

# Int er school Guidel ines f or Middl e Lev el Spor t s

Indiana High School Athletic Association  
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Indiana Interscholastic Athletic Administrators Association  
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IIAAA  
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**INDIANA INTERSCHOLASTIC ATHLETIC  
ADMINISTRATORS' ASSOCIATION**

**BE PROUD OF YOUR PROFESSION, BECOME INVOLVED!!!**

Participation in IIAAA benefits athletic administrators in a variety of ways:

1. IIAAA Newsletter
2. District and State IIAAA Conferences
3. Continued improved communication with the IHSAA and State Coaches Associations
4. Promotion of professionalism, new ideas, and new insights
5. Fellowship with peers
6. Fostering beliefs as professionals to provide the best programs possible for our student athletes.

**MAKE YOUR COMMITMENT TODAY TO JOIN IIAAA!!!**

**MEMBERSHIP INFO: BELOW ARE THE DISTRICT MEMBERSHIP CONTACTS - IF YOU WOULD LIKE TO BECOME A MEMBER OF IIAAA PLEASE CONTACT THE PERSON LISTED BELOW IN YOUR DISTRICT!**

**HIGH SCHOOL**

DISTRICT I - RICH SVIHRA - CROWN POINT HS - 219-663-5169  
DISTRICT II - SCOTT THOMPSON - PERU HS - 765-472-3301  
DISTRICT III - SHELLY HALEY - PIKE HS - 317-378-2661  
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DISTRICT V - BUFF GARDNER - SCOTTSBURG - 812-752-8927  
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**MIDDLE SCHOOL**

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## **--FOREWORD--**

This publication has been prepared for those who administer the interschool athletic programs for middle level schools. On January 21, 1975, the IHSAA authorized the appointment of a committee to study and prepare guidelines for athletics in middle level schools. Many member schools had asked for guidance in the direction of a program adapted to the abilities of students at this level of competition. An understanding of the physiological and emotional development of early adolescents, the need for providing safety precautions, and the importance of protecting the best interests of students, prompted this request. The lack of specific limitations in number of contests, age of participants, etc., often resulted in abuses, inequities, inconsistencies and unfair competition. This Committee met frequently; conducted its study and received cooperation of a high percentage of school administrators. The following guidelines represent the judgment of the middle level representatives attending the 2003 State Athletic Administrator's Association Conference in Indianapolis, and the Study Committee comprised of middle level representatives from each of the state's six districts.

### District Representatives:

District 1 - Ed Musselman, Wilbur Wright Middle School  
District 2 - Gerry Brown, Urey Middle School  
District 3 - Rick Brewer, Franklin Township Middle School  
District 4 - Greg Ehrman, Sunman-Dearborn Middle School  
District 5 - Mike Deaton, Austin Middle School  
District 6 - J.C. Davis, South Spencer Middle School

Original 7/1977

Revised 4/17/1984

Revised 5/1/1990

Revised 1/18/1995

Revised 1/30/2004

## **MIDDLE LEVEL SCHOOL GUIDELINES**

### **PREAMBLE**

The Indiana High School Athletic Association and the Indiana Interscholastic Athletic Administrators Association do not govern middle level schools, but recommend that they follow these rules within the guidelines set by the individual school district, principals' association, district athletic association, or school's athletic conference. Middle schools shall comply with Title IX

### **PURPOSE**

The purpose of these guidelines shall be to encourage, unify and give direction to wholesome amateur interschool athletic competition between middle level grade students. All such interschool athletic competition coming under the suggested guidelines shall be subservient to and complementary to the academic or curricular functions of the schools, which are their primary purposes. To assure that the program of interschool athletic competition remains steadfast to the principles of wholesome amateur athletics and subservient to its primary academic or curricular functions of education of the middle level school, schools should cooperate with agencies vitally concerned with the health and educational welfare of school students; furnish protection against exploitation of schools or their students; determine guidelines for qualifications of individual contestants, coaches and officials; and provide written communications to establish guideline standards for eligibility, competition and sportsmanship.

**PART I  
GENERAL ELIGIBILITY RULES**

**RULE 1 – RULE COVERAGE**

**Section 1**

These guidelines apply to all teams and all contestants enrolled in middle level schools participating in interschool athletic contests, tourneys and/or meets.

**RULE 2 – ADMINISTRATIVE RESPONSIBILITY**

**–Authority–**

**Section 1**

The principal is recognized as the school representative and as such is accountable for conduct of the athletic program of that school.

**Section 2**

The principal has the authority to designate a faculty member/s employed in that school system to act as a director of the teams representing the school.

**Section 3**

It is understood that any school corporation may adjust the scope of athletic activities.

**Section 4**

The principal or designee shall institute adequate team and crowd control measures at all contests in which their school participates and assures that their school's participants and fans conduct themselves in a proper and sportsmanlike manner.

**–Certification of Eligibility–**

**Section 5**

- a. The principal of the school in accordance with the guidelines hereby suggested must certify to the eligibility of all contestants:
- b. Each school should establish their own guidelines toward scholastic eligibility.
- c. When eligibility is in question, should not be allowed to participate in interschool contests.
- d. All participants should be fulltime students within their respective school district.

**–Consent and Release Certificates–**

**Section 6**

Students, prior to their first practice, should have had (a) a physical examination by a physician holding an unlimited license to practice medicine and (b) written consent of parent or guardian for such participation.

Evidence of both, included on the Consent and Release Certificate, should be on file in the principal's office prior to the student's first practice. Physical examination must be on or after May 1 for the following school year. Such certification may suffice for the entire school year.

This guideline should not be waived.

It is recommended that all student athletes have insurance.

**Section 8**

Students who are physically unable to practice for 5 consecutive days due to illness or injury should present to their principal or director a statement from a physician licensed to practice medicine that they are again physically fit to participate in interschool athletics.

**RULE 3 – AGE**

**Section 1**

Students participating in sixth grade, seventh grade and/or eighth grade athletic contests should be eligible within the following guidelines:

6<sup>th</sup> grade – A student who is or shall be fourteen (14) prior to or on the scheduled date of the last contest in a sport should be ineligible to compete in grade-level specific sports within the following guidelines.

7<sup>th</sup> grade – A student who is or shall be fifteen (15) prior to or on the scheduled date of the last contest in a sport should be ineligible to compete in grade-level specific sports within the following guidelines.

8<sup>th</sup> grade – A student who is or shall be sixteen 16 prior to or on the scheduled date of the last contest in a sport should be ineligible to compete in grade-level specific sports within the following guidelines.

## **Section 2**

In non grade-level specific sports, a student who is or shall be 16 prior to or on the scheduled date of the last competition in a sport should be ineligible for competition in that sport.

## **RULE 4 – AMATEURISM**

### **Section 1**

All contestants in middle level school sponsored contests should be amateurs in that sport in which they wish to participate.

### **Section 2**

Students should not play under assumed names nor accept remuneration, directly or indirectly, for playing on athletic teams.

### **Section 3**

Students should not be considered as violating their amateur standing if they participate in any sport, out of season, sponsored by professionals.

### **Section 4**

School having students who have violated their amateur standing should notify any school against whom competition occurred which involved that student's participation.

### **Section 5**

A student may accept reasonable meals, lodging and transportation if such are accepted in service rather than money or in some other material form.

## **RULE 5 – AWARDS, PRIZES, GIFTS**

### **Section 1**

The giving and receiving of awards should (a) be kept within reasonable bounds; (b) have symbolic value only and (c) be with the consent and under the supervision of the school principal.

NOTE: The giving and receiving of awards with the consent and under the supervision of the school principal concerned should mean that the school principal in each school should have real control and supervision without pressure of any kind from outside persons or groups of persons.

### **Section 2**

Awards such as trophies, plaques, medals, ribbons or similar articles of symbolic value may be given.

### **Section 3**

Schools belonging to athletic conferences may make awards to the winning schools or winning participants.

## **Section 4**

Suitable awards may be accepted by schools and/or students from such local organizations as service clubs, patriotic organizations, civic groups, and dads' and mothers' clubs. Commercial businesses may name a player or players of the game or week provided the student does not accept merchandise, meals, cash, ect, for such an honor.

## **RULE 6 – COACHES**

### **Section 1**

Coaches should be regularly certified to teach in schools in Indiana and:

- a. All remuneration for coaching should be from the Board of Education of the school employing the coach.
- b. No school should be permitted to employ a coach who receives extra pay, salary, gifts or trips from outside sources for coaching.
- c. Where there is a coach of a mixed (boys and girls) team or a male coach of a girl's team or a female coach of boys' team, there should also be an adult advisor of the opposite sex. It is **strongly recommended** that such advisor be employed by the school system. Responsibilities must include being present at practices, contests, meetings, and accompanying team to all events, which involve travel.

## **RULE 7 – CONDUCT, CHARACTER, DISCIPLINE**

### **Section 1**

Contestants' conduct, in and out of school, should be such as:

- a. Not to reflect discredit upon their school.
- b. Not to create a disruptive influence on the discipline, good order, moral or educational environment in the school.

## **RULE 8 – CONTESTS**

These are general rules applying to all interschool contests.

### **Section 1**

No games, meets or tourneys should be played by schools without the sanction of the principals.

### **Section 2**

Interschool athletic contests should follow the recommended guidelines for that contest.

### **Section 3**

In all contests, the decisions of the officials shall be considered final and binding.

#### **Section 4**

Students may represent only one school in any sport during a tournament series.

#### **Section 5**

All-boys teams and all-girls teams should not participate against each other in interschool athletic contests.

#### **Section 6**

Boys' contests and girls' contests may take place simultaneously or during the same session. With prior mutual consent, team and individual scores may be combined.

#### **Section 7**

There should be no interschool athletic contests played or practices or clinics held on Sunday. Calling one or more team members together on Sunday for the purpose of studying scouting reports or viewing films of games should be considered a violation.

#### **Section 8**

In order to protect the health and safety of all participants, when a school is involved in a strike situation, suspension of students, etc., which prevents regularly scheduled supervised practice sessions of normal length and frequency, prior to participation, there should be:

- a. The required preseason practices, if applicable;
- b. A minimum of 4 separate days of school-approved practices following 5 to 10 consecutive interrupted school days;
- c. A minimum of 6 separate days of school-approved practices following 11 or more consecutive interrupted school days.

#### **Section 9**

Withdrawal of a school athletic team from an athletic contest in progress other than emergency situation and, unless by mutual consent of both schools, should jeopardize future scheduling considerations.

#### **Section 10**

The use of audio-visual equipment for coaching purposes during athletic contests in any sports should be prohibited.

### **RULE 9 – CONTRACTS**

#### **Section 1**

The "Contract for Athletic Contests" should be used for all interschool athletic contests and countersigned by the principal or director of the schools involved.

### **RULE 10 – ENROLLMENT AND ATTENDANCE**

#### **Section 1**

In order to be eligible for athletic competition during any cut-sport season, a student should have entered a middle level school prior to the day the first contest occurs.

### **RULE 11 – OFFICIALS**

#### **Section 1**

The officials in all interschool contests requiring officials should currently be licensed by IHSAA.

#### **Section 2**

All licensed officials should wear the current officials' insignia on the prescribed uniform.

#### **Section 3**

Written contracts are mandated between schools and officials.

### **RULE 12 – PARTICIPATION**

#### **Section 1**

Participation in an athletic contest or any other similar team during the same season in which they represent their school in that sport is strongly discouraged.

#### **Section 2**

A student who participates in an interschool contest when ineligible other than in scholarship, too many quarters, too many events and similar oversights, should become ineligible only in that sport for the remainder of that sport season unless facts were purposely withheld or misrepresented. Such deliberate action should make the student ineligible in all sports for the remainder of that semester and all of his/her next semester in school.

#### **Section 3**

Participation of students in an organized athletic contest with or against players not belonging to their school constitutes a game. An organized "scrimmage" or practice by students with or against teams or players not belonging to their school is considered a game.

### **RULE 13 – SCHOLARSHIP**

#### **Section 1**

Each school should establish their own scholastic requirements for students participating in their interschool athletic contest.

## **RULE 14 – UNDUE INFLUENCE**

### **Section 1**

The use of undue influence by any person or persons to secure or to retain a student or to secure or to retain one or both parents or guardians of a student as residents should cause the student to be ineligible for interschool athletics.

### **Section 2**

No student should be eligible to participate in any interschool contest under the rules, if it should be shown that he/she or any member of their family is receiving any remuneration, either directly or indirectly, to influence them or their family to reside in a given school district or territory in order to establish eligibility on the team of said school.

## **PART II**

### **INTERSCHOOL SPORTS RULES—BOYS & GIRLS**

#### **GENERAL ELIGIBILITY RULES – these rules apply to all sports.**

1. Practice should start no earlier than 3 weeks prior to first scheduled contest.
2. Follow National Federation Rules except in Golf (USGA rules are used) and Tennis (USTA rules are used).
3. There should be 10 separate days of organized practice under the supervision of the coaching staff for each contestant preceding date of participation in interschool contests. Only one practice may be counted for any one day.

NOTE: Individual participants may be considered eligible to participate in an immediately following season's sport contest after 5 days of organized practice.

#### **RULE 51 – BASEBALL (BOYS)**

1. Maximum number of season games for a team or student should be 18.
2. A pitcher should not pitch in more than 8 innings in any 3-day period.

#### **RULE 52 – BASKETBALL (BOYS & GIRLS)**

1. The length of quarters should be no greater than 6 minutes with a 10-minute halftime.
2. A school should play no more than 16 regular season games and two tournaments.
3. If a player participates in 2 tourneys, the games played in the second tourney should be included in the 16 games permitted for that grade level.
4. Overtime periods should be 3 minutes in length.
5. It is recommended that the 3-point shot be used.
6. Participants should play no more than 4 quarters per session.

#### **RULE 53 – CROSS-COUNTRY (BOYS & GIRLS)**

1. Participants should not compete in more than 12 scheduled meets in one season.
2. All participants should wear a complete school team uniform. No head apparel should be permitted.
3. Maximum distance for participants should be 4,000 meters.

#### **RULE 54 – FOOTBALL (BOYS)**

1. Use only safety approved football equipment as listed in the National Federation Rulebook.
  - a. Helmet
  - b. Mouth piece
  - c. Shoulder pads
  - d. Hip pads
  - e. Only molded rubber shoes
2. Teams may use intermediate or regulation ball (example J5Y or J5V); if other team uses different ball, change will be made on change of possession.
3. The length of quarters should be a maximum of 8 minutes with a maximum 12-minute halftime.
4. Participants should play a maximum of one game per calendar week.
5. Participants should play no more than 4 quarters per session.
6. No overtimes should be permitted.

#### **RULE 55 – GOLF (BOYS & GIRLS)**

1. Follow USGA Rules
2. Team may consist of six players but score only first four.

**RULE 56 – GYMNASTICS (GIRLS)**

1. Limit each event to no more than 3 contestants per school.

**RULE 57 – SOCCER (BOYS & GIRLS)**

1. The length of halves for middle level school contests should be no greater than 30 minutes with a 10-minute halftime.
2. A middle level school team should play no more than 14 scheduled games and one tournament.
3. If a team participates in 2 tourneys, the games played in the second tourney should be included in the 14 games permitted for that grade level.
4. No overtimes should be permitted.

**RULE 58 – SOFTBALL (GIRLS)**

1. Maximum number of season games for a team or student should be 18.
2. Contests should be held between (a) first scheduled day of school and October 15, or (b) March 25 and the scheduled end of school.

**RULE 59 – SWIMMING (BOYS & GIRLS)**

1. No more than 10 meets should be scheduled per season.
2. Enter contestant in a maximum of 4 events, 2 of which should be relays.
3. Suggest participants swim 400 yards freestyle instead of 500 yards freestyle.

**RULE 60 – TENNIS (BOYS & GIRLS)**

1. Follow the United States Tennis Association Rules.
2. A team should not have more than 3 scheduled matches per week.
3. A contestant may play singles or doubles.

**RULE 61 – TRACK AND FIELD (BOYS & GIRLS)**

1. All team members/participants must wear the school uniform. No head apparel should be permitted.
2. Events – those recommended for middle level schools in the National Federation rulebook.
3. Recommend pole-vaulting event only if qualified coaching is available and landing pad meet National Federation specifications.

**RULE 62 – VOLLEYBALL (GIRLS)**

1. A school should play no more than 16 regular season games and two tournaments.
2. There should be no more than 3 matches per calendar week.
3. Host school should notify visiting school regarding variations or modifications of facilities or rules prior to contest.

**RULE 63 – WRESTLING (BOYS)**

1. The recommended weight classes for a middle level combined team are: Change weight classes to: 70, 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 155, 165, 180, 210, 240, 275.
2. Wrestlers may move up one weight class, but not down. Also 180, 210, and 275 may not move up.
3. Weigh-ins may be done before school lunch time under the supervision of the coach and an appointed administrator. The wrestler gets one chance to weigh in. Once the wrestler weighs, they may eat lunch. Weights must be faxed, emailed, or telephoned to the opposing school before 2:00 PM on the day of the contest.
4. The only time a wrestler is given a one-pound allowance is for Monday meets, after a three-day holiday, or the second meet of back-to-back meets.
5. Excessive weight loss is not condoned.
6. The maximum number of dual meets should be 14. A student or team may participate in the following: (a) 14 interschool dual meets and one tournament or (b) additional tournaments may be scheduled with each counting as 2 of the 14 dual meets.