one 3-minute overtime to determine a winner. If no winner determined at the end of the 3-minute period, the tie stands. Each team is allowed one (1) additional time out in overtime.
6. **DEFENSES:** Defense must fall back within the three-point line when teams are ahead by 20 or more points *and all the time in Division III*. In Division III basketball, trapping and/or presses are not allowed. No zone defenses are allowed at Division III, unless mutually agreed upon by both coaches.
7. **GAME BALLS:** Teams will follow W.I.A.A. game ball regulations.
8. **SHOT CLOCK:** *No shot clock will be used for middle level games.*

BOYS' & GIRLS' CROSS COUNTRY M.V.M.L.A.A.L. REGULATIONS

MINIMUM NUMBER PRACTICE DAYS PER INDIVIDUAL: 10

1. **DISTANCE:** A 1.5 mile course is recommended; maximum distance shall be two (2) miles.
2. **STARTING TIMES:** The first race shall start no later than 4:00 p.m. For reasons of time, meets shall have two races (Boys' 7/8 and Girls' 7/8). The Girls' race will be first (4:00 pm) followed by the Boys' race (approximately 4:30 pm).
3. **LIMITATION:** Each athlete is allowed ~~seven (7)~~ **six (6)** meets per season. Invitational meets count toward this total. There will be five (5) league contests, which leaves room for ~~two (2)~~ **one (1)** invitational contests in which each athlete may compete.
4. **PLAYING DATES:** The schedule shall be made so as not to conflict with the High School Cross County schedule.
5. **MEET WORKERS:** Meet workers should include the following positions:
 - 1 Starter
 - 1 Recorder
 - 1 Timer
 - 2 Chute Judges (1 to determine order of finish, 1 to hand place cards)
 - 1 Meet Secretary (creates final place sheet)
 - 2 Course Officials (at .5-mile and 1-mile marks)
6. **SCORING:** Meets will be non-scoring. Places and times will be determined for all runners.
7. **ALL-LEAGUE MEET:** The All-League Meet will have separate races for all groups.

DANCE/DRILL
M.V.M.L.A.A.L. REGULATIONS

MINIMUM NUMBER PRACTICE DAYS PER INDIVIDUAL: 10

1. **ROUTINES:**
 - A. A school's dance team can perform 1-2 routines at the Dance Invitational held at the end of Winter I Sports Season.
 - B. All routines' music shall be middle level appropriate and approved by a building *administrator or* athletic director.
 - C. The dance team performance should emphasize and will be judged on a variety of elements: showmanship, creativity, crowd appeal, precision and unity.

2. **COMPETITION:** At the dance invitational, all participating dance teams will receive a certificate. A place value award will not be assigned.

FOOTBALL

M.V.M.L.A.A.L. REGULATIONS

MINIMUM NUMBER PRACTICE DAYS PER INDIVIDUAL: 12

1. **STARTING TIME:** All games start not later than 4:15 P.M. (Unavoidable circumstances can delay the starting time, i.e. transportation.) Traveling teams must be granted adequate warm-up time.
2. **GAME LENGTH:** Eighth and seventh grade teams will play four eight -minute quarters. Federation timing rules will apply.
3. **TIES:** One Kansas City tiebreaker will be used to decide a tie. If no change after one tiebreaker, then tie stands.
4. **SCORING:** Federation scoring will apply. **NOTE THE EXCEPTION:** Point after touchdowns will be: Two (2) points for place kick; One (1) point for scrimmage play (run or pass).
5. **SPECIAL REGULATIONS FOR SEVENTH GRADE PLAY:**
 - A. A seventh grade coach is allowed on the field to direct his players during a game *but cannot be coaching during the play.*
 - B. The standard defense shall have no more than six (6) players aligned on the line of scrimmage.
6. **ALL MUST PLAY:** It is the intent of the football program to create a wholesome playing experience in football. Every player who suits up will play.
7. **BALL SIZE:** The intermediate size ball is the official game ball for seventh and eighth grade.
8. **"B" GAMES:** If Mid-Valley members arrange "B" football games; they must occur in the same week and with the same school as the regularly scheduled "A" football game. For example, if West Valley and Selah arrange a "B" game, it cannot be played any other week except the week that Selah and West Valley are scheduled to play their "A" game.

FASTPITCH SOFTBALL M.V.M.L.A.A.L. REGULATIONS

MINIMUM NUMBER PRACTICE DAYS PER INDIVIDUAL: 10

1. **STARTING TIMES:** All games start no later than 4:00 P.M. (Unavoidable circumstances can delay the starting time, i.e. transportation.)
2. **WARMUP:** No batting practice is allowed before games. Soft toss, wiffle ball, or similar drills are allowed. Each team is allowed 10 minutes of infield practice - home team first.
3. **10-RUN RULE (GAME):** If one team is ahead by ten (10) runs at the end of the fifth inning, the team leading will be declared the winner.
4. **5 RUN RULE (INNING):** Each half inning will consist of 5 runs or three outs.
5. **TIME LIMIT:** *Game length will be 7 innings.* If the game has not been completed, no new inning will start more than two hours from the time the game begins. In the event of a doubleheader, time limit will be one and one-half hour. *Extra innings are allowed within the time limit.* Ties are allowed.
6. **METAL CLEATS:** Use of shoes with metal cleats is prohibited.
7. **BALL:** The league softball shall be a Federation-approved fast pitch ball. One new ball will be furnished by the home team for each game.
8. **MAKEUP GAMES:** M.V.M.L.A.A.L. League games that are rained out are made up by mutual consent of the two schools if circumstances permit. If the game cannot be made up, the game is cancelled from the schedule. All reasonable attempts should be made to play the game as scheduled as long as care is taken so that playing conditions are not hazardous.
9. **DISTANCES:** The pitching rubber will be 40' from home plate. Bases will be 60' for fast pitch.
10. **SUBSTITUTION RULE:** Teams may choose between two substitution options, which must be followed throughout the entire contest. The coach may choose which option his/her team uses, without regard to the option chosen by the other team.
 - Option 1:** Substitution as per National Federation Rule Book (substitutes).
 - Option 2:** All players on the roster bat in order, with unlimited substitution on defense. In the event a player leaves the game early, her spot will be skipped in subsequent at bats with no penalty. Players who arrive late who were left off the original batting order shall be added to the bottom of the order at the time of their arrival.
11. **ALL MUST PLAY RULE:** If a player suits up for a contest, she must play at least three outs in the field to meet the requirements of this rule. Failure to play all players will result in forfeiture of that contest.

BOYS' & GIRLS' SOCCER
M.V.M.L.A.A.L. REGULATIONS

MINIMUM NUMBER PRACTICE DAYS PER INDIVIDUAL: 10

1. **LENGTH OF GAME:** Two 30-minute halves, ten (10) minutes halftime, as recommended by National Federation Rulebook.
2. **STARTING TIMES:** All games start no later than 4:00 P.M. Games may be started earlier by mutual agreement when both teams are ready and officials are present. (Unavoidable circumstances can delay the starting time, i.e. transportation.)
3. **SUBSTITUTION:** National Federation Rule applies.
4. **TIES:** One round of 5-ball shootout will be used to break ties. If no change after one round, then tie stands.
5. **LINESMEN:** Each team will be responsible for providing one linesman.
6. **COACHES:** Coaches must remain on the sidelines of the field between the 18-yard lines. They may only come on the field to attend an injured player.
7. **OFFICIAL BALL:** National Federation approved standards. Home team provides game ball(s) for the game. Size 5 soccer ball is the official ball.
8. **OFFICIALS:** *Association officials will be used for all games. If Association officials are not available, officials must be acceptable to the on-site administrator or designee.*

BOYS AND GIRLS TRACK M.V.M.L.A.A.L. REGULATIONS

MINIMUM NUMBER PRACTICE DAYS PER INDIVIDUAL: 10

1. **STARTING TIME:** All meets start at 4:00 P.M. unless schools mutually agree to start at another time.
2. **OFFICIALS:** The athletic director of the school hosting the meet (or his/her designee) is the director of the meet. The home school is responsible for furnishing the officials for the meet. Meet officials should be faculty and/or responsible adults. If a school has difficulty filling officials assignments, the athletic director of that school should request officiating assistance from the visiting schools. Coaches are urged to enlist athletes to assist in such management details as hurdle removal, pit raking, etc.
3. **ENTRIES:**
 - A. **DUAL MEETS:** In dual meets, lane limitations will dictate the number of entries in the 100 M dash, 200M dash, 400M dash, 100M low hurdles, and all relays. Example: an eight -lane track would limit entries to 4 members per team. All schools have unlimited entries in the high jump, long jump, shot put, discus and turbo javelin. If a team does not use all their lanes, then the open lane(s) may be filled by the other team. Any runner using the "extra" lane(s) is eligible to place.
 - B. **TRIANGULAR or LARGER MEETS:** In triangular meets, each school may enter four (4) participants in each running event. NOTE: The mile and 800M will have unlimited participants. All schools have unlimited entries in the high jump, long jump, shot put, discus and turbo javelin.

NOTE: In case a team or individual is unopposed in an event, the event must be run in its entirety in order for meet points to be earned for the event.
4. **OPEN PIT:** For all field events, except high jump, the open pit concept of competing will be used. The pit will be open for two hours after the official start of the meet. The high jump must be completed by the end of the last race. (Official start is the time of the first call by the meet announcer for any contestants.) Each contestant will be allowed three tries during that time. Winner will be selected by the best marks during the three tries. All participants must check in with the event official at the beginning of the meet.
5. **STARTING HEIGHTS:** The following starting heights and increments are official for high jump competition:

	<u>STG. HEIGHT</u>	<u>INCREMENT</u>
Boys' High Jump	4'	2"
Girls' High Jump	3'8"	2"
6. **FALSE STARTS:** (Sets aside National Federation Rules.) Each contestant is allowed one charged false start. On the second false start, the contestant will be disqualified.

7. **HURDLE SPECIFICATIONS:**

Event:	Hurdle Height	No. of Hurdles	Start to 1 st Hurdle	Between Hurdles	Last to Finish
Boys (100M)	30"	10	42' 7 3/4	27' 10 1/2"	Balance
Girls (100M)	30"	10	42' 7 3/4	27' 10 1/2"	Balance

8. **COMPETITIVE DIVISIONS:** All competition will be done on the basis of grade level.

9. **ORDER OF EVENTS:** Combined Boys' and Girls' Meet

1. 100M LH Boys 7, 8; Girls 7, 8
2. 1600M Run Boys 7, 8; Girls 7, 8
3. 100M Dash Boys 7, 8; Girls 7, 8
4. 800M Relay Boys 7, 8; Girls 7, 8
5. 400M Run Boys 7, 8; Girls 7, 8
6. 200M Dash Boys 7, 8; Girls 7, 8
7. 800M Run Boys 7, 8; Girls 7, 8
8. 400M Relay Boys 7, 8; Girls 7, 8

Note: 7th grade will run first in all events; 8th grade will run second.

10. **FIELD EVENTS:** Conducted in English measurement

High Jump

Long Jump

8 lb. Shot

1 Kilo Discus

Turbo Javelin, 300 grams

Note: The discus throw will be conducted depending on site availability and safety cages.

11. **SPECIAL MEET REGULATIONS:** The meet director (host athletic director) shall supervise the conduct of the meet and handle protests and decide questions normally under the jurisdiction of an appointed referee or games committee.

- A. The 800M run is started from a one-turn stagger. If the number totals more than 2 per lane, an Olympic-style stack will be used.
- B. The 1600M is started from an Olympic-style stack. If the event is started on a straightaway (50 yards from the first curve), a flat start may be utilized.
- C. Short spikes (1/4") only are permitted on all-weather tracks.
- D. The field events will be run concurrently with the running events.
- E. For the boys and girls 1600 M and 800 M, and at the discretion of the meet director, the 7th and 8th grade participants may be combined. 7th grade participants will wear identifying symbols, i.e. colored ribbons, on the top of the left shoulder. Boys and girls events may be run together at the discretion of the meet manager.

12. **ALL LEAGUE MEET:** All league schools share in the administration of the All League Meet.

- A. Coaches are required to fax, email or call in their entries, listed by event to the host school at least 24 hours in advance of the league meet.
- B. Lane Assignments: The meet director will randomly draw (before the date of the meet) each school's lane assignment for the first event. Each school's lane assignment will

rotate for every running event after that (based on the original placement). The first heat is to have the best runners in it; the second heat is for the weaker runners.

- C. Each school is limited to two (2) entries in all the lane events, two (2) entries in the relay, and three (3) entries are allowed in the field events. The 800M and 1600M may have unlimited entries.
- D. National Federation Rules will be used to determine which places will be awarded ribbons. The two meet directors will work together to order the ribbons, which will be purchased by the league. If possible, the ribbons will be awarded at the meet. The All League Meet will not be scored.
- E. The 1600M run will be run separately by grade level.
- F. For the shot put and turbo javelin, schools hosting the event must provide the equipment.
- G. Field Management: All participating schools will be responsible for providing their fair share of workers to act as timers and/or officials to be assigned by the site manager.
- H. Games Committee: Three administrators will be assigned to the games committee by the meet manager.
- I. The Host A.D./*tournament manager* will receive a \$150 stipend.

7th and 8th boys and 7th and 8th girls will be at different sites, so the All League Meet can be completed in one day. The girls' and boys' All League Meet will be held on different dates.

GIRLS' VOLLEYBALL

M.V.M.L.A.A.L. REGULATIONS

MINIMUM NUMBER PRACTICE DAYS PER INDIVIDUAL: 10

1. **STARTING TIMES:** All games start no later than 4:00 P.M. (Unavoidable circumstances can delay the starting time, i.e. transportation.)
2. **GAME ORDER:** Where games are scheduled at multiple gyms, the 7th grade teams will be at one location and the 8th grade teams will be at the other. When doubleheaders are necessary, the lower classification will be played first (i.e. 7th before 8th or "B" before "A").
3. **GROUND RULES:** The home team ground rules shall be verbally presented to the visiting coaches and officials before the match.
4. **ROOFER RULE:** Any gym with a ceiling height of less than twenty-three (23) feet will cause the "roofer" rule to be in effect. (See the official for a specific definition of the roofer rule.)
5. **OFFICIALS:** One official is required for eighth and seventh grade matches. The home team will provide an adult who shall serve as an official scorer. *In event home team does not have adult scorer and visiting team does, visiting book becomes official book.*
6. **SUBSTITUTION PROCEDURE:** The substitute must report to the court and then wait for referee to admit her to the game. The coach reports the substitution to the scorer.
7. **PLAYER PARTICIPATION:** A player may only play in two (2) matches per week. Each player who suits up for the "A" team will play in that match and that match only.
8. **GAME BALL:** The home team must provide the official game ball.
9. **NUMBER OF GAMES:** Seventh and eighth grade teams will play a mandatory three - game match.
10. **ALL MUST PLAY:** All seventh and eighth grade players must have played by the end of the third game.
11. **SERVICE RULES:**
 - A. Service line (7th Grade & Division III): Allows server to be five (5) feet into the court. 7th Grade and Division III service line will be placed on the floor.
 - B. Players may serve "off their hand," but should be encouraged to toss serve.
12. **NET HEIGHT:** The net height shall be 7'0" for all contests.
13. **SCORING RULES:** A match will consist of three games of rally scoring to 25. All three games will be played. Let serves are allowed. Use of a libero is not allowed.
14. **TIME BETWEEN GAMES:** *There will be 15 minutes between A and B level games.*

WRESTLING
W.I.A.A. AND M.V.M.L.A.A.L. REGULATIONS

MINIMUM NUMBER PRACTICE DAYS PER INDIVIDUAL: 10

1. MATCH LIMITATION:

- A. A school may not schedule more than ten (10) team dates for wrestling. An individual may not wrestle more than twenty-two (22) matches per season. A wrestler in a jamboree may not wrestle in excess of time permitted in a dual match.
- B. There shall be no more than two (2) matches per week per team and no more than 4 matches per week per individual.

2. WRESTLING UNIFORMS: Schools are expected to follow the National Federation Wrestling Rules with the regard to the wearing of the wrestling uniform or they can use the collegiate singlet without tights.

- A. Uniforms must be made of material that guarantees that the uniform will hold its shape and stretch qualities. The legs must be tight fitting and must extend at least one (1) full inch down the vertical line of the leg.
- B. All wrestlers must wear protective headgear.
- C. Wrestlers shall wear any shoe deemed appropriate by the coach, activities coordinator, and/or wrestling official.

3. WEIGHT CONTROL PLAN: Prior to the first match, the family physician and or school physician shall certify the lowest weight class in which each participant may wrestle during that season.

- A. A participant may wrestle only one (1) weight division higher than his/her actual weight.

4. WEIGH-IN PROCEDURE:

- A. No time should be allowed after this weigh-in to make weight.
- B. Conferences or leagues may allow weigh-ins to occur after practice the day before the contest or before lunch on the day of the match at the respective schools. The weigh-in must be certified in writing by an administrator of the school or his/her designee (not coach). In addition, weigh-in lists shall be faxed *and emailed* to the day's competitor by 5:00 pm the day before the match.
- C. Contestants with artificial limb(s) must weigh in with their artificial limb(s) for all meets.

5. WEIGHT ALLOWANCE: There shall be no weight allowance made during the season (This is a M.V.M.L.A.A.L. rule made because of length of season and small differential between most weight classes).

6. WRESTLING RULES: Wrestling rules, as published in the National Federation Wrestling Rules Book, shall apply in middle school wrestling contests with the following modifications:

- A. The required minimum area of the mat shall not be less than 20 feet by 20 feet. The recommended area is 24 feet or a 28-foot circle. It is recommended, but not required,

that the mat covers be marked as indicated in the National Federation Wrestling Rule Book.

- B. Length of Matches: There shall be a maximum of three one and one-half -minute rounds (90 seconds).
- C. Weight divisions: There may be up to twenty (20) weight divisions that are to be determined by the individual leagues. Each league has the authority to determine by vote of league members fewer weight divisions.

***NOTE:** Minimum weight for 78- pounders established at 64, and 85-pounders at 70. Wrestlers in the unlimited class must weigh over 187 pounds.

***WEIGHT LIST:**

78	85	90	95	100	105	110	115	120	125	130
	137	147	157	167	177	187	Unlimited			

- 7. **“SUPERMATCH”**: Should the MVMLAAL Athletic Directors agree to schedule a **“Supermatch”**, the following will apply:
 - A. The Host A.D./*tournament manager* will receive a \$150 stipend.
 - B. The host school will submit a budget for the meet at least a month prior to the meet to be approved by the league athletic directors.
 - C. The cost of officials will be evenly billed among the participating teams.

M.V.M.L.A.A.L.

Academic Competitions

I. RATIONALE AND GOALS

A primary objective for middle/junior high school youth is to explore their world, trying on many "hats" to see which ones fit. The Mid Valley Middle Level Activities and Athletic Association wishes to encourage a range of activities, both athletic and academic. To extend the reach of academically oriented students, the MVMLAA will sponsor four league-wide academic contests annually.

Goals of the contests will be to:

- A. Facilitate student participation in academically challenging events in a socially and emotionally sound environment.
- B. Promote the pursuit of excellence through both individual and group process activities.
- C. Assure all patrons of the league that academic accomplishments are valued and supported.

II. EXTENDED CALENDAR

The Academic Season will be between Winter II and Spring sports. The Math and Science Advisors will meet during the November league meeting. Spelling and Art Advisors will meet during the January league meeting.

Schools will be assigned specific activities for two years at a time according to the following alignment:

	<u>2009-10</u>	<u>2010-11</u>	<u>2011-12</u>	<u>2012-13</u>	<u>2013-14</u>
Science:	Wapato	West Valley	West Valley	Cle Elum	Cle Elum
Math (N):	East Valley	East Valley	Ellensburg	Ellensburg	
Math (S):	Toppenish	Toppenish	Granger	Granger	
Spelling:	Grandview	Grandview	Wapato	Wapato	Naches
Art:	Ellensburg	Cle Elum	Cle Elum	Prosser	Prosser

III. DIRECTIONS FOR CONTESTS

A. Host School

1. Identify faculty advisor and assistant. Report these names at the August Director's Meeting.
2. Meet with all league advisors for their particular contest at the MVMLAA Director's meeting at least eight (8) weeks prior to the events to discuss activities format, etc.

Visiting advisors may make suggestions but final decision for event details remains with the host school.

3. Maximum number of participants for academic competitions are as follows:
 - Math – 2 teams of 4 students per grade level. If a host school cannot accommodate the number, teams will be reduced to one.
 - Art, Science, Spelling – 2 students per grade level.

B. Disbursement of funds: The principal (or designee) shall negotiate with the advisor a mutually agreeable plan for advisor (and assistant) stipends, purchase of materials and refreshments. An individual school may increase the amount available through its own funding resources.

C. Organizing grades/activities: The host school should consider the following recommendations when determining the selection and organization of activities:

1. **TIME OF EVENT: not** to exceed 2 hours 15 minutes
 - A. Registration - 15 Minutes
 - B. Orientation - 15 Minutes
 - C. Activity A - 30 Minutes
 - D. Activity B - 30 Minutes
 - E. Activity C - 30 Minutes
 - F. Review & Awards - 15 Minutes
2. **GROUPING:** Depending on the activity students may work independently, in pairs or small groups. Divisions may be by grade level determined by the host school.

D. Activities should challenge student according to:

1. Use/Demonstration of grade level knowledge skills
2. Use of new information presented at the contest
3. Group problem solving skills

E. AWARDS: Awards may be based on point averages (i.e. first, second, third, etc.) or pre-established criteria that individuals and teams may seek to achieve. The following terms should be used for criterion based awards:

Superior: students/groups achieving the highest level of accomplishment

Excellent: students/groups achieving the next highest level of accomplishment

Good: students/groups who complete the assigned tasks

F. NOTIFICATION: Notify all MVMLAA schools 8 weeks in advance of the activity. Present them with the following information:

1. Date & Time
2. Type of Contest
3. Directions to host school
4. Number of students per grade level
5. General organizational information and award system
6. General information about the activities; ie. group problem solving, use of specific media, "theme," etc. to help advisors from other schools orient their team but not practice specific contest skills (unless it is the wish of the host school to have students do so).

G. Participating team checklist:

6 Weeks before event

- Advertise for team
- Inform contestants of contest details
- Notify transportation department to schedule a bus

4 Weeks before event

- Parent permission slips sent home with students
- Letter of intent to participate sent to host school
- Meet occasionally with participants to discuss/practice related information/skills

2 Weeks before event

- Review participants list. Name alternates for students who decide not to attend.
- Double check with transportation department
- Advertise names of students who will be attending

1 Week After event

- local news media to recognize students.

IV. FUNDING*

MVMLAA will make available a set dollar amount each year to assist schools for advisor(s) stipend and materials. The amount will be determined by a vote of directors during the May meeting of the preceding spring.

Recommendations for use of funds:

- A. Advisor(s): \$150.00
 - B. Materials/refreshments: \$250.00 (Maximum)
- Total: \$400.00

Host school must request MVMLAA funds in writing from the MVMLAA secretary. Receipts are required for reimbursement for materials/refreshments.

*Activity funds are made available through member school contributions to MVMLAA and the middle school principal's association.