

# MIDDLE SCHOOL ATHLETIC TEAM RULES

## FAMILY AND ATHLETE COPY

1. Coaches will be responsible for initial decisions relating to disciplinary action resulting from violations of rules. Coaches will be expected to inform parents and conference with them upon request. Students and parents may appeal the coaches decision to the Principal. Any disciplinary action resulting in suspension or removal from the team must be discussed with the administration or building athletic coordinator prior to enforcement of suspension or removal.
2. Student athletes who break rules will be subject to disciplinary action with probation or suspension from the team a possible result.
3. Student athletes are responsible for keeping the equipment of the team clean, in good condition, and must promptly return them at the end of the practice/meets.
4. Loss or damage of issued equipment and uniforms due to negligence will be the financial responsibility of the student athlete and his/her parents or guardian.
5. It is important that students exercise care and personal regard for equipment and facilities provided to them, i.e., locker rooms, lockers, towels, uniforms, etc.
6. Students are to cooperate with coaches and custodians in keeping the locker rooms and halls clean and orderly before and after practice.
7. Student athletes are to leave the building as quickly as possible after all practices and games. Students are not to loiter in the halls, create problems, or interfere with custodial work in any way.
8. To remain eligible and represent the school as a member of an athletic team, building and district policies and expectations, both academic and behavioral, must be adhered to by student participants.
9. **All student athletes must have a physical examination.** Physical exam information (District Interval History Form) must be kept up-to-date annually and on file with the school prior to the first practice. **Athletes are not permitted to practice without a current physical on file at school.**
10. Student insurance, or other insurance, which gives adequate coverage prior to the first practice, must cover all student athletes. Record of such coverage must be on file at the school.
11. All student athletes must have a Middle School Athletic Permission Form on file yearly.
12. **Student athletes must be in attendance all day on game days unless unusual circumstances warrant. Any excused absence from class or school on a game day must be approved in advance by the school administration.**
13. Student athletes are expected to follow all school rules and regulations at all times. Disruptive behavior, on or off the field, persistent tardiness to practices or school, truancy, and other violations of school regulations can be cause for disciplinary action.
14. Student athletes are expected to exemplify the highest standard of good sportsmanship at all times.
15. **All team members are required to attend all practices unless the coaches give a release. It is the student's responsibility to inform the coach if he/she is not going to be at a practice or game for any reason PRIOR TO THE ABSENCE.**
16. **A player who misses practices, for whatever reason, should not expect to play in the contest on game days. Participation in meets will be up to the discretion of the coach in accordance with district policy.**
17. For events off school grounds, all student athletes are expected to return on the school bus. Exceptions are made only by written parent/guardian permission or personal contact with a coach.

# TRACK AND FIELD REGULATIONS

High School Federation rules will be used with modifications as indicated below

Typical Order of Events: (some events may be moved to H.S. volunteer help)

**4 X 100 meters relay**

**1500 meters**

**100 meters**

**400 meters**

**100 meter Hurdles**

10 flights

13m to 1st hurdle

8.5m between

10.50m to finish

All hurdles are 30"


**800 meters**


**200 meters**

**3000 meters**

**4 X 400 meters relay**

**Throwers Relay (4 X 100 meters relay)**

 Running event order: 6th girls, 6th boys, 7th girls, 7th boys, 8th girls, and 8th boys

 Running events take precedence over field events. Runners must return immediately to their field event (ten minutes) after running a race.

 Participants may take part in **four** events. They **may not** run three distance races.

 Participants in the Throwers Relay may **NOT** be running in sprint or distance races at Sub-district and/or Districts.

# Return this form to your coach ASAP

Athlete's Name: \_\_\_\_\_

Parent's/Guardian's Name: \_\_\_\_\_

Email for Parent/Guardian: \_\_\_\_\_

Parent  
Initials

Athlete  
Initials

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