

# MIDDLE SCHOOL

2021 – 2022

## ATHLETIC HANDBOOK

---

---

**KENT**

**CEDAR HEIGHTS**

**MERIDIAN**

**MILL CREEK**

**MATTSON**

**NORTHWOOD**

**MEEKER**

---

---

**TAHOMA**

**SUMMIT TRAIL**

**MAPLE VIEW**

# TABLE OF CONTENTS

<b>KENT-TAHOMA LEAGUE SPORT CHAIRPERSONS .....</b>	<b>i</b>
<b><u>ACTIVITIES, POLICIES, &amp; PRACTICES</u></b>	
<b>I. Introductory Statement.....</b>	<b>1</b>
<b>II. Eligibility .....</b>	<b>1</b>
<b>III. League Sports.....</b>	<b>2</b>
<b>IV. Playing Regulations .....</b>	<b>2</b>
<b>V. Scheduling.....</b>	<b>2</b>
<b>VI. Trophies and Awards .....</b>	<b>3</b>
<b>VII. School Visitation.....</b>	<b>3</b>
<b>VIII. Scouting .....</b>	<b>3</b>
<b>IX. Contest Officials .....</b>	<b>4</b>
<b>X. Activities After Games .....</b>	<b>4</b>
<b>XI. Band At Games .....</b>	<b>4</b>
<b>XII. Pep Groups.....</b>	<b>4</b>
<b>XIII. Yell and Song Leaders .....</b>	<b>4</b>
<b>XIV. Non-School Participation.....</b>	<b>5</b>
<b>XV. Vacation Turnouts.....</b>	<b>5</b>
<b>XVI. Protests.....</b>	<b>5</b>
<b>XVII. Violations.....</b>	<b>6</b>
<b>XVIII. Sanctions .....</b>	<b>6</b>
<b>XIX. Appeals .....</b>	<b>7</b>
<b>XX. Sports Turnout Guidelines .....</b>	<b>7</b>
<b>XXI. Locker Room Supervision .....</b>	<b>7</b>
<b>XXII. Coaches' Meetings .....</b>	<b>7</b>
<b>XXIII. Proper Warm Up.....</b>	<b>7</b>
<b>XXIV. Inclement Weather .....</b>	<b>8</b>
<b>XXV. Sportsmanship.....</b>	<b>8</b>
<b>XXVI. Kent-Tahoma League Starting Times For Athletic Contests.....</b>	<b>8</b>
<b><u>SPORTS GUIDELINES</u></b>	
Boys' Football .....	9
Boys' Basketball.....	10
Girls' Gymnastics .....	12
Boys' Wrestling.....	15
Middle School Wrestling Weight Classification .....	19
Girls' Basketball.....	20
Girls' Volleyball.....	22
Boys'/Girls' Soccer .....	24
Boys'/Girls' Track .....	26
Track Meet Regulations.....	28
Track - Boys' Section.....	31
Track - Girls' Section .....	32
Suggested Track Meet Management Guidelines .....	33
Hints for Running a Smooth Track meet .....	34
Kent-Tahoma Middle School League Track Management Responsibility.....	35
Track Entry Sheet .....	36
Girls' Badminton .....	37

**2021-2022**  
**KENT-TAHOMA MIDDLE SCHOOL LEAGUE**  
**SPORTS CHAIRPERSONS**

**FOOTBALL**

*Idrissa Binta*  
*Meridian MS*

**BOYS' BASKETBALL**

*Chris Arrington*  
*Cedar Heights MS*

**GIRLS' GYMNASTICS**

*Stacy Fox/Mia Roberts*  
*Mattson MS*

**BOYS' WRESTLING**

*Dan Orm*  
*Summit Trail MS*

**GIRLS' BASKETBALL**

*Kelli Darcy*  
*Meeker MS*

**BOYS & GIRLS TRACK**

*Brian Smith/Chris Kunzelman*  
*Kent School District*

**GIRLS' VOLLEYBALL**

*Renee Damerow*  
*Northwood MS*

**BOYS & GIRLS SOCCER**

*Molly Rutter*  
*Mill Creek MS*

**GIRLS BADMINTON**

*Nathan Oliver*  
*Maple View MS*

**ACTIVITY POLICIES AND PRACTICES OF THE  
KENT-TAHOMA MIDDLE SCHOOL LEAGUE**

**I. INTRODUCTORY STATEMENT**

- A. The members of this league, through its officers and representatives, shall be responsible for administering its affairs and supervising its activities according to the policies contained herein.
- B. The District Athletic Director(s) shall meet regularly with the building athletic coordinators of member schools to formulate schedules and recommend league actions to the building principals of member schools. Whenever athletic coordinators vote against the unanimous recommendation of coaches, rationale shall be provided along with their recommendation.
- C. League coaches will express any discrepancies or concerns to their own building principal, who will be responsible for follow-up action with the league or other member school.
- D. Building chairpersons are authorized to directly contact each head coach prior to calling a meeting to determine if a meeting is necessary. If there are no concerns or proposals for rule changes, the BC is authorized to cancel post season meeting requirement. BC will be responsible for reporting cancellation/non-meeting to all head coaches and athletic department.

**II. ELIGIBILITY**

- A. Middle school students are eligible for only one sport per season.
- B. Scholastic eligibility: Student athletes must be eligible under the rules of the Washington State Interscholastic Activities Association (WIAA) to participate in an interscholastic contest. Eligibility standard should be a positive, motivating force because athletic participation, when combined with a high priority on academic performance, ensures the total development of the student. The Kent-Tahoma Middle School League is committed to regular monitoring of its athletes' academic performance, while striving to provide equal opportunities for all students.

Rules of thumb regarding middle school athletic eligibility:

- 1. All student athletes will be checked for academic eligibility by their building administration or designee. To monitor a student's continued academic eligibility, grade checks are required mid-quarter 1, end of quarter 1, mid-quarter 2, end of semester 1, mid-quarter 3, end of quarter 3, mid-quarter 4, end of semester 2.
- 2. Athletic eligibility will be determined by WIAA and Kent/Tahoma standards.
- C. When illness is the issue, student participation will be determined by district policy.
- D. An eligibility list established before the first contest of the season shall be maintained in the principal's office.
- E. Any athlete moving to a higher-level classification must remain at that level for the remainder of the calendar week (Sunday to Sunday); minimum penalty - forfeit all contests in that sport during that week.
- F. Eighth-grade students are eligible for competition on varsity teams only unless authorized by Kent SD or Tahoma SD athletic directors to participate on 7<sup>th</sup> grade/JV level.

**III. LEAGUE SPORTS**

Official recognized interscholastic competitive sports in the Kent-Tahoma MS League are:

Season 1 Boys' Varsity & JV Track  
Girls' Varsity & JV Track  
Girls' Badminton  
Boys' Soccer (**Kent only**)

Season 2 Boys' Basketball  
Girls' Gymnastics

Season 3 Boys' Wrestling  
Girls' Basketball

Season 4 Boys' Football  
Girls' Volleyball  
Girls' Soccer

#### IV. **PLAYING REGULATIONS**

- A. All athletic playing regulations and rules will be determined by the Kent and Tahoma athletic directors and league principals, staying within the framework of the WIAA.
- B. Squad size limitations will be determined by athletic director.
- C. Non-league contests, matches, meets, or other interscholastic competitions are not permitted without Kent-Tahoma MS League approval.
- D. Uniforms - Each league school will have single color uniforms (no traveling uniforms in football or boys' and girls' basketball):

<i>Cedar Heights MS:</i>	White
<i>Mill Creek MS:</i>	Navy
<i>Mattson MS:</i>	Maroon
<i>Meeker MS:</i>	Green
<i>Meridian MS:</i>	Blue
<i>Northwood MS:</i>	Purple
<i>Maple View MS</i>	Gold
<i>Summit Trail MS</i>	Blue *

\* Summit Trail must wear white when playing Meridian

#### V. **SCHEDULING**

- A. Games shall be scheduled within the Kent-Tahoma MS League as far in advance as possible.
- B. All games, matches, and contests will be approved by the league.
- C. Tie for championships will not be played off.
- D. Formation of athletic schedules shall be the responsibility of the District Athletic Director(s) who will work in cooperation with the coaches and building athletic chairpersons.

- E. Number of games or match limitations may not exceed those established by the WIAA handbook, Kent-Tahoma MS League handbook regulations, and league-adopted schedules.
- F. Principals may mutually agree to schedule school-time contests.
- G. Limited participation games are governed by the same guidelines as regularly scheduled contests according to the Kent-Tahoma MS League handbook guidelines. An officially paid coach will coach all limited participation games. The whole team will suit up and be present to preserve the team concept. Any adjustment to the limited participation numbers are to be made only if there are insufficient numbers of athletes available; this needs to be communicated to the opposing coach prior to the contest.
- H. The Kent-Tahoma MS League will, if necessary, develop a rotating schedule pattern with consistent rotation of byes.
- I. Game times for Season 1 contests will be adjusted to an earlier time following the end of daylight-saving times if necessary.

**VI. TROPHIES AND AWARDS**

- A. Award certificates may be given at the discretion of each school.
- B. Team trophies shall be purchased by the school winning the championship.
- C. No traveling trophies are allowed for any sport.
- D. The league discourages the awarding of individual trophies.

**VII. SCHOOL VISITATION**

- A. On the day of interscholastic contests or other activities, it is suggested that the visiting school or schools not arrive at the host school more than 30 minutes before scheduled time for the activity to begin. It is understood that sometimes the transportation department must pick up earlier than desired based on their routing schedules.
- B. Upon arrival, visiting students should go directly to the dressing room, athletic field, or auditorium assigned for the activity, or to an appropriate waiting facility provided by the host school for the visiting team.
- C. Locker room security is not guaranteed by host schools. Each team is responsible for their own security of valuables.

**VIII. SCOUTING**

- A. There shall be no scouting at Kent-Tahoma MS League athletic contests during school time. (This means no appearances at game site before 3:00 p.m.)
- B. The use of videotaping or other mechanical video devices for filming of interscholastic athletic events is approved. It is recommended that the home coach identify an appropriate area for taping.
- C. Exchange of films is permitted only between participating teams that were filmed.
- D. No on-site, third-party filming or videoing allowed at middle school contests.

**IX. CONTEST OFFICIALS**

A. Association officials will be requested as follows:

Varsity football	2
7th football	2
Varsity boys' basketball	2
7th boys' basketball	2
Varsity wrestling	1
Junior varsity wrestling	1
Varsity volleyball	1
7th volleyball	1
Varsity girls' basketball	2
7th girls' basketball	2
<b>B/G Soccer</b>	<b>1</b>
Girls' gymnastics	4 quad - 3 tri

**Note:** Non-association officials will not be used on the field or court in the varsity or seventh-grade contests listed above unless approved by the district director of athletics.

B. Coaches will report concerns regarding officiating to building athletic coordinator.

C. Officials for tournaments and jamborees will be paid from gate receipts. If there are insufficient funds to cover payment, costs will be divided equally between participating schools.

**X. ACTIVITIES AFTER GAMES**

Activities after games shall be confined to the host school only.

**XI. BAND AT GAMES**

Bands shall not perform at games away from home, except by mutual agreement of the principals involved.

**XII. PEP GROUPS**

When athletic contests are played during school time, spectator groups and pep groups shall not be permitted to follow the visiting team to the host school.

**XIII. YELL AND SONG LEADERS**

A. Yell and song leaders shall not wear uniforms or lead organized cheers at away-games while school is in session.

B. All uniformed cheerleading squads accompanied by the responsible advisor are to be admitted free to all events, regardless of squad number.

#### **XIV. NON-SCHOOL PARTICIPATION**

- A. Students are not to be given special treatment or privileges on a regular basis to enable them to participate in non-school athletic activities, such as reduced practice times, special workouts, late arrivals, or early dismissals. (See WIAA rule)
- B. Students shall not compete in the uniform of the school at non-school events. (See WIAA rule)

#### **XV. VACATION TURNOUTS**

Vacation turnouts are not allowed at the middle school level. NOTE: The only exception is for wrestling and gymnastics turnouts. Only three turnouts maximum are allowed with the understanding that athletes will not be penalized in any way for non-attendance, and that these turnouts are approved by the building principal. These turnouts are optional and not expected or required to be held by contracted or volunteer coaches.

#### **XVI. PROTESTS**

- A. The Kent and Tahoma athletic building chairpersons will serve as the Protest Review Board (PRB) and their decision will be final unless a formal appeal is submitted to the Kent and Tahoma principals.
- B. Formalization of a protest is limited to head coach, building chairperson, or building principal (a junior varsity or seventh grade coach must go through the head coach.)
- C. Protests are restricted to a violation of either Kent-Tahoma MS League rules as outlined in the handbook, or the WIAA rules and regulations, or a violation of rules as per appropriate rulebook.
  - 1. Protest procedures for the specific sport must be followed or protest will be denied.
  - 2. Protests involving officials' judgment will not be heard.
- D. If a known violation occurs prior to the start of, or during an athletic contest (e.g., absence of an association official, lack of adult scorekeeper, etc.), the coach must let it officially be known that the contest is being played under protest.
  - 1. This protest is made through the school principal, game manager, or principal's designee.
  - 2. A written indication of protest and alleged violation must be submitted in writing by the coach to both building principals involved or indicated in the scorebook signed by the person submitting allegation.
- E. Formalization of the protest will be appropriately described in writing by the head coach, building chairperson, or principal, and filed with the Kent and/or Tahoma athletic director within the next three school days and shall include:
  - 1. Sequence of events.
  - 2. Specific rule violation.

The Protest Review Board (PRB) will be composed of:

- 1. The Kent and Tahoma **district** athletic directors who will serve as chairpersons. (Tahoma AD only if involved in protest).
- 2. Kent and Tahoma building chairpersons who will serve as the Protest Review Board (if involved in the protest as a coach, the principal will appoint a substitute).

The following may attend the PRB meeting:

- 1. The coaches involved in the dispute.
- 2. Persons, other than the involved coaches, as deemed appropriate to learning procedure, may be invited by the chairperson. Coaches and principals are encouraged to provide names or data deemed pertinent before the meeting.

3. Deliberation and final decision on the protest will be done in closed session by the PRB (all guests will be asked to leave).

F. In the event of a protest at a conference event the meet manager will make the decision.

**XVII. VIOLATIONS**

- A. The Kent and Tahoma building athletic chairpersons will serve as the official hearing body and their decision will be final unless a formal appeal is submitted to the Kent and Tahoma principals.
- B. The procedure outlined in the WIAA handbook shall apply to all Kent-Tahoma MS League, district, and state rule/regulation violations.
- C. The procedure of reporting violations by member schools to the Kent-Tahoma MS League shall be as follows:
  1. The principal of the reporting school shall notify the Kent and Tahoma athletic directors, in writing, within five days of becoming aware that a rule has been broken.
  2. The Kent and Tahoma athletic directors will obtain all pertinent data, consult, and schedule a meeting of the Kent and Tahoma building chairpersons to decide.
- D. See Section XVIII for sanctions.

**XVIII. SANCTIONS**

Kent-Tahoma MS League should be consistent with the penalties specified in the WIAA handbook.

If a rule is violated, the school (team) is automatically placed on probation for a period to be determined by the Kent-Tahoma MS League (if a team, while on probation, violates another rule, additional sanctions may be applied).

VIOLATION	SANCTION
Regular season game, meet, or match limitation	Forfeiture of contest
Removing a team from competition	Forfeiture of contest
Number of quarters or meets violated	Forfeiture of contest
No certificated/authorized coaching personnel	Forfeiture of contest
Use of an ineligible player	Forfeiture of contest
Filming/videotaping violation	Forfeiture of contest
Practice regulations violation	Forfeiture of next contest
Out-of-season practice/contest	Forfeiture of next contest
Forfeiture of a Kent-Tahoma MS League contest without prior league approval for that sport level	Forfeiture of all contests

If any of the above violations occur, the school (team sport) is also automatically placed on probation for a period to be determined by the Protest Review Board. (If a team, while on probation, violates another rule, all season games for that sport level will be forfeited.)

**XIX. APPEALS**

- A. Decisions rendered by the Kent and Tahoma athletic chairpersons concerning protests and sanctions may be appealed to the Kent-Tahoma MS League principals.
- B. Notification of appeals must be given, within five school days, to the chairperson of the Kent-Tahoma MS League Principals Association, who will schedule a time and place for the Kent-Tahoma Middle School League to meet and decide.

**XX. SPORTS TURNOUT GUIDELINES**

- A. The Kent-Tahoma MS League strongly supports and recommends that student team participation include attendance and full turnout with the scheduled practices unless excused for medical or emergency reasons.
- B. There will be no Sunday turnouts for any Kent-Tahoma MS League team.
- C. Only contracted and approved volunteer coaches are allowed to instruct, demonstrate, and/or supervise athletes and managers on eligibility roster. Under no circumstances are non-team members (high school students, non-district students, etc.) allowed to participate in team turnouts/practices. This includes any form of demonstration or modeling. Violation of this directive will be administratively reviewed for potential forfeiture of contest(s) and dismissal of coaching contract.

**XXI. LOCKER ROOM SUPERVISION**

- A. The head coach of any sport is responsible for locker room supervision for home and away games and for all turnouts.
- B. Athletes are to be always under the direct supervision of a coach and are to remain in assigned area at all home and away contests.

**XXII. COACHES' MEETINGS**

**The chairperson for each sport is to provide written notification of all meetings to head coaches of that sport, with copies provided to athletic directors and building principals.**

- A. Copies of minutes and any other correspondence are to be provided to principals and athletic director.
- B. Building chairpersons are authorized to directly contact each head coach prior to calling a meeting to determine if a meeting is necessary. If there are no concerns or proposals for rule changes, the BC is authorized to cancel post season meeting requirement. BC will be responsible for reporting cancellation/non-meeting to all head coaches and athletic department.
- C. **If post season meeting is scheduled by the sport commissioner, all head coaches are required and expected to attend.**

**XXIII. PROPER WARM-UP**

The Kent-Tahoma Middle School League principals will support coaches in ensuring that appropriate consideration is given to proper warm-up. Coaches involved in irregularities affecting appropriate warm-up time before any game are to decide amongst themselves, then communicate the decision on starting time of the game to the official(s).

**XXIV. INCLEMENT WEATHER**

If a school district cancels school and/or shuts down early due to hazardous weather conditions, it is mandatory that athletic turnouts at that district’s middle school level be canceled for that day. When practice cancellation impacts the required number of turnouts for eligibility, the league will take appropriate rescheduling action.

The league has adopted a lightning policy that is clear and simple to remember. If you can hear thunder and/or see lightning in the area, seek shelter indoors. If this is not possible, seek cover under an overhead structure. Do not return to activity until storm has cleared the area.

The National Weather Service recommends following the “30/30” rule. When lightning is seen count the time until thunder is heard. If it is 30 seconds or less, seek shelter immediately and stay there for at least 30 minutes after the last rumble of thunder is heard.

**XXV.**

**SPORTSMANSHIP**

- A. Control of athletes and shaping of a competitive, but sportsmanlike attitude is the responsibility of the coach.
- B. Regardless of the contest situation, poor officiating, or any other constraint, it is the coach's responsibility to immediately address any poor sportsmanship display on the part of their athletes.
- C. It is the expectation of the Kent-Tahoma MS League principals, when athletes exceed the bounds of proper conduct, to argue with the coach or contest official, fight, or lose self-control, they will be removed from the contest immediately and permanently for that day.
- D. Repeat instances of such a sanction by an individual should be dealt with in accordance with the district/building athletic code.

**XXVII.**

**KENT-TAHOMA LEAGUE STARTING TIMES FOR ATHLETIC CONTESTS**

EVENT	AFTERNOON
Varsity Football	3:45 p.m.
7th Grade Football	3:45 p.m.
Boys /Girls Varsity Basketball	3:45 p.m.
Boys/Girls 7th Grade Basketball	After Varsity
Varsity Wrestling	4:00 p.m.
Jr. Varsity Wrestling	4:00 p.m.
Boys & Girls Track	3:30 p.m. Field & 3:45 Running
Girls Varsity Volleyball	3:45 p.m.
Girls 7th Grade Volleyball	After Varsity
Girls Soccer	3:45
Boys Soccer	3:45
Girls Gymnastics	4:00 p.m.

## ***BOYS' FOOTBALL***

1. Football will be played during Season Four.
2. Football will have two squads as follows:
  - a. Varsity: Composed of seventh and eighth graders.
  - b. Seventh-grade Teams: Composed of seventh grade only.
3. Night games will not be scheduled unless approved by District Athletic Director(s).
4. Only football shoes approved by National Federation rules will be allowed.
5. Varsity quarters will be eight (8) minutes in length; seventh grade will be eight (8) minutes in length.
6. The WIAA "Kansas Plan" tiebreaker will be used from the 10-yard line.
7. The number of required practice days by WIAA for teams and individuals will be strictly adhered to.
8. Fifth quarters will be played at all levels following the regulation game for reserves unless darkness will not allow. Cancellation of the fifth quarter will occur only with 24-hour's notice and concurrence of both coaches. The fifth quarter shall be played against all teams except in the case of the 7th-grade team that has a B-team game scheduled against the same team coming up on the schedule (e.g., Meridian A team plays Meeker A on Thursday and has a B game scheduled for the following Monday).
9. The host school will provide a minimum of one adult on the chain crew and an adult timer for all varsity games. This is recommended for 7th grade games also.
10. Teams will have the option of using their own game ball when on offense. The game ball may be rubber, composite, or leather. Varsity will use an official size and 7th grade intermediate size.
11. Definition of the limited participation player: The limited participation player does not start on either offense or defense. He is on the second, third, or fourth team. He can play in the A game on special teams, or during times when the coach would normally send the reserves into the game. If the A player ahead of him is injured or absent, the limited participation player can play in the A game.

In the limited participation game, the first 14 (in terms of playing time) will be dropped from participation. See Section V, "Scheduling", item "G" in the Kent-Tahoma MS League Handbook.
12. A timer should be identified prior to the game and be in a position of visibility and accessibility to both teams.
13. Yard markers will be placed on both sides of the field.
14. Two points will be scored for successfully kicking, a P.A.T. and one point for successfully running or passing on P.A.T.
15. Visiting team will be provided an inside area to use during half-time if the home team goes inside.

## ***BOYS' BASKETBALL***

1. Boys' basketball will be played during Season Two.
2. Boys' basketball will have two squads as follows:
  - a. Varsity: Composed of seventh and eighth grade students.
  - b. Seventh grade: Composed of seventh grade students only.
3. Assembly games may be scheduled by the mutual approval of the schools involved (with athletic director's approval.)
4. The starting time is to be determined by the Kent-Tahoma Middle School League.
5. Eighth grade games are to be played with eight-minute quarters. Seventh grade games are to be played with six-minute quarters. There will be fifteen (15) minutes between games. Half time is to be ten minutes.
6. Any leather or synthetic leather basketball is accepted as an official game ball for varsity and seventh grade boys' basketball.
7. All teams shall receive a minimum 15-minute pre-game warm-up for safety purposes.
8. **SEEDING CRITERIA FOR SCHEDULE BLOCKS 8, 9, 10.**

To break any ties that may occur in determining positions for the final three games of the basketball season head-to-head results will be used. In the event of a three or more way tie the team that gave up the LEAST number of points against the other tied teams will receive the higher seed. If tie is broken using the lowest point total, the remaining teams revert to head-to-head.

### **9. DETERMINING SEASON LEAGUE CHAMPION**

The league champion will be determined based on the best overall season record of the top 4 seeded teams, as determined after the set of block 7 games have been completed.

### **GAME LIMITATIONS AND REGULATIONS**

1. Not more than ten games shall be participated in by middle school teams during a season. Any interschool game, interschool scrimmage, or practice game is counted as one of the ten season games.
2. The number of required practice days by WIAA for teams and individuals will be strictly adhered to.
3. Each player is limited to participation in ten games per season. Any amount of participation is considered as a game which means a boy may not participate in an "A" and "B" squad game on the same day of the same week.
4. It is recommended that scoring and time keeping be done by an adult for varsity and seventh grade games.

5. The head coach will drop 50% of the team who have played the most during the season and exclude them from the limited participation contest. If odd number, use lower figure. Any adjustment to the limited participation numbers is to be made only if there are insufficient numbers of athletes available; this must be communicated to the opposing coach prior to the contest.
6. No zone defenses are to be used in varsity and seventh grade games.
  - a. Definition of Zone: When all members of a defensive team are assigned to check or guard specific areas of the front court, even if no opponent is in that specific area.
  - b. Acceptable Defenses: All double teaming, full court zone press, half-court traps from the five-second line into backcourt are allowed. It is presumed that each player will check a specific opponent; double-teaming, sagging, and switching are acceptable. If cutter goes through the key, defensive player must stay with the offensive player.
  - c. Penalty: The first time, warning; second and consecutive times, technical foul, which is charged to the bench.
  - d. A man-to-man defense is defined as one in which each defensive player can both see and point to the player that they are defending.
7. If a team has a twenty point or more lead, they will no longer be permitted to press.
8. There will be a 35 second shot clock. Clock will be reset when the ball touches the rim.
9. Overtime periods shall be one-half the length of the regular quarter time. (8<sup>th</sup> grade = 4 minutes and 7<sup>th</sup> grade = 3 minutes)

## ***GIRLS' GYMNASTICS***

1. Girls' gymnastics will be during Season Two.
2. Events will include vault, beam, and floor.
3. The number of required practice days by WIAA for teams and individuals will be strictly adhered to.
4. The current level 4 USGF routines with substitutions as indicated will be used.
  - Vault: 8.5 start value on straddle through.  
10.0 start value on handspring.
  - Floor Exercises: 9.0 start value for substituting any three slow tumbling moves except forward rolls and backward rolls for round-off, flic-flac, flic-flac. 10.0 start value for routine as written for round-off, flic-flac, flic-flac. No tuck on floor exercise.
5. The number of scoring competitors per event, per school, will be no more than ten, including up to two all-arounds in all meets. Prior to meet, score sheets and lists shall be exchanged and all-arounds clearly established. All around gymnasts scores can count towards team totals in all events.
6. In meets where events are not filled, home team has the option to fill in extra positions with non-scoring participants.
7. The team scores will be computed by adding together the top four individual scores per event.
  - a. If any gymnast cannot continue, the specified alternate on her team may enter in her remaining events.
  - b. On the entry form, each coach must specify the alternate for each event, not to be changed.
  - c. The two all-around competitors will be designated with one alternate that can be substituted in the event of injury. These two gymnasts will be the only gymnasts considered for the all-around winners. While more gymnasts may be competing in three events, the only ones considered for all around will be those designated by the coaches prior to the meet. Any individual score that is in the top four would be counted for each team towards their team score.
8. In order of competition, follow Olympic competition order: vault, beam, floor. The home team will decide which event they will compete in first.
9. The home team will supply the equipment for the meet with the exception that visiting teams may bring their own springboard. Visiting schools are to contact the home school in advance to make arrangement, by mutual agreement, to use home school's springboard. Each team will supply its own individual score cards.
10. Vault height will be set between 110-120 cm. measured from the runway surface, or the nearest notch.
11. A mandatory ten-minute warm-up will be given to each team for each event prior to the start of the meet. Warm-up can only be done at the assigned event and at the assigned time. An athlete can warm up on another event if necessary and agreed upon. A one touch warm-up on beam is permissible during a quad meet.
12. The starting times for meets will be 4:00 pm unless otherwise scheduled.

13. The head scorekeeper will be an adult. The host school should also provide runners, an announcer, and some means of showing the individual gymnast score. The head coach of the host school will be designated as the meet director.
14. There must be at least one judge present to hold a dual meet and at least two judges present to hold a tri meet. If this requirement is not met, the meet will be postponed for 30 minutes before rescheduling.
15. There will be no protesting of judges' scores by athletes, coaches, or spectators.
16. Only participants, coaches, and meet personnel will be allowed in area of competition.
17. The balance beam will not be timed, nor the vault landing distance marked.
18. Only a standard gymnastics team salute will be done during "march-in" ceremony.
19. The vault runway will be uncovered floor, a padded surface not to exceed 1/2" thickness, or a mat specifically designated for runway use. It is recommended that the host school have a measuring tape along the vault runway. Any adjustment of vault needed, let host school know before adjusting.
20. Scores will be tabulated using a uniform Excel spreadsheet. That spreadsheet will be shared with the visiting coach immediately following the meet.
21. All athletes will be granted a minimum score of 4.0 on all events.
22. Gymnast shall not be allowed to wear jewelry or nail polish (finger/toe).
23. Home-Team Meet: The top priority will be for girls who have not competed in any event at any meet. Next priority will go to girls who have not competed in that event in a meet. There will be 4 spots for each event from each school unless there are more than 4 girls in that event that have not competed at any meet. No team score will be kept or announced. Need to have two floors if possible. Home-team participants need to compete in events to specifications without pausing in between and without hands-on coaching.
24. Varsity Meet: Only top 4 for each event per school.

# GYMNASTICS CONFERENCE MEET MANAGEMENT RESPONSIBILITY

*CONFERENCE MEET*

<b>2021-22</b>	<b>CEDAR HTS (@ CHTS)</b>
<b>2022-23</b>	<b>MERIDIAN (@ NW)</b>
<b>2023-24</b>	<b>NORTHWOOD (@ NW)</b>
<b>2024-25</b>	<b>MEEKER (@ CHTS)</b>
<b>2025-26</b>	<b>MILL CREEK (@ NW)</b>
<b>2024</b>	<b>REPEAT</b>

**SCHEDULE GUIDELINES –**

Mattson will host 1 meet plus the JV Meet every year.

*EXAMPLE:*

- CH – 3 + 1 (Varsity League Meet)
- MA – 1 + 1 (JV Meet)
- MC – 3
- MM – 2
- MK – 3
- NW – 3

## **WRESTLING**

1. Wrestling will be during Season Three.
2. There will be two wrestling squads:
  - a. Varsity: Composed of seventh and eighth grade athletes.
  - b. Junior Varsity: Composed of seventh and eighth grade athletes.
  - c. Exhibition: Composed of seventh and eighth grade athletes.
3. All Kent-Tahoma league matches shall begin **at the following weights: Match #1 at 80 lbs., Match #2 at 90 lbs., Match #3 at 108 lbs., Match #4 at 122 lbs., Match #5 at 145 lbs., Match #6 at 167 lbs., and Match 7 at 220 lbs.**

Varsity and junior varsity weight groups are as follows:

80, 85, 90, 96, 102, 108, 115, 122, 130, 138, 145, 155, 167, 178, 190, 220, 250 (max.).

The normal restrictions on all weight classes apply except in the 220 lb. and 250 lb. weight classes, when two wrestlers are more than 30 pounds apart. If this happens the wrestler in the actual weight class will take a forfeit. Teams cannot bump a wrestler up to accept a forfeit in the 220 lb. and 250 lb. weight class. Also, the minimum weight for a wrestler in the 80 lb. weight class is 65 lb., and the minimum weight for a wrestler in the 85 lb. weight class is 70 lbs.

4. Match round length is as follows: Varsity, junior varsity and exhibition rounds shall consist of three one-and-one-half minute rounds.
5. Weigh-ins prior to matches may be done by mutual agreement of coaches if official is not present one hour prior to match.
6. Recommended starting times: After school – 4:00 p.m.
7. During school (ASB) matches may be scheduled by mutual consent of the schools involved with athletic director's approval.
8. Association officials will officiate at all varsity and junior varsity matches. There will be two officials for each meet (one varsity and one junior varsity.)
9. Official scoring and time keeping shall be done by adults for all varsity matches and is recommended for junior varsity matches.
10. The number of turnouts necessary for eligibility shall be eight (8) as determined by the WIAA.
11. Wrestlers are not permitted to wrestle more than two matches per day, except in the case of a tournament.

Note:

  - a. Second match must be exhibition.
  - b. Must be 45-minute interval
  - c. Coaches need to be aware of season limitation rule.
12. Home teams shall warm-up after the visiting team has completed its warm-up unless prior arrangements have been made under mutual consent. The warm-up periods shall end with adequate time prior to the start of the match for introductions, etc.

13. Spectators are not allowed near the edge of the mat, scoring table area, weigh-in area and/or locker room.
14. There will be a dual meet and a varsity tournament champion.
15. Culminating Format
  - a. One-day Saturday tournament:

**NON-VARSITY** four-person round robin style tournament, which will take into consideration the wrestler's experience, weight, and age.

**VARSITY** double-elimination style tournament. Each school is allowed to enter one participant per weight class. In a bracket with **3** or fewer wrestlers entered, the weight class will run in a round robin style bracket. Placing points will be earned the same as double elimination brackets. Margin of victory points will also be awarded the same.

No parents are allowed in the weigh-in area or the coaches' room during the tournament.

NOTE: If wrestler participates in **NON-VARSITY**, they cannot participate in **VARSITY** as well.

- b. One hour break will be allowed between sessions if possible.
- c. After break: Consolation – three or four mats (third, fourth, fifth, sixth place)  
Finals - one mat after consolation round (1st & 2nd place)
- d. The Bye's in the first round of the tournament will mirror any extra points earned in the semi-final round of the tournament for a major decision, technical fall or fall.

Example: A number 1 seed has a bye in the first round. In the semi-final round the #1 seed pins his opponent. He will earn pin points for the semi-final round and the first round.

- e. Seeding for Tournaments
  1. The wrestlers that are seeded and placed in the 8-man bracket at the seeding meeting will be the only wrestlers eligible to wrestle in that weight class at the culminating event (tournament). No wrestler can be added or replaced after the seeding meeting. If a wrestler is a no show at the culminating event (tournament) due to injury, sickness, etc. The weight class will be reseeded. The reseeding of the weight class will take place at the coaches' meeting prior to the start of the culminating event.
  2. Each coach needs to have a team list with each wrestler's overall varsity record with the results of each match (match summaries of the season). This list should be handed out to each coach before the start of the meeting.
  3. Seeding criteria:
    - a. Overall varsity record (Most wins)
    - b. Head-to-head (in the event of a three-way tie in record, comparative scores will determine the best of three, i.e., Decisions - Margin of Victory and Pins - Fastest pin and remaining two will revert to head to head.)
    - c. Best record in weight class (Most wins)
    - d. Common opponent

- e. Total matches in weight class
  - f. Special consideration can be given to a returning finalist (due to injury)
- f. Wrestlers will be given an extra pound on the day of the tournament.
  - g. At the seeding meeting, unfilled spots will be filled by coaches' draw, starting in reverse order according to the team that finished last in the dual season. This will continue in this order until as many open spots are filled as possible. Each team will have the opportunity to fill a maximum of four spots in the tournament. Each team will be allowed a maximum of two wrestlers per weight class. When a weight is selected, the wrestler will be placed at the highest remaining seed, regardless of record or school. All these wrestlers will be considered non-scorers. Every effort will be made to put wrestlers from the same team in opposite halves of brackets.
  - h. Prior to weigh ins, non-scores may move into scoring positions in the Varsity Bracket for any reason. But the bracket must be reseeded, and the non-scorer may not participate with the JV wrestlers.
  - i. The seeding meeting will be held after the dual season ends.
  - j. The number of coaches (paid or volunteer) allowed on the wrestling mat is restricted to a maximum of two (2) coaches. Additionally, only one coach per mat is allowed to address the referee and official scoring table. Three coaches are allowed on the mat during the finals.
16. Each school will be responsible for certification of scales each year and the certification sticker must be visible.
  17. Exhibition Wrestling:
    - a. Who officiates? Both JV and varsity officials on two mats.
    - b. The athlete who wins by forfeit on varsity or junior varsity can subsequently wrestle an exhibition match. Wrestlers may not accept more than one forfeit in a dual meet. A forfeit will not count as a match against the 22-match limit as set by the WIAA. Forfeits at the varsity level will count as a win for tournament seeding purposes.
    - c. What about grade level concerns and strength skill concerns? Each school will have a list of exhibition wrestlers by weight, grade level, and experience. Coaches will meet and match up by considering weight, grade, and experience according to Kent-Tahoma guidelines and National Federation rules.
  18. Wrestling is exempt from the "Sunday to Sunday" rule listed in Section II, item E, of Kent-Tahoma Middle School League Handbook.
  19. The number of coaches (paid or volunteer) allowed on the wrestling mat is restricted to a maximum of two coaches. Additionally, only one coach per mat is allowed to address the referee and official scoring table.
  20. Schools are expected to secure and supervise the mat area keeping spectators and parents from the mats
  21. No lights are to be turned off or dimmed unless specifically approved by the district director of athletics.

**Mid-Season Meet Host Management**

<b>2022</b>	<b>Mill Creek</b>
<b>2023</b>	<b>Cedar Heights</b>
<b>2024</b>	<b>Northwood</b>
<b>2025</b>	<b>Meeker</b>
<b>2026</b>	<b>Mattson</b>
<b>2027</b>	<b>Meridian</b>

# **MIDDLE SCHOOL WRESTLING WEIGHT CLASSIFICATION**

## **PROCEDURES**

### **PRE-SEASON**

1. Coach schedules weigh-in with building administrator by the fifth day of turnouts.
2. Weight classification is established and indicated on "Middle School Wrestling Weight Permit" form.
3. Student obtains parental approval signature on form and returns completed form to coach.
4. Coach returns all forms to athletic director.
5. For a wrestler to be eligible, he must appear on the athletic director's roster of approved weights, or the head coach must produce the properly signed weight permit at the time of weigh in or the wrestler is ineligible. If discovered at any time, all matches wrestled by the individual shall be considered forfeits.
6. Athletic director develops a roster of approved weight classifications and sends copies to principals and head coaches of all Kent-Tahoma Middle School League schools.

### **DURING SEASON**

1. Coach completes two "Middle School Wrestling Meet Summary" forms for each meet and:
  - a. Submits one to opposing coach prior to start of meet.
  - b. Wrestlers may compete one weight division higher than their *actual* weight.
    - 1) All wrestlers still must be within thirty pounds of each other.
  - c. Keeps one on file.
2. Coach may obtain change of approved weight classification by:
  - a. Written recommendation of a licensed physician.
  - b. Submit a new weight certification form signed by both the parent and school administrator.
3. No weight re-classifications after the fourth meet of the season, except for 190, 220 & 250 weight classifications.

## ***GIRLS' BASKETBALL***

1. Girls' basketball will be played in Season Three.
2. Girls' basketball will have two squads as follows:
  - a. Varsity: Composed of seventh and eighth grade students.
  - b. Seventh grade: Composed of seventh grade students only.
3. Assembly games may be scheduled by mutual agreement of the two schools with athletic director's approval.
3. Starting times are to be determined by Kent-Tahoma Middle School League
4. Eighth grade games are to be played with eight-minute quarters. Seventh grade games are to be played with six-minute quarters. There will be fifteen (15) minutes between games. Half time is to be ten minutes. **Overtime periods shall be one-half the length of the regular quarter time. (8<sup>th</sup> grade = 4 minutes and 7<sup>th</sup> grade = 3 minutes)**
5. All teams shall receive a minimum 15-minute pregame warm-up for safety purposes. Away teams should provide their own basketballs for warmups.
6. **SEEDING CRITERIA FOR SCHEDULE BLOCKS 8, 9, 10.**  
In order to break any ties that may occur in determining positions for the final three games of the basketball season head-to-head results will be used. In the event of a three or more way tie the team that gave up the LEAST number of points against the other tied teams will receive the higher seed. If tie is broken using the lowest point total, the remaining teams revert to head-to-head.
7. **DETERMINING SEASON LEAGUE CHAMPION**  
The league champion will be determined based on the best overall season record of the top 4 seeded teams, as determined after the set of block 7 games have been completed.

### **GAME REGULATIONS AND LIMITATIONS**

1. The number of required practice days by WIAA for teams and individuals will be strictly adhered to.
2. Each player is limited to participation in the exact number of games scheduled by the league that year. Any amount of playing time is considered as a game which means a player may not participate in a varsity and seventh grade game on the same day.
3. There shall not be more than two games per squad per week unless approved by district athletic director.
4. No zone defenses are to be used in varsity and seventh grade games.
  - a. Definition of Zone: When all members of a defensive team are assigned to check or guard specific areas of the front court, even if no opponent is in that specific area.
  - b. Acceptable Defenses: All double teaming, full court zone press, half-court traps from the five-second line into backcourt are allowed. It is presumed that each player will check a specific opponent; double-teaming, sagging, and switching are acceptable. If cutter goes through the key, defensive player must stay with the offensive player.

- c. Penalty: The first time, warning; second and consecutive times, technical foul, which is charged to the bench.
  - d. A man-to-man defense is defined as one in which each defensive player can both see and point to the player that they are defending.
5. Any press will be man-to man in seventh grade games. Violation will call for a warning, followed by a technical foul(s).
  6. In varsity games, if a team has a 20-point lead, they will no longer be permitted to press. In seventh-grade games, if a team has a 15-point lead, they will no longer be permitted to press. Violation will call for a warning, followed by a team technical foul.
  7. A legal ball approved for league play is any girls'-sized synthetic or leather basketball.
  8. Varsity and seventh grade games will be officiated by association referees unless authorized differently by district athletic director(s).
  9. It is recommended that scoring and time keeping be done by an adult for varsity and seventh grade games.
  10. The head coach will drop 50% of the team who have played the most during the season and exclude them from the limited participation contests. If odd number, use lower figure. Any adjustment to the limited participation numbers is to be made only if there are insufficient numbers of athletes available; this must be communicated to the opposing coach prior to the contest.
  11. There will be a 30 second shot clock. Clock will be reset when the ball touches the rim.

## ***GIRLS' VOLLEYBALL***

1. Girls' volleyball will be played during Season Four.
2. The Kent-Tahoma Middle School League volleyball teams will play under National Federation.
3. Girls' volleyball will have two teams.
  - a. Varsity: Composed of seventh and eighth grade students.
  - b. Seventh grade: Composed of seventh grade students only.
4. The number of required practice days by WIAA for teams and individuals will be strictly adhered to.
5. Equipment:
  - a. Nets
    1. Official nets and standards (those selected by Kent-Tahoma Middle School League)
    2. Height: Seven feet (maximum and minimum)
  - b. Ball: Any official eighteen-panel leather ball.
6. Game Length & Scoring:
  - a. Varsity and Seventh Grade: Match winners will be first team to win two games. Rally score to 25 with no cap. If a third game is necessary to determine a winner, it will be rally score to 15 with no cap. If a third tie-breaking game is not necessary to determine a match winner, the third game will be played to 15 (no cap) under limited participation rules. **If the third game is played to determine a winner of the overall match, it shall be followed by a fourth game to be played to 15 (no cap) under limited participation rules.**
7. International Rules to be implemented as follows:
  - a. All scoring to be Rally.
  - b. The Libero position is permissible but not required.
  - c. Let serves are official. (If ball hits net on serve and continues over – it is playable)
  - d. The Libero will be allowed to serve.
  - e. **If only one team has a Libero, it is that team's responsibility to track. If both teams have a Libero, the home team is responsible for tracking both.**
  - f. **Libero jersey must be a contrast color from predominate color of teammates and pipping and trim cannot exceed 1 inch.**
8. An adult scorekeeper is recommended for varsity and seventh grade.
9. **Scheduled Limited Participation game shall be 3 games, first two games to 25 and 3<sup>rd</sup> game to 15 – no cap.**

10. Official warm-up time begins 10 minutes after visiting team arrives at school. Pre-game warm-up schedule is as follows:

Varsity 15 minute minimum	7 <sup>th</sup> Grade 11 minute minimum
7 min. home team - full court	5 min. home team - full court
7 min. visiting team - full court	5 min. visiting team - full court
1 min. together on court service	1 min. together on court service

NOTE:

- Visiting team is always the last team for full court warm-up.
- Warm up times may be adjusted by official based on unique circumstances.
- No shared court hitting. Any shared court time is strictly for ball handling drills and warm-up procedures.

11. Official coin toss to be done before official warm-ups begin.
12. The head coach will drop 50% of the team who have played the most during the season and exclude them from the limited participation contests. If odd number, use lower figure. Any adjustment to the limited participation numbers is to be made only if there are insufficient numbers of athletes available; this must be communicated to the opposing coach prior to the contest. Starters that fill in available open positions are not to play in their normal position.
13. Home team has the option of using a three-ball system if desired.
14. Home team will provide volleyballs at the varsity and seventh-grade level.
15. **SEEDING CRITERIA FOR SCHEDULE BLOCKS 8, 9, 10.**  
To break any ties that may occur in determining positions for the final three games of the volleyball season head-to-head results will be used. In the event of a three or more way tie the team that gave up the LEAST number of points against the other tied teams will receive the higher seed. If tie is broken using the lowest point total, the remaining teams revert to head-to-head.
16. **DETERMINING SEASON LEAGUE CHAMPION**  
The league champion will be determined based on the best overall season record of the top 4 seeded teams, as determined after the set of block 7 games have been completed.

## ***GIRLS & BOYS SOCCER***

1. Boys Soccer will be played in Season One. Girls Soccer will be played in Season Four.
2. Each season will consist of 10 regular season games.
3. Each soccer team will consist of 2 teams: Varsity and 7th grade.
  - Varsity – Consist of players grades 7 and/or 8 per coach's decision.
  - Seventh Grade – Consist of players in grade 7 only.
4. **PLAYER LIMITATION:** Each player may compete in 2 halves per day, with a maximum of 4 halves per week. Any appearance in a half, regardless of the length of time played, is to be considered as one half. This is interpreted as meaning when a player is beckoned onto the field and the ball comes alive.
5. **GAME LIMITATIONS:** VARSITY - Each game will consist of two 30-minute halves and a 10-minute half-time intermission. 7th GRADE - Each game will consist of two 25-minute halves and a 7-minute half-time intermission.
6. **PLAYER EQUIPMENT:** The following equipment guidelines will be followed:
  - a. Teams will wear the color designated to them by the KSD. The sock color and uniform top must match and be distinguishable from the other teams.
  - b. Goalie tops may be of any color, provided they are distinguishable from both teams.
  - c. Players may wear extra clothing to protect against cold if the primary uniform is easily identifiable.
    - i. Gloves – Free of hard or dangerous objects
    - ii. Hats – Free of bill, peak, ball, or other hard objects
    - iii. Spandex – Worn under the uniform top/shorts.
  - d. Cleats must be of molded rubber or plastic. Metal will not be worn.
  - e. Shin guards are to be always worn by all players.
  - f. Mouth guards may be worn.
  - g. Soft-sided soccer helmets may be worn.
7. **TEAM EQUIPMENT**
  - a. Home team will provide 2 size #5 game appropriate balls.
  - b. Home team will provide 2 regulation goals, with nets.
  - c. Home team will provide necessary cones and flags.
8. **OFFICIALS** – Officials will be scheduled by the KSD Athletic Department.
9. **MIDDLE SCHOOL RULES**
  - a. The WIAA will be the governing body for middle school soccer rules.  
Page 65, 60.61.0, unless otherwise stated by the KSD.
  - b. All ties will remain. No extra time or overtime penalty kicks will be utilized.
  - c. League champions will be awarded based upon overall points at the end of the season.  
Match Winner – 3 points

Match Tie – 1 point per team

Match Loser – 0 points

- d. Red Card – Any player who receives a red card will be removed from the current match and must also not play in the next match.
- e. Non-competitive Game – If a game gets out of hand regarding an imbalanced score, coaches are expected to use strategies to not embarrass an opponent by running up the score.

## *TRACK*

1. Track season is during Season One.
2. All events will be governed by WIAA and the National Federation of High School (NFHS) Track and Field Rules and Records where applicable.
3. Other procedures for the conduct of league track meets will be recorded in the Kent-Tahoma Middle School League Track and Field Handbook, which will be compiled by Kent-Tahoma Middle School League coaches and presented to league athletic directors and principals' association for approval.
4. The starting of track meets will be determined by the Kent-Tahoma Middle School League. Field events should begin fifteen to thirty minutes prior to the first running event. **STARTING TIME:** Scheduled starting time for track meets will be **3:30 for field events** and **3:45 for running events**.
5. **Dual meet results will determine the Kent-Tahoma Dual Meet Champion for boys' varsity and girls' varsity. Highest scoring Boys team & highest scoring Girls team at Kent-Tahoma League Championship meet will be the League Champions.**
6. Ribbons shall be awarded to the scoring contestants, at the Kent-Tahoma Championship meet. No medals will be awarded. Host school is responsible for the funding of all ribbons.
7. Field Events
  - a. High jump entries must notify the official if they are leaving to compete in another event; they will be allowed a maximum of ten minutes excuse time before they must resume participating in the high jump competition. Shot put, long jump **and Aero Javelin** will have an open pit for one hour and fifteen minutes.
  - b. Field event athletes will have one minute to initiate a trial after their name has been called. This will be strictly enforced due to increased number of participants.
  - c. No competitor will be allowed more than four attempts in a dual meet.
  - d. Field events will be measured in feet and inches. Marks will be rounded down to the nearest ¼" for the Long Jump, and Shot Put, and to the nearest 1" for Aero Javelin.
8. All field event entries must sign up/check in before their event starts.
9. No track shoes in the stands or building.
10. Athletes may compete in non-spiked training shoes or racing spikes of no longer than ¼".
11. Runners need to be on time to the starting line.
12. To ensure the safety of all athletes, the officials for all field events will be adults.
13. No more than seven meets in one season, including Kent-Tahoma Jamboree, dual/tri meets, Kent-Tahoma Relays, and Kent-Tahoma League Championship meets.
14. All athletes must be in a school issued uniform to be eligible to compete.
15. Coaches are responsible for athletes on and off the track.
16. Scoring must be done by an adult. An adult or high school student may work as a meet timer.
17. Athletes should warm-up away from the track and stay in the stands when not actually competing.

18. Each athlete is eligible to participate in four events but no more than three running or three field events.
19. All track meets will have a games committee consisting of the meet manager and two designees (to be designated by meet manager prior to start of the meet).
20. When more than one heat is necessary for a given race, the fastest runners of each team will be in the first heat.
21. The order of running events will be as follows:

Varsity Girls 440 Shuttle Hurdles	Varsity Girls 400 m Relay
Varsity Boys 440 Shuttle Hurdles	Varsity Boys 400 m Relay
Varsity Girls 1600 m Run	Varsity Girls 200 m Dash
Varsity Boys 1600 m Run	Varsity Boys 200 Dash
Varsity Girls 100 m Dash	Varsity Girls 75 m High Hurdles
Varsity Boys 100 m Dash	Varsity Boys 70 m High Hurdles
Varsity Girls 200 m Low Hurdles	Varsity Girls 400 m Dash
Varsity Boys 200 m Low Hurdles	Varsity Boys 400 m Dash
Varsity Girls 800 m Run	Varsity Girls 800 m Relay
Varsity Boys 800 m Run	Varsity Boys 800 m Relay

22. One designated shot will be used for competition in each boy's and girls' track meet and will be supplied by the home team or meet management. Shot Put weight to follow Kent-Tahoma Middle School League Handbook guidelines.
23. Each school will be responsible for providing four adults to help officiate at the Kent-Tahoma League Championship meet. The names and contact numbers should be supplied to the host school at least two weeks prior to each event. This is the responsibility of the head coach. Purchasing of ribbons is the responsibility of the host school.
24. **Aero Javelin** – The javelin must be held at the grip with one hand only, with the little finger nearest to the point and thrown over the shoulder or upper part of the arm and not slung, hurled, or thrown side-armed. The thrower's last contact with the javelin is with the grip. Non-orthodox styles are not permitted. During the run-up and the aero javelin is released, a competitor may not turn completely around while in the act of throwing so that his/her back is toward the throwing arc. This is to prevent someone from using a rotational throwing style. It is a foul if any part of the body touches any of the lines marking the boundaries of the throwing area or the ground outside the throwing area before the javelin is released.

## TRACK MEET REGULATIONS

### **A. Entries for boys' and girls' varsity are as follows:**

1. Dual Meets
  - a. Run heats when necessary, with fastest athlete in first heat.
  - b. Number of entries can be six per team (6 lane track) or 8 per team (8 lane track) in the following: 100, 200, 400, L.H., H.H.; and 10 per team in the HJ and Long Jump and 15 per team in Aero Javelin and Shot Put.
  - c. Unlimited entrants in the 800 m and 1600 m.
  - d. Only one relay team counts, which must be declared before the race.
  - e. All alternate relay teams must be listed on the entry sheets prior to the start of the races and will be entered into the races by the starter subject to lane availability.
  - f. Additional heats may be run at the discretion of the home team meet management.
2. Double Dual and Tri Meets
  - a. Five entrants in the following: 100, 200, 400, L.H., H.H., and 7 per team in all field events. Any lanes not used may be filled by alternating participants from the teams.
  - b. Run heats.
  - c. Seven or more in 800 m or 1600 m with a total of 21 being the maximum in any one race. This means a team could enter more than 7 if other teams had less.
  - d. One scoring relay team, which must be declared before the race.
  - e. All alternate relay teams must be listed on the entry sheets prior to the start of the races and will be entered into the races by the starter, subject to lane availability.
  - f. Any extra lanes may be filled by alternating schools, beginning with visiting team.

### **B. Staring Times for Kent-Tahoma Meets:**

	<u>Field</u>	<u>Running</u>
Duals	3:30	3:45
League Championships	3:30	4:00

### **C. Scoring**

Dual Meet Individual Events	5-3-1
Dual Meet Relays	5-0

League Championship Meet Individual Events	10-8-6-5-4-3-2-1 (as per NFHS Rules)
League Championship Meet Relays	10-8-6-5-4-3-2-1

### **D. Entry Sheets**

All coaches are to submit to the other head coaches, starter, and scorekeeper at each meet a standard Kent-Tahoma Middle School League track entry sheet of all varsity and junior varsity entries. This is to be done prior to the first event. Meet will not start until this is completed. Any athlete that competes in an event that has not been entered on the entry sheet will be disqualified from that event and the time/mark will not count toward League Championship meet seeding.

### **E. Result Sheets**

Home meet coaches are to make sure that visiting school(s) receives all result sheets the following day by fax or e-mail. All schools should have results entered in to athletic.net by the end of the day following the meet.

## **F. Starting**

1. Starter should hold runners in the set position for 1-1/2 to 2 seconds.
2. Athletes must report to starter on time or be left out.
3. One false start to the field will be allowed.

## **G. Kent-Tahoma League Championship Meet**

1. The Kent-Tahoma Middle School League will have a League Championship comprised of timed finals for all running events.
2. Seeding of Kent-Tahoma League Championship Meet will be as follows:
  - a. The Kent-Tahoma League Championship meet will be seeded using Hy-Tek Seeding Criteria (same as NPSL).
  - b. Head coaches will be responsible for registering their athletes that are in the top 16, including relays (up to 6 names) and alternates (17-20) into the meet on athletic.net.

## **H. Kent-Tahoma League Championship Meet Guidelines**

1. All athletes will be entered into the League Championship Meet based on their best times and/or distances recorded during the regular dual meet season.
  - a. The times and distances must be recorded in varsity event, throughout the regular season.
  - b. In case of ties, the second-best time/distance will be used. If there is no second time or distance for one of the contestants tied, then that person with two times/distances would be seeded. If the second-place times/distances were the same, then the third best would be used, and so on. Unresolved ties will be settled by coin toss or draw.
  - c. All times throughout the year will be rounded up to the next tenth.
  - d. Only times/distances recorded on official sheets will be used for seeding of Kent-Tahoma Championship meet. (Field event officials' sheets and head timer sheets must be kept for all meets and brought to seeding meeting.)
  - e. The top six in each event should be entered on the Meet Result Sheet during the regular season.
  - f. There will be 16 entrants in all individual events, 100, 200, 400, 800, 1600, L.H., H.H., Long Jump, Shot Put, and Aero Javelin, and four alternates per event.
  - g. Each school will be allowed one (1) relay team per event.
  - h. The starting height for the high jump will be 6" less than the height of the lowest seeded entrant from during the regular season (not to start below 3'10" for boys and 3'8" for girls)
2. The time and date of the seeding meeting will be established at the pre-season meeting.
  - a. Host school will have the ranks list prepared before the seeding meeting. At the seeding meeting, all contestants will be ranked in order based on their best time/distances recorded during the year in each event.
  - b. Relay teams will be seeded by best time during the season.
  - c. For each event, the host school will read from the lists in order, from the best down. Coaches will declare their athlete in or out of that event at that time. No substitutions will be allowed after the event is completely seeded, scratches only.
  - d. Each school will be represented by two coaches at the seeding meeting.

3. At the Kent-Tahoma Championship meet, the following applies:
  - a. All contestants and relay teams will know what lane they are in.
  - b. Only the coach may scratch an athlete from an event.
  - c. The coaches will have the individual entrants listed into the relay events before the meet begins. Copies will go to the meet manager.
  - d. All scratches will be identified prior to the start of competition each day of the Championship meet and alternates assigned. Once competition for the day has begun, no additional alternates will be assigned.

## ***TRACK - BOYS' SECTION***

**Varsity: Composed of seventh & eighth grade students.**

### **Event Specific Information:**

- High Jump* Varsity start at 4' 0" and go up by 2" until conclusion. Two attempts per height. No more than two consecutive misses.
- Long Jump/Shot Put* All attempts will be measured, except fouls, and rounded down to the nearest 1/4". Contestants will be allowed four attempts with no finals. Four-kilo shot will be used. Attempts should be rounded down to the nearest 1/4" and recorded. Home team will provide Shot Put for competition use.
- Aero Javelin* Contestants will get four total attempts, two at a time, no final. Measure the farther of the two attempts. Attempts should be rounded to the nearest 1 inch and recorded. Home team will provide Aero Javelins for competition.
- 400 m Relay* This race is run the entire distance in lanes. The exchange zone is 20M long. Exchange zone markings shall be designated by a triangle. The zone markings are included in the 20M measurement.
- 800 m Relay* The start of the 800M Relay will utilize a 3-turn stagger with the first three runners running in lanes, and the fourth runner breaking for the inside after the exchange if he has two strides on the next competitor.
- 400 m Run* The 400M dash will be run the entire distance in lanes utilizing a two-turn stagger.
- 800 m Run* On all-weather surfaces, the start of the 800M run will utilize a 1-turn stagger in lanes with a break line at the 100M. On cinder tracks, the start of the 800M run will utilize a 1-turn stagger in lanes or a waterfall start on a curved starting line and may break for the inside if he has two strides on the next athlete.
- 1600 m Run* The start will be a waterfall start on a curved line and may break for the inside if he has two strides on the next athlete.
- 70 m High Hurdles* The distance shall be 13.72 M to first hurdle and 8.23 M between 6 hurdles and 15.13 M run-out. The hurdle height will be 36".
- 200 m Low Hurdles* The distance shall be 50 M to first hurdle, 35 M between 5 hurdles and 10 M run-out. The hurdle height will be 30".
- Shuttle Hurdle Relay* The hurdle spacing shall be 18.29 M to first hurdle, 18.29 M between 5 hurdles and 18.55 M run-out. The first and third leg hurdles must be offset 26 cm towards the finish line. Exchange zone will be 1 meter long. Hurdle height shall be 30".

## TRACK - GIRLS' SECTION

**Varsity: Composed of seventh & eighth grade students.**

### **Event Specific Information:**

- High Jump* Girls will start at 3' 10" height, increase by 2" until conclusion. Only two attempts per height. No more than two consecutive misses.
- Long Jump/Shot Put* All attempts will be measured, except fouls, and rounded down to the nearest 1/4". Contestants will be allowed four attempts with no finals. A six-pound shot will be used. Attempts should be rounded down to the nearest 1/4" and recorded. Home team will provide Shot Put for competition use.
- Aero Javelin* Contestants will get four total attempts, two at a time, no final. Measure the farther of the two attempts. Attempts should be rounded to the nearest 1 inch and recorded. Home team will provide Aero Javelin for competition use.
- 400 m Relay* This race is run the entire distance in lanes. The exchange zone is 20M long. Exchange zone markings shall be designated by a triangle. The zone markings are included in the 20M measurement.
- 800 m Relay* The start of the 800M Relay will utilize a 3-turn stagger with the first three runners running in lanes, and the fourth runner breaking for the inside after the exchange if she has two strides on the next competitor.
- 400 m Run* The 400M dash will be run the entire distance in lanes utilizing a two-turn stagger.
- 800 m Run* On all-weather surfaces, the start of the 800M run will utilize a 1-turn stagger in lanes with a break line at the 100M. On cinder tracks, the start of the 800M run will utilize a 1-turn stagger in lanes or a waterfall start on a curved starting line and may break for the inside if she has two strides on the next athlete.
- 1600 m Run* The start will be a waterfall start on a curved line and may break for the inside if she has two strides on the next athlete.
- 75 m Hurdles* The distance to first hurdle shall be 13 M and 8 M between 7 hurdles and 14M run-out. The hurdle height will be 30".
- Shuttle Hurdle Relay* The hurdle spacing shall 18.29 M to first hurdle, 18.29 M between 5 hurdles and 18.55 M run-out. The return lane hurdles must be offset 26 cm towards the finish line. Hurdle height shall be 30".
- 200 m Hurdles* The distance shall be 50 M to first hurdle, 35 M between 5 hurdles and 10 M run-out. The hurdle height will be 30".

## SUGGESTED TRACK MEET MANAGEMENT GUIDELINES

### 1. Meet Coordinator

- A. The meet coordinator will have the duty of coordinating the set-up, preparation, and actual running of the meet. The meet coordinator will work with the coach, athletic chairperson, and others as needed to request supplies, arrange supervision, and appoint personnel to run the meet. He/she will instruct all personnel in their specific duties.
- B. Specific Duties
  1. Arrange for all necessary equipment:
    - a. Clip boards
    - b. Scoring forms and book
    - c. Starting equipment
    - d. Timing equipment
    - e. Measuring tapes
    - f. P.A. system
  2. Recruit and appoint personnel to work the various events. Minimum needed:
    - a. One scorekeeper
    - b. Four timers (two on first, one each for second and third)
    - c. One judge for each field event
    - d. Starter
    - e. Clerk (may be the meet manager)
    - f. Two judges for relays and exchanges and corners
  3. Check athletes for proper equipment (size of spikes).

### 2. Meet Manager

The meet manager will have the duty to keep meet running on time, designate games committee (meet manager plus two designees) prior to start of meet and notify coaches.

### 3. Starter

The starter is the sole judge of false starts and is responsible for giving all directions prior to each event as follows:

- A. Directions for start.
- B. Directions for lanes (change or not).
- C. If lane changes are allowed - rules for correct changes.
- D. Location of finish line.
- E. Directions as to what to do at the end of the race.
- F. All directions as related to race (e.g., exchange zones, etc.).
- G. Placing athletes in proper lanes.
- H. Judge corner of 800 m and 1600 m.

### 4. Head Timer

The head timer will have the duty to assign timers places to time, record all times, and submit times and places to scorer.

### 5. Coaches

- A. Supervise athletes during the meet.
- B. Time fourth, fifth, and sixth places; record scores on official sheets.
- C. Assist meet manager in securing needed equipment.
- D. Making sure starter, head timer, and meet manager know the correct starts, staggers, hurdle placement, and finish lines for all races.
- E. Serve as corner judges and exchange zone judges if needed.
- F. Help meet manager arrange for hurdle crews to set up and take down hurdles at proper times.
- G. Have entry sheet for all coaches, manager, and starter.

## **HINTS FOR RUNNING A SMOOTH TRACK MEET**

- The more people that can work the meet the better. If there is a shortage of people, request that coaches help judge corner, relay exchanges, etc. Make sure that someone is designated to be the corner lane or relay judge on each race. This person may have other duties also (starter), but someone must be designated.
- Have student assistants assigned to the starter. These students should be provided with a wheelbarrow to transport blocks.
- Be prepared. Have all forms done well in advance of meet. Eliminate the need for last minute preparations and decisions.
- Make sure that the officials know the rules for exchanges, can explain the zones to the competitors, and are comfortable in calling a disqualification if a violation occurs.
- Have students help in the long jump and shot put. They can help rake and measure.
- For the relays meet, have lane assignments made at least one week prior to the running of the event.

# TRACK MANAGEMENT RESPONSIBILITY

## *CONFERENCE MEET*

<b>2021</b>	<b>MEEKER</b>
<b>2022</b>	<b>MERIDIAN</b>
<b>2023</b>	<b>MILL CREEK</b>
<b>2024</b>	<b>MAPLE VIEW</b>
<b>2025</b>	<b>CEDAR HEIGHTS</b>
<b>2026</b>	<b>NORTHWOOD</b>
<b>2027</b>	<b>MATTSON</b>
<b>2028</b>	<b>SUMMIT TRAIL</b>

# Kent Tahoma MS Track Entry Sheet

\_\_\_\_\_ vs \_\_\_\_\_ at \_\_\_\_\_  
 Date: \_\_\_\_\_ Boys  
 \_\_\_\_\_ Girls

### 440 Shuttle Hurdles

A 1 <input style="width: 40px; height: 20px;" type="text"/> 2 <input style="width: 40px; height: 20px;" type="text"/> 3 <input style="width: 40px; height: 20px;" type="text"/> 4 <input style="width: 40px; height: 20px;" type="text"/> alt <input style="width: 40px; height: 20px;" type="text"/>	B 1 <input style="width: 40px; height: 20px;" type="text"/> 2 <input style="width: 40px; height: 20px;" type="text"/> 3 <input style="width: 40px; height: 20px;" type="text"/> 4 <input style="width: 40px; height: 20px;" type="text"/> alt <input style="width: 40px; height: 20px;" type="text"/>
---	---

### 75 m hurdles / 70 m HH

1 <input style="width: 40px; height: 20px;" type="text"/> 2 <input style="width: 40px; height: 20px;" type="text"/> 3 <input style="width: 40px; height: 20px;" type="text"/> 4 <input style="width: 40px; height: 20px;" type="text"/> alt <input style="width: 40px; height: 20px;" type="text"/>	5 <input style="width: 40px; height: 20px;" type="text"/> 6 <input style="width: 40px; height: 20px;" type="text"/> 7 <input style="width: 40px; height: 20px;" type="text"/> 8 <input style="width: 40px; height: 20px;" type="text"/> alt <input style="width: 40px; height: 20px;" type="text"/>
---	---

### 1600 m run

1 <input style="width: 40px; height: 20px;" type="text"/> 2 <input style="width: 40px; height: 20px;" type="text"/> 3 <input style="width: 40px; height: 20px;" type="text"/> 4 <input style="width: 40px; height: 20px;" type="text"/>	5 <input style="width: 40px; height: 20px;" type="text"/> 6 <input style="width: 40px; height: 20px;" type="text"/> 7 <input style="width: 40px; height: 20px;" type="text"/> 8 <input style="width: 40px; height: 20px;" type="text"/>
--	--

1 <input style="width: 40px; height: 20px;" type="text"/> 2 <input style="width: 40px; height: 20px;" type="text"/> 3 <input style="width: 40px; height: 20px;" type="text"/> 4 <input style="width: 40px; height: 20px;" type="text"/>
--

### 400 m dash

5 <input style="width: 40px; height: 20px;" type="text"/> 6 <input style="width: 40px; height: 20px;" type="text"/> 7 <input style="width: 40px; height: 20px;" type="text"/> 8 <input style="width: 40px; height: 20px;" type="text"/>
--

### 100 m dash

1 <input style="width: 40px; height: 20px;" type="text"/> 2 <input style="width: 40px; height: 20px;" type="text"/> 3 <input style="width: 40px; height: 20px;" type="text"/> 4 <input style="width: 40px; height: 20px;" type="text"/> alt <input style="width: 40px; height: 20px;" type="text"/> alt <input style="width: 40px; height: 20px;" type="text"/>	5 <input style="width: 40px; height: 20px;" type="text"/> 6 <input style="width: 40px; height: 20px;" type="text"/> 7 <input style="width: 40px; height: 20px;" type="text"/> 8 <input style="width: 40px; height: 20px;" type="text"/> alt <input style="width: 40px; height: 20px;" type="text"/> alt <input style="width: 40px; height: 20px;" type="text"/>
--	--

A 1 <input style="width: 40px; height: 20px;" type="text"/> 2 <input style="width: 40px; height: 20px;" type="text"/> 3 <input style="width: 40px; height: 20px;" type="text"/> 4 <input style="width: 40px; height: 20px;" type="text"/> alt <input style="width: 40px; height: 20px;" type="text"/>
---

### 800 m relay

B 1 <input style="width: 40px; height: 20px;" type="text"/> 2 <input style="width: 40px; height: 20px;" type="text"/> 3 <input style="width: 40px; height: 20px;" type="text"/> 4 <input style="width: 40px; height: 20px;" type="text"/> alt <input style="width: 40px; height: 20px;" type="text"/>
---

### 200 m low hurdles

1 <input style="width: 40px; height: 20px;" type="text"/> 2 <input style="width: 40px; height: 20px;" type="text"/> 3 <input style="width: 40px; height: 20px;" type="text"/> 4 <input style="width: 40px; height: 20px;" type="text"/> alt <input style="width: 40px; height: 20px;" type="text"/>	5 <input style="width: 40px; height: 20px;" type="text"/> 6 <input style="width: 40px; height: 20px;" type="text"/> 7 <input style="width: 40px; height: 20px;" type="text"/> 8 <input style="width: 40px; height: 20px;" type="text"/> alt <input style="width: 40px; height: 20px;" type="text"/>
---	---

1 <input style="width: 40px; height: 20px;" type="text"/> 2 <input style="width: 40px; height: 20px;" type="text"/> 3 <input style="width: 40px; height: 20px;" type="text"/> 4 <input style="width: 40px; height: 20px;" type="text"/> 5 <input style="width: 40px; height: 20px;" type="text"/>
---

### Shot Put

6 <input style="width: 40px; height: 20px;" type="text"/> 7 <input style="width: 40px; height: 20px;" type="text"/> 8 <input style="width: 40px; height: 20px;" type="text"/> 9 <input style="width: 40px; height: 20px;" type="text"/> 10 <input style="width: 40px; height: 20px;" type="text"/>
--

### 800 m run

1 <input style="width: 40px; height: 20px;" type="text"/> 2 <input style="width: 40px; height: 20px;" type="text"/> 3 <input style="width: 40px; height: 20px;" type="text"/> 4 <input style="width: 40px; height: 20px;" type="text"/>	5 <input style="width: 40px; height: 20px;" type="text"/> 6 <input style="width: 40px; height: 20px;" type="text"/> 7 <input style="width: 40px; height: 20px;" type="text"/> 8 <input style="width: 40px; height: 20px;" type="text"/>
--	--

1 <input style="width: 40px; height: 20px;" type="text"/> 2 <input style="width: 40px; height: 20px;" type="text"/> 3 <input style="width: 40px; height: 20px;" type="text"/> 4 <input style="width: 40px; height: 20px;" type="text"/> 4 <input style="width: 40px; height: 20px;" type="text"/>
---

### Long Jump

6 <input style="width: 40px; height: 20px;" type="text"/> 7 <input style="width: 40px; height: 20px;" type="text"/> 8 <input style="width: 40px; height: 20px;" type="text"/> 9 <input style="width: 40px; height: 20px;" type="text"/> 10 <input style="width: 40px; height: 20px;" type="text"/>
--

### 400 m relay

A 1 <input style="width: 40px; height: 20px;" type="text"/> 2 <input style="width: 40px; height: 20px;" type="text"/> 3 <input style="width: 40px; height: 20px;" type="text"/> 4 <input style="width: 40px; height: 20px;" type="text"/> alt <input style="width: 40px; height: 20px;" type="text"/>	B 1 <input style="width: 40px; height: 20px;" type="text"/> 2 <input style="width: 40px; height: 20px;" type="text"/> 3 <input style="width: 40px; height: 20px;" type="text"/> 4 <input style="width: 40px; height: 20px;" type="text"/> alt <input style="width: 40px; height: 20px;" type="text"/>
---	---

1 <input style="width: 40px; height: 20px;" type="text"/> 2 <input style="width: 40px; height: 20px;" type="text"/> 3 <input style="width: 40px; height: 20px;" type="text"/> 4 <input style="width: 40px; height: 20px;" type="text"/> 5 <input style="width: 40px; height: 20px;" type="text"/>
---

### High Jump

6 <input style="width: 40px; height: 20px;" type="text"/> 7 <input style="width: 40px; height: 20px;" type="text"/> 8 <input style="width: 40px; height: 20px;" type="text"/> 9 <input style="width: 40px; height: 20px;" type="text"/> 10 <input style="width: 40px; height: 20px;" type="text"/>
--

### 200 m dash

1 <input style="width: 40px; height: 20px;" type="text"/> 2 <input style="width: 40px; height: 20px;" type="text"/> 3 <input style="width: 40px; height: 20px;" type="text"/> 4 <input style="width: 40px; height: 20px;" type="text"/> alt <input style="width: 40px; height: 20px;" type="text"/>	5 <input style="width: 40px; height: 20px;" type="text"/> 6 <input style="width: 40px; height: 20px;" type="text"/> 7 <input style="width: 40px; height: 20px;" type="text"/> 8 <input style="width: 40px; height: 20px;" type="text"/> alt <input style="width: 40px; height: 20px;" type="text"/>
---	---

1 <input style="width: 40px; height: 20px;" type="text"/> 2 <input style="width: 40px; height: 20px;" type="text"/> 3 <input style="width: 40px; height: 20px;" type="text"/> 4 <input style="width: 40px; height: 20px;" type="text"/> 5 <input style="width: 40px; height: 20px;" type="text"/>
---

### Javelin

6 <input style="width: 40px; height: 20px;" type="text"/> 7 <input style="width: 40px; height: 20px;" type="text"/> 8 <input style="width: 40px; height: 20px;" type="text"/> 9 <input style="width: 40px; height: 20px;" type="text"/> 10 <input style="width: 40px; height: 20px;" type="text"/>
--

# ***GIRLS BADMINTON***

## 1) Team Scoring Format - Dual Matches

- a. Singles 1 – 5, Doubles 1 – 6
- b. Matches start with Singles (1 -5) and Doubles (1, 2, 3) then as courts clear, finish the remaining three doubles matches. Exhibition matches may follow as courts open. Some schools may be able to accommodate more matches to start.
- c. The top player(s) shall play #1, the next top player(s) shall play #2, etc.
- d. An athlete may play singles **or** doubles in team scoring matches, but not both.

## 2) General Rules and Regulations

- a. The birdie cannot be struck before it crosses over the net.
- b. The side winning the game shall always serve first in the next game.
- c. The score should be announced by the server before each serve. The serving teams' score is said first.
- d. A birdie that lands on a boundary line is considered good.
- e. A birdie that hits the net is still in play, even on the serve (it is not a “let”).
- f. The birdie must be a “medium speed” birdie.

## 3) Scoring:

- a. Games 1 and 2 consist of 21 points and game 3 consists of 11 points.
- b. It is a rally point system whereby whoever wins a rally, wins a point.
- c. When the server loses a rally, the receiver wins a point and gains the serve.
- d. In case the score reaches 20 all, the side that gains a 2-point lead first, wins the game.
- e. At 29 all, the side scoring the 30th point is the winner of the game.
- f. A match consists of 2 out of 3 games and players shall change ends after each game. In the third game (if necessary), the game will end when the leading score reaches 11 points.

## 4) The Serve:

- a. The birdie is served diagonally across the net. The game's first serve is always from the right side of the court.
- b. In singles, when the score is even, the server serves from the right service court. When the score is odd, the server serves from the left service court. In doubles, when the score is even, the player standing in the right service court serves and when the score is odd, the player standing in the left service court serves.
- c. The server continues to serve until their side fails to make a legal serve or return.
- d. The server alternates service areas after each point.
- e. The server and the receiver must be standing in their own service box on the serve.
- f. In doubles, only the intended receiver may return a legal serve.
- g. The server must contact the birdie below their waist and their wrist.
- h. The server's feet must maintain contact with the ground and must remain stationary until the birdie has been served. The receiver also may not move their feet until the birdie has been served.
- i. Legal singles serve would land in the area bounded by the center line, the singles long service line, the singles sideline, and the short service line (long and narrow).
- j. Legal doubles serve would land in the area bounded by the center line, the doubles long service line, the doubles sideline, and the short service line (short and wide).

Once the serve is made in doubles, the court area is bounded by the doubles sideline and the back-boundary line.

- k. The server may not serve until the receiver is ready. If a return is attempted, the receiver shall be deemed ready.
- l. If the server, in attempting to serve, misses the birdie it is a fault.
- m. If the service would not have landed in the proper court, but the intended receiver touches the birdie before it hits the floor, the birdie remains in play.

5) Faults:

- a. An illegal serve.
- b. The birdie falls outside the boundaries of the court, fails to cross the net, touches the roof or side walls or touches any player's body or clothes.
- c. The birdie is struck before it has crossed to the opposite side of the net. (A follow through may cross the net but may not touch the net.)
- d. Player touches the net or supports with her/his racket, body, or clothes any time the birdie is in play.
- e. The birdie is hit in succession by one player or side.
- f. Player hits the birdie without making a good return or is struck by the birdie, whether the player is standing in or out of the court.

6) Etiquette:

- a. Before starting play, the server calls the score.
- b. Other players or spectators wait until a rally is over before walking behind the back-boundary line or recovering a birdie in their neighbor's court.
- c. If there is a question as to where a birdie landed, it is considered "good" or "fair." The benefit of the doubt always goes to the opponent.