

## Interscholastic



# Court and Field Diagram Guide

The 2016 edition of the "NFHS Court and Field Diagram Guide" will be available by June 1, 2016, and may be ordered soon on the State Order Form. The Court and Field Guide is a comprehensive publication containing current diagrams, descriptions, and dimensions of playing fields and courts used in 50 sports. It also contains ball specifications, metric-to-English distance conversions, a directory of national sports governing bodies and how to set up different types of tournament drawings. All of the diagrams, specifications, and information contained in this publication are accurate and up-to-date. The Court and Field Guide is an ideal resource for athletic directors, coaches, building and grounds supervisors, architects, and others involved with athletic administration. Since first published 20 years ago, it consistently has been one of the NFHS' most requested publications, and is an invaluable resource. The 2016 edition is its 12th edition. State associations can order copies of the Court and Field Diagram Guide on the State Order Form for only \$10.00 each. Others can order the publication by calling the toll-free number (800-776-3462) or online at [www.nfhs.com](http://www.nfhs.com) at the retail price of \$20.20.

## Volleyball ~ Solid Color Jersey

As a reminder, July 1, 2016 NFHS Volleyball Rule 4-2-2 is fully implemented and the wearing of the solid-colored jersey is required if there is a libero on the court.

Updated material will be posted on the volleyball home page of the NFHS website. It should be up in two weeks as the existing illustrations in the currently posted webinar are undergoing updates.

As you receive questions, here are a few useful tips:

1. Start a file for each company: Russell, Nike, Mizuno, etc.
2. Get a picture of the uniforms.
  - If it is black and white you may need to contact vendor to confirm if the different shades are a result of different materials or different colors.

3. If a seam is questionable, have coach send you a picture of the underneath side of jersey showing the seam. Flat seams are functioning seams.
4. Sublimation accents are treated the same as piping, trim, etc. and must be placed on the functioning seam.
5. Save the artwork, pictures, your comments, etc. in the respective company file. This way with repeat uniforms it is easy to locate your previous opinion.

One last item, USAV just rescinded their rule on the solid-color jersey effective immediately. You may receive inquiries as to whether or not the NFHS is rescinding the rule. The answer is NO. The NFHS and NCAA are continuing with the current requirement.

## Notes and Updates

**Cooperative Team Deadline**—A reminder that a request to form a cooperative team must be submitted six months prior to the start of the season. The deadline for fall cooperative teams (football, soccer, volleyball, and field hockey) is March 11, 2016; the deadline for a winter team (ice hockey, basketball, and cheering) is June 3, 2016; and the deadline for a spring, 2017 team (baseball, softball, and lacrosse) is October 14, 2016. An application may be found on the MPA website.

**Middle School/High School Practices**—A reminder that high school and middle school athletes may not train together.

**New England Dates—Cheerleading**, March 19, 2016, Lawrence High School, Lawrence, MA; **Outdoor Track and Field**, Saturday, June 11, 2016, Willowbrook Park, New Britain, CT.

**Sport Season Rules**—A reminder that no coach, paid or volunteer, including coaches at the middle level, may work with athletes from his/her high school outside of the sport season. This includes working with athletes at outside facilities or training centers.

**Sunday Competition**—A reminder that the MPA is opposed to **any** interscholastic activities on Sunday. Contests played by member schools will not be recognized for tournament selection or championships.

**Baseball Rules Exam**—All schools were recently e-mailed a refresher baseball rules exam, along with the correct answers to the exam. Because of the low number of rule changes for this season there will not be any mandatory rules clinic for coaches. Instead, the committee asked the MPA Baseball Rules Interpreter to develop a

*(Continued on Page 2)*

## NFHS Concussion Course

The NFHS Concussion course was recently revised and updated. Starting in the Fall of 2016, all coaches must view the revised concussion course.

## New Lineup Procedures Approved in High School Volleyball

The process for submitting lineups in high school volleyball has been revised for the 2016-17 season.

In addition to the revision in Rule 7-1-4 regarding lineup procedures, the National Federation of State High School Associations (NFHS) Volleyball Rules Committee recommended eight other rules changes at its January 4-6 meeting in Indianapolis. All rules changes were subsequently approved by the NFHS Board of Directors.

Following each set, coaches will be required to submit a numeric lineup to the scorer before one minute remains in the timed interval – or intermission when used. Rule 7-1-4 now states that if a player's number is duplicated in more than one starting position (including the libero), the clerical error shall be corrected by either changing the libero's number to another legal number or by substituting a player into that starting position with a legal number.

"The committee wanted to provide greater clarity in the wording and organization of Rule 7-1-4," said Becky Oakes, NFHS director of sports and liaison to the Volleyball Rules Committee. "In addition to correcting clerical errors as addressed within the rule, the libero is now included as a possible option when a player's number is listed twice."

An emphasis on rule clarity was also applied to Rule 11-2 Penalty 2, which the committee altered to offer consistency in the application of unnecessary delay penalties. Oakes said if a team has used its allotted number of time-outs and requests a third time-out, "the resulting penalty would be an unnecessary delay and no longer carry the automatic loss of rally point for the opponent."

The penalty of unnecessary delay for the request of a third or subsequent time-out can be applied regardless of whether the second referee acknowledged it with a whistle and time-out signal.

Another change approved by the committee includes "a new procedure in protocol" used by the first referee to begin the prematch conference, as is covered by Rule 5-4-1h. When the referee sounds a double whistle and raises a coin in the air, each team's head coach and captain(s) are expected to meet at the official's table.

"The committee believes this will eliminate the need to track down those individuals who are required to participate in the prematch conference," Oakes said. "It will assist the officials in consistently and efficiently getting the conference started and beginning the match."

The committee also revised Rule 11-5-1, which clarifies that if a team is going to use an intermission between sets two and three, it can only be used for promotional or special recognition activities and not solely as an extended time interval.

A complete listing of all rules changes will be available soon on the NFHS website at [www.nfhs.org](http://www.nfhs.org). Click on "Activities & Sports" at the top of the home page, and select "Volleyball."

According to the 2014-15 NFHS High School Athletics Participation Survey, volleyball is the second-most popular sport for girls with 432,176 participants. A total of 15,619 schools offered girls volleyball in 2014-15 and 2,287 schools offered boys volleyball.

*This press release was written by Cody Porter, graphic arts/communications assistant in the NFHS Publications/Communications Department.*

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rules refresher exam that would cover rules that were often times misinterpreted. The committee asks that all baseball coaches take the exam, it can be done as a staff, and then be provided with the correct answers. Schools do not need to submit the results of the exam to the MPA office.

**Soccer Survey**—A huge thank you to those schools that completed the soccer survey regarding a possible cumulative card system. There was great feedback from schools that completed the survey and the MPA Soccer Committee will be meeting soon to discuss the survey and possible recommendations.

**Outdoor Track Sites**—The MPA Outdoor Track Committee has selected these sites for the 2016 Outdoor Track Championships: Class A-Hampdon Academy; Class B-Mount Desert Island High School; and Class C-Foxcroft Academy.

**Baseball and Softball Pitchers Guidelines**—There have been a number of questions raised about the revisions to the week of conditioning for pitchers and catchers. Schools may now determine the number of athletes that participate in the week of conditioning but those athletes that participate must be working on arm development for pitchers or working as a catcher for the pitchers. The intent is not an open week of arm conditioning for all position players. There is not a requirement that those athletes that participate must pitch at some point during the season.

**Approved and Recognized Private Schools**—At the MPA Fall Interscholastic Business Meeting the membership adopted a policy that now allows approved private schools with an enrollment of 60 or fewer to access co-curricular programs at the local public high school in the community where the family resides. Please click [HERE](#) for an updated list of approved and recognized private schools.

# NAWIC MAINE

## Committed to Providing Scholarships to Maine Students Who Wish To Pursue Construction Career



For the past 36 years, the Maine Chapter of the National Association of Women in Construction (NAWIC Maine) has provided scholarships to Maine Students who wish to pursue a career in construction. This year, the chapter is raising additional funds as it is focused on workforce development and providing Maine Students with information on the many job opportunities in Maine right now.

- The scholarship application can be found on their website: [www.NAWICMaine.org](http://www.NAWICMaine.org)
- The deadline for scholarship applications is March 31, 2016.

NAWIC Maine also hosts an annual event that draws thousands of individuals from the construction industry. This year's event will take place on April 13th and 14th at the Augusta Civic Center, and will include a significant fundraising effort for the scholarship program.

Robin Wood, Human Resources Director at Reed & Reed in Woolwich, and the chapter's President commented. "Our Construction Showcase brings our industry together every year. Our Maine Chapter is growing and we have a major fundraising goal of more than \$20,000. It is important to us to make a significant contribution to fund Maine students who wish to pursue a career in construction. There are many jobs out there in our industry and our members see the need to focus on workforce development. NAWIC Maine will make a difference when it comes to tomorrow's workforce."

The Construction Showcase also offers participants with a number of education and training opportunities. Wood said, "Every year, individuals in the construction industry must be trained or re-certified in a number of areas, such as safety, CPR, and OSHA regulations. Our Construction Showcase is more than just another trade show. It is a forum for this essential continuing education and professional development."

The Construction Showcase of Maine has a number of industry partners, including Associated General Contractors (AGC); Associated Builders & Contractors (ABC); Maine State Chamber of Commerce; Maine Better Transportation Association (MBTA); and Maine Aggregate Association (MAA). Each of these partners will be part of the Construction Showcase, and their members are provided with complimentary tickets to attend.

*NEWTTHIS YEAR* - NAWIC Maine is very pleased to present the first annual JOYCE A. NEWMAN scholarship, dedicated to one of the organization's Charter Members. This scholarship award recipient will be announced at the Construction Showcase.

## Rule Book Orders

The MPA continues to sell National Federation rule books to member schools at a substantial discount. Your cost for each rule book is \$6.30, including shipping and handling. Schools will be receiving an order form and should complete and return the form to the MPA office by **April 22**. All orders and shipments will be processed through the MPA office. Any order placed after the April 22 deadline will be charged an NFHS handling fee of \$15 plus UPS shipping costs from the NFHS. The UPS cost for a recent order we submitted for one rule book was \$11.50, so it pays to submit your order on time.

Please call Diane at the MPA office (622-0217, ext. 27) if you have questions about your order. Orders will be filled as soon as the rule books are available. The invoice will be enclosed with each season's rule books shipment. **To avoid delays in receiving your rule books, it is important to complete the order form for all three sport seasons.**

You may continue to order your rule books directly from the National Federation or from your local sporting goods store. Local prices will average \$9.00 or more per book. The MPA is offering this service in order to assist schools in reducing expenses. You should continue to order all other products directly from the National Federation catalog.

Ice hockey scoresheets are available from the MPA at a price of \$.35 each. Please use the rule book order form to indicate the quantity needed or contact Diane at the MPA office (622-0217, ext. 27).

Special Olympics Maine and Maine Principals' Association are encouraging schools to "Spread the Word to End the Word"

Pledge to end the use of the  
#Rword at [r-word.org](http://r-word.org)

**SPREAD THE WORD  
TO END THE WORD**



with them. The Spread the Word to End the Word Campaign is asking people to stop the harmful use of the R-word. The R-word is the word 'retard(ed)'. Why does it hurt? The R-word hurts because it is exclusive. It's offensive. It's derogatory.

Our campaign asks people to pledge to stop saying the R-word as a starting point toward creating more accepting attitudes and communities for all people. Language affects attitudes and attitudes affect actions. We want to invite students to pledge today to use respectful, people-first language. The campaign takes place annually on the first Wednesday of March, this year March 2, 2016, however this campaign can take place anytime throughout the year.

When they were originally introduced, the terms "mental retardation" or "mentally retarded" were medical terms with a specifically clinical connotation; however, the pejorative forms, "retard" and "retarded" have been used widely in today's society to degrade and insult people with intellectual disabilities. Additionally, when "retard" and "retarded" are used as synonyms for "dumb" or "stupid" by people without disabilities, it only reinforces painful stereotypes of people with intellectual disabilities being less valued members of humanity.

*Spread the Word to End the Word* is a youth driven campaign. Every day there are young people, as well as family members and advocates, who are creating change in schools and communities. Your students can become agents of change and create communities of inclusion and respect for all people.

1. **Pledge Drive:** This can take place in a variety of ways. It should be youth lead and driven. Students can have a one day pledge drive with pledge banners in a central location like the lobby or cafeteria, they could use flip charts and fill the halls with completed sheets, they could have lap tops in a central location for kids to go online and take the pledge, etc...
2. **Awareness Campaign:** This could be one day or even an entire week devoted to Respecting each other. This could take place in conjunction with diversity days, respect weeks, or as a stand- alone campaign. Activities should be youth lead and driven. Students could have poster decorating contests with messages of respect, acceptance, tolerance, and inclusion, or they could be specific to the R-word. Class Room Door decorating contests, daily messages over the intercom, etc. Schools could invite a R-word speaker in or students could create their own R-word presentation for individual grades or the entire school. Students could create a STWTETW video/psa.
3. **Whole School Assembly:** A one-time youth lead/driven assembly for the entire school. You could bring in a R-word speaker, have students speak, introduce Special Olympic athletes. The assembly could include the band, cheer leaders, etc...

For more information on how your school can "*Spread the Word*" visit, [www.r-word.org](http://www.r-word.org). The Spread the Word to End the Word Campaign is a component of Project UNIFY which can provide inclusive youth leadership and whole school awareness opportunities to help your school on its way to achieve Project UNIFY Champion School status!

## Lightning Detectors

As we approach the spring season, lightning can become an issue at spring sport venues. Athletic administrators are encouraged to review the guidelines for dealing with lightning that can be found under the "weather conditions" heading in each of the spring sports bulletins. Schools may also want to consider buying lightning detectors for their coaches. Lightning detectors will cost under \$70 or you can easily download an app on your phone for little or no money. Where lightning is concerned, it pays to be safe and cautious.

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## Unified Basketball

A huge thank you to the 34 schools that participated in Unified Basketball this year. The program continues to grow and prosper. The State Championship game will be held at Lisbon High School on Thursday, March 17 with a starting time of 6:00 p.m. Munzing Media will once again be live-streaming the championship game.

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## Open Gym

A reminder that any activity that involves members of one team that includes sport specific training is a violation of the Sport Season Policy. An "open gym" should involve a variety of activities and must be open to all students. Any organized activity, held at any location, for a specific team, designed to give that team an advantage by starting early, is strictly prohibited.

## Do's and Don'ts of School Choice

As we enter into the Spring, many schools are looking at the "recruitment" of potential students. These efforts may be done by a private school or by a school hoping that students from those communities with school choice will attend their school.

### Do's

- Provide all prospective students an opportunity to learn about your school.
- Allow prospective students an opportunity to visit your school to see the campus and all programs that are available.
- Provide information about all co-curricular offerings.
- Schedule all visits through the administration at the school.
- Conduct "academic recruitment" focused on the total programming at the school.
- Allow students to participate in programs only after they have been enrolled at the school.
- Develop a speech, slide show, video, and/or e-mail that highlights the entire school program.
- Explain to students that once they choose a school to attend they may not transfer to another school for athletic purposes.

For a copy of the MPA Athletic Recruitment Policy, please click [HERE](#).

### Don'ts

- Allow coaches to meet individually with students or parents.
- Provide any type of an incentive (tickets, clothing, promise of playing time) to prospective student/athletes.
- Allow students to attend a practice to observe a specific team.
- Showcase (highlight video, championship trophy, etc.) a particular program at your school.
- Make a promise of a roster spot to a student/athlete.
- Invite athletes to visit the school because of the success of one particular program.
- Allow for the distribution of materials that highlights one athletic program.
- Emphasize the success of a particular program as compared to the same program at other schools.
- Attend middle school practices to work with athletes that may potentially attend the school.
- Invite middle school teams from school choice schools to be showcased at halftime or between periods.
- Use student athletes on the high school team to recruit athletes for a program.
- Invite middle school students with a school choice option to be a part of a summer program before enrolling at the school.
- Allow for a coach to visit a family at their home.
- Allow for potential athletes to practice with the team.
- Allow for members of a coaching staff, or a booster club, to contact potential athletes.
- Provide transportation to a prospective athlete.
- Provide financial incentive to a respective athlete that is not available for other students.

## Good Sportsmanship Award Winners

The MPA is proud to recognize the following schools and teams for their achievement in sportsmanship.

### **Cheerleading**

Class A North—Mt. Blue  
Class A South—Noble  
Class B North—Gardiner  
Class B South—Morse  
Class C North—Orono  
Class C South—Sacopee  
Class D North/South—Central  
Aroostook

### **Basketball**

Class AA North  
Girls—Windham  
Boys—Windham  
Class AA South  
Girls—Noble  
Boys—Sanford  
Class A North  
Girls—Gardiner  
Boys—Hampden  
Class A South  
Girls—Cape Elizabeth  
Boys—Fryeburg  
Class B North  
Girls—MDI  
Boys—John Bapst  
Class B South  
Girls—Wells  
Boys—Wells  
Class C North  
Girls—Fort Kent  
Boys—Dexter

### **Class C South**

Girls—Waynflete  
Boys—Dirigo  
**Class D North**  
Girls—Bangor Christian  
Boys—East Grand/Greater Houlton  
Christian

### **Class D South**

Girls—Greater Portland Christian  
Boys—Pine Tree

### **Girls' Ice Hockey**

North—Mt. Ararat/Lisbon  
South—York

### **Boys' Ice Hockey**

Class A North—Poland/Gray-NG/  
Oak Hill  
Class A South—South Portland/  
Freeport/Waynflete  
Class B North—No Recipient  
Class B South—Greely

### **Indoor Track**

Class A Boys North—Brunswick  
Class A Boys South—South Portland  
Class A Girls North—Messalonskee  
Class A Girls South—Falmouth  
Class B Boys North—Orono  
Class B Boys South—York  
Class B Girls North—Orono  
Class B Girls South—York

### **Ski - Alpine**

Class A Boys—Freeport  
Class A Girls—Leavitt  
Class B Boys—Caribou  
Class B Girls—Yarmouth

### **Ski - Nordic**

Class A Boys—Leavitt  
Class A Girls—Mt. Blue  
Class B Boys—Caribou  
Class B Girls—Caribou  
Class C Boys—Dirigo and Winthrop  
(Tie)  
Class C Girls—Telstar

### **Swim**

Class A Boys—Edward Little  
Class A Girls—Edward Little  
Class B Boys—Waterville  
Class B Girls—Waterville

### **Unified Basketball**

Class North—Voting Ends March 11  
Class South—Voting Ends March 11

### **Wrestling**

Class A North—Mt. Ararat/  
Brunswick  
Class A South—Scarborough  
Class B North—Washington Acad.  
Class B South—Dirigo

# Good Sportsmanship Award Winners



**Class AA North ~ Windham High School**



**Class A South ~  
Cape Elizabeth High School**



**Class AA South ~ Noble High School**



**Class B South ~ Wells High School**



**Class D South ~ Greater Portland  
Christian School**

# Good Sportsmanship Award Winners (Continued)

## **BOYS BASKETBALL**



**Class AA North ~ Windham High School**



**Class AA South ~ Sanford High School**



**Class D South ~ Dine Tree Academy**



**Class A South ~ Fryeburg Academy**



**Class B South ~ Wells High School**



# Good Sportsmanship Award Winners (Continued)

## Girls and Boys Ice Hockey



**Boys A South ~ South Portland High School, Freeport High School, and Waynelete School**

**Boys B North ~ No Recipient**



**Girls North ~ Mt. Ararat High School and Lisbon High School**



**Boys A North ~ Doland Regional High School, Gray-New Gloucester High School, and Oak Hill High School**



**Girls South ~ York High School**



**Boys B South ~ Greely High School**