

Interscholastic



Notes and Updates

Eighth Graders and High School Practices—Schools are reminded that eighth graders are not permitted to practice with high school teams. This is true for the individual sports (wrestling, indoor track, etc.) as well as team sports (basketball, ice hockey, etc.). The only exception to this policy is for schools with fewer than 60 boys or 60 girls. In these schools, eighth graders may practice and play with the high school team in the team sports of field hockey, football, soccer, volleyball, basketball, ice hockey, baseball, softball, and lacrosse. Under no circumstances, may eighth graders practice or compete on high school cross country, golf, skiing, swimming, wrestling, tennis, or indoor or outdoor track teams.

Individuals Competing with a Cooperative Team—Schools are reminded that a minimal number of individuals may compete along side another school in the sports of skiing, swimming, indoor track, and wrestling. Principals of both the participating schools must approve the arrangement by filing the Cooperative Individual Form with the Maine Principals' Association's executive director before the start of the winter season on December 4, 2015. The school where the individual is enrolled (sending school) is responsible for registering the athlete's eligibility on the appropriate online form. The sending school is also responsible for putting the receiving school's coach on its coaches' eligibility list. The sending school is not required to submit a schedule.

The school receiving the individual on its team is responsible for filing the team's schedule. Individuals must practice and attend meets with their cooperative teams.

Ice Hockey—All ice hockey schools hosting a varsity contest must have the athletic director, administrator, or designee attend all home ice hockey games. The school's representative must notify the arena management and officials who the school's representative is prior to the contest.

MPA Salutes Fall Champions

Class	Champion	Runner-up	Class	Champion	Runner-up
Cross Country					
A Boys	Scarborough	Falmouth	C	1. Logan Thompson, Mattanacook	
A Girls	Bonny Eagle	Scarborough		2. Ryan Dee, Houlton	
B Boys	Freeport	York	Individual Schoolgirl		
B Girls	Yarmouth	Greely	1. Bailey Plourde, Lincoln		
C Boys	George Stevens	Orono	2. Erin Holmes, Greely		
C Girls	Orono	George Stevens	Soccer		
Field Hockey					
A	Skowhegan	Thornton	A Boys	Lewiston	Scarborough
B	York	Winslow	A Girls	Bangor	Gorham
C	MCI	Oak Hill	B Boys	Yarmouth	Erskine
Football					
A	Thornton	Portland	B Girls	Greely	Hermon
B	Marshwood	Brunswick	C Boys	Washington	Waynflete
C	Winslow	Yarmouth	C Girls	Orono	Waynflete
D	Oak Hill	MCI	D Boys	Fort Fairfield	Buckfield
Golf (Team)					
A	Thornton	Cheverus	D Girls	Richmond	Ashland
B	Cape Elizabeth	Old Town	Girls' Volleyball		
C	Mattanawcook	St. Dominic	A	Scarborough	Greely
Individual Schoolboy					
A	1. Cole Anderson, Camden				
	2. Dylan Burton, Messalonskee				
B	1. Ryan Collins, Cape Elizabeth				
	1. Nick Mazurek, Oceanside				
	2. Kyle Lamson, MCI				

MPA Hall of Excellence

Nominations are currently being accepted for the 2016 class of inductees into the *MPA Hall of Excellence*. If you have had a student, an athlete, a coach, or an administrator that has had a significant impact on school based activities in Maine, please consider nominating that individual. Also, consider outstanding officials, adjudicators, media, or health care providers that may have had a similar type of impact.

Click [HERE](#) to access the *MPA Hall of Excellence* materials.

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46th National A.D.'s Conference

The 2015 National Athletic Directors Conference – cosponsored by the NFHS and the NIAAA – will be held December 11-15 at the Marriott World Center Hotel and Conference Center in Orlando, Florida. Registration books have been mailed to each state association. This year's conference will feature many relevant state association breakout sessions as well as networking opportunities to interact with interscholastic athletic directors from your state. We look forward to your attendance in December.

Click [HERE](#) for more information.

Postponement or Rescheduling of Athletic Contests

It is inevitable that during a season one will have to cancel or postpone an event. **Communication** and **Advanced Planning** are the greatest assets for facilitating change. Each school/league should have a pre developed checklist for administering reschedules.

Cancellations/Postponements could be caused by:

- Weather conditions (facilities or travel conditions);
- School functions requiring a change;
- Any safety concerns;
- Local, state, or national crisis;
- A death involving personnel associated with the team and or school;
- An epidemic; or
- Spread of communicable disease impacting individuals.

The Maine Principals' Association policy states "Schools will utilize the next mutually available date for the purposes of making up the postponement."

School administrators should consider the following before rescheduling:

- Make decisions in a timely manner.
- Contact opponents to understand all possible conflicts/adjustments necessary before rescheduling.
- Communicate with facilities management and transportation departments.
- Check with assignor for official availability.
- Have a postponement/cancellation checklist that includes the following: (Timers, scorers, ticket takers,

game management, security, boosters, etc...).

- Use of technology a must (e-mail, website, or electronic messages).

MPA Tournament Events:

- All MPA Tournament events are listed in the sport specific MPA Bulletins. Each bulletin will describe the policy/procedures for rescheduling if necessary. (Online – www.mpa.cc)
- Call committee Chair.
- Call assignor if necessary.

Possible Solutions

- Change times (earlier/later);
- Change sites (Home / Away / Neutral);
- Head Coach can't be present (use assistant coaches or appoint a person);
- Know area facilities (turf fields, lights);
- Consider indoors if applicable (Tennis);
- In sports where you can play double headers;
- Eliminate sub-varsity to get varsity contests in;
- Utilize sub-varsity players to complete a varsity roster for a contest;
- Consult colleagues;
- Always schedule within the next 24-hours; or
- In an event (wrestling) that may have a dual, tri quad, or greater number of schools competing, know that one can not add schools at the last minute due to the change.

7th Annual Larry LaBrie Award

The MPA is calling for nominations for this prestigious award. The deadline is December 23, 2015. Last year's recipients were Gerald Hutchinson, Penobscot Valley High School, Howland; Ken Roberts, Falmouth; and Harold Wilson, Medomak Valley High School, Waldoboro.

Please contact Dick Durost for further information. Please click [here](#) for the nomination form.

Indoor Track Championships

The Class B Indoor Track Championships will be held at Bates College on Saturday, February 13 beginning at 12:00 p.m.

The Class A Indoor Track Championships will be held at The University of Southern Maine on Monday, February 15 and will also begin at 12:00 p.m.

Notes and Updates . . .

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Transfer Waivers—Schools are reminded that a transfer waiver is required for all students who transfer into a school without a corresponding change of address for both the student and parent. This includes students on superintendents' agreements and those placed when the Commissioner of Education overruled the superintendents' denial.

Updating Bulletins—Athletic administrators and coaches should be aware that athletic bulletins may be updated right up to the championships of each sport season. Therefore, to make sure that you have the latest version, please download the bulletins immediately before the appropriate season and again prior to the championship.

2016 MPA Winter Championships

Sport	Regional Date	North Location	South Location	State Date	Location
Cheering	01/23/16	Bangor Cross Center Class B-C ~~~~~ Class D - East and West	Augusta Civic Center Class B - C Class A - East & West	02/6/16	Bangor Cross Center
Girls' Ice Hockey	02/10/16	Androscoggin Bank Colisee	Androscoggin Bank Colisee	02/13/16	Androscoggin Bank Colisee
Basketball	02/10-20/16	Augusta Civic Center Classes AA and A ~~~~~ Cross Insurance Center, Bangor Classes B, C, and D	Cross Insurance Arena, Portland Classes AA, A, and B ~~~~~ Augusta Civic Center Classes C and D	02/26/16 (A) 02/27/16 (AA) 02/26/16 02/27/16	Cross Insurance Arena, Portland Classes AA and A ~~~~~ Cross Insurance Center, Bangor Class B ~~~~~ Augusta Civic Center Classes C and D
Swim	N/A	N/A	N/A	02/13/16 02/15/16	University of Maine Class A - Girls ~~~~~ University of Maine Class A - Boys
Swim	N/A	N/A	N/A	02/15/16 02/16/16	Bowdoin College Class B - Girls ~~~~~ Bowdoin College Class B - Boys
Ski	N/A	N/A	N/A	Alpine - 2/16-17, 2016 ~~~~~ Nordic - 2/18-19, 2016 ~~~~~	Class A Alpine— Mt. Abram ~~~~~ Class A Nordic— Titcom Mountain ~~~~~ Class B Alpine and Class C Nordic— Black Mountain ~~~~~ Class B Nordic— Sugarloaf
Wrestling	02/6/16	Class A - Skowhegan ~~~~~ Class B - Winslow	Class A - Marshwood ~~~~~ Class B - Mtn. Valley	02/13/16	Class A - Noble Class B - Oceanside
Indoor Track	N/A	N/A	N/A	02/13/16 02/15/16	Class B - Bates College ~~~~~ Class A - USM
Boys' Ice Hockey	03/01/16	Class B - University of Maine	Class A North and South - Androscoggin Bank Colisee	03/5/16	Class A and B - Androscoggin Bank Colisee
Boys' Ice Hockey	03/02/16	N/A	Class B - Androscoggin Bank Colisee		

Ice Hockey Rules Changes 2015-16

Rules Book Reformat: Rule 6 is now Participant Conduct. Rules 7, 8, and 9 were added. Rule 7 is Physical and Stick Fouls, Rule 8 is Other Fouls, and Rule 9 is Game Flow. Rules 1-5 are not affected.

Rules Book Reformat Penalty Changes: Cross-Checking, Elbowing, Goalkeeper Contact, Kneeing, Slashing, Tripping, and Roughing all had options for a 2-minute minor or a 5-minute Major penalty. All of these fouls now ADD an option for Game Disqualification for when an action of a player calls for it.

Grabbing the Facemask and Head Butting had options for a 5-minute major penalty or a game disqualification. These fouls now ADD an option to call a 5-minute Major + 10-minute Misconduct.

Holding, Hooking, Interference/Obstruction, and Body-Checking (Girls Teams) had the option of a 2-minute minor penalty. These fouls now ADD the option for a 5-minute Major or a Game Disqualification.

3-4-1, 2: ART. 1 . . . Each player is personally responsible for wearing protective equipment for all games. Equipment shall not be modified from its original manufactured state and shall be worn in the manner the manufacturer intended it to be worn.

PENALTY: First offense, TEAM WARNING; Further offense, MISCONDUCT.

ART. 2 . . . Required equipment for players, other than goalkeepers, shall include an ice hockey helmet with chin straps which are securely fastened to the head, gloves, skates, full face mask, padded hockey pants/hip pads, shin pads, protective cup or pelvic protector, elbow pads, shoulder pads, stick and tooth and mouth protector. Shin, elbow, and shoulder pads must be worn under outer clothing. Recommended equipment includes a throat/neck protector.

PENALTY: First offense, MISCONDUCT. Returning to the game without correcting equipment, GAME MISCONDUCT.

3-8 (NEW): SECTION 8 ELECTRONIC DEVICES

Electronic devices shall not be used by team personnel or spectators to communicate with on-ice players or goalkeepers during play.

PENALTY: First offense, MISCONDUCT. Returning to the game with illegal equipment, GAME MISCONDUCT.

6-1-6(NEW) (formerly 6-1-11): Insert new Article 6. Renumber current Articles 6 and 7 to 7 and 8.

ART. 5... No player, coach or other team personnel shall use any obscene gestures directed at officials or others during the warm-up, during the progress of the game, or during an intermission or after the game.

PENALTY: MINOR and GAME MISCONDUCT to the offending player. If coach or other personnel, MINOR (captain's choice of players) and GAME MISCONDUCT. If further continued or if after the game, GAME DISQUALIFICATION.

ART. 6 ... No player, coach or bench personnel shall use any racial/ethnic slurs directed at officials or others during the warm-up, during the progress of the game, or during the intermission or after the game.

PENALTY: GAME DISQUALIFICATION.

8-1-3 (Formerly 6-5-3): A player or goalkeeper shall not leave or discard a stick or other equipment in such a way as to prevent a goal.

Penalty: Penalty shot/optional minor. If this illegal act prevents an obvious and imminent goal, the goal shall be awarded.

2015-2016

Unified Basketball

It is with great excitement that we announce that MPA Unified Basketball has now grown to a total of 32 teams for this coming winter. The Unified season will culminate with the state championship games being played in the new Lisbon High School gymnasium on Wednesday, March 23. Below please find a list of schools that will participate in the program this winter:

SOUTH

1. Bonny Eagle
2. Brunswick
3. Deering/Portland
4. Fryeburg
5. Greely
6. Kennebunk
7. Leavitt
8. Lisbon
9. Marshwood
10. Massabesic
11. Oxford Hills
12. Poland
13. Sacopee Valley
14. Westbrook
15. Yarmouth
16. York

NORTH

1. Brewer
2. Carrabec
3. Cony
4. Edward Little
5. Hall Dale
6. Hampden
7. Lewiston
8. MDI
9. Messalonskee
10. Oak Hill
11. Oceanside
12. Orono
13. Waterville
14. Winslow
15. Winthrop

Basketball Rules Changes 2015-16

10-6-12: The following acts constitute a foul when committed against a ball handler/dribbler. A player becomes a ball handler when he/she receives the ball. This would include a player in a post position.

- a. Placing two hands on the player.
- b. Placing an extended arm bar on the player.
- c. Placing and keeping a hand on the player.
- d. Contacting the player more than once with the same hand or alternating hands.

Competition Cheer Score Sheets and Deduction Forms

This past year a committee of coaches and officials met and revised the score sheets and deduction forms that are used by the judges at regional and state championship competitions. For those schools that placed an order earlier this year please know that the new forms will be sent out as soon as they are delivered to the MPA office. If any school wishes to order copies of the new forms please contact Diane Patnaude at dpatnaude@mpa.cc.

Baseball/Softball Arm Conditioning Proposal

The following proposal was recently adopted by the membership at the Inter-scholastic Business Meeting held at the MPA Fall Conference. These changes will begin with the 2016 season.

The purpose of the additional week of arm conditioning for pitchers and catchers in both baseball and softball is to allow those athletes to begin a conditioning program that will help to begin to build a base and reduce early season arm injuries. This proposal allows for a school to determine who those pitchers and catchers may be, not setting a limit of 8 pitchers and 2 catchers in baseball, and any combination of 10 in softball, while clearly identifying what may and may not occur during this week of conditioning.

The week prior to the start of the preseason should be a comprehensive program that involves the following components. It is important to note that it is recommended that all athletes be involved in some type of a conditioning program prior to the start of any organized practices.

Stretching: Proper stretching of the entire body, allowing for preparation of proper mechanics, is crucial. Flexibility and balance are important components of the program.

Strengthening: A throwing program should be progressive and should begin to build a base that athletes will develop throughout the season.

Cardio: Aerobic training designed to build full body endurance to prevent fatigue and overuse injuries is an important component. Recommendation include 20-40 minutes (biking, elliptical, treadmill) three times during the week.

Recovery: Pitchers should be throwing no more than 3-4 times during the week and should be provided the proper amount of rest that allows the arm to recover.

This week of arm conditioning is not intended to be an additional week of preseason practice. Below is a list that includes, but may not be limited to, activities that are prohibited during the week.

- No bats, including fungo bats
- No defensive drills related to positional play
- No pick off drills
- No blocking drills
- No base coverage drills
- No footwork drills, other than proper mechanics for pitchers and catchers
- No live stand-in batters
- No simulations

Winter Cheering

For the 2015-2016 Winter Cheering Season there have been a number of rule changes. These changes, along with other valuable information may be found in the 2015-2016 Winter Cheer Coaches Manual.

Please click [HERE](#) to access a copy of the manual.

Fan Behavior in the Bleachers

Student sections in the bleachers where everyone stands during an entire game can become an issue unless schools carefully plan ahead of time. Often high school students will remain standing during an entire game causing difficulty because they are often blocking the view of other fans who wish to remain seated unless responding to an exceptional play on the court or field.

Another issue, which game supervisors must deal with, is the proclivity of students to storm the court or field after a big win, whether it is in a regular season or a tournament game. It is crucial that administrators have a plan to deal with the consequences of such fan behavior.

School administrators may want to consider assigning student fans to a particular section of the bleachers where, if they choose to stand, they won't interfere with other (usually older) fans who wish to sit. In addition, guidelines concerning fan behavior should be developed and publicized so that all fans know what the expectations are. The expectations should be posted in the admissions area and on the walls of the gym by the bleachers and publicized by the public address announcer periodically during the game. In addition to ensuring that fans stay off from the floor or field after the game, administrators should have adequate security so that difficult situations may be handled professionally.

Fall 2015 Sportsmanship Banners

Golf

AN—Nokomis Regional High School
 AS—Windham High School
 BN—Mount Desert Island High School
 BS—Spruce Mountain High School
 CN—Dexter Regional High School
 CS—Telstar Regional High School

Volleyball

A—Windham High School
 B—North Yarmouth Academy

Cross Country (Boys)

AN—Mt. Blue High School
 AS—Windham High School
 BN—Caribou High School
 BS—York High School
 CN—Orono High School
 CS—Boothbay Region High School

Cross Country (Girls)

AN—Cony High School / Mt. Blue High School
 AS—Windham High School
 BN—Caribou High School
 BS—Fryeburg Academy
 CN—Orono High School
 CS—Boothbay Region High School

Field Hockey

AN—Lewiston High School
 AS—Windham High School
 BN—Camden Regional High School
 BS—Lincoln Academy
 CN—Hall-Dale High School
 CS—Dirigo High School

Football

AN—Bangor High School
 AS—Sanford High School
 BN—Nokomis Regional High School
 BS—Morse High School
 CN—John Bapst Memorial High School
 CS—Fryeburg Academy
 DN—Washington Academy
 DS—Winthrop High School / Monmouth Academy

Soccer (Boys)

AN—Mt. Blue High School / Skowhegan Area High School
 AS—Noble High School
 BN—Foxcroft Academy
 BS—Lake Region High School
 CN—Dexter Regional High School
 CS—Telstar Regional High School
 DN—Hodgdon High School
 DS—Temple Academy

Soccer (Girls)

AN—Mt. Blue High School
 AS—McAuley High School
 BN—Medomak Valley High School
 BS—Wells High School
 CN—Mattanawcook Academy
 CS—Hall-Dale High School
 DN—East Grand School
 DS—Highview Christian Academy

Soccer Sportsmanship Winners



Class C South: Hall-Dale High School



Class A North: Mt. Blue High School



Class A South: McAuley (Catherine) High School

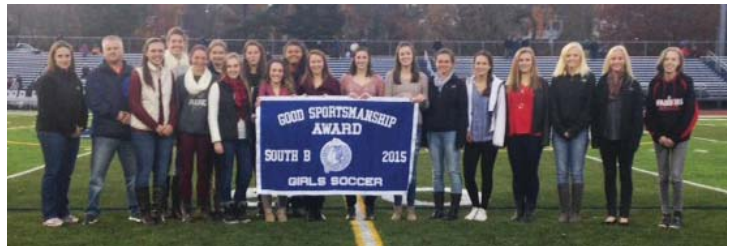
Soccer Sportsmanship Winners



Class A South: Noble High School



Class D South: Temple Academy



Class B South: Wells High School



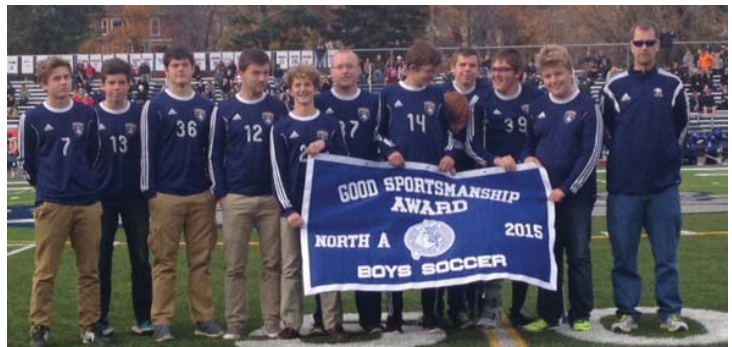
Class B North: Foxcroft Academy



Class B North: Medomak Valley High School



Class C North: Dexter Regional High School



*Class A North: Mt. Blue High School/
Skowhegan Area High School*



Class D North: Hodgdon High School



*Classes C & D Soccer State Championship Site ~
Presque Isle High School*

Soccer Sportsmanship Winners



Class D North: East Grand School

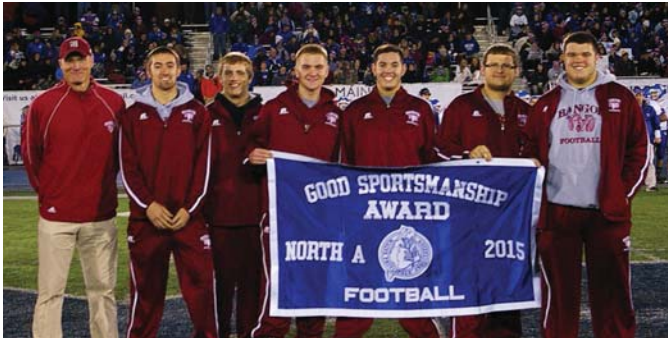


Class D South: Highview Christian Academy



Fitzpatrick Stadium - Field Hockey Regional Championship

Football Sportsmanship Winners



Class A North: Bangor High School



Class A South: Sanford High School



Class B North: Nokomis Regional High School



Class B South: Morse High School



Class C North: John Bapst Memorial High School



Class C South: Fryeburg Academy



Class D North: Washington Academy



Class D South: Winthrop High School / Monmouth Academy