

Rapid City Area School District 51/4
2017-18
Middle School
Coaches/Advisors Handbook
(Revised (6/08/17))



RAPID CITY MIDDLE SCHOOL ACTIVITIES
ARE GOVERNED BY:
BOARD OF EDUCATION
SUPERINTENDENT OF SCHOOLS
ASST. SUPT. OF EDUCATIONAL SERVICES
ATHLETIC DIRECTOR OF MIDDLE SCHOOL ACTIVITIES
MIDDLE SCHOOL PRINCIPALS

Governing rules and by-laws

The rules and by-laws that shall govern all Rapid City middle school activities are those set forth in this handbook. All SDHSAA rules as set forth by the National Federation of State High School Associations shall also be followed unless otherwise duly noted herein.

Each middle school principal's office shall have a copy of this handbook.

Middle School Administrators

Scott Phares – East
Jackie Maxon-Talley - North
Larry Stevens - South
Lindsey Ruml – Southwest
Dan Conrad - West

Building Activities Coordinators

East Middle School – Greg Gramberg
North Middle School – Stacey Cowen
South Middle School – Brice Stapert
Southwest Middle School – Scott Sebbo
West Middle School – Bob Boehler

Middle School Activities Director

Mike Deming

Middle School Activities Assistant

Linda Reber

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MIDDLE SCHOOL ACTIVITY PROGRAM

PHILOSOPHY: MIDDLE SCHOOL ACTIVITIES

In order to maintain our Middle School philosophy of extra-curricular activities, fees in the amount of \$25 per activity or \$60 for all activities and \$120 maximum per family for the year will be assessed. Scholarships are available based upon need.

Student activities are an integral part of education. They must operate in harmony with other parts of the total curriculum, providing significant learning experiences for youth and helping them to develop a positive lifestyle. In fact research indicates that successful participation in student activities is a valid predictor of success in academics, career and community.

Rapid City area middle school students face a complex future - one that will demand diverse skills from all citizens. Such a complex society will require leadership and communication skills among its peoples, as well as the ability to work together. The school's responsibility in providing students with skills to succeed in life will be supported by a comprehensive activities program.

The activities program will provide opportunities for students to organize and plan, to assume leadership roles, to gain recognition and identity, to recreate physically and emotionally, and to mature socially.

GOALS:

Maximum Participation/Competition:

1. All students will have the opportunity to participate if they meet Rapid City Area School District requirements. A no-cut policy will be in place.
2. All coaches will be required to play every player a minimum amount of time during competition unless disciplinary reasons prevent a player from participating.

Skill Development:

1. Our program is for students to realize that playing in competition enhances skills and strategy.
2. A season will consist of practices designed for skill development -- to teach fundamentals, goals and knowledge of the activity.
3. Coaches will be expected to develop daily practice plans focusing on fundamental skill development for all grades.

Professional Development/Coaching Expectations:

1. Coaches will be expected to develop practices based upon fundamentals, skills, goals, and knowledge of the activity.
2. All activities will be properly sponsored and supervised by qualified individuals.
3. Coaches will attend a sports specific meeting each year for every sport they coach led by the high school head coach for that particular sport.
4. Training and expectations to complete the training will be provided to all coaches through online coursework.

Teamwork/Team concepts/Build a Culture:

1. The middle school activities program will support and contribute to the social development of students.
2. Selected activities should be designed to focus on services to school and community.
3. Fair play, sportsmanship, and fun are basic to the program.
4. Attention will be given to the differences between individual and team/group activities and the programs structured accordingly.
5. To develop a successful activities program it is imperative basic concepts permeate the entire program. If the program is to develop shared basic concepts, the high school head coach/advisor must have the opportunity to provide positive input for total program development. The high school head coach/advisor shall work in cooperation with the middle school coaching staff. All head coaches shall be responsible for sharing coaching techniques and philosophies with assistant coaches, including middle school coaches in their respective sports.
6. The high school and middle school activity directors will continue to make a reasonable effort to host events where middle school and high school participants play on the same date and location. At this time the high school activity directors, coaches/advisors and middle school coaching/advising staff will have the opportunity to provide input for the total program development. Events such as the Track O'Rama should encourage joint participation of middle school and high school athletes.
7. High school and middle school activity directors will request building principals to make a reasonable effort to set aside 40-60 minutes of staff development for the district coaching/advising staff and activity directors. At this time the high school activity directors, coaches/advisors and middle school coaching /advising staff will have the opportunity to provide input for the total program development.

TERMS AND DEFINITIONS: MIDDLE SCHOOL ACTIVITIES

INTRAMURAL

All activities and competition would be carried on in the building between and among the students in the building.

INTERSCHOOL

Activities and competition would be carried on between and among the middle schools in the Rapid City school district.

INTERSCHOLASTIC

Activities and competition would be carried on between and among the middle schools in the Rapid City School District and other middle schools in the region.

POSITION STATEMENT FOR MIDDLE SCHOOL ATHLETIC PROGRAM

SIXTH GRADE:

It is desirable to provide a supervised program of athletic activity for sixth graders. Taking into consideration their level of physical maturation and interest in athletic participation, it is appropriate that this program be of an intramural nature, except for the individual sports of cross-country, track and wrestling which would be inter-school/interscholastic. An effort will be made to provide interschool play days for volleyball and basketball.

SEVENTH GRADE:

It is desirable to provide a supervised program of athletic activity for seventh graders. Taking into consideration their level of physical maturation and interest in athletic participation, it is appropriate that this program be of an interschool nature except for the individual sports of cross-country, track and wrestling which would be interscholastic.

EIGHTH GRADE:

It is desirable to provide a supervised program of athletic activity for eighth graders. Taking into consideration their level of physical maturation and interest in athletic participation, it is appropriate that this program be a blend of interschool and interscholastic competition.

RESPONSIBILITIES OF MIDDLE SCHOOL ACTIVITIES DIRECTOR'S OFFICE

- A. Arrange for and schedule officials
- B. Arrange out-of-town competition
- C. Establish schedules
- D. Assist individual schools in charge of major event
- E. Establish yearly budget
- F. Order athletic supplies
- G. Bookkeeping
- H. Payment of officials and workers
- I. Arrange for bus transportation
- J. Handle tickets and gate receipts
- K. Maintain and update activities policy books
- L. Schedule head coaches meetings for the start of each sports season
- M. Communicate professional development opportunities to middle school coaches.

The basic function of the athletic director is to coordinate middle school activities.

Meetings: The athletic director will meet with the five building activities coordinators at the end of each nine week period for the purpose of reviewing the just completed season and to consider changes for the next year.

MIDDLE SCHOOL BUILDING ACTIVITIES COORDINATOR

The responsibilities of the middle school building activities coordinator, together with the building principal and the athletic director of middle school activities include the following:

1. Supervise the coaches; manage and maintain equipment; aid in the preparation for the checking out and checking in of equipment.
2. Prepare an inventory of equipment and aid the athletic director of middle school activities in ordering new equipment.
3. Construct a weekly practice schedule for their respective middle school.
4. Supervise coaches that are new to the district on the procedure for filing insurance and physical forms for all participants in each of the sports.
5. Make necessary arrangements with principal and coaches when tournaments, games, matches and meets are scheduled at their school.
6. Assist the principal in supervising coaches relative to conduct, dress and other policies governing their teams.
7. Serve as administrative liaison between middle school principal, coaches and the athletic director of middle school activities.
8. Middle school building activities coordinators will work collaboratively to organize and coordinate middle school activities.
9. Informing other building activities coordinators about ineligible transfers.
10. Secure timers and scorers for home games and matches.
11. Share supervision of middle school activities among the building activities coordinator, coach and building administrator.
12. Ensure that all coaches are provided the time and dates for their yearly sport specific meeting with the high school coach.
13. Provide coaches with the necessary online courses that they will need to complete for their sport.
14. Provide coaches with application to belong to state coaches association and state clinics.

ATHLETIC COACHES DUTIES/RESPONSIBILITIES

The duties and responsibilities of middle school athletic coaches include the following:

1. Recognize the ethical responsibilities to the team, the school and fellow coaches. Coaches will make a sincere effort to cooperate and work harmoniously with all.
2. Adhere to policies and procedures established for middle school activities.
3. Be responsible for a style of play consistent with the scope and sequence of the total program.
4. Show leadership in proper conduct during practice and game time.
5. Communicate with officials in a respectful manner.
6. Dress appropriately for coaching duties at practice and game time.
7. Prepare a daily practice schedule and make continued efforts to improve coaching techniques and design a plan to promote skill development.
8. Issue equipment and supervise the students' care of it: check in and inventory equipment at the end of the season.
9. Ensure that all athletes will purchase and wear the required school logo shorts.
10. Ensure that every participant return all necessary signed forms and fees (i.e., participation, medical history, proof of insurance or waiver, physicals, etc.) prior to any participation in practices or games.
11. Administer first aid procedure to an injured player and take appropriate action (notify family doctor, parent, building activities coordinator and building principal).
12. Complete the bus roster listing the bus number and what students are on each bus. The list will be delivered to the office before the bus departs from the school. This includes weekends.
13. Work in cooperation with the high school coaching staff and attend a sports specific meeting each year for every sport they coach. This will be led by the high school head coach for that particular sport. (Skills, drills, terminology-what the high school coaches want taught). High school coach will also provide all middle school coaches with camp information that is specific for their sport.
14. Training and expectations to complete online coursework will be provided to all coaches.
15. Secure the approval of the building head coach or administrator prior to changing practice schedules.
16. Ensure the length of all practices remains consistent within the building. Fulfill the set practice time that is scheduled.

NOTE: INSURANCE: The Board of Education selects an insurance plan which will be offered to all students in the school system. The parent/guardian of each student who is out for athletics must either take the appropriate insurance plan offered through the school or signify by signing a waiver form that they have adequate coverage under a family or other plan and that they do not desire additional coverage. All athletes must have a physical before they can participate in the school athletics. Barring severe illness or injury, physical exams are good for a three-year period. Students must complete an interim pre-participation history form each year. Parents must sign permission before students can participate in activities.

MIDDLE SCHOOL ATHLETIC COACHES DUTIES/RESPONSIBILITIES

SPORTSMANSHIP

Our No. 1 Priority

SPORTSMANSHIP, ETHICS and INTEGRITY

are the essential components of the *R.C.A.S. middle school* activity programs.

The coach is the central figure in the sportsmanship pattern of the school and community. In order for good sportsmanship to be the guiding principle in athletics for the team, student body, community and press, they must know what good sportsmanship is and teach it to all.

Expectations:

1. Promote and model ethical and respectful behavior through proper communications toward players, other coaches and the school community.
2. Insist that the student body be polite, courteous and fair to the visiting team.
3. Always display good sportsmanship, losing or winning.
4. Maintain poise and self-control at all times.
5. Teach their team fair play.
6. Discipline players who exhibit poor sportsmanship.
7. Educate all players that it is unsportsmanlike conduct to yell intimidating remarks at the visiting team or officials.
8. Treat the officials with respect.
9. Expend their efforts into controlling their own team and let the officials control the game.
10. Avoid defeating their opponent by a large margin and use judgment in use of their players.
11. The coach will appropriately protest according to established rules for their activity.

CROWD CONTROL

The coach, players, and fans shall show respect for their opponent and the officials. The coaches, building activities coordinator and building administrators share responsibility for crowd control.

SPORTSMANSHIP LETTER

The Rapid City School District reminds everyone that middle school activities are intended for the enjoyment and benefit of middle school students. Good sportsmanship is essential for the proper support of the student athletes.

With good sportsmanship, everyone is a winner. We support good sportsmanship during all the middle school activities. Good sportsmanship is essential for the success of these programs. We hope, as parents, that you will enjoy the games and support your athletes in a positive and sportsmanlike manner. Good sportsmanship stresses positive values that are so important in the development of our leaders of tomorrow. You must set a good example by displaying good sportsmanship during the middle school activities. Sportsmanship on the part of the coaches, players, and other school personnel is expected and essential. However, often times the fans forget their part in bringing good sportsmanship back into activities.

In the past there have been several unsportsmanlike incidents at each of the middle schools in Rapid City. In each of these cases, the incidents involved fans. As already stated, fan and parent modeling is critical if we plan to pass on positive sportsmanship to our student athletes.

It is obvious that we all must do more to promote sportsmanship across the district. In an effort to do so, the middle schools will be more active in promoting sportsmanship. Therefore, in instances where fans are behaving in an unsportsmanlike manner, they will be asked to leave the contest. We will not accept poor sportsmanship from our student athletes and no longer can we accept poor sportsmanship from parents and fans.

We hope that this communication will be taken in the light it is written. Our intentions are not to create ill will; however, we must do more to promote good sportsmanship. Modeling is an important factor in helping our student athletes understand the importance of sportsmanship.

POLICIES - GENERAL

ELIGIBILITY

Middle school eligibility requirements for activities:

I. SCHOLASTIC

A. All athletes will be required to have a physical on file at their school. All physicals are good for a 3 year period. It is permissible to administer physicals in the spring, summer, or fall for the ensuing school term. Physicals taken in the spring for the ensuing school term shall be taken after April 1.

B. This covers all middle school activities, excluding those activities that are required as part of the curriculum and will include all team members, and student managers.

C. Procedure to administer these requirements:

1. At the beginning of each activity season, a master list of participants listed alphabetically with grade level and activities would be compiled by the building activities coordinator and principal's office.
2. Each school will establish a procedure to determine eligibility on a weekly basis.
3. If students are failing in two or more classes they will be ineligible to participate in contests or games for one week following their identification. The participant would be allowed to practice during the week of ineligibility unless the administration agree that this is not in the best interest of the student.

II. TRANSFER STUDENTS

Athletes who transfer within district during a sports season and are ineligible at their previous school shall remain ineligible for the remainder of that eligibility period.

III. HOME SCHOOLED STUDENTS

Homeschoolers residing within Rapid City Area Schools' boundaries may participate in all co-curricular and interscholastic programs offered through the schools. Homeschoolers must provide a certificate of immunization as prescribed in policy JECF prior to participation in any co-curricular or interscholastic program offered through the schools and must not be failing more than one subject in their home school program.

ELIGIBILITY (CONTINUED)

IV. JOINT PARTICIPATION

A student who is a member in Rapid City middle school activities may participate in another activity on an outside of school team during that activities school season. Any student who so participates must remember that they must attend practices and competitions of the school team. If conflicts arise between the school team and the outside team, the student must remember that their membership on the school team takes priority over their membership on the outside team. Failure to attend practice or missing a competition because of involvement with the outside school team shall be considered an unexcused absence and may lead to removal from the activity or other consequences at the discretion of the coach. (More than two unexcused absences shall lead to removal from the team.)

V. AGE LIMITATIONS

In order to be fair in middle school competition, it is important that individuals compete against people with equal physical ability and according to their age.

Middle school building activities coordinators are responsible for checking the ages of all athletes and placing them in the correct division.

To be eligible to compete in the 6th grade division, a student must not have reached his/her 14th birthday by the end of the sport season.

To be eligible to compete in the 7th grade division, a student must not have reached his/her 15th birthday by the end of the sport season.

To be eligible to compete in the 8th grade division, a student must not have reached his/her 16th birthday by the end of the sport season.

COACHING ASSIGNMENTS

Coaching duty assignments will be made by the building principal within the policies of the Rapid City Area Schools. The building activities coordinator may serve as an advisor in the selection of people to fill the coaching duties.

POSTPONEMENTS AND CANCELLATIONS

The decision to postpone or cancel an athletic event will be by mutual agreement of the school involved and the athletic director of middle school activities with communication to schools. For after school activities, a decision will be made to cancel before 11:30 AM on the day of the event.

CHURCH NIGHT

Every Wednesday night will be considered church night by the Rapid City school system and all activities will cease no later than 6:00 P.M.

EQUIPMENT

The use of school equipment is limited to school programs. The coach of the sport is responsible for the issuance, maintenance and supervision of the student care of equipment. At the close of the season he will check in all equipment, submit a complete equipment inventory and list of equipment needs to the building activities coordinator and prepare all uniforms for laundry. Scoreboards cannot be used by outside agencies unless they secure the services of a qualified individual to operate the scoreboard.

TRANSPORTATION

Due to the large number of students involved, the Rapid City Areas Schools District 51-4 will provide bus transportation to middle school football, wrestling and track teams to all athletic contests. The District will not provide a return bus from these events. The exception will be for out of town events. The students on the basketball, cross-country and volleyball teams are responsible for securing transportation from the faculty or parents of team members for their in-town contests. Contests with Douglas are considered in-town. All out-of-town transportation will be provided for all sports. In special circumstances, even when buses are utilized, students may ride to or from an activity with their parents if the parents have communicated their request to the coach. At no time are students allowed to ride home from an event with another students' parent when buses or school vehicles have been provided.

ABSENCES PRIOR TO SCHOOL SPONSORED CONTESTS AND ACTIVITIES

Students involved in school sponsored contests or activities who are unexcused on the day of the contest will not be permitted to participate. Participation in school activities on the day of an excused absence may be allowed under certain circumstances, with prior permission from the principal.

INJURIES

The following guidelines are to be followed for all athletic injuries:

1. Have all phone numbers readily available (doctor, ambulance, hospital and athlete's home).
2. Don't guess whether or not an athlete is injured. If an athlete indicates they are injured, the only safe procedure is to take their word for it. Do not permit an athlete with any type of head injury to reenter the game or scrimmage and notify parents as soon as possible.
3. Render immediate first-aid and make the athlete comfortable for the remainder of the game or practice.
4. If it is advisable that the athlete see a physician, make the necessary arrangements for transportation, etc., immediately and notify the parents.
5. Follow-up by making contact with parents or athlete.
6. Coaches must be aware of all students covered by Government Health Services. In case of injury the athlete is to be transported to the Sioux San Public Health Service Hospital if possible.
7. An accident report must be turned into the principal's office by the end of the next school day.

FINANCES

The gate receipts from certain tournaments, meets and festivals are to be deposited by the athletic director of middle school activities to the Rapid City middle school general fund. The receipts will be used to offset the costs of game officials and work personnel. An accounting of the year's receipts will be forwarded to middle school building activities coordinator and principals at the end of the school year.

All athletic equipment will be purchased through established bid purchasing policies of the Rapid City Area Schools.

NOTE: Admission will be charged at the following middle school events:

	<u>Adult</u>	<u>Student</u>
A. Football Festival	\$5.00	\$1.00
B. RCMS Invite Wrestling	\$5.00	\$1.00
C. All-City Wrestling	\$5.00	\$1.00
D. West River Track	\$5.00	\$1.00
E. All-City Track	\$5.00	\$1.00
F. Band Festival	\$TBA	\$TBA
G. Strings in Concert	\$TBA	\$TBA
H. United in Song	\$TBA	\$TBA

RAPID CITY AREA SCHOOLS PETITION PROCESS

1. Middle school students (7th/8th graders) may be petitioned following this Petition for Exceptional Athlete.
2. The following criteria will be taken into consideration whenever a senior high building activities director petitions for a 7th or 8th grade student.
 - A. Each individual case considered on its own merits.
 - B. The physical and emotional maturity of the individual will be considered. Often a young athlete becomes alone in an older group and finds it difficult to handle the situation. We must also keep in mind the importance of keeping students in their peer group.
 - C. Consideration will be given to the overall citizenship and scholarship of the individual.
 - D. The skill level of the individual will be advanced enough to merit varsity participation. Seventh or eighth grade students cannot be utilized predominately at sub-varsity levels except as specified in sections G and I.
 - E. The proposed change of participation for a 7th/8th grade middle school student will not result in serious damage to the middle school program.
 - F. The move must be educationally beneficial to the student.
 - G. A student may also become a candidate for a senior high team when it is determined there is no program available to that student in middle school. If no program exists at the middle school, provision 2D does not apply and the alternate petition list will be used (including after season sports of cross-country, girls basketball, wrestling and track).
 - H. When a student has been given approval to compete in a high school program by the building principals, they become subject to the eligibility requirements of the high school to which they are petitioned.
 - I. An eighth grade student may become a candidate for a senior high team at the close of a middle school activity. When this occurs, provision 2D does not apply and the alternate petition list will be used (including after season sports of cross-country, girls basketball, wrestling and track).

3. If the petition is successful, the student will compete on the senior high level according to the following:
- A. The student's day will end at the regular scheduled middle school day.
 - B. Transportation from the middle school to the high school site will be the responsibility of the student and/or guardian.
 - C. If a 7th/8th grade student competes interscholastically at the high school level in a particular activity, they will not be allowed to move back to the middle school level of competition in that activity with the exception of 7th grade students who are petitioned for a specific formal try-out period. These students will be allowed to move back to the middle school if they do not make the varsity team.¹
 - D. If a student has been petitioned to the high school level as a 7th grader, they are not guaranteed a varsity position as an 8th grader. Note that provision 2D will remain in effect stating that "7th/8th students cannot be utilized at sub-varsity levels."
4. It is important that the steps on the Petition for Exceptional Athlete form be followed very closely and not be reversed. The family or student will not be contacted until steps 1 through 6 on the Petition for Exceptional Athlete form are completed.

¹ Statement 3C stipulates that if a student is petitioned up at the 7th grade level, they must compete at the varsity level as an 8th grader also. No petition is required for the 8th grade year.

PETITION FOR EXCEPTIONAL ATHLETE

STUDENT'S NAME _____ DATE _____
SCHOOL _____ SPORT _____
GRADE _____ AGE _____ HEIGHT _____ WEIGHT _____
HEAD COACH _____

PROCEDURE TO BE FOLLOWED IN PETITIONING EXCEPTIONAL ATHLETE

STEP 1. Confer with the High School Activity Director and present your rationale for this petition.

(High School Activity Director) _____ (Date) Approved _____
Not Approved _____

STEP 2. Confer with the High School Principal and present your rationale for this petition.

(High School Building Principal) _____ (Date) Approved _____
Not Approved _____

STEP 3. Confer with the Middle School Principal and present your rationale for this petition.

(Middle School Building Principal) _____ (Date) Approved _____
Not Approved _____

STEP 4. Confer with the middle school coach of the athlete who is to be petitioned and get his/her recommendations.

(Middle School Coach) _____ (Date) Approved _____
Not Approved _____

STEP 5. Confer with the building activities coordinator of the middle school that the athlete attends as to the effect on total program.

(Middle School Building Activities Coordinator) _____ (Date) Approved _____
Not Approved _____

STEP 6. Confer with the Middle School Activity Director and request that the Director investigate the prospective student's citizenship, scholarship and maturity.

(Middle School Activity Director) _____ (Date) Approved _____
Not Approved _____

If steps 1, 2, 3, 4, 5 and 6 have all been approved to this point, the coach will proceed to the next steps in order of petitioning.

STEP 7. Parental permission will be requested so they are aware their child is being considered for advancement to a high level of competition.

(Parents) _____ (Date) Approved _____
Not Approved _____

STEP 8. Consult with the student and find out what their feelings are concerning the move to a higher level of competition.

(Student) _____ (Date) Approved _____
Not Approved _____

PETITION FOR EXCEPTIONAL ATHLETE
 (Alternate List – Provisions 2G and 2I)

The following 7th/8th students are being petitioned because there is no comparable program available at the middle school level or the middle school season for the specific sport has been completed. After this petition has been completed then the high school coach shall contact the student and the student’s parents. Students who are petitioned in this manner will follow all the requirements listed in the middle school petition process.

SPORT: _____ DATE: _____

Student Name	School	Grade	High School Athletic Director or Principal	High School Head Coach	Middle School Principal	Middle School Building Activities Coordinator	Middle School Athletic Director

Revised 1/6/11

TRAINING RULES AND PROCEDURES

During the entire school year, including the season of practice and the off-season, regardless of the quantity, a student shall not use or consume, have in possession, buy, sell, or give away: alcohol or tobacco which includes smokeless tobacco. According to state law, any person adjudicated, convicted, or the subject of an informal adjustment or court approved diversion program, or the subject of a suspended imposition of sentence for possession, use, or distribution of controlled substances or marijuana as defined in chapter 22-42 is ineligible to participate in any extracurricular activity at any secondary school accredited by the Department of Education and Cultural Affairs for one year. The one year suspension may be reduced to sixty school days if the person participates in an assessment with a certified chemical dependency counselor or completes an accredited intensive prevention or treatment program. It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student's own use by his/her doctor.

For purposes of administering the training rule policy the activities are divided into two categories.

Category I includes all activities that have a regular season including speech/debate, dance team, and sports. Category II includes all activities that do not have a regular season including but not limited to All State Band, All State Orchestra, All State Chorus, and One Act Plays. This includes all performances that are in conjunction with SDHSAA including plays, pep band, marching band and Raider Rarities and Cobbler Capers.

Category I

1. First Violation

After confirmation of the first violation, the student shall lose eligibility for the next two (2) interscholastic weeks of competition. ***Weeks of practice that are absent of interscholastic competition cannot be counted.***

- a. Following suspension for the first violation it is mandatory that before being readmitted to activities following the suspension, the student shall show evidence, in writing, that he/she has sought or has received counseling from a community agency or professional individual such as a drug counselor, medical doctor, psychiatrist or psychologist.

2. Second Violation

After confirmation of the second violation, the student shall be dropped immediately from the current sports season. Also, the student will be suspended for four (4) weeks of competition during the next sports season in which the student is a participant. ***Weeks of practice that are absent of interscholastic competition cannot be counted.***

- a. It is mandatory that before being readmitted to activities following suspension for the second violation, the student shall show evidence, in writing, that he/she has

sought or has received counseling from a community agency or professional individual such as a drug counselor, medical doctor, psychiatrist or psychologist.

3. Third Violation

After confirmation of the third or subsequent violations, the student shall lose eligibility for one full year from the date of the violation.

- a. It is mandatory that before being readmitted to activities following suspension for the third violation, the student shall show evidence, in writing, that he/she has sought or has received counseling from a community agency or professional individual such as a drug counselor, medical doctor, psychiatrist or psychologist.

Category II includes all activities that do not have a regular season including but not limited to All State Band, All State Orchestra, All State Chorus, and One Act Plays. This includes all performances that are in conjunction with SDHSAA including plays, pep band, marching band, Raider Rarities and Cobbler Capers.

Category II

1. First Violation

After confirmation of the first violation, the student shall lose eligibility for the next two (2) events. If the student is a multiple fine art participant he or she will be ineligible for each activity for the next two (2) events.

- a. Following suspension for the first violation it is mandatory that before being readmitted to activities following the suspension, the student shall show evidence, in writing, that he/she has sought or has received counseling from a community agency or professional individual such as a drug counselor, medical doctor, psychiatrist or psychologist.

2. Second Violation

After confirmation of the second violation, the student shall lose eligibility for the next four (4) events. If the student is a multiple fine art participant he or she will be ineligible for each activity for the next four (4) events.

- a. It is mandatory that before being readmitted to activities following suspension for the second violation, the student shall show evidence, in writing, that he/she has sought or has received counseling from a community agency or professional individual such as a drug counselor, medical doctor, psychiatrist or psychologist.

3. Third Violation

After confirmation of the third or subsequent violations, the student shall lose eligibility for one full year from the date of the violation.

- a. It is mandatory that before being readmitted to activities following suspension for the third violation, the student shall show evidence, in writing, that he/she has sought or has received counseling from a community agency or professional individual such as a drug counselor, medical doctor, psychiatrist or psychologist.

4. Additional Training Rules Information:

- a. Violations and penalties apply during the off-season or during each sport in which the student participates.
- b. Rules in effect for the entire school year (or beginning with practice and extending through the end of the season if it begins before or extends beyond) the school calendar.
- c. Violations are cumulative throughout the entire school year whether they occur during the season of participation or the off-season. Violations are cumulative throughout the student's middle school career.
- d. Practice and conditioning weeks in which no contests are scheduled *cannot* be counted as penalty weeks.
- e. Violations carry over from one sport to the next or from one school year to the next. If the violation occurs during the off-season, the suspension will be invoked at the beginning of the next sport season in which the student shall participate or the next school year. Example: *first violation occurs during the off-season in the spring. The suspension will be enforced during the first sport season the student shall participate in beginning the next school year. If the season does not allow the athlete to successfully complete the suspension, the suspension will carry over to the next season in which the athlete participates and competes.* For the suspension to be fulfilled, the athlete must complete the sport season in which the suspension is being carried out.
- f. It would be up to the discretion of the coach as to whether the individual would continue to practice during the suspension.
- g. It is not a violation if the student is present where alcohol, tobacco or any controlled substance is being used.

SEASON CHART FOR MIDDLE SCHOOLS

FIRST NINE WEEKS

GRADES

Boys	Cross-Country	6-7-8
	Football	8 th Only
	Knowledge Bowl	6-7-8
Girls	Cross-Country	6-7-8
	Volleyball	6-7-8
	Knowledge Bowl	6-7-8

SECOND NINE WEEKS

Boys	Wrestling	6-7-8
Girls	Basketball	6-7-8

THIRD NINE WEEKS

Boys	Basketball	6-7-8
Girls	School's Choice for Activity	8 th Only (24 Sessions) <i>(Possibilities)</i> Gymnastics, Aerobics, Weight Training, Tumbling, Cheerleading, Dance and Drill Team Clinics

FOURTH NINE WEEKS

Boys	Track	6-7-8
Girls	Track	6-7-8

Specific dates for each nine week period depends upon the school calendar for the year.

Activities – No Fees Assessed

Knowledge Bowl
Math Counts
Science Fair
Student Council

In order to maintain our Middle School philosophy of extra-curricular activities, fees in the amount of \$25 per activity or \$60 and \$120 maximum per family for all activities for the year will be assessed. Scholarships are available based upon need.

POLICIES - INDIVIDUAL SPORTS

FOOTBALL

I. SEASON

An equal number of games per school (out-of-town team play may increase individual number of games per school) plus a season ending festival.

II. LENGTH OF PERIODS

A. Will consist of four 10 minute quarters.

B. A mercy rule will be implemented if one team leads by 33 or more points as follows:

i. If a team leads by 33 or more points prior to the 4th quarter, the game will continue with a running clock and the score will be taken off of the board – no score will be kept after this point.

ii. If a team leads by 33 or more points during the 4th quarter, the game will continue with regular time being kept, but the score will be taken off of the board – no score will be kept after this point.

III. PARTICIPATION

It is the middle school football coach's responsibility to attempt to make sure each player gets at least the following minimum amount of playing time in each football game:

A. Each player will be on a minimum of one special team.

B. Each player will play a quarter on either offense, defense or any combination of offense and defense.

C. The above playing time requirement may be waived for disciplinary reasons or injury.

IV. EXTRA POINTS

The extra point scoring system will be reversed from the standard Federation Rule Book. The two point conversion will be achieved by kicking the extra point after a touchdown and one point will be scored by a running or passing play.

V. TIE GAMES

A. When games involving city schools end in a tie, the tie breaking procedure will be used. (Use SDHSAA Rule).

B. When playing outside schools an agreement should be reached with the opposing coach before the game begins as to how ties will be handled.

VI. SIZE OF FOOTBALL

The leather intermediate ball will be the regulation ball.

VII. TOOTH PROTECTION

A boy may not participate in football unless he wears a tooth protector in accordance with the National Federation Rule Book. The individual athlete will be responsible for the purchase of his mouthpiece.

VIII. TIMERS

A host team will provide and an adult time keeper.

IX. Coaches will be responsible for finding workers to manage the chains during the game.

X. FIELD MARKINGS

The sidelines of the field will be interpreted as the field side edge of the mower cut. The goal line will be interpreted as the field side of the mower cut.

XI. CONSIDERATIONS TO BE MADE BEFORE GAME STARTS

A. Time

B. Tie Breaker

C. 33 Point Rule

D. Extra Points: 1 or 2

XII. SQUAD SIZE

One team per school. One additional coach to a total of 3.

XIII. TIE BREAKER FOR FESTIVAL

A. Head to Head

B. Points scored against

C. Coin Toss

CROSS-COUNTRY

6th, 7th, 8th GRADES

I. SEASON

- A. Will consist of interschool and interscholastic competition and the season will last approximately 9 weeks with starting and ending dates set by the middle school activities office. This will be held the first nine week period.
- B. Boys and girls must run in their grade division.

II. DISTANCES TO BE RUN

6 th , 7 th and 8 th boys	2000 meters	Developmental run
6 th , 7 th and 8 th boys	3000 meters	
6 th , 7 th and 8 th girls	2000 meters	Developmental run
6 th , 7 th and 8 th girls	3000 meters	

III. NUMBER OF CONTESTS

- A. Contest will basically consist of the following:
 - 1. Invitationals
 - 2. All-City Meet
- B. It is the responsibility of the middle school activities office to run off results for the Invitationals and All-City and forward them to participating coaches.

IV. ALL-CITY MEET

- A. The boys and girls divisions will be subdivided into 6th, 7th and 8th.
- B. In both boys and girls divisions, medals will be awarded to 1st, 2nd, and 3rd place finishers in each division.
- C. Scheduling will be at the discretion of the Middle School Activities Office.

V. RC INVITATIONAL MEET AND HIGH SCHOOL QUAD

- A. The boys and girls division will be subdivided into grade levels 6th, 7th and 8th
- B. Medals will be awarded to 1st, 2nd, and 3rd place finishers in each division.
- C. Scheduling will be at the discretion of the Middle School Activities Office.

VI. UNIFORMS

All cross country runners must wear a school issued shirt and shorts.

VII. TEAM SIZE

Any middle school with more than 25 members at the end of the first official week will be provided a second coach.

GIRLS VOLLEYBALL **6th, 7th, 8th GRADES**

I. SEASON

- A. **6th grade**: Will consist of intramural competition for approximately 6 weeks, with regularly scheduled practices. A season will consist of practices designed for skill development. Each school will be scheduled to participate in 3 festivals. Starting and ending dates will be determined by the middle school activities office.
- B. **7th grade**: Will consist of Inter-school competition. The 7th grade athletes will participate in one Saturday festival at Central High School and an All City Tournament scheduled for the last week of the season. The season will be approximately 9 weeks long. Start and end dates will be determined by the middle school activities office.
- C. **8th grade**: Will consist of Inter-scholastic competition. The season will be approximately 9 weeks long with all teams participating in an All City Tournament at the end of the year. Start and end dates will be determined by the middle school activities office..

II. PROGRAM

- A. **6th grade**: A season will consist of practices designed for skill development. Each school will be scheduled at the discretion of the activities office.
- B. **7th grade**: A match will consist of the best 3 out of 5 with a minimum of 4 games. Schedule will be arranged by the middle school activity office. There will be one time out per game. A team must win by two points.
- C. **8th grade**: Schedule will be arranged by the middle school activities office. One time out per game. 8A teams will play best 3 out of 5. 8B teams will play best 3 out of 5 with a minimum of 4 games.

III. SELECTION OF SQUADS

- A. **6th grade** –Teams will be divided into teams of equal ability. There will be as many teams as numbers warrant. The program will consist of 24 sessions.
A third coach will be added at 25 athletes.
- B. **7th grade**: - Practice will begin at a time set by the middle school activities office. (Make sure numbers are solid--# of players on the court with physicals).

One team - 15 or less
Two teams - 16 to 30
Three teams - 31 to 45

Four teams - 46-60
Five teams - 61 to 75

Coaches, along with the school principal, will put together teams of equal or balanced ability and then draw for the right to coach them.

- C. 8th grade: Players will be divided into teams based on their abilities. During practices the coach will design and create a plan for skill development for all players. Each school will have an A team. The remaining players will be divided equally until each participant is assigned a B team. No player will be allowed to play in both games.

IV. UNIFORM

All players must wear school issued shirts and shorts. If players do not have their uniform, they will not be allowed to play in the game.

V. SPECIAL RULES FOR 6th GRADE

- A. Length of games will be determined by director of intramural program with the allotted time for their program being the prime consideration. It is recommended that continuous clock be used.
- B. Serving line to be adjusted according to physical facilities available. Recommended adjustment would be 5'.
- C. Height of net should be at regulation, but may be adjusted if necessary and facilities permit.

VI. SPECIAL RULES FOR 7th GRADE

- A. Coaches will divide their players into two teams of equal ability.
- B. Each player must play one complete game within the first 3 games.
- C. 7th grade will have a 5' serving line. Net height should be approximately 7'3 ³/₄".
- D. Warm-ups before games will be a maximum of 10 minutes, and there will be a maximum of 2 minutes between games.
- E. Server can have no more than five serves; the serve continues to stay with the team that was serving.
- F. No time limit.

VII. SPECIAL RULES FOR 8TH GRADE

- A. Coaches will divide the total number of players into teams based on their ability.
- B. Each player must play one complete game within the first 3 games. This applies to 8B teams.
- C. Warm-ups before games will be a maximum of 10 minutes, and there will be a maximum of 2 minutes between games.
- D. No time limit
- E. Playtime will be determined at the discretion of the coach, however, each player will participate equivalent to 1 game within the match.
- F. 8A and B teams may use a libero.

VII. SCORING

- A. 7th grade is true rally scoring with a point on every serve.
- B. 8th grade is true rally scoring with a point on every serve.
- C. 7th grade plays to 25 points winning by 2 points or first to 30.
- D. 8th grade plays to 25 points winning by 2 points or first to 30.
- E. The 5th game goes to 15 points (sudden death).

NOTE: *The coach/administration has the discretion of disciplining his/her athletes during any part of the game or games.*

BOYS AND GIRLS BASKETBALL

6th, 7th, 8th GRADES

I. SEASON

- A. 6th grade will consist of intramural competition for approximately 6 weeks with regularly scheduled practices. A season will consist of practices designed for skills development. Each school will be scheduled to participate in one 3-on-3 festival and 2 other festivals. Start and end dates will be determined by the middle school activities office.
- B. 7th grade will consist of Inter-school competition. The 7th grade athletes will participate in one Saturday and an All City Tournament scheduled for the last week of the season. The season will be approximately 9 weeks long. Start and end dates will be determined by the middle school activities office.
- C. 8th grade will consist of Inter-scholastic competition. The season will be approximately 9 weeks long with A and B teams participating in an All City Tournament at the end of the year. Start and end dates will be determined by the middle school activities office.

II. PROGRAM

- A. 6th grade will consist of 24 sessions. At the end of one week teams will be selected. For the remainder of the season, it is recommended each team have two days of games and practices will be as prescribed by each individual school.

6th grade – Length of game will be determined by the director of the program with continuous clock to always be used.

- B. 7th grade – Length of game:
 - a. The length of the periods will be four 8 minute quarters.
 - b. Half-time break will be 5 minutes long.
 - c. In. case of a tie, two minute overtime periods will be played until a winner is determined.
 - d. A minimum of 5 players is required to start the game.
 - e. There will be no special defensive rules; however, no full court press will be permitted except in the fourth quarter. If one team is ahead by 20 points or more, there will be NO full court press even in the fourth quarter by the team that is ahead.
 - f. Intermediate size leather basketballs will be used. The host team will provide basketballs and a medicine kit for games and warm up.
 - g. A ten minute warm up is required before each game unless the coaches have negotiated a different time period.

- C. 8th grade: – Length of game:
 - a. The length of the periods will be four 8 minute quarters.
 - b. Half-time break will be 5 minutes long.
 - c. In case of a tie, two minute overtime periods will be played until a winner is determined.
 - d. A minimum of 5 players is required to start the game.

III. SELECTION OF SQUADS

- A. 6th grade: Players will be divided into teams of equal ability. There will be as many teams as the numbers warrant. The program will consist of 24 sessions.
- B. 7th grade: Practice will begin at a time set by the middle school activities office. Coaches will ensure numbers are solid--# of players on the court with physicals).

One team - 15 or less	Four teams - 46-60
Two teams - 16 to 30	Five teams - 61 to 75
Three teams - 31 to 45	
- C. 8th grade: Players will be divided into teams based on their ability. One coach will be assigned a team. During practices the coach will design and create a plan for skill development for all players. During competition, the coach will be able to split the players into two squads and play a double header.

IV. UNIFORMS FOR 6th, 7th, 8th GRADE

All players must wear school issued shirts and shorts. If players do not have their uniform, they will not be allowed to play in the game. A shirt worn under the team jersey must match team colors.

VI. SPECIAL RULES FOR 6th GRADE:

- A. Length of games will be determined by the director of intramural program with the allotted time for their program being the prime consideration. It is recommended that continuous clock be used.
- B. Only man-to-man defense will be allowed.
- C. No full-court press will be allowed.
- D. Free throw will be shot from a point 18 inches in front of free throw line. Only shooting fouls will be shot. Otherwise fouled team will take ball out of bounds at closest spot.
- E. No foul rule will be observed, but players could be ejected for excessive fouls or unsportsmanlike conduct.
- F. Every player should play approximately equal time.

VII. SPECIAL RULES FOR 7TH GRADE:

- A. Coaches will divide the total number of players into teams of even ability.
- B. Each player must play a minimum of 6 minutes during the duration of the game.
- C. Warm-ups before games will be a maximum of 10 minutes, and there will be a maximum of 2 minutes between games.
- D. Intermediate size leather basketballs will be used. The host team will provide basketballs and medical kit for games.
- E. There will be no special defensive rules; however no full court press will be permitted except in the fourth quarter. If one team is ahead by 20 points or more, there will be NO full court press even in the fourth quarter by the team that is ahead.
- F. The mercy rule will only be in effect for the 4th quarter. If at the beginning of, or any time during the 4th quarter, a team is 30 points or more ahead of the other team, a running clock will be started. The running clock will stop for time outs and free throws only. Once the mercy rule has been implemented, it will remain in effect for the remainder of the game regardless of the score. The actual score will be kept during the entire game.

VIII. SPECIAL RULES FOR 8TH GRADE:

- A. Coaches will divide the total number of players into teams based on their ability.
- B. Each player must play a minimum of 6 minutes during the duration of the game.
- C. Warm-ups before games will be a maximum of 10 minutes, and there will be a maximum of 2 minutes between games.
- D. Intermediate size leather basketballs will be used. The host team will provide basketballs and medical kit for games.
- E. No full court press will be permitted if a team is ahead by 20 or more points.
- F. The mercy rule will only be in effect for the 4th quarter. If at the beginning of, or any time during the 4th quarter, a team is 30 points or more ahead of the other team, a running clock will be started. The running clock will stop for time outs and free throws only. Once the mercy rule has been implemented, it will remain in effect for the remainder of the game regardless of the score. The actual score will be kept during the entire game.

GIRLS CHOICE

During the third quarter, each school shall make a determination for 8th grade girls' choice. The possibilities include gymnastics, weight training, aerobics, tumbling, cheerleading, dance and drill team clinics. Length of session shall be 24 hours.

SQUAD SIZE: One team per school up to 45 athletes; Teams with 46-49 kids – get a second coach.

WRESTLING

6th, 7th AND 8th GRADES

I. SEASON

6th, 7th & 8th grades will consist of interschool and interscholastic competition and will run approximately 9 weeks - as per schedule - with the starting and ending dates to be determined by the middle school activities office.

II. LENGTH OF PERIODS

All matches will have three periods of one and one/half minutes each and overtime would be in accordance with SDHSAA rules, except one minute periods.
Exception: Rapid City Middle School Invite will be 1 minute periods.

III. MATCHING OF WRESTLERS

- A. Wrestlers will be weighed during the first week of practice and that weight will be their certified weight for the year. The weight classes for the rest of the wrestling season will be established from those weights. Wrestlers will not be allowed to wrestle at a lower weight class the remainder of the season, but will be allowed to move up a maximum of two weight classes. Wrestlers will be matched by the coaches of the particular schools involved in dual meets according to the weight classes established at the beginning of the season. Wrestlers will be weighed before every meet.
- B. For tournaments, the matches will be seeded and drawn according to the rules established by the SDHSAA, at a coaches meeting prior to the All-City Meet.
- C. When a sixth grade wrestler cannot be matched with another 6th grade wrestler in his/her respective weight class, the sixth grade wrestler shall be allowed to wrestle seventh or eighth grade wrestlers in our own middle school duals and triangular matches when the following conditions and factors are met:
 - 1. The talent, ability and size of the wrestlers are compared and the proposed match would be fair competition;
 - 2. Both coaches for their respective wrestling teams, and the parents of the athletes involved are required to consent to a match between a sixth and seventh grader prior to the match; and
 - 3. All coaches would have full discretion in determining the ability and size of the proposed wrestlers for any match and would have the authority to object to any proposed match.

IV. WEIGHING-IN

- A. The weight verification for each wrestler prior to each meet will be conducted by the coaches and principal or building coordinator at each respective middle school.
- B. The wrestling coach of the visiting school will send or fax in his list of wrestlers and their respective weights to the wrestling coach at the host school.
- C. The weight list for the City Tournament will be presented at the seeding meeting where each school shall be represented by one coach.

V. PARTICIPATION

- A. 6th graders will only wrestle 6th graders with the exception of **III C.** 6th graders will compete in 6th grade divisions for the out-of-town meets.”
- B. 7th and 8th division will be separate.

VI. TOURNAMENTS

- A. Tournaments will have a separate 6th grade division. 7th and 8th graders will be in the same division.
- B. All-City Tournament - separate tournament for 6th grade with medals to 1st, 2nd, and 3rd place. The 7th and 8th grade tournament winners for first through third place will receive medals.
- C. Wrestlers will be placed in brackets of no more than 8 based on weight at weigh-in. When possible, weight will have no more than an 8 lb. split. This will be determined at the seeding meeting for All-City.
- D. Rapid City Middle School Invite. A first place medal will be awarded to the champion of each weight class.

BOYS AND GIRLS TRACK **6th, 7th, 8th GRADES**

I. SEASON

- A. 6th Grade - will consist of interschool competition as per schedule. Starting and ending dates to be determined by the middle school activities office. 6th grade will not be allowed in open events.
- B. 7th and 8th Grade - will consist of interschool and interscholastic competition and will run for approximately 9 weeks with starting and ending dates to be determined by the middle school activities office.

II. SCHEDULE

- A. The track schedule will consist of dual and triangular meets, the Rapid City Middle School All-City Meet, the West River Invitational Track Meet, selected individual meets and the Relay Training Meet.
- B. Dates and sites of the meets will be determined by the middle school activities office.

III. RECORDS

The middle school activities office will maintain a complete set of track and field records.

IV. TIMING

Coaches will time places and not lanes at all dual and triangular meets.

V. UNIFORM

All players must wear school issued shirt and shorts.

VI. SPIKES

Track spikes use at Sioux Park:

1. Must meet a minimum thickness of 3/8 in. (10mm) for use of track spikes.
2. Only use pyramid spikes and compression spikes/Christmas tree spikes.
DO NOT USE NEEDLE SPIKES.
3. Spike length is not to exceed 1/4 in. (6.4mm)

BOYS AND GIRLS TRACK

6th, 7th, 8th GRADES

COMPETITIVE EVENTS ALLOWED AT EACH GRADE LEVEL

BOYS EVENTS

<u>OPEN DIVISION</u>	<u>7th GRADE</u>	<u>6th GRADE</u>
Long Jump	Long Jump	Long Jump
Shot Put	Shot Put	Shot Put
Discus	Discus	Discus
High Jump 4'8"	High Jump 4'2"	High Jump 3'10"
100 M. Dash	100 M. Dash	100 M. Dash
200 M. Dash	200 M. Dash	200 M. Dash
400 M. Run	400 M. Run	400 M. Run
800 M. Run	800 M. Run	800 M. Run
1600 M. Run	1600 M. Run	1600 M. Run
3200 M. Run	3200 M. Run	3200 M. Run
400 M. Relay	400 M. Relay	400 M. Relay
800 M. Relay	800 M. Relay	800 M. Relay
800 M. Sprint Relay (100-100-200-400)	800 M. Sprint Relay	800 M. Sprint Relay
75 M. Hurdle – 36"	75 M. Hurdle – 33"	75 M Hurdle – 30"
200 M Hurdle – 30"	200 M Hurdle – 30"	200 M Hurdle – 30"
3200 M. Relay		3200 M. Relay

GIRLS EVENTS

<u>OPEN DIVISION</u>	<u>7th GRADE</u>	<u>6th GRADE</u>
Shot Put	Shot Put	Shot Put
Discus	Discus	Discus
High Jump 4'0"	High Jump 3'8"	High Jump 3'6"
Long Jump	Long Jump	Long Jump
100 M. Dash	100 M. Dash	100 M. Dash
200 M. Dash	200 M. Dash	200 M. Dash
400 M. Run	400 M. Run	400 M. Run
800 M. Run	800 M. Run	800 M. Run
1600 M. Run	1600 M. Run	1600 M. Run
3200 M. Run	3200 M Run	3200 M. Run
400 M. Relay	400 M. Relay	400 M. Relay
800 M. Relay	800 M. Relay	800 M. Relay
800 M. Sprint Relay (100-100-200-400)	800 M. Sprint Relay	800 M. Sprint Relay
75 M. Hurdles – 30"	75 M. Hurdles – 30"	75 M. Hurdles – 30"
200 M. Hurdle – 30"	200 M. Hurdle – 30"	200 M Hurdle – 30"
3200 M. Relay		3200 M. Relay

BOYS AND GIRLS TRACK

6th, 7th, AND 8th GRADES

DUALS and TRIANGULARS

1. Each contestant is limited to the following number of tries in each event
3 tries for long jump, high jump, discus and shot put. No finals. The discus
throws will be marked, but only the longest will be measured. HJ-6G-
3'6"/7G-3'8"/8G-4'0"/6B-3'10"/7B-4'2"/8B-4'8".
2. Limited to three events.
3. Time every runner.
4. Bring entry forms filled out for every event.
5. Seventh and eighth grade may run either the 1600 or 3200 - **NOT BOTH.**
6. The emphasis will be on MASS PARTICIPATION, with no team totals kept.
7. There will be no relays.
8. Cannot compete in same event in two grades.
9. The **4K** shot will be used by 7th and 8th boys. **6 lb.** shot used by 6, 7, & 8
grade girls and 6th grade boys.
10. Cannot use spikes on shot or discus.
11. Run all field events in flights of 5 if possible. Fill out all field events at meet.
12. Discus - **All grades, boys and girls, will throw the 1K.**
13. The activities office will designate the host school. The host school will be
responsible for running the meet and assigning workers.
14. 75 M and 200 M hurdles will be run at the duals and triangulars.

BOYS AND GIRLS TRACK

RAPID CITY MIDDLE SCHOOLS

DUAL/TRIANGULAR MEET SCHEDULE - BOYS AND GIRLS

FIELD EVENTS		
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Shot Put	Boys: 6-7-8	Girls: 6-7-8
Long Jump	Girls: 8-7-6	Boys: 6-7-8
High Jump	Boys: 8-7-6	Girls: 6-7-8
Discus	Girls: 6-7-8	Boys: 6-7-8

RUNNING EVENTS		
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3200 Meter Run	Boys: 6-7-8 run together	
3200 Meter Run		Girls: 6-7-8 together
1600 Meter Run (May run together with 3200)	Boys: 6-7-8	Girls: 6-7-8
75 M. Hurdles (7 hurdles 36" high S/13M/8M/14M)	Boys: 8 th – 36" 7 th – 33" 6 th – 30"	Girls: 6-7-8 (All 30")
100 Meter Dash	Boys: 6-7-8	Girls: 6-7-8
(13 meters to the first hurdle, 8 meters in between other and 14 to the finish line)		
400 Meter Dash	Boys: 6-7-8	Girls: 6-7-8
200 M. Hurdles (5 hurdles) (50 meters to the first hurdle, 35 meters in between others and 10 to the finish line)	Boys: 6-8 – 30"	Girls: 7-8 – 30"
800 Meter Run	Boys: 6-7-8	Girls: 6-7-8
200 Meter Dash	Boys: 6-7-8	Girls: 6-7-8

BOYS AND GIRLS TRACK 6th, 7th, AND 8th GRADES

ALL-CITY MEET

- A. Medals will be awarded to the top three places in individual events; not each heat. Medals will be awarded to the first three places in relays for the event.
- B. Each team may have four entries in each individual event and three relay teams with the exception of the following:
 - 1. Unlimited entries in the 800, 1600 and 3200.
 - 2. Eight entries in the shot put, discuss, long jump, triple jump and high jump.
 - 3. Five entries for the 75 and 200 hurdles.
 - 4. Six entries in the 100.
 - 5. Weight man's Relay limited only to shot and discus participants (who participate at this meet only) – no exceptions.
- C. The discus throw will be marked, but only the longest will be measured. All shot put throws can be marked and measured.
- D. Each competitor will be limited to the following number of tries: Shot (four tries) and Discus (three tries) - (Grades 6 and 7); (8th Grade – Open Division) - three tries in the prelims and three tries in the finals. Finals in the shot put and discus for Open only. Three tries per height in the long jump and high jump.
- E. Sixth, seventh and eighth grade are allowed to run only one event of the 1600 meters or longer.
- F. The school responsible for the event will furnish the shot put and discus for everyone.
- G. Entries **must** include all times, distances and heights on the form provided by the activities office.
- H. Number of events for participants
 - 1. In the open division, a contestant may participate in FOUR events.
 - 2. In the 7th grade division, a contestant may participate in THREE events.
 - 3. In the 6th grade division, a contestant may participate in THREE events.

RELAY MEET

- A. The relay meet will be held each year as part of the track schedule as set by the middle school activities office. The meet will consist of the 400 relay, 800 relay, 800 m medley relay and the 3200 relay for both boys and girls.
- B. Each school may enter three teams in each relay. Two heats of each relay - best team should be in the second heat.

ALL CITY TRACK MEET

Morning Events

8:00	<u>Field Events</u>	
Rolling Schedule (in order listed)	Discus	B-Open, B-7th, B-6th, G-Open, G-7th, G-6th
	Shot Put	G-Open, G-6th, G-7th, B-7th, B-6th, B-Open
	High Jump	G-6th, G-7th, G-Open, B-Open, B-7th, B-6th
	Long Jump (Pit 1)	G-Open, G-7th, G-6th
	Long Jump (Pit 2)	B-Open, B-6th, B-7th
	Triple Jump (Pit 1 after Long Jump)	G-Open, G-7th, G-6th
	Triple Jump (Pit 2 after Long Jump)	B-Open, B-6th, B-7th

8:00	<u>Running Events</u>	
Rolling Schedule	Boys/Girls 3200 M. Run (Races may be combines due to #'s.)	6th / 7th
	Boys/Girls 3200 M. Run (Races may be combines due to #'s.)	Open
	Boys 75 M. High Hurdles	Open, 7th, 6th
	Girls 75 M. Low Hurdles	Open, 7th, 6th
	Boys 100 M. Dash (Prelims)	6th / 7th / Open
	Girls 100 M. Dash (Prelims)	6th / 7th / Open
	1600 M. Run	B & G-6th/ B & G-7th / B & G-Open
	Boys 400 M. Relay	6th / 7th / Open
	Girls 400 M. Relay	6th / 7th / Open
	Boys 400 M. Dash	6th / 7th / Open
	Girls 400 M. Dash	6th / 7th / Open
	Boys 800 M. Relay	6th / 7th / Open
	Girls 800 M. Relay	6th / 7th / Open
	Coed 400 M. Weight Relay	Open

BREAK

(Short break about 15 minutes. In case of inclement weather a lunch break may not be taken.)

Afternoon Events

Rolling Schedule	Boys 200 M. Hurdles	7th / Open
	Girls 200 M. Hurdles	7th / Open
	Boys 100 M. Dash (finals)	6th / 7th / Open
	Girls 100 M. Dash (finals)	6th / 7th / Open
	Boys 800 M. Run	6th / 7th / Open
	Girls 800 M Run	6th / 7th / Open
	Boys Medley Relay	6th / 7th / Open
	Girls Medley Relay	6th / 7th / Open
	Boys 200 M. Dash	6th / 7th / Open
	Girls 200 M. Dash	6th / 7th / Open
	Boys 3200 M. Relay	6th / 7 th / Open
	Girls 3200 M. Relay	6th / 7 th / Open

BOYS AND GIRLS TRACK

7th AND 8th GRADES

WEST RIVER INVITATIONAL MEET

- A. Medals will be awarded to the top three places in individual events; not each heat. Medals will be awarded to the first three places in relays for the event.
- B. Each competitor will be limited to 3 trials in the discus, shot put, long jump and high jump. No finals. The discus throws will be marked, but only the longest will be measured. All shot put throws can be marked and measured.
- C. An entry fee will be charged to each visiting school.
- D. No team scores will be maintained.
- E. 7th, 8th grades are limited to one race of 1600 m. or longer.
- F. All relay team members must wear a school issued track shirt and shorts.
- G. Entry limitations
 - 1. Each school can enter three participants in individual events and two relay teams.
Exceptions: Unlimited 3200 and 1600. All schools may have four entries in the shot put, discus, high jump, long jump and 800, and two relay teams. Everything else is three.
Exceptions: Rapid City schools may enter six entries in the shot put and discus and four entries in the 75 and 200 hurdles.
- H. Number of events for participants
 - 1. In the open division, a contestant may participate in FOUR events.
 - 2. In the 7th grade division, a contestant may participate in THREE events.
 - 3. In the 6th grade division, a contestant may participate in THREE events.

RAPID CITY MIDDLE SCHOOL WEST RIVER INVITATION TRACK & FIELD MEET

Morning Events

8:00	<u>Field Events</u>	
Rolling Schedule (in order listed)	Discus	B-Open, B-7th, G-7th, G-Open
	Shot Put	G-7th, G-Open, B-7th, B-Open
	High Jump	G-Open, G-7 th , B-Open, B-7th
	Girls Long Jump (Pit 1)	G-7th, G-Open
	Boys Long Jump (Pit 2)	B-7 th , B-Open
	Girls Triple Jump (Pit 1 after Long Jump)	G-7th, G-Open
	Boys Triple Jump (Pit 2 after Long Jump)	B-7 th , B-Open

8:00	<u>Running Events</u>	
Rolling Schedule	Boys/Girls 3200 M. Run (Races may be combines due to #'s.)	7th
	Boys/Girls 3200 M. Run (Races may be combines due to #'s.)	Open
	Boys 75 M. High Hurdles	Open, 7th
	Girls 75 M. Low Hurdles	Open, 7th
	Boys 100 M. Dash	7th, Open
	Girls 100 M. Dash	7th, Open
	Boys 1600 M. Run	7th, Open
	Girls 1600 M Run	7th, Open
	Boys 400 M. Relay	7th, Open
	Girls 400 M. Relay	7th, Open
	Boys 400 M. Dash	7th, Open
	Girls 400 M. Dash	7th, Open

BREAK

(Short break about 15 minutes. In case of inclement weather a lunch break may not be taken.)

Afternoon Events

Rolling Schedule	Boys 200 M. Hurdles	7th, Open
	Girls 200 M. Hurdles	7th, Open
	Boys Medley Relay	7th, Open
	Girls Medley Relay	7th, Open
	Boys 800 M. Run	7th, Open
	Girls 800 M. Run	7th, Open
	Boys 800 M. Relay	7th, Open
	Girls 800 M. Relay	7th, Open
	Boys 200 M. Dash	7th, Open
	Girls 200 M. Dash	7th, Open
	Boys 3200 M. Relay	Open
	Girls 3200 M. Relay	Open

MUSIC AND ACADEMIC ACTIVITIES

MIDDLE SCHOOL EXTRA CURRICULAR MUSIC

Special events and after school activities conducted by the middle school music teachers are presented under the co-direction of the music department and the middle school activities office. Scheduling of concerts, transportation and special fees are administered through the middle school activities office.

The following musical activities are planned each year: Middle school music teachers are contracted for extra duty time for these events.

1. Honors and Festival Band Concerts
2. Solo and Ensemble Band Contest
3. Strings in Concert
4. Solo and Ensemble Orchestra Contest
5. United in Song

MIDDLE SCHOOL EXTRA CURRICULAR ACADEMIC ACTIVITIES

Academic activities sponsored at each school and contracted through the middle school activities program are:

Knowledge Bowl - all schools participate in the Black Hills regional league.

Each middle school determines if they want to participate in the following academic contests:

1. Math Counts
2. Odyssey of the Mind
3. Geography Bee
4. Spelling Bee
5. History Bee
6. Robotic Club
7. Science Fair
8. Student Council