

# School District of Polk County

## Middle School Extramural

### Rules/Regulations

#### OBJECTIVE:

To encourage large numbers of middle school students to participate in extramural activities. Emphasis will be on allowing all eligible students an opportunity to try out for these teams and not just limit tryouts to those students already on club/community teams. Winning should not be the prime objective, it should be participation by everyone.

The formation of intramural teams at the school is encouraged for those who did not make the extramural team, but showed an interest in participating in these sports.

#### ELIGIBILITY:

- Students must have a 2.00 GPA the previous grading period in order to participate. The last grading period of the previous school year will be used to determine the GPA requirement for the first grading period.
- The principal has the authority to withhold participation even if the student does meet the GPA requirement.
- No student may participate in practices/games while in ISS/OSS or while assigned to an alternative school.
- Any student ejected from a contest will be suspended from the next 2 contests of that sport. If that sport concludes before the 2 contest suspension has been served, the 2 contest suspension carries over to the next sport or into the next school year.
- No student may participate after reaching his/her 16<sup>th</sup> birthday.
- Students only have the opportunity to participate once in each grade level. A student retained is not eligible that second year of the same grade level.
- A completed Athletic Participation and Preparation Physical form must be on file in the office of the principal before the student may practice or play. This form is required each year.
- Only bona fide students at the school may participate in extramural activities. Home school students ARE NOT permitted to participate.
- If a school chooses not to participate in all or some of the extramural activities, a student at that school MAY NOT participate at another middle school.
- All public school students are covered by the School District "secondary" insurance policy.

## COACHES:

- All paid coaches MUST be full time employees of the middle school. High School wrestling coaches may assist with the instruction at the middle schools since all practices will take place at one of the high school wrestling rooms. However, the high school wrestling coach MAY NOT receive the supplement.
- Any middle school coach who also coaches at a high school must notify all players/parents of the FHSAA Bylaw 9.2.4 by having them sign an affidavit.
- The supplement of \$965 is to be used to pay the coaches of these sports at each middle school. This amount may be divided between the numerous coaches at the discretion of the principal. Payment will be at the end of the school year.
- Should the PTSO vote to provide any funds to pay for additional coaches for these sports, the monies must be deposited into the school Extramural Account. Proper payment will be through the payroll department or internal accounts.
- No coach may receive a supplement of more than \$200 per sport which includes money from the collective bargaining agreement and monies provided by the PTSO.
- A community person MAY volunteer as a coach provided they have been interviewed by the principal and coach, been fingerprinted and drug tested and received his/her Volunteer badge which must be worn at all times. The cost of the fingerprints are \$105.25 and are good for 5 years. There is a specific form used for Volunteer coaches to be interviewed, fingerprinted and drug tested; schools must request this form from the District Director of Athletics.
- An approved volunteer coach MAY NOT be the only coach at a practice or contests; he/she must always be in the presence of the PCSB coach.
- Any coach ejected from a contest is suspended for the next 2 contests. Same rules apply to coaches as to athletes.
- Any coach who removes his/her team from the field of play will be terminated and the rest of the sport season may be cancelled.

## PARTICIPATING SCHOOLS:

- Middle Schools in the School District of Polk County
- Charter Schools
- Private Schools

## SPORTS:

- 1<sup>ST</sup> Grading Period – Girls Basketball & Wrestling
- 2<sup>nd</sup> Grading Period – Boys Basketball & Girls Volleyball
- 3<sup>rd</sup> Grading Period – Girls & Boys Soccer
- 4<sup>th</sup> Grading Period – Girls & Boys Track, Tennis & Golf
- PILOT PROGRAM – Girls & Boys Flag Football will be played during the 4<sup>th</sup> grading period PROVIDED there are sufficient funds for officials and there is sufficient interest
- ONLY THE ABOVE LISTED ACTIVITIES MAY BE PLAYED BY ANY OF OUR SCHOOLS.

**ADMISSION:**

- Adults \$3.00; Students \$1.00; Pre-school NC
- Gate Receipts will be deposited into a District Account set up by IA for every event in which admission is charged
- All schools must charge the indicated admission prices

**NUMBER OF CONTESTS/MATCHES:**

- Refer to Specific sports rules
- No loss of school time for any contests except with the approval of the Extramural Coordinator.
- The County golf tournament will necessitate a loss of school time due to the availability of a golf course and the length of this event.

**HOME ADMINISTRATION OF CONTESTS:**

- One administrator or designee (by the principal) in attendance at all contests. This person must be a full time employee of the host school.
- A coach of the sport playing MAY NOT be the designated administrator.
- Uniform security is required at all basketball games
- Administrator must remain at the site until everyone has left the facility.
- The home school will pay for security through a District Account set up by IA

**EQUIPMENT, SUPPLIES AND UNIFORMS:**

- All are at the expense of the individual school either out of IA account, donations, fund raising or other means.
- There are NO district funds available for any of these items.
- Each school has an Extramural account set up by IA for all of these purchases and revenue.
- Sports specific uniforms may be used, but are not required. If they are purchased out of IA they become the property of the school. Uniforms donated by outside organizations become school district property.
- T-shirts/shorts are appropriate for extramural competition provided the t-shirt has numbers on the front and back for ID purposes by the game officials.

**PRE SEASON CLINICS:**

- Schools should encourage the local high school coaches of each sport to conduct a free one day clinic for all middle school students.

**GAME OFFICIALS:**

- Schools must contract with local FHSAA sanctioned sports associations for the game officials and the home team will be responsible for arranging for the game officials.
- Schools will pay for the game officials through a District Account set up by IA.

**TRANSPORTATION:**

- Each school will charge all bus transportation to a District Account set up by IA.
- School buses can be used if no other mode of travel is available and if the team size warrants a bus.
- Schools may choose to have the students meet at the away site and be driven there by their parents.
- Parents, coaches and approved volunteers may also drive athletes to contests.
- It is not the responsibility of the coaches to take students home from athletic contests and this should be strongly discouraged.

**SCHEDULING OF CONTESTS:**

- Schools who indicate that they are participating in a particular sport will attend a meeting so that a master schedule can be completed at the meeting.

**PRACTICES:**

- Two weeks of tryouts and practices are required before students may participate in a contest.
- All practices must be held after school hours.
- No practices on Saturday or Sunday.
- Practice duration is limited to a 2 hour maximum.

**CLUSTERS:**

- Schools will be assigned to a cluster based on location or the type of school.
- Competition will be among the schools in a cluster.
- The only competition between clusters will be if there is an invitational countywide contest in a sport. Schools are not mandated to participate in any countywide event.
- ALL sports may hold an invitational tournament at the end of their season.
- All gate receipts from any invitational tournament will be deposited in the District Account set up by IA.

# INDIVIDUAL SPORTS RULES

## GIRLS BASKETBALL:

- Played during the 1st grading period.
- First Contest: Day 12 of the grading period.
- Maximum # of contests – 10
- JV team (6/7 graders only); Varsity team (any grade level)
- Games start at 6 pm (if only 1 game- still starts at 6 pm)
- JV game – 8 minute running clock per quarter
- Varsity game – 10 minute running clock per quarter
- Last minute of each half clock will start/stop as in a regular game
- Game ends if team is ahead by 35 points
- All other basketball rules are in effect
- Schools contact Randy Barnes at 863-698-9677; 863-534-4777; [RBarnes8@aol.com](mailto:RBarnes8@aol.com) for officials for the home games. Home team responsible for arranging for officials and paying for them through a District Account set up by IA.

## WRESTLING:

- Played during the 1st grading period.
- First Match: Day 12 of the grading period.
- Maximum # of matches – 4 plus county invitational match
- All practices are conducted at a high school wrestling room. No mats will be moved to a middle school for practices or matches.
- A wrestler must attend five (5) practices before they can participate in a match.
- Schools may enter multiple wrestlers in the same weight class.
- Weight Classes: lbs-77;88;95;102;113;121;128;136;146;160;175;200;285
- Saturday meets held at high school gyms.
- Lake Region Wrestling Officials Association will provide the officials. Host site responsible for arranging for the officials. Contact Greg Bondurant at [greg.bondurant@polk-fl.net](mailto:greg.bondurant@polk-fl.net).

**BOYS BASKETBALL:**

- Played during the 2nd grading period.
- First Contest: Day 12 of the grading period.
- Maximum # of contests – 10
- JV team (6/7 graders only); varsity team (any grade level)
- Games start at 6 pm (if only 1 game-still starts at 6 pm)
- JV games – 8 minute running clock per quarter
- Varsity games – 10 minute running clock per quarter
- Last minute of each half clock will start/stop like a regular game.
- Game end if team is ahead by 35 points
- All other basketball rules are in effect
- Schools contact Randy Barnes at 863-698-9677; 534-4777; [RBarnes8@aol.com](mailto:RBarnes8@aol.com) for officials for their home games. Home team responsible for arranging for the officials.

**GIRLS VOLLEYBALL:**

- Played during the 2nd grading period.
- First Contest: Day 12 of the grading period.
- Maximum # of contests – 10
- Games start at 6 pm (if only 1 game-still starts at 6 pm)
- Best 2 out of 3; rallying scoring: 21-21-15
- JV team (6/7 graders only); Varsity team (any grade level)
- Warmups: 5 minutes each team on the court; 2 minutes serving with both teams on the court at the same time.
- Coach/Officials conference at 20 minutes before game time.
- No balls in the gym once the game starts.
- 2 timeouts allowed per game.
- 3 minute break between games.
- All other volleyball rules are in effect.
- No jewelry of any kind permitted.
- Schools must provide ADULT line judges.
- Home school contacts Peggy White 206-3572; [wlyangler@tampabay.rr.com](mailto:wlyangler@tampabay.rr.com) for officials. Home team arranges for the officials.

**BOYS/GIRLS SOCCER:**

- Played during the 3<sup>rd</sup> grading period.
- First Contest: Day 12 of the grading period.
- Maximum # of contests – 10
- Both boys and girls teams may field a JV and a Varsity team.
- JV team (6/7 graders only); varsity team (any grade level)
- JV Boys/Varsity Boys will play on one night; JV Girls/Varsity Girls will play on another night.
- Games start at 6 pm (if only 1 game-still starts at 6 pm)
- JV games played in 25 minute halves with 5 minute break between halves.
- Varsity games played in 30 minute halves with 5 minute break between halves.
- All other soccer rules are in effect.
- Home school contacts Cleve Hillman 660-0275/604-4545; [hillman@usa.net](mailto:hillman@usa.net) for officials. Home team arranges for the officials.

**GIRLS/BOYS TRACK:**

- Played during the 4th grading period.
- First Track Meet: Day 12 of the grading period.
- Maximum # of meets- 4 plus county invitational.
- Individual Meets – maximum of 3 schools per site.
- Schools may enter 3 participants per event, one participant must be a 6<sup>th</sup> grader; only 1 relay team (no restriction on grade level).
- Individual student may enter a maximum of 3 events (includes the relays)
- List of events: 100 dash; 200 dash; 400 run; 800 run; 1600 run; 4 X 100 relay; 4 X 400 relay; sprint medley relay; shot put; long jump,

**GIRLS/BOYS TENNIS:**

- Played during the 4th grading period.
- Maximum # of matches – 10
- Team consists of 6 boys and 6 girls
- Two boys double teams; two girls doubles teams and two mixed doubles teams.
- No player can play in more than one match
- All matches will be Pro Set to 8. Tie breaker will be played at 7 to 7.
- All games will be a no-add scoring
- All games won will count toward determining the winning team.

**GIRLS/BOYS GOLF:**

- Played during the 4<sup>th</sup> grading period.
- Maximum # of matches – 10 plus county invitational
- Each team comprised of 6 players; best 4 scores count toward determining team winner.
- Maximum 3 teams at each site.
- Teams use the Circle 8 scoring system
- Teams play 5 holes unless playing at a Par 3 course when 9 holes will be played.
- County Invitational is 9 holes.

