

2019-20 CCPS ADDENDUM TO MPSSAA ATHLETICS

RULES

COUNTY GUIDELINES

The interscholastic athletic program is a total county program and thus all schools should operate within the same guidelines. This will insure that all students in Carroll County will receive the same opportunities and benefits for their participation in the athletic program and all participants will be treated equally. The following will serve as guidelines for all participants, coaches, and teams in Carroll County.

PHILOSOPHY

Interscholastic athletics shall supplement the secondary curricular program and provide the students with educational experiences and learning outcomes that contribute toward the development of the attributes of good citizenship. This can be accomplished when the emphasis is placed upon teaching “through school athletics.” Interscholastic athletics can be justified when this is the primary philosophy and purpose.

SPORTSMANSHIP

Good sportsmanship is conduct that requires self-control in stressful situations, healthy rivalries, courteous relations and graceful acceptance of results. School spirit is a reflection of these attitudes and behaviors. School administrators, athletic directors, and coaches are expected to model and reinforce good sportsmanship between opposing players, players/coaches and officials, fans, and teammates.

COMPOSITION AND INTERCHANGE OF TEAMS

The coach decides the personnel of the team and has full authority over the team, team membership, playing time, and athletic discipline. The use of a tryout rubric is required for team selection. This tryout rubric shall be shared with athletes prior to the tryout period. The coach shall meet individually with each student at the conclusion of the tryout period. Coaches shall make themselves available to parents should they request a meeting regarding their child’s status. Students must have a minimum of three practice days before teams may be selected.

A student may participate on a varsity or junior varsity team throughout the season. However, at the time of a varsity or junior varsity tournament, the student must make a choice of only one.

11th grade students may compete on JV teams in cross country, track & field & wrestling. 11th grade students may compete on other JV teams in certain circumstances with approval of the Supervisor of Athletics.

Students who join athletic teams after the start of the season are eligible to participate in contests on the 14th calendar day. (Exception: If a student is coming from another sport the preceding season that school year or from a sport at another school)

Each Carroll County public school will be limited to one varsity and one junior varsity cheerleading squad.
The number of cheerleaders per squad may exceed 25, however only 25 cheerleaders may cheer in competition.

LENGTH OF SEASON

Number of Contests - *All contests must be scheduled prior to the 1st play date*

- a. JV Football - 9
- c. JV Baseball and Softball - 14
- d. Cheerleading - no more than 2 games per week (3 games in one week may be scheduled twice during the season); up to 4 invitational competitions per season may be scheduled, but can only attend 3.

Length of Contest - With the exception of basketball, overtimes will only be played at the varsity level.

- 1. Football
 - Varsity - 12 minutes
 - Junior Varsity - 10 minutes
- 2. Soccer
 - Varsity - 40-minute halves
 - Junior Varsity - 35-minute halves
- 3. Field Hockey
 - Varsity - 30-minute halves
 - Junior Varsity - 25-minute halves
- 4. Basketball
 - Varsity - 8-minute quarters
 - Junior Varsity - 7-minute quarters

5.	Volleyball Varsity	-	3 out of 5 games 25 point games (no cap) 15 point deciding game (no cap) include let serve 2 time outs per game
	Junior Varsity	-	2 out of 3 games 25 point games (no cap) 15 point deciding game (no cap) include let serve 2 time outs per game
6.	Wrestling Varsity	-	three 2-minute periods
	Junior Varsity	-	one 1-minute period, two 2-minute periods
7.	Boys' Lacrosse Varsity	-	12-minute quarters
	Junior Varsity	-	10-minute quarters
8.	Girls' Lacrosse Varsity	-	25-minute halves
	Junior Varsity	-	20-minute halves
9.	Cheerleading	-	2 minute 30 second competition routine

Time Between Double Header

1. During the fall and spring seasons, involving outdoor sports, there will be a minimum of 10 minutes between games.
2. During the winter season, there will be a minimum of 15 minutes between games.

Participation

- Student-athletes may participate in 2 sports in one season per state and county regulations.

Penalty for Unsportsmanlike Conduct

1. Any player and/or coach will be prohibited from participating in the next contest for:
 - a. Any disqualification or removal from a game for unsportsmanlike conduct (Coach penalty includes inability to be on premises for next contest) (Student-Athlete penalty – Student will attend contest with team in street clothes – No game jersey)
2. Any unsportsmanlike conduct penalty occurring at the last played game/contest of the previous year will invoke disqualification or removal from the 1st game the following year.

SPORTS SEASON

Indoor Track – Maximum of six regular season meets excluding Regional and State meets.

- No more than 2 meets per week
- 3 meets in one week may be scheduled once during the season.

Wrestling

1. Wrestling will be governed by the National Federation rules and guidelines.
2. Wrestlers shall have their weight certified (minimum weight or lowest weight class in which they can wrestle) by a certified physician before the first scheduled match or tournament in which they participate. (No re-certification after this date!)
3. Students may not wrestle below the minimum weight class established for them at the time of certification.
4. A wrestling meet is a contest involving 2 or 3 schools.
5. A wrestling tournament is a contest involving four or more schools.

Postponements and Rescheduling

1. The school administrator and athletic director of the home school will be responsible for postponements. Consultation with the opposing school administrator and athletic director is recommended. Rescheduling of events should occur on next available play date.
2. When schools are closed due to inclement weather, all practices, games, and activities will automatically be postponed for that day. In the case of special situations (state or regional playoffs, All-State band, etc.), an exemption can be requested by the principal to the superintendent of schools.

When schools are not in session (holidays / Saturdays), activities will not be held if the snow emergency plan is in effect.

3. When lightning is detected through our EarthNetworks/WeatherBug system in the area, all activities, practices, and games shall be terminated, and everyone cleared from the practice area or stadium. Activities can resume when the area has been clear of lightning and/or thunder for 30 minutes. During an athletic event, game officials should delay or terminate a game upon them seeing lightening or hearing thunder. All school administrators and school personnel should delay or terminate all activities and practice upon seeing lightening or hearing thunder.

Scrimmages and Practices

1. All scrimmages must be held before the regular season. Teams are allowed 2 scrimmages, one home and one away. Schools wanting to participate in a third scrimmage must cover the expenses whether it be officials or transportation.
2. Eight heat acclimatization days must elapse from the first day of (and including the first day of) practice before the first scrimmage (Fall). Teams may scrimmage on the 9th heat acclimatization day. Six calendar days must elapse from the first day of (and including the first day of) practice before the first scrimmage (Winter & Spring). Teams may scrimmage on the 7th day.
3. An additional scrimmage may be granted at the conclusion of a season if one week or more time elapses between the last scheduled game and the beginning of tournament play. Permission must be granted by the Supervisor of Athletics in conjunction with the principal of requesting school.
4. No scrimmage, practice, open gym, open field or contest may be scheduled on Sunday.
5. No practice or scrimmage may be held on a day when schools are closed because of inclement weather.