

## Interscholastic



### Recognition Counts

#### *MPA Hall of Excellence*

Nominations are now being accepted for the 2017 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 high school 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.

#### *8th Annual Larry LaBrie Award*

The MPA is calling for nominations for this prestigious award. The deadline is March 14, 2017. Last year's recipients were Don Atkinson, Portland; Ernie Clark, Bangor Daily News; and Chris Sementelli, MaineGeneral Sports Medicine, Augusta.

Please contact Dick Durost for further information.

Click [HERE](#) for the nomination form.

## 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 10, 2017; the deadline for a winter team (ice hockey, basketball, and cheering) is June 2, 2017; and the deadline for a spring, 2018 team (baseball, softball, and lacrosse) is October 13, 2017. 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 18, 2017, Providence Career and Technical Academy, Providence, RI; **Outdoor Track and Field**, Saturday, June 10, 2017, Norwell High School, Norwell, MA.

**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.

**Outdoor Track Sites**—The MPA Outdoor Track Committee has selected these sites for the 2017 Outdoor Track Championships: Class A—Massabesic High School; Class B—Yarmouth High School; and Class C—Currently looking for a site. If your school has an eight lane track and would be willing to host the Class C Championships, please contact the MPA Office.

**Baseball and Softball Pitchers Guidelines**—Schools may 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.

## Court and Field Diagram Guide

The 2017 edition of the "NFHS Court and Field Diagram Guide" will be available by June 1, 2017, 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.

## 2017 Track and Field Rules Changes

**3-6-1, 3-4-7:** Signifying with a bell with one lap remaining in the 800 alerts timers, place judges, and FAT operators on notice, builds excitement for spectators and is a positive signal for the competitors. Updates to current trends in the sport.

**3-6-1:** The authority to disqualify a runner for a false start should be extended by rule to the starter as well as the referee.

**3-10-7:** Clarifies field event judge's protocol for signifying the performance result when flags are not being utilized.

**4-6-5 NEW g, 8-7e:** Although uncommon that appropriate health-care professionals are not available to assist an injured/ill competitor, there may be occasions when a competitor is needing assistance to confirm his/her health status or to arrive to a location for health care. Should another competitor assist, such competitor shall not be disqualified, only the assisted competitor shall be disqualified for not completing the race unassisted. Reorganize rule to indicate why competitor is disqualified.

**4-6-5h NEW:** The rule should include

coverage of the actions of competitors and nonparticipating team members as well as assistance/aid from other parties.

**5-1-3:** In the absence of a curb, the placement of cones ensures the competitors run the prescribed race distance.

**5-6-4:** The results of running events are based on head-to-head competition and all contestants should have the opportunity to compete in the heat earned by the athlete's place and/or qualifying times.

**5-7-3:** Reinforces the concept that distance races (800, 1600 or 3200) only use a standing start.

**6-2-6:** For purposes of risk management, warm-ups in a field event may not take place until the venue is declared open and required supervision is in place.

**6-2-10:** Clarifies how trials are recorded when a legal implement breaks during competition.

**6-7-9e:** The top or sides of the stop-board are outside of the ring and touching outside of the ring is not compliant with leaving from the back half of the circle and is a foul.

## 2017 Girls Lacrosse Rules Changes

**2-4-4:** Stick checks may only be requested during a stoppage of the game clock.

**2-4-4:** Stick checks may be requested immediately following regulation or overtime.

**2-7-2:** Outlines changes to eyewear certification.

**2-7-3:** Outlines ASTM headgear certification.

**5-2-3:** Players below the restraining line on the draw may not cross until possession is established.

**9-1-1:** Players may not use their bodies to play the ball, except with a kicking action on a non-shooting attempt.

**10-1-1:** Looking to shoot (NOTE) has been eliminated from the Obstruction of Free Space criteria.

## 2017 Baseball Rules Changes

**2-32-2c:** Clarified when a base runner can slide through home plate in a straight line.

**3-2-2 PEN:** Clarified when a coach-assisted runner is declared out.

**3-3-1 PEN:** Developed a three-step process when administering disciplinary action to a player(s) or coach(es) for inappropriate behavior on the bench and in the field.

**6-2-6:** Clarified that the pitching restriction is based on number of pitches thrown.

**8-3-6:** Clarified when an umpire hinders the actions of the catcher in a defensive attempt and how baserunning awards are administered.



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## 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 21**. All orders and shipments will be processed through the MPA office. Any order placed after the April 21 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).

## 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.

## Unified Track & Field

The MPA Unified Sports Committee is pleased to announce that starting this spring, the MPA will be sponsoring Unified Track & Field. Unified track will consist of four (4) events: 100M dash, shot put, long jump, and a 4 x 100M relay. Each event, other than the relay, will include a Unified athlete and a Unified partner and the final time/distance will be determined by taking 75% of the athlete's time or distance and adding 25% of the partner's time and distance. The 4 x 100M relay will consist of two athletes and two partners.

This spring the Unified events will be

embedded into regular season meets and will be scored separately from the other events. An end-of-year Unified competition will be held on Tuesday, May 23, 2017 at Lisbon High School.

Special Olympics Maine will be offering financial assistance to help schools provide additional coaching support, uniforms or equipment. A link to the funding application (due date of March 17), along with a link to the Intent to Participate (due May 10) can be found in the 2017 Unified Track and Field Bulletin (Click [HERE](#) for bulletin).

## 2017 Softball Rules Changes

**1-5-2c:** The taper is the transition area which connects the narrower handle to the wider barrel portion of the bat. The taper shall have a conical shape. Language requiring the taper to be of a solid surface has been removed.

**3-2-1:** While uniforms of team members shall be of the same color and style, state associations permit players to participate while wearing a different style uniform for various reasons, including inclement weather.

**3-2-7:** Exposed undergarments, if worn, are considered part of the official uniform. All exposed undergarments shall be a solid single color: black, white, gray or a school color.

- a. For individual players, exposed upper-body undergarments do not have to be the same color as exposed lower-body undergarments.
- b. For all team members, exposed upper-body undergarments shall be the same solid single color, and all exposed lower-body undergarments shall be the same solid single color.
- c. Garments other than team uniforms such as arm sleeves, leg sleeves, and tights are permissible. Anything worn on the arm or leg is a sleeve, except a brace, and shall meet the color restrictions.

**3-2-15 NEW:** All equipment shall be inspected by the umpire, and is to be placed outside the dugout/bench prior to the start of the game.

**3-6-7 PENALTY:** Players and substitutes shall not enter the contest unreported. The umpire shall issue a team warning to the coach of the team involved and the next offender on that team shall be restricted to the dugout/bench for the remainder of the game. The head coach is also restricted to the dugout/bench for the remainder of the game for a second violation.

## Unified Basketball

A huge thank you to the schools that participated in Unified Basketball this year. The program continues to grow and prosper. The State Championship game will be held on Thursday, March 23 with a starting time of 6:00 p.m.

## 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.

## 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.



## 2017 Boys Lacrosse Rules Changes

**1-3-2a:** If a flat-iron goal is used on a grass field, it may be attached to the ground with ground anchors.

**Rationale:** Ground anchors are not typically used on grass fields. This change will allow the rules to be aligned with standard practice. The rule change would allow but not require ground anchors.

**4-3-1 Exception 2:** If a player or team commits a foul before any faceoff, the ball will be awarded to the offended team in its offensive side of the field at the Center.

**4-3-3:** Paint, a single wrap of tape, or other material of contrasting color to the head may now be used on the handle of the crosse for any player taking a faceoff.

**4-18-4:** No defensive player, other than a properly equipped goalkeeper, can enter his own crease with the perceived intent on

blocking a shot or acting as a goalie. Penalty: Conduct foul on the defensive player. A second violation by the player will be enforced as releasable unsportsmanlike conduct.

**Note:** Officials will stop play as soon as they notice the situation. However, if a shot is already in flight when this is noticed, the shot will be allowed to come to its normal conclusion before the whistle blows to stop play.

**6-5-2:** Failure to wear the required mouthpiece (unless it comes out during play) is now a technical foul.

**6-10-3:** During the last two minutes of regulation play, stalling rules are in effect for the team that is ahead by four goals or less. When the score differential is five goals or more, neither team is forced to keep the ball in the goal area unless warned to “keep it in.”

## 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—Mt. Desert

Class B South—Lake Region

Class C North—Mattanawcook

Class C South—Sacopee

Class D North/South—Bangor Christian

### Basketball

Class AA North

Girls—Windham

Boys—Oxford Hills

Class AA South

Girls—Noble

Boys—Sanford

Class A North

Girls—Mt. Blue

Boys—Hampden

Class A South

Girls—Biddeford

Boys—Morse

Class B North

Girls—Caribou

Boys—John Baptist

Class B South

Girls—Maranacook

Boys—Gray/NG

### Class C North

Girls—Lee

Boys—Limetstone

Class C South

Girls—Hall-Dale

Boys—Telstar

Class D North

Girls—Ashland

Boys—Easton

Class D South

Girls—Greater Portland

Boys—Highview

### Girls' Ice Hockey

North—Lewiston/Monmouth/Oak Hill

South—Gorham/Bonny Eagle/Windham

### Boys' Ice Hockey

Class A North—Cony/Hall-Dale/Monmouth

Class A South—No Recipient

Class B North—No Recipient

Class B South—Brunswick

### Indoor Track

Class A Boys North—Mt. Ararat

Class A Boys South—Biddeford

Class A Girls North—Mt. Ararat

Class A Girls South—Noble

Class B Boys North—Old Town

Class B Boys South—Lincoln

Class B Girls North—Old Town

Class B Girls South—Lincoln

### Ski - Alpine

Class A Boys—Greely

Class A Girls—Greely

Class B Boys—Maranacook

Class B Girls—Caribou

### Ski - Nordic

Class A Boys—Oxford Hills

Class A Girls—Mt. Blue

Class B Boys—Freeport

Class B Girls—Freeport

Class C Boys—Ashland

Class C Girls—Ashland

### Swim

Class A Boys—Edward Little

Class A Girls—Edward Little

Class B Boys—Ellsworth

Class B Girls—Ellsworth

### Unified Basketball

Class North—Voting Ends March

Class South—Voting Ends March

### Wrestling

Class A North—Windham

Class A South—Portland

Class B North—Medomak

Class B South—Boothbay

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Simply raise a minimum of \$75.00, or more! The proceeds will benefit Special Olympics Maine Unified Champion School initiatives which include Unified Sports opportunities and Spread the Word to End the Word awareness campaigns and other inclusive initiatives in schools. 30% raised by students will go directly back to their school to fund current and future Unified Champion School's initiatives. **GRAND PRIZE** - Top school raising over \$1,000 will receive an additional 10% (above the 30%) of all money raised by their students and a traveling trophy for their accomplishments and “school bragging rights.” Additional incentives and prizes will apply for additional funds raised.

**To be held on**

**Sunday April 9<sup>th</sup>, 2017 at 10am sharp! (Registration opens at 8:30am)**

**Completely submerge yourself in the chilly waters of Snow Pond at**

**Snow Pond Center for the Arts, 8 Goldenrod #11 Sidney, ME 04330**

**Post Plunge Party (Hamburger & Hot Dog BBQ to follow)**



**For more information and how to register go to:**

[www.somaine.org/programs/unifiedschools/school-plunge/](http://www.somaine.org/programs/unifiedschools/school-plunge/)

**or call 207-879-0489**