

## Interscholastic



# Workshop for New Athletic Administrators/LTC 502

A **required** workshop for all new high school athletic administrators will be offered on Wednesday, August 3, 2016 from 8:30 a.m. to 3:00 p.m. at the MPA Conference Center in Augusta. This workshop will focus on important MPA policies and procedures as they relate to athletics as well as incorporating leadership.

"LTC 502: Athletic Administration: Principles, Strategies, and Methods." This program is offered in conjunction with the Maine Interscholastic Athletic Administrators Association and taught by MPA staff as well as highly experienced athletic administrators. The entire presentation will assist new administrators in learning about the intricacies of athletic administration.

## Application to Apply to a Higher Classification

Any school wishing to play in a classification higher than their assigned class must submit the appropriate paperwork. All applications will be for a two-year period and will coincide with the classification cycle. Please click [HERE](#) to access application.

## 2016 NFHS Summer Meeting



The 2016 NFHS Summer Meeting will be held June 28 – July 2 in New Reno, Nevada.

## Notes and Updates

**8th Grade Participation**—Those schools with an enrollment of 60 or fewer boys or 60 or fewer girls may use 8th grade students when necessary in the following sports only: field hockey, football, soccer, volleyball, basketball, cheering, ice hockey, baseball, softball, and lacrosse.

**Five Exhibition Play Dates**—The maximum number of exhibition dates for all sports will remain at five, with one additional date being granted to those teams qualifying for post-season play. Any unused date in the preseason may be carried over to the postseason.

**End of Spring Sport Season 2016**—The spring sport season for our current school year ends on Saturday, June 11. Summer basketball, football, conditioning programs, etc. may begin on Sunday, June 12.

**Foreign Exchange Students and Foreign Students**—A reminder that foreign exchange students must be placed by an approved CSIET foreign exchange program and must have a J-1 visa limited to one academic year. A foreign student must have an F-1 visa and would pay tuition to a school. Both foreign exchange students and foreign students must meet all eligibility requirements and require a transfer waiver form.

**New England Spring Championships—Golf:** Wednesday, June 22, 2016 at Bretwood Golf Course in Keene, NH at 8:00 a.m. (players may practice and register on Tuesday, June 21 (in the afternoon).

**Outdoor Track:** Saturday, June 11, 2016 at Willow Brook Park, New Britain, CT, at 10:00 a.m. All participants are reminded that there is a \$15 registration fee payable when they register.

**Superintendents' Agreements**—A reminder that students transferring schools with a first time Superintendents' Agreement still require a Transfer Waiver Form.

**Volunteer Coaches' Eligibility Requirements**—All coaches working with athletes from the school must be listed on the coaches' eligibility form. This includes both compensated (paid) and volunteer (unpaid) coaches.



## MPA Golf Tournament Belgrade Lakes Golf Course September 18, 2016

The MPA is sponsoring the annual golf tournament with the proceeds earmarked for the newly-envisioned MPA Foundation. These funds will be used to expand the scholarship program at the MPA Senior Honors Luncheon. Previously, the MPA awarded five \$1,000 scholarships to high school seniors attending the luncheon. The MPA Student Advisory group, founded in 2011 to bring student voice to the Interscholastic Division, will also be funded through golf tournament proceeds.

The 2015 tournament was a huge success and we are looking forward to having an even larger field of participants. Two students were both awarded a \$1,000 scholarship from the golf tournament. Three students were also awarded a \$1,000 scholarship due to the partnership with Berlin City Auto's "Drive for Education". In all, we presented an additional five \$1,000 scholarships for a grand total of 10 one thousand dollar scholarships. Many thanks for your participation and support.

[Golf Tournament Sponsorship Form](#) ~ [Golf Tournament Entry Form](#)

(Continued on Page 2)

## New England Student Leadership Adult Delegates

We are currently looking for two or three adult delegates that would be willing to attend the New England Student Leadership Conference at Stonehill College. The conference will take place July 26-29. Please contact Tammy McNear at [tmcnear@mpa.cc](mailto:tmcnear@mpa.cc) if you, or a member of your coaching staff, is interested in attending this outstanding conference or click [HERE](#) to download the application.

\*\*\*\*\*

## NFHS Network

On Saturday, June 20, the NFHS Network will be live streaming all the state championships in lacrosse, baseball, and softball.

All NFHS Network events are available online at [www.nfhsnetwork.com](http://www.nfhsnetwork.com).

## New England Student Leadership Conference

We are pleased to announce that once again state associations from Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont will be hosting a New England Student Leadership Conference July 26-29, 2016 at Stonehill College in North Easton, MA. The New England state associations of the National Federation of State High School Associations (NFHS) want to be the leaders in training talented, committed young people to become better citizens who will be positive, contributing adults and role models for youth. This conference is a four-day, residential leadership event for over 250 student and adult leaders who participate in interscholastic athletics and activity programs through their state high school athletic/activities associations.

The event is being modeled after the NFHS National Student Leadership Conference that took place in Indianapolis, IN, for ten years. The NFHS event was the only national student leadership conference for high school athletes and activity participants. This conference will replicate the training curriculum by assisting high school student-athletes and activity participants in developing their leadership abilities while interact-

ing with peers from across the Northeast. The MPA is providing funding through a CNESSPA grant.

The curriculum for the conference will focus on respect, positive values, perspective, sportsmanship, teamwork, healthy lifestyles, community service, and self-evaluation. These components will be presented in large and small group sessions, led by outstanding adult and college facilitators specifically chosen for their involvement in athletics at the high school and collegiate levels, and will address contemporary issues that impact a young person being a leader and role model. In addition to group discussion, special guest speakers will share inspirational messages, stories of overcoming adversity and the power of positive influence.

The student registration fee to attend this conference is the following: \$250 registration fee; \$50 transportation fee; and \$60 room deposit key. This fee will cover the cost of meals, lodging, training materials, and transportation during the four days. Click [Here](#) for registration materials and to register online. The material may also be obtained by contacting Tammy at [tmcnear@mpa.cc](mailto:tmcnear@mpa.cc) or 622-0217 (Ext. 22).

## Cooperative Team Policy

All existing cooperative teams are reminded that they must submit a new application to coincide with the classification cycle. It is not necessary for existing teams to submit school board minutes. Please click [HERE](#) to access the application.

### Notes and Updates . . . (from page 1)

**Uniform Waiver**—In those sports where the uniform rule has been revised, schools that are not able to replace the uniforms for that season must have a written request for a waiver of the rule and must be submitted to the MPA office prior to the start of the season.

**Concussion Law**—Schools are reminded that each school must have a Concussion Management Policy at their school prior to the start of the next school year. For more information, including a sample policy, please visit the DOE website—<http://www.maine.gov/doe/concussion/>.

**Thunder/Lightning Policy**—As we enter into the late spring, please be prepared for dealing with thunder and lightning. Make sure that everyone involved understands the guidelines that are in place should severe weather occur. All coaches must review the plan with team members, including the appropriate nearby safe area, should the need to evacuate arise. It is also important to note that once lightning is observed, or thunder is heard, there is a minimum 30-minute wait before resuming play or practice.

**First Fall Scrimmages—Soccer:** Following a fifth day of practice after 3 p.m., August 26; **Field Hockey:** After five days of practice, August 29; and **Football:** Monday, August 29. In each of the fall sports, each athlete must have practiced at least five days prior to competing in a scrimmage or game. Whenever an athlete goes out for a team, whether on the first day of practice or after school starts, he or she must have practiced five days prior to participating in a game or scrimmage against another school.

## Summer "Hands-Off" Period

The dates for this year's "hands-off" period are from Monday, August 1, 2016 through Sunday, August 14, 2016. Fall practices are slated to begin on Monday, August 15, 2016. All of the rules prohibiting out-of-season contact between coaches and players in all MPA-sponsored sports will be in effect during this period.

Schools whose coaches work with summer American Legion baseball, ASA softball, USATF track, or any other spring sport season activity which may overlap with the hands-off period, need to request a waiver. Fall or winter sports are not eligible for these waivers. Requests must be filed with the executive director by July 22.

High school fields, gymnasiums, or classrooms may not be used for athletic activities during the hands-off period. This prohibition includes the use of clinics even if sponsored by a non-school entity. Third persons or boosters may not pay coaches to run clinics, nor may volunteer coaches work such clinics for high school athletes.

The only exception for coach-player contact during the hands-off period is the one allowable preseason team meeting, assuming that preseason meeting was not held in the spring. The one allowable meeting may be used as an organizational meeting and/or to issue equipment.

## New Potentially Dangerous Hold Identified in High School Wrestling

At its April 6-8 meeting in Indianapolis, the National Federation of State High School Associations (NFHS) Wrestling Rules Committee added another maneuver to the list of potentially dangerous holds in high school wrestling.

The new potentially dangerous hold occurs when a wrestler, from a standing position, is placed in a body lock with one or both arms trapped and then is lifted and is unable to use his arm(s) to break the fall.

"The rear standing position with a trapped arm should be considered potentially dangerous and should be monitored very closely by the referee," said Elliot Hopkins, NFHS director of sports and student services and liaison to the Wrestling Rules Committee. "Coaches, officials and competitors should be aware of the potential for injury in this situation if the defensive wrestler is returned to the mat and has no arm available to break the fall."

The committee also approved a change in Rule 5-11-2 that will award penalty point(s) to the offensive wrestler in situations where the defensive wrestler exhibits inappropriate behavior in order to avoid being pinned.

Rule 5-11-2(i) will now read, ". . . when a defensive wrestler commits a technical violation, applies an illegal hold/maneuver, commits unnecessary roughness or unsportsmanlike act during an imminent or near fall situation, the offensive wrestler shall be awarded a penalty point(s) in addition to the near fall points in accordance with (subarticles) f-h at the next stoppage."

"The committee felt that when the defensive wrestler uses unethical techniques to avoid being pinned, the offensive wrestler should not only be awarded the near fall or fall points, but should be awarded the appropriate penalty point(s) for that transgression at the next stoppage of the match," Hopkins said.

These rules changes recommended by the Wrestling Rules Committee were subsequently approved by the NFHS Board of Directors.

Wrestling ranks No. 6 in popularity among boys at the high school level with 258,208 participants, according to the 2014-15 NFHS Athletics Participation Survey. In addition, 11,496 girls were involved in wrestling in 2014-15.

## Sportsmanship Banners

The MPA Sportsmanship Committee is proud to continue the implementation of sportsmanship banners into our other activities. As part of a three year implementation process, this spring sportsmanship banners will be awarded in boys' and girls' outdoor track. These will be presented at the state championships and will complete all 27 activities.

There is one vote per school, cast by either the athletic administrator or coach. Please include your athletes in the process. You **MUST** vote for schools that are on your schedule. Schools may not vote for themselves.

Any coach or player disqualified from a contest will result in that school being ineligible. Schools that don't vote will not receive the banner.

Athletic administrators/coaches who have access to the MPA website online forms section will be able to vote. Winning schools will be notified by an MPA committee member.

Commendations go to the Sportsmanship and Student Advisory Committees.

---

## 2013-2018 Approved Game Balls

The following is a list of MPA approved balls for the 2013-2018 school years:

**Fall**—Soccer, Wilson NCAA Avanti; Field Hockey, Penn Monto White Field Turf Ball; Football, Wilson GST; and Volleyball, Wilson i-Core Leather.

**Winter**—Boys' Basketball, Spalding TF 1000 Legacy; Girls' Basketball, Spalding TF 1000 Legacy 28.5.

**Spring**—Baseball, Rawlings R100NF; Softball, Dudley WT12FP; and Lacrosse, Onyx White Turf (boys) Yellow Turf (girls). \* **Please note all lacrosse balls must now have the NOC-SAE stamp.**

# Playing by the Rules: Schools, Sports and the Law

In partnership with the Maine Principals' Association



Friday, August 12, 2016

MPA Conference & Meeting Center | Augusta, ME  
8:30 AM - 2:30 PM (breakfast and lunch included)

Presenters



Elek A. Miller



Peter C. Felmly

There are few things in Maine school districts that generate more excitement, emotion, and interest than athletics. There are also few things that pose a greater risk of legal liability and adverse publicity when something goes wrong. As a result, knowing, understanding, and following the many rules imposed by federal and state law as well as school board policy is critical for all school employees involved in any facet of a district's athletics program.

Topics include:

- Best Practices for Coaches
- Booster Clubs
- Conducting Investigations
- Dealing with Concussions
- Discrimination
- Misconduct and Discipline
- Policies and Student Handbooks
- Title IX Compliance

Click [HERE](#) to Register

800.727.1941 | [SchoolLaw.com](#) | [ServingSchools.com](#)

**DrummondWoodsum**  
ATTORNEYS AT LAW

## Eligibility Waivers

Below are some guidelines for schools to follow when bringing student/athlete eligibility waiver requests before the Eligibility Committee.

- Consult the MPA handbook (pages 14-16) for a definition of eligibility and for procedures to follow when requesting a waiver.
- Contact the MPA executive director who can advise you on the process and schedule your hearing.
- Provide documentation of the student's grades, credits, transcripts, attendance record, and any letters or other documents that support the waiver requested.
- Provide a list of all sports in which the student/athlete has participated in high school, including the dates of participation.
- Be clear which eligibility provision you are asking to be waived: Eight Semester Rule, Transfer Rule, Twenty Year Old Rule, or other.
- Be prepared to document the reasons for the waiver request (doctor's notes, affidavits, etc.)
- A school administrator must attend the hearing. The student/athlete should attend when possible. Parents and others who may attest to the reasons for the waiver request may also attend.
- In order to be considered for a waiver, the student must be a full-time student in your high school in good standing and must meet all other eligibility and residency guidelines.
- All written supporting materials must be submitted to the MPA office prior to the hearing.

Schools that follow these guidelines and consult with the executive director will ensure that their students get full and fair hearings.

## Graduating Seniors: Future Officials?

Coaches and administrators agree, the best possible source for recruiting future athletic officials is the group of students graduating from your school this spring. Who better to learn to officiate the games they played and loved than those whose interscholastic playing careers are concluding. Please consider sitting down with your graduating senior athletes and actively encouraging them to explore this possibility. If every coach would recruit one or two young people to begin officiating, there would be no statewide shortage.

**What are the benefits of officiating:** 1.) Meeting and working with students and others who share interest in sports and in the educational development of young people; 2.) Staying involved and giving back to favorite sport(s); 3.) Learning to make fair and firm decisions; 4.) Maintaining physical fitness and enthusiasm for sport; and 5.) Earning extra money while in college or otherwise, and building valuable personal networks related to career interests.

## Spirit Rules Changes ~ 2016-2017

Please click [HERE](#) to learn about the NFHS Spirit Rules Changes for 2016-17.

### NFHS/NIAAA National Athletic Directors Conference

December 9-14, 2016

Gaylord Opryland Resort &  
Convention Center, Nashville, TN

Click [HERE](#) to view and  
download the  
2016 Preliminary Conference Schedule

# NFHS Football Jersey Rules ~ March 2016

## **RULE 1-5-1:**

ART. 1 . . . **Mandatory Equipment.** Each player shall participate while wearing the following pieces of properly fitted equipment, which shall be professionally manufactured and not altered to decrease protection:

### **b. Jersey:**

1. A jersey, unaltered from the manufacturer's original design/production, and which shall be long enough to reach the top of the pants and shall be tucked in if longer. It must completely cover the shoulder pads and all pads worn above the waist on the torso.
2. Players of the visiting team shall wear jerseys, unaltered from the manufacturer's original design/production, that meet the following criteria: The body of the jersey (inside the shoulders, inclusive of the yoke of the jersey or the shoulders, below the collar, and to the bottom of the jersey) shall be white and shall contain only the listed allowable adornments and accessory patterns in a color(s) that contrasts to white: (a) as the jersey number(s) required in 1-5-1c or as the school's nickname, school logo, school name and/or player name within the body and/or on the shoulders; (b) either as a decorative stripe placed during production that follows the curve of the raglan sleeve or following the shoulder seam in traditional yoke construction, not to exceed 1 inch at any point within the body of the jersey; or as decorative stripe(s) added in the shoulder area after production, not to exceed 1 inch per stripe and total size of combined stripes not to exceed 3.5 inches; (c) within the collar, a maximum of 1 inch in width, and/or; (d) as a side seam (insert connecting the back of the jersey to the front), a maximum of 4 inches in width but any non-white color may not appear within the body of the jersey (inside the shoulders, inclusive of the yoke of the jersey or the shoulders, below the collar, and to the bottom of the jersey). The exception to (d) would be what is stated in (b) above; and (e) The visiting team is responsible for avoidance of similarity of colors, but if there is doubt, the referee may require players of the home team to change jerseys.

**NOTE:** One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel. By state association adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on the uniform without compromising its integrity.

3. Players of the home team shall wear jerseys, unaltered from the manufacturer's original design/production, that meet the following criteria: The body of the jersey (inside the shoulders, inclusive of the yoke of the jersey or the shoulders, below the collar, and to the bottom of the jersey) may not include white, except as stated below. If white appears in the body of the jersey of the home team, it may only appear: (a) as the jersey number(s) required in 1-5-1c or as the school's nickname, school logo, school name and/or player name within the body and/or on the shoulders; (b) either as a decorative stripe placed during production that follows the

curve of the raglan sleeve or following the shoulder seam in traditional yoke construction, not to exceed 1 inch at any point within the body of the jersey; or as decorative stripe(s) added in the shoulder area after production, not to exceed 1 inch per stripe and total size of combined stripes not to exceed 3.5 inches; (c) within the collar, a maximum of 1 inch in width, and/or; (d) as a side seam (insert connecting the back of the jersey to the front), a maximum of 4 inches in width but any white color may not appear within the body of the jersey (inside the shoulders, inclusive of the yoke of the jersey or the shoulders, below the collar, and to the bottom of the jersey). The exception to (d) would be what is stated in (b) above; or (e). The visiting team is responsible for avoidance of similarity of colors, but if there is doubt, the referee may require players of the home team to change jerseys.

**NOTE:** One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel. By state association adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on the uniform without compromising its integrity.

### **c. Numbers:**

1. The numbers shall be clearly visible and legible using Arabic numbers 1-99 inclusive and shall be on the front and back of the jersey.
2. The numbers shall be centered horizontally at least 8 inches and 10 inches high on front and back, respectively, and with continuous bars or strokes approximately 1½-inches wide.
3. The color and style of the number shall be the same on the front and back.
4. The body of the number shall be either: (a) a continuous color(s) contrasting with the jersey color; or (b) the same solid color(s) as the jersey with a minimum of one border that is at least ¼-inch in width of a single solid contrasting color.

**d. Pads and Protective Equipment** – The following pads and protective equipment are required of all players: shoulder pads and hard surface auxiliary attachments, which shall be fully covered by a jersey.

## **RULE 1-5-3:**

ART. 3 . . . **Illegal Equipment.** No player shall participate while wearing illegal equipment. This applies to any equipment, which in the opinion of the umpire is dangerous, confusing, or inappropriate. Illegal equipment shall always include but is not limited to:

### **a. The following items related to the Game Uniform:**

1. Jerseys and pants that have: (a) A visible logo/trademark or reference exceeding 2¼ square inches and exceeding 2¼ inches in any dimension; (b) More than one manufacturer's logo/trademark or reference on the outside of either item. (The same size restriction shall apply to either the manufacturer's logo/trademark or reference); or (c) Sizing, garment care, or other nonlogo labels on the outside of either item.

*(Continued on Page 7)*

## Rediscovering the Foundations of Athletics in Unified Sports

Children, when left to their own devices, can experience great joy in the play aspect of sport. Pure play, just for the fun of it, is truly wonderful to watch. All coaches try to recreate fun in their programs. This element of play drives participants to be great and develop meaningful relationships with others; however, sometimes coaches try to perfect and hone athletes into machine-like teams that perform at a high level. This is beautiful to watch, but there is a risk: The joy we experience from childlike play can be lost if we are not aware of how focused we become on outcome rather than process. One way to reconnect and rejuvenate coaches and communities is to become involved with Special Olympics Unified Sports, one of the fastest growing arenas for high school students in the nation.

Special Olympics Unified Sports brings people with and without intellectual disabilities together on the same team to compete. The students with disabilities and those without form a bond as strong as any found on championship teams. Students who are part of the school population, but are often forgotten or invisible to the rest of the student body, are given an opportunity to be the stars of the high school athletics team, playing alongside other student athletes who normally get the majority of the athletic praise.

The Three Divisions of Unified Sports:

There are three distinct variations of Unified Sports: 1.) The Recreational Model; 2.) The Player Development Model, and 3.) The Competitive Model.

Each of these programs address different community needs and all have positive outcomes for all stakeholders.

The Recreational Model focuses on getting schools and students involved in a more intramural setting. Such activities may take place during school lunch periods and involve sports or activities that may not be part of the normal after school athletic programs. Starting a kickball team with mainstream and special education students that competes against other school made teams would be an example.

The Player Development Model is gaining popularity in some areas of the nation as it encourages general education high school students to serve as mentors to their special education teammates. This type of competition generally occurs with other after school athletic programs. An example might be a Coed Unified Basketball season in which three or more schools create a sports season, set specific practice times, and home and away competitions against neighboring schools. This type of Unified program brings many benefits to the community as mainstream students learn what it is like to work with special education students. Students also have the opportunity to gain a greater appreciation for all those participating, in addition to being able to develop leadership skills. For the special education students, they gain an avenue to connect with the general student population, becoming a more connected part of the school community.

The Competitive Model focuses on creating teams of general education and special education students with similar abilities to compete against other schools. An example may be creating a school bowling team in which coaches have full tryouts of both mainstream and special education students. This model is almost like another

level of current sports; however, special education students have a more equitable footing to make the team. An example may be a bowling team in which all students tryout, practice, and compete against other schools throughout a season.

Impact of Unified Sports on Schools:

Unified Sports follows the same rules and regulations as prescribed by the NFHS; however, some rules may be adapted to promote meaningful participation. For example, in a basketball league, general education mentors may only make six points per quarter. Those that participate in wheelchairs have a more liberal interpretation of traveling, and the time of a game may be four five-minute running-clock quarters. Even with these adaptations, Unified players, general and special education students, push themselves to their potential and show a true love of the game that rivals that of any professional athlete playing in front of a packed arena. At the end of the contest there are fatigued smiles from heroes in sweat-drenched jerseys that remind us all of the pure joy sport has to offer not just for the participants but for everyone lucky enough to share the experience.

More importantly than just giving students with disabilities a chance to be on a team, Unified Sport invites an important part of the student body to become part of their school identity. Unified Sports allows the general education students and community to be vested in a portion of the student body often overlooked; our special education population. Unified Sports gives an underserved group of students the opportunity for social growth, companionship, and a sense of ownership and pride that would be hard to get from strictly academic classes. Every student should have the opportunity to feel they are a significant part of the student body. Through Unified Sports, more students are feeling like a part of their high school campus.

Final Thoughts:

If salary negotiations, strike talks, and players who have forgotten why they started playing sports in the first place is making you a bit cynical of sport, or if you want to find the essence and beauty that drew you into sport as a child, stop by your local school house gymnasium and peek in on a Unified game or take the first steps to start a program at your school. There is plenty of support ranging from local Special Olympics offices to the nfhslearn.com website online class. There is plenty of effort, hustle, and smiles to go around, even for the most hardened, cynical of sports fans, and it will give athletes and coaches rejuvenation to remember the fun in sport.

### *NFHS Football Jersey Rules...* (Continued from page 6)

2. Tear-away jerseys or jerseys that have been altered in any manner that produces a knot-like protrusion or creates a tear-away jersey.
  - b. The following items related to Other Illegal Equipment: (1) Ball-colored helmets, jerseys, patches, exterior arm covers/pads, undershirts, or gloves; (2) Jerseys, undershirts or exterior arm covers/pads manufactured to enhance contact with the football, or opponent; or (3) Equipment not worn as intended by the manufacturer.

## MPA Interscholastic Photo Album



*Boys State Tennis Singles Winners*

*L to R: Nick Mathieu, Mt Ararat High School (State Champion) and Dary Vykhodtsev (Runner-up)*



*Girls State Tennis Singles Winners*

*L to R: Rosemary Campanella (Runner-up) and Julia Brogan (Champion), Falmouth High School*

