



# ATHLETICS

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EL PASO ISD

it starts **with us**

Middle School Coach Handbook

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## **Middle School Physical Education and Health Teachers**

It is recommended that all middle school physical education and health teachers have and maintain two coaching assignments of which one must be at the middle school.

(Campus Coordinator and/or Wellness Team Leader position may count as one coaching position)

The above circumstances supersede seniority, as per DK (Regulation).

## **Middle School Athletic Coaches**

It is recommended that all middle school coaches hold two coaching positions.

## **Middle School Coaching Positions**

Middle school coaching positions do not have to be advertised but should be posted as vacant on the school's online coaching list. Applicants will be interviewed and recommended by the campus principal. The campus principal and Director of Athletics will have final approval on new hires. Once the applicant is approved the campus principal will submit an "add" form to the Department of Athletics.

## **Evaluation of Coaches**

All coach evaluation forms can be found and downloaded from the athletics webpage. All coach evaluations will be completed by the campus administration. All completed coaching evaluations must be shared with the athletic department.

## **Coaching Assignments**

Coaching assignments are supplemental duty assignments and are not part of an employee's regular employment contract with the district. There is no property right to continue this assignment as per Policy DK (Local).

## **Number of Middle Schools Coaches**

**Each middle school is allowed the following number of coaches per sport.**

### **Football (5)**

(1) Head Coach  
(4) Asst. Coaches

### **Basketball (4)**

(2) Boys Coaches (2) B Squad  
(2) Girls Coaches (2) B Squad

### **Soccer (4)**

(2) Boys Coaches  
(2) Girls Coaches

### **Volleyball (2)**

(2) Coaches  
(2) B Squad

### **Track (4)**

(2) Boys Coaches  
(2) Girls Coaches

### **Cross Country (1)**

(1) Head Coach

**Wrestling (1)**

(1) Head Coach

**Baseball (2)**

(2) Coaches

**Softball (2)**

(2) Coaches

**Volunteer Coaches**

Volunteer coaches may assist in coaching a sport. The volunteer must adhere to all coaching position regulations. A completed Volunteer Form must be sent to the Department of Athletics. Volunteer coaches will not be compensated or covered under the district workman's compensation or insurance for assisting in a sport and must adhere to the following:

1. Must be a full-time certified teacher employed by EPISD or a retired teacher with 20+ years in education.
2. May not be an hourly employee or substitute.
3. Must complete all UIL and EPISD certifications and requirements of an assistant coach.
4. Must be approved by the campus principal.
5. Must complete the volunteer coach approval form and submit it to the Director of Athletics before assisting each year.
6. May not sign off on any UIL or EPISD forms.
7. May attend games and assist the head coach.
8. May not confront officials, parents, or other coaches.
9. Must adhere to out-of-town travel guidelines as outlined in the athletic handbook.
10. Must have a school coach present at all practices and games.

**Athletic Inventory**

Athletic equipment and materials shall be inventoried each year by the head coach of each sport. An inventory must be kept current on Rank One.

- Athletic inventory is the responsibility of each sport's head coach.
- All items purchased or donated to the school must be recorded in the coach's inventory upon receipt of such items.
- The surplus of athletic supplies must be documented on the coach's inventory sheet in Rank One.

**Disposal and Surplus of Athletic and Training Equipment**

The following procedures will be used:

- Coaches and trainers will not dispose of any surplus equipment.
- Request a property transfer form and list of all equipment that is surplus.
- Send the complete list to the athletic office.
- The coach will be notified of the equipment pick-up date.
- The equipment will be sold through surplus sales.

Surplus sales will be listed on the EPISD website.

## **Officials**

The EI Paso Independent School District uses officials from the following local TASO/UIIL officials' associations:

- EI Paso Baseball Officials' Association
- EI Paso Soccer Officials' Association
- EI Paso Football Officials' Association
- EI Paso Basketball Officials' Association
- EI Paso Volleyball Officials' Association
- Greater EI Paso Wrestling Officials' Association
- El Paso Softball Umpires Association

Interpretation, problems, or questions regarding officials or officiating will be addressed to the director of athletics.

## **Arbiter Game Steps to Approve Officials**

Coaches and CACs have permission to approve officials in Arbiter Game. Approvals must be completed no later than noon the next business day. We cannot pay the officials without your approval.

1. **Before the game:**
  - Collect vouchers from the officials.
  - Vouchers must be **signed by each official.**
  - **Do not** approve an official without a signed voucher.
2. **After the game: Home teams only.**
  - Head Coach will approve the officials by verifying the names on the voucher to match the names in Arbiter Game
3. **Approval of Officials:**
  - In Arbiter Game click on the payments tab.
  - Find the game you just played.
  - Click **approve** and your name should populate.
  - Only the home team approves the officials.
4. **Vouchers:**
  - Keep a file with all signed and dated vouchers.
  - At the end of your season, you are to provide them to your CAC.
  - Your CAC could be asked to produce these vouchers for auditing purposes at any given time.

**-DO NOT MAKE ANY CHANGES IN ARBITER GAME. THIS INCLUDES ANY SCHEDULE CHANGES WE MAY SEND YOU. THE OFFICIAL'S ASSOCIATION TAKES CARE OF THIS WHEN WE SEND THE CHANGES.**

**-COACHES ARE NOT TO APPROVE AN OFFICIAL WITHOUT A SIGNED VOUCHER!**

## **Parent Orientation Meeting**

The head coach of each sport will hold a yearly parent orientation meeting before the first competition. One parent must be present per athlete. The sign-in sheet should list each athlete, a parent's signature, and the meeting date. This list must be kept on file by the CAC. An athlete may not compete unless a parent has attended the parent orientation meeting for each sport the athlete participates in. Parent orientation meetings must cover parent expectations, spectator expectations, PAPF, boosters, lettering standards, team rules, practices, game schedules, player contracts, playing time, and NCAA clearing house.

## **Parent Expectations**

Please refer to the UIL Parent Handbook:

[https://www.uiltexas.org/files/athletics/manuals/Parent\\_Info\\_Handbook\\_22-23.pdf](https://www.uiltexas.org/files/athletics/manuals/Parent_Info_Handbook_22-23.pdf)

## **Summer Camps**

Area summer school camps may be offered to students by the high school and middle school coaches. Coaches may run these camps either as a fundraiser, (students pay a registration fee or the funds are placed into the school's sports campus account), or as a **Free Camp**, (where no registration fee is charged).

In either camp situation, the coaches will not receive extra compensation for working at the camp.

### **The guidelines for operating a sports camp as a fundraiser are as follows:**

- Camp must comply with all UIL regulations.
- Camp may only run for six consecutive days.
- Camp must be held after the last day of school before the second Monday in August.
- Camps are restricted to one camp per sport per school.
- A properly approved fundraiser application must be on file before the camp begins.
- All funds generated from the camp will be handled in compliance with the guidelines illustrated in the Campus Accounting Manual.
- The registration fee for the camp may not exceed **thirty dollars**. (May charge Forty dollars when giving T-shirt)
- Students on free and reduced lunch will have registration fees waived.

### **The guidelines for operating a sports camp as a free camp are as follows:**

- Camp must comply with all UIL regulations.
- Camp may only run for six consecutive days.
- All students will be admitted without a registration fee.
- Camp must be held after the last day of school and end before the second Monday in August.
- A properly approved Facility Use Form must be on file before the camp begins.

- Camps are restricted to one camp per sport per school.

The guidelines for having a third party operate a summer camp on your campus are as follows:

- Camp must comply with all UIL regulations.
- A properly approved Facility Use Form must be on file before the camp begins.

**The Facility Use Form must list the organization as the one using the facility and be signed by the organization representative.**

### **Overview Middle School Athletics**

EPISD offers basketball, cross country, football, track & field, volleyball, soccer, and wrestling at the middle school level.

Students who participate in athletics must submit all required documents and a current physical exam. A physical is required annually and must be dated on or after the last Friday in May of the current year. Required documents are:

1. Physical exam
2. Acknowledgement of rules
3. Concussion acknowledgment form
4. Sudden cardiac awareness form
5. Emergency card

The home team coach will be responsible for completing the online game report by the morning following a contest by 9:00 am. Saturday contests should be reported by 9:00 am Monday. **If a team competes against a team that is not in our district, it is the responsibility of the EPISD coach to report the score to the Athletic Office.**

- All contests will be scheduled by the Athletic Office. Scrimmages, when allowed, will be scheduled by the coach with approval from the Athletic Office.
- Only contestants and coaches will be allowed in/on the playing area during competitions.
- Parents and spectators must sit in the stands.
- Only EPISD full-time employees may coach. See the section on Employment Procedures.
- All Students must have a parent attend a Parent Meeting and view the District Sportsmanship video before participating in a competition.
- A student may simultaneously participate in his/her school team and an outside team.
- Coaches must complete an Injury Report Form on any athlete injured while participating in an EPISD athletic program (Refer to Injury Plan).
- First aid kit/AED should be accessible at all practice sessions and games.



## **Duties of the Middle School Coach**

Head 8<sup>th</sup>-grade football, 8<sup>th</sup>-grade basketball, 8<sup>th</sup>-grade volleyball, and 8<sup>th</sup>-grade track coaches will oversee the overall corresponding program at the school.

Middle school coaches will:

- Know, understand, and comply with all EPISD and UIL rules & regulations.
- Know and follow the EPISD Injury plan for all student injuries.
- Assure that their program and students comply with the District Concussion Management Protocol (work with H.S. feeder trainer for return to play protocol).
- Assure sports program, coach, and athletes comply with all EPISD & UIL rules & regulations including EPISD participation rules.
- Adhere to the coach's code of conduct.
- Complete and turn in to the athletic office verification of mandatory CPR/1<sup>st</sup> Aid and UIL rules and compliance program certification.
- Attend Athletic preseason meetings as scheduled.
- Hold a mandatory Parent Orientation covering the district's stand on sportsmanship, hazing, steroids, eligibility, and school program rules & regulations.
- Be directly responsible to the varsity head coach of their feeder high school. Will meet with the high school head coach before and throughout the sports season.
- Report game results online immediately following the contest.
- Use the feeder high school system and philosophy to include offensive, and defensive drills, terminology, and coaching techniques.
- Assist the high school head coach as needed.
- Attend clinics, in-services, and high school practices as scheduled by Athletics and/or the high school head coach.
- Turn in the EPISD eligibility report to the campus coordinator and Athletic office before the first game.
- The 8<sup>th</sup>-grade coach of each sport will turn in an inventory and budget report to Athletics at the end of each season.

## **Middle School End-of-Season Awards**

Football – Division Champions

Volleyball- Division Tournament (3 Divisions)

Cross Country – District Meet (1 Division)

Soccer – Division Champions Only

Basketball – Division Tournament (3 Divisions)

Wrestling – Division Tournament (2 Divisions)  
Track and Field – Division/District Meet (2 Divisions)  
Baseball -  
Softball –

### **Awards**

A participant school may not give, and a student may not accept awards for participation in the interschool competition over \$20 per year.

Certificates will be awarded as recommended by the principal and coach.

### **Equipment**

Coaches will adhere to the equipment purchasing and distribution policies in the general section of this handbook. Equipment colors may not be altered. Colors of jerseys, pants, and especially helmets must remain as they are when issued. The numbering used for identification purposes should be marked on the inside surface of the equipment.

### **Emergency Response Plan**

See Athletic Trainer Handbook

### **Lightning Safety**

See Athletic Trainer Handbook

### **Lightning Decision Making**

See Athletic Trainer Handbook

### **Co-Op Program-Middle School**

A co-op program will be offered through the Athletics office to fill coaching vacancies at the middle school level. Applicants must apply at the Athletic Office for any available vacancies. The applicant will then be referred to the different campuses that have coaching positions available. Upon principal approval, the applicant will be recommended to human resources for hire.



## **CO-OP Applicants Information Sheet**

- ❖ To apply you must have graduated high school 1 year before application, have at least 18 credit hours towards a degree, and be a full-time college student (12hr semester hours).
1. Access the EPISD website, go to the athletic department page. Once there, on the right-hand side under *Important Information* click the link *Forms*. Once on the *Forms* page access the form CO-OP Application. Print and fill out the application. Have the application ready when you call the Athletic Office to set up your initial meeting.
  2. Make an appointment to visit with Athletic Administrator in charge (Facilitator) and bring with you the following documents to the appointment:
    - a. A copy of an Official College Transcript (unofficial)
    - b. A copy of your current class schedule verifying that you are a full-time college student. You must be taking at least twelve hours a semester (undergraduate), and six hours (graduate).
  3. After the meeting you will be ready to be interviewed at the campus level. You will be given a list of middle schools that have current athletic coaching vacancies and the contact details at each school. You will need to set up an appointment with the schools of your choice.
  4. To be hired, a campus must recommend you for employment at the athletic office. Upon a recommendation from the campus, you will need to return to the Athletic Office to complete the necessary paperwork required by the Human Resources Department. Upon completing the paperwork, you will be directed to the Human Resources Dept. to submit your application. Please make sure you bring with you the following:
    - a. TX photo ID
    - b. Social Security Card
  5. Human Resources will inform you how to set up an appointment to complete the following:
    - a. Fingerprinting
    - b. Background Check
    - c. New Employee is scheduled for processing as a new EPISD employee.
    - d. Receive an authorization form – Clearance to be on campus.
  6. Once cleared by the Human Resource Department, the following UIL Requirements must be met before you are allowed to coach:
    - a. UIL Coaches Certification Program (CCP)
    - b. AED/CPR/First Aid Certification
    - c. Concussion Management Training
    - d. Professional Acknowledgement of Rules
    - e. NFHS Fundamentals of Coaching

**EL PASO INDEPENDENT SCHOOL DISTRICT  
ATHLETICS  
MIDDLE SCHOOL COACHES CO-OP PROGRAM APPLICATION**

**Name:** \_\_\_\_\_ **SS#:** \_\_\_\_\_ **D.O.B:** \_\_\_\_\_

**College:** \_\_\_\_\_ **Major:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Home Phone:** \_\_\_\_\_ **Cell:** \_\_\_\_\_

**E-mail Address:** \_\_\_\_\_

**High School Attended:** \_\_\_\_\_

**Playing Experience:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Coaching Experience:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**References:**

**Name:** \_\_\_\_\_ **Phone #:** \_\_\_\_\_

**Name:** \_\_\_\_\_ **Phone #:** \_\_\_\_\_

**Name:** \_\_\_\_\_ **Phone #:** \_\_\_\_\_

**Select your coaching interest(s) and sport: Boys** \_\_\_\_\_ **Girls:** \_\_\_\_\_

Volleyball  Football  Basketball  Soccer  Track  Cross Country  Wrestling

**Interviewed by:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Comments:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**El Paso Independent School District  
MS Division Realignment  
2022-2023 / 2023-2024**

**Divisions: Football, Volleyball, Soccer, Basketball, Baseball, Softball**

<b>DIVISION I</b>	<b>DIVISION II</b>	<b>DIVISION III</b>
Brown	Canyon Hills	Bobby Joe Hill
Haskins	Magoffin	Charles
Hornedo	Richardson	Guillen
Navarette	Ross	Macarthur
Wiggs	Tinajero	Murphree
		YWA **

**Divisions: Cross Country, Wrestling, Track**

<b>DIVISION I</b>	<b>DIVISION II</b>
Brown	Bobby Joe Hill
Haskins	Canyon Hills
Hornedo	Charles
Navarette	Guillen
Richardson	Macarthur
Ross	Magoffin
Tinajero	Murphree
Wiggs	YWA **

**\*\* YWA – Female Athletics Only**

## **General Rules and Regulations**

### **Middle School Cheerleading**

#### **Sponsorship**

- Cheerleading squads are under the sponsorship of the designated coach. Teachers may be designated as coaches with the principal's approval.

#### **Mascots**

- School mascots are not allowed.

#### **Membership/Squad Limits**

- Each school may have one squad consisting of only 8<sup>th</sup> graders or a combination of 7 and 8th graders. The squad limit is 12 members. Grade 6 students are not permitted on squads.

#### **Event Location**

- MS cheer is limited to events on the home campus. Exceptions may be made when the event is not on either school's home campus with the agreement of both principals. If an exception is allowed, the schools must provide transportation. The coach must accompany the squad.

#### **Stunting**

- Stunting is not allowed at the middle school level.

#### **Uniforms/Equipment**

- The cost of cheerleading uniforms is not to exceed \$350 per student, including shoes and socks.
- The school may require cheerleaders to provide their uniforms, or the school may provide the uniforms, which would be school property to be returned to the school.
- Megaphones and pompons, if needed, are provided by the school and are school property.
- Fundraising projects may be used to offset the cost of uniforms. All monies raised must be deposited in a school account and can only be used for uniforms.

Cheerleading uniforms are to be worn for school events only. Each cheerleader is responsible for the maintenance of the uniform and equipment.

### **Baseball**

### **Basketball**

National Federation Basketball rules will be observed by boys and girls with UIL and EPISD modifications.

- All games will use composite balls.
- Each team will provide one basketball.
- There will be two officials per game.

- Playing time will be eight-minute quarters for 8th and 7th grade, one minute between quarters, and five minutes between halves. There will be an eight-minute pre-game warmup between 7<sup>th</sup> and 8<sup>th</sup>-grade games.
- Coaches should discourage zone defense and encourage man-to-man defense.
- The home team will wear light-colored uniforms. Coaches should check with opponents for possible conflict.
- The home team will be responsible for furnishing an adult scorekeeper (book) and adult timekeeper.

The division standings will be used to determine division champions and seeding for the Division Tournament. If there is a tie for division champions all teams tied will be declared co-champions. If there is a tie in the division standings the following will be used as a tiebreaker for seeding in the tournament play:

1. Head-to-head competition
2. Coin flip completed by the athletic department.

### **Basketball Participation Rule**

In both 7<sup>th</sup> and 8<sup>th</sup> grade each team must carry a minimum of 10 players in the A Squad. Coaches are encouraged to keep as many team members as possible.

In 7<sup>th</sup> and 8<sup>th</sup> grade “A squad” games at least 10 players must be suited out for games and all players must play before the game ends. If the minimum required number of 10 players is not met, or all players do not play in the game, this will result in a forfeit. Both teams involved in the game must report the violation and the forfeit. If neither team can meet the minimum requirement of 10 players or if players from both teams do not play, a double forfeit will be declared.

### **BLUE “B” SQUADS**

Both 7<sup>th</sup> and 8<sup>th</sup> grades can carry a Blue “B” Squad. To qualify for a Blue Squad, the team total of minimum players will be 25 (Squad A=10+ players, Squad B=15+ players). A minimum of 15 players must suit out for each game and all players suited out must play in the match. A game will consist of 4 6-minute quarters. No standings will be kept for the Blue Squad schedules.

**Players can move between squads if the minimum numbers are maintained. Athletes may only play one match per week. Athletes may only play on one squad per week.**

### **Basketball Press Rule**

A team will stop the press as soon as they are 20 points ahead of the opposing team. The team that is ahead should substitute players and work on other aspects of the game plan.

- 1<sup>st</sup> Notice -Verbal Warning.

- 2<sup>nd</sup> Notice- If a team does not adhere to the warning the coach will be reported to the Athletic Department and further administrative action could be taken.

## **Football**

National Collegiate Athletic Association and UIL rules will be observed with the following modifications:

- The seventh and eighth-grade games will have eight-minute quarters with a ten-minute half-time.
- The home team will wear dark-colored jerseys.
- The home team will furnish an adult timekeeper, chain crew, and a football.
- Eighth grade will play with a regulation-size football.
- A designated intermediate-size football will be used in seventh grade only.
- There is no overtime provision for middle school football. Games that end in a tie will be recorded as such. (A tie equals  $\frac{1}{2}$  a loss and  $\frac{1}{2}$  a win toward a team's win/loss record).

## **Football Participation Rule**

- Football is a no-cut sport.
- All students who try out should be allowed to participate.

The team with the best division win/loss record will be declared division champions. In case of a tie, all teams involved will be declared co-division champions.

## **Softball**

### **Soccer**

National Federation soccer rules will be observed with the following modifications:

- The home team wears a white jersey, and the visitor wears a dark jersey.
- The home team will furnish an adult scorekeeper and when possible, sideline officials.
- The team with the best division record will be declared the division champion. In case of a tie, the teams involved will be declared co-champions.
- The soccer ball will be regulation size (5). Both teams will provide game balls and ball shaggers.

## **Participation Rules**

- The game format will be two 12.5-minute quarters, one five-minute half-time, followed by the remaining 25-minute half. Soccer squads will be divided in half. In the first quarter, one-half of the team will play. In the second quarter, the remaining half of the team will play. After half-time, coaches may play athletes as desired but are encouraged



to make regular and frequent substitutions. This rule applies to all games. Teams that end regulation time in a tie will remain in a tie.

- Each team must carry a minimum of 17 athletes. Coaches are encouraged to keep as many team members as possible. If the minimum number of 17 is not met, the game will be played but the team committing the violation will forfeit the match.

The team that violates any participation rule and the home team reporting the score should report the violation to the athletic office the following day.

## **Volleyball**

- National Federation volleyball rules will be observed with UIL modification.
- The height of the net will be 7' 4 1/8" for the seventh and eighth grades.
- Eighth-grade teams must serve overhand.
- Seventh & Eighth-grade teams may use the libero position.
- Home Team will provide game balls.
- The home team will be responsible for furnishing a scorekeeper.
- Each team provides one adult linesperson.

The division standings will be used to determine the Division champion and seeding for the Division tournament. If any teams are tied for Division champions, they will all be declared co-champions. If there is a tie in the division standings the following will be used as a tiebreaker for seeding the Division tournament:

1. head-to-head competition
2. coin flip completed by the athletics department.

## **Volleyball Rules**

### **“A” Squads**

In both 7<sup>th</sup> and 8<sup>th</sup> grade, each team must carry a minimum of 12 players on the “A Squad”. Coaches are encouraged to keep as many team members as possible.

- A minimum of 12 players must be in uniform for the game. (Penalty forfeit)
- All players are required to play during the match. (Penalty forfeit)
- A match will consist of 2 out of 3 sets to 25 points.
- If necessary, the 3rd set is capped at 30.
- A violation is to be reported by both teams. If neither team meets the requirements, both teams will show a forfeit for that match.
- If a team uses a libero, they must provide a libero tracker at the score table.

7<sup>th</sup> and 8<sup>th</sup> (A or B) teams are no longer required to divide their teams into two squads. All athletes in uniform are required to play during the match. (We encourage as much playing time as possible)

### **BLUE “B” Squads**

7<sup>th</sup> and 8<sup>th</sup> grade can carry a Blue “B” Squad

- The minimum number of players will be 25.  
(Squad A=12+ players, Squad B=13+ players).
- A minimum of 13 players must be in uniform and on the bench for each match.
- All players in uniform are required to play in the match.
- A match will consist of 2 out of 3 sets, score to 25, sets 1 and 2 (capped at 25).  
If necessary, a 3<sup>rd</sup> set to 15 is capped at 25.

Players can move between squads if the minimum numbers are maintained. Athletes may only play one match per week. Athletes may only play on one squad per week.

### **Cross Country**

All participants will conform to UIL and National Federation rules and policies.

- The race distance will be 2 miles.
- There will be four divisions: 7<sup>th</sup> Girls, 8<sup>th</sup> Girls, 7<sup>th</sup> Boys, and 8<sup>th</sup> Boys.
- Cross Country is a "no cut" sport for EPISD Middle School Programs. Coaches may enter as many athletes as they want, but all athletes entered into a meet must be able to run the entire distance by the second meet of the year.

### **Track and Field**

National Federation rules with UIL and El Paso Independent School District modifications will be observed.

Order of events:

2400 Meter Run

400 Meter Relay

800 Meter Run

Girls 100 Meter Hurdles (30")

Boys 110 Meter Intermediate Hurdles (36")

100 Meter Dash

800 Meter Relay

400 Meter Dash

Girls 200 Meter Low Hurdles with 300 marks (30")

200 Meter Low Hurdles with 300 marks (33")

High Jump

Long Jump

Shot Put (7<sup>th</sup> boys and girls will use 6 lbs.

4 Kilo Shot (MII)

Junior Discus-1 Kilo 9wood or rubber)

Triple Jump

200 Meter Dash  
 1600 Meter Run  
 1600 Meter Relay

### **Rules Clarifications**

- The 400 Meter Relay will be four consecutive legs of 100 meters each with appropriate staggers.
- The 800 Meter Run will be run with a half-stagger.
- The 400 Meter Dash will be run in lanes.
- The 800 Meter Relay will be run in lanes with a double stagger.
- The first leg of the 1600 Meter Relay will be run in lanes with appropriate staggers. Number-two person will break for the pole after he/she has run one turn in his/her lane (same as high school).
- The length of the baton will not exceed 11.5 inches. The use of tape in wrapping the baton is prohibited.
- Shoes must be worn and only racers or short spikes may be used.
- Hats, headbands, and jewelry are not allowed.
- Starting blocks will be used up through the 200 Meter Dash, including 400 and 800 relays.
- The 200 Meter Hurdles for boys will be 33" high, girls will be 30", and will start at 200-meter marks and use the 300-meter hurdle lines (6 hurdles).
- Only three (3) trials in the field events will be given, except in the final meet where eight qualifiers will be given four (4) trials.

### **Track Participation Rule**

- A contestant may participate in only four events.
- No more than 3 running and/or field events.)
- Three contestants from each school per event may be entered.
- A contestant may run only two open events of 400 meters or more. This does not prohibit him/her from running a leg in the 1600 Meter Relay.
- Track is a "no-cut" sport for EPISD Middle School Programs.

### **Track Meets**

- A school may enter three contestants in the individual running events and one team in a relay.
- An extra heat of runners may be allowed if the host school agrees to do so before the meet. This heat will not count toward team points. These runners must be designated at the seeding meeting. In the field events, each school may enter three contestants.

The divisional meet will be held to determine the winner of each division and to qualify for the district finals. The top four in each division will advance to the District Finals

## **Scoring**

The score will be 10, 8, 6, 4, 2 and I for the individual events and 20, 16, 12, 8, 4, and 2 for the relays.

## **Wrestling**

The head coach for the feeder pattern is responsible for the organization of the program.

- The middle school coach is responsible for organizing the program based on the high school system.
- The high school coach will assist the middle school coach in arranging practice sessions. There will be no mixing of grade levels for weight class competitions.

## **Wrestling Participation**

Wrestling is a no-cut sport, and all students should be allowed to participate.

## **Wrestling Weight Classes**

- Boys-78, 86, 94, 102, 110, 118, 126, 134, 142, 165, 185, 250
- Girls-65, 76, 85, 96, 108, 121, 134, 154, 165, 176, 186, 198

Each school will try to maximize the number of athletes on the wrestling team.

Multiple athletes in the same weight class will be allowed.

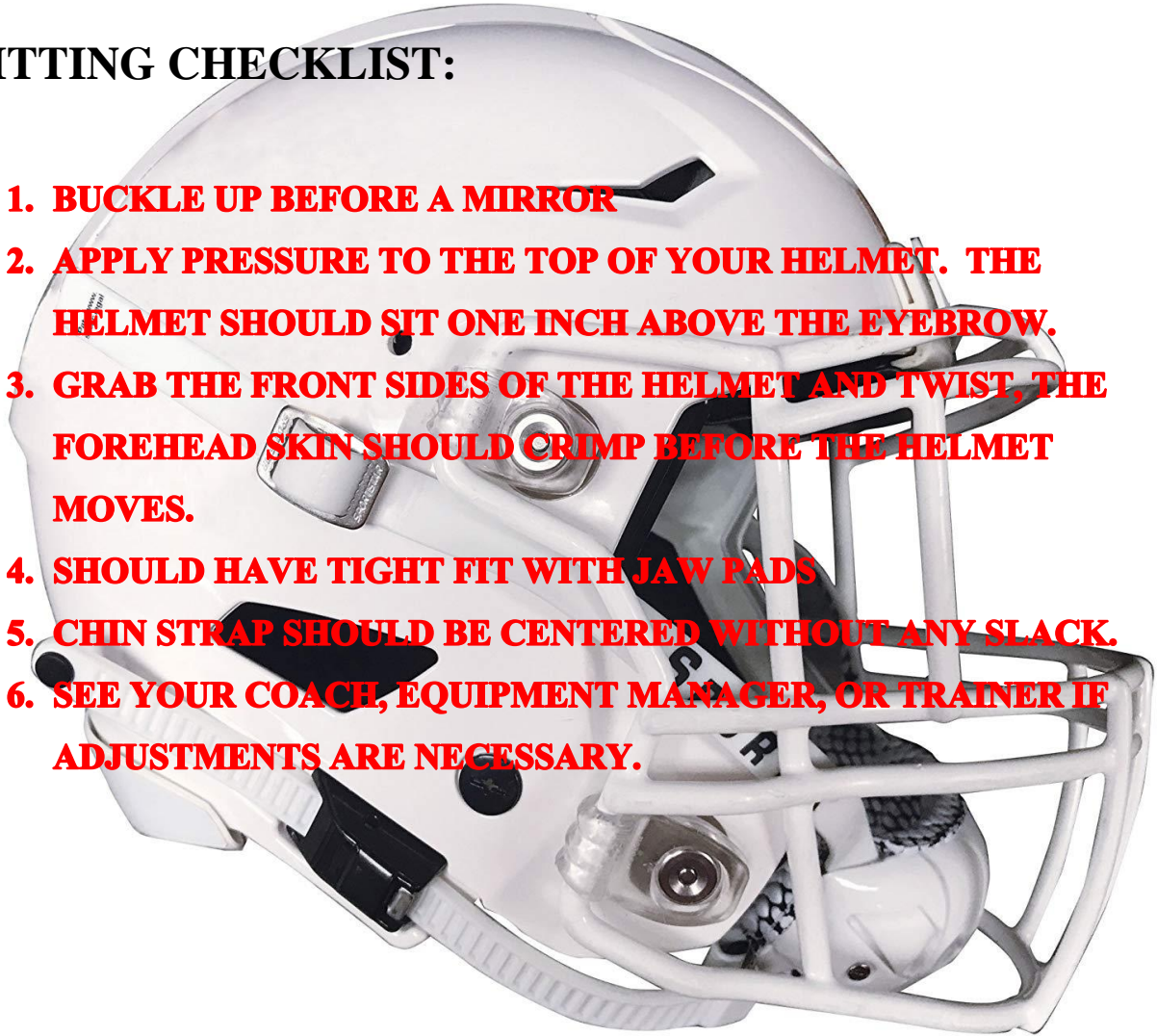
Each athlete must wrestle at least one match during scheduled meets, but more than one match is preferred. Each match will be 3, 1-minute periods.

During all practice sessions and meet matches all participants must wear proper headgear and a mouthpiece.

**FOOTBALL PLAYERS  
CHECK THE FIT OF YOUR HELMET EVERY DAY BEFORE  
PRACTICE**

**FITTING CHECKLIST:**

- 1. BUCKLE UP BEFORE A MIRROR**
- 2. APPLY PRESSURE TO THE TOP OF YOUR HELMET. THE HELMET SHOULD SIT ONE INCH ABOVE THE EYEBROW.**
- 3. GRAB THE FRONT SIDES OF THE HELMET AND TWIST, THE FOREHEAD SKIN SHOULD CRIMP BEFORE THE HELMET MOVES.**
- 4. SHOULD HAVE TIGHT FIT WITH JAW PADS**
- 5. CHIN STRAP SHOULD BE CENTERED WITHOUT ANY SLACK.**
- 6. SEE YOUR COACH, EQUIPMENT MANAGER, OR TRAINER IF ADJUSTMENTS ARE NECESSARY.**



**POST IN EVERY LOCKER ROOM**