

FINAL CHANGES VERSION OF THE 2005 STATE BOARD OF EDUCATION

Middle Jr. High School Athletics APPROVED Revisions

I. Major Changes:

1. Eligibility: Semester Rule (p.7): No student may be eligible to participate at the Middle School level for a period lasting longer than 4 consecutive semesters beginning with the students entry into seventh (7th) grade. The principal shall have evidence of the date of each player's entry into the 7th grade. The semester rule will be implemented in the 2006-2007 school year in order to grandfather any potential students, which are not following these guidelines.
2. Conforming Rules (#5-D) (p. 10): Boys are not allowed to participate on any girl's team as defined by interpretation of the Office of Civil Rights interpretation of Title IX in 1994.
3. Skill Development (7 G) (P. 10): Off-season skill development sessions are allowed during the school year for seventh and eighth graders. All skill development sessions must be voluntary and open to all athletically eligible students. At no time may a coach require of any student off-season skill development sessions as a measure of continued participation on a team. Any team practice or game environment created in an off-season skill development session is prohibited during the 180-day school calendar. The primary focus of off-season skill development should be on individual student athletes, not team. During the summer, working with individuals, including rising and eligible seventh graders will be allowed, as long as it is not required.
4. Game Rules (C) (p. 11) Pre-season Scrimmage: One (1) pre-season scrimmage is permitted with other school teams in each sport. Non-school team scrimmages are not permitted in any sport. The scrimmage shall be used as a teaching tool.
5. Game Rules (#8) (p. 11): Schools shall use the adopted rules in this manual from the Department of Public Instruction. The adopted rules are defined in each sport section. General Statute 115C-47(4) makes it the responsibility of the local board of education to regulate extracurricular activities, including athletics. Thus, LEAs have the responsibility of monitoring National Federation rules and guidelines and incorporate into local policy yearly.
6. BASEBALL Adopted Game Rules (p. 13): By conference adoption, middle school team grades seven-eight may use modified distances and should decide on a bat size for the conference play.
7. BASEBALL Pitching Limitation (p. 13): A player is limited to pitching 10 innings Monday through Saturday. One pitch constitutes an inning pitched. (Schools should adopt conference rules to govern pitching outside of school in league play.)
8. FOOTBALL Date of First Practice (p. 14): Practice may begin no earlier than 6 school days prior to the opening of the school term. A preseason physical conditioning week must be observed.
9. FOOTBALL Date of First Practice (p. 15) (3) It is recommended that water breaks be offered every 20 or 30 minutes and that the following hot weather chart developed by the Sports Medicine Program, State Department of Public

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- Instruction, be followed. It is also recommended that EMS be available on game days and that athletes do daily weigh-ins in order to monitor weigh loss.
10. FOOTBALL (4) Date of First Practice (p. 15): A player shall have participated in a minimum of 9 separate days of team practice, 3 of which shall be in pads before participating in a football contest with outside competition. (Exception: soccer players who are used as a kicker.)
 11. VOLLEYBALL Matches (p. 19): In regular season and tournament play, matches shall be decided by at least the best two of three games.
 12. WRESTLING Weight Classifications (p. 20): For both middle and junior high schools the weight classes are as follows: 83, 93, 103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, and heavy weight. LEAs may add an additional weight class of 215 by conference adoption. The maximum weight for the heavy weight contestants will be 250 pounds. The minimum weight for the 250-pound class is 188 pounds. If LEAs do adopt a 215-weight class, then the minimum for having weight becomes 190. The minimum weight for an 83-pound contestant is 68 pounds. The minimum weight for a 93-pound contestant is 78 pounds. A two-pound growth allowance will be allowed after January 15th each year.
 13. WRESTLING (p. 20): NOTE: It is recommended that coaches monitor daily weigh ins with weight loss not to exceed 3 pounds per week. The use of artificial weight loss devices / measures are prohibited.

II. Minor Edits / Changes:

1. Superintendent and SBE Chair names changed in forward.
2. Recommended Sportsmanship/Ejection Policy (p. 9): * Please review page 23 for required APA Code on ejections.
3. LEA's to LEAS and Ejection's to ejections (edits throughout document)
4. General Rules And Regulations Governed By The State Board of Education (p. 10): The SBE authorizes the LEA or the conference, of which the school is a member, to administer the rules and regulations. LEAs have the authority to be stricter on State Board of Education policy if they so choose.
5. (3) Cheerleading (p.10): Cheerleading is an activity that comes under the control of the LEA and conference. It is recommended that LEAs and schools follow the National Federation spirit rules and guidelines.
6. (F) Number of Contests Per Week (p. 11): Teams and/or individuals may participate in only one regularly scheduled football game per week. In other sports, students may participate in two regularly scheduled contests per week. (Emergency Exceptions: slow / fast pitch softball and volleyball).
7. Sports Regulations (p. 11): Delete the repeated language at the top introduction.
8. Officiating (p. 12): Officials are recommended to be obtained through a satellite-booking agent of the NCHSAA.
9. Appendix will change to drop the Cheerleading guidelines and add Hazing / Bullying guidelines of the NCHSAA. In addition, the appendix will also include a Resources page for rulebooks, DPI Manual access, websites, and contact information.

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**MIDDLE / JR. HIGH SCHOOL ATHLETICS COMMITTEE
FOR 2005 REVISIONS**

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