

## Interscholastic



# Sportsmanship Award

Nominations for the MPA's Sportsmanship Award are due by May 20, 2016. Up to four awards are given each spring by the Sportsmanship Committee to a high school student or group of students who exemplify the highest ideals of interscholastic competition in Maine. A member of the Sportsmanship Committee presents the award at the honoree's school at an appropriate end-of-year event such as an athletic banquet or a class night.

Information concerning the criteria and nomination forms can be found on the MPA website at <http://www.mpa.cc/images/pdfs/sportsmanship/brochures/sportsmanship.pdf>.

## Eligibility Committee

The dates for meetings of the 2016-2017 Eligibility Committee have been set for August 2, 2016; September 9, 2016; November 8, 2016; and March 13, 2017.

All meetings are held at the MPA office in Augusta and begin at 9:30 a.m.

THE MPA WOULD LIKE TO  
THANK  
**MR. DENNIS CROWE,**  
TECHNOLOGY DIRECTOR  
FOR THE GORHAM SCHOOL  
DEPARTMENT, FOR HIS  
WILLINGNESS TO SERVE AS  
THE HOST SITE FOR MANY  
TANDBERG MEETINGS.

## 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*

## 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 in the following sports only: field hockey, football, soccer, volleyball, basketball, cheering, ice hockey, baseball, softball, and lacrosse.

**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 start on Sunday, June 12.

**Summer "Hands-Off" Period**—The "hands-off" period this summer runs from Monday, August 1, 2016 through Sunday, August 14, 2016. All of the rules prohibiting out-of-season contact between coaches and athletes are in effect during this period. First fall practices may be held on Monday, August 15.

**New England Spring Championships**—**Golf:** Wednesday, June 22, 2016 at Bretwood Golf Course in Keene, NH at 8:00 a.m. (players may practice on Tuesday, June 21 in the afternoon); **Outdoor Track:** Saturday, June 11, 2016 at Willowbrook Park, New Britain, CT at 10:00 a.m. All participants are reminded that there is a \$20 registration fee.

**SAT Conflict**—Schools are reminded that state outdoor track championships and the team tennis semifinals on June 4, 2016 conflict with the SAT tests given on that date. Students who may be competing on that date should be informed so that they may resolve the conflict. The ACT test given on June 11, 2016 may interfere with the team tennis state championships, the softball and baseball regional semifinals, and the New England Track Championships all being held on that day.

**NCAA Eligibility**—A reminder to schools that the NCAA eligibility guidelines have been revised and schools should review the guidelines with their school's guidance department. For a copy of the new guidelines please go to <http://www.ncaa.org/>.

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### Important Spring / Summer Dates

May 20	Application for winter cooperative teams due
June 1	Student leadership applications due
June 11	End of spring season
June 12	Summer activities may begin
July 25	Fall practices may begin in Aroostook County
August 1-14	Hands-off period
August 3	New Athletic Administrators' Orientation
August 12	First countable game in Aroostook County
August 15	Fall practices may begin for remainder of the state
September 2	First countable game for the remainder of the state
September 18	MPA Golf Tournament
September 30	Application for spring cooperative teams due

*\*Please note that each individual sport bulletin lists dates associated with that sport and this list does not include due dates for individual forms.*

## 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 interacting 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 has not yet been determined. This fee will cover the cost of meals, lodging, training materials, and transportation during the four days. Registration materials will be provided to all schools in the state, once they become available. The material may also be obtained by contacting Tammy at [tmcnear@mpa.cc](mailto:tmcnear@mpa.cc) or 622-0217 (Ext. 22). Registrants will be contacted by the MPA with further information upon receipt of the materials.

## Tandberg Rules Clinics

A huge thank you to those schools that have hosted mandatory rules clinics through the use of the Tandberg equipment. The willingness of schools from across the state to host these clinics has allowed us to schedule these meetings without asking coaches to travel great distances to attend.

## Bona Fide Team Rule

A reminder that the Bona Fide Team Rule applies to all interscholastic sports governed by the MPA. Schools will no longer need to forward completed request forms to our office.

The form may be found by clicking [HERE](#).

## Maine School Nurse Day

Wednesday, May 11, 2016 is Maine School Nurses' Day.

We commend all school nurses for the very important role that they play in schools today. Please take an opportunity to thank your school nurse for the great work she/he does.

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

**Volleyball**—As schools are preparing to purchase uniforms, many will be planning for the new uniforms to still be in use for the 2016 season. As a reminder, beginning July 1, 2016, the libero or teammates shall wear a solid-colored uniform top. For more information regarding the rules, see NFHS Volleyball Rule 4-2-4. You may also view a solid-colored uniform presentation on the NFHS website, <http://www.nfhs.org/activities-sports/volleyball/>. Select Volleyball Solid Color Jersey Webinar Material under Volleyball Resources.

## Any One Can Save a Life

With the importance of developing emergency action plans for all school facilities, we would encourage schools to visit the MPA Sports Medicine Webpage: <http://www.mpa.cc/interscholastic-activities-committees/sports-medicine.html>.

This is a simple program that will assist schools with the development of their emergency action plans.

## Application to Compete in a Higher Classification

The Classification Committee will be meeting during the 2016-17 school year. Click **HERE** for the "Apply Up" Form.

## Coaches vs. Cancer in New England needs your support this Spring!

I am reaching out to you one final time this season to ask you to PLEASE join the fight against cancer! We have never been so close to winning this fight and we need your support now more than ever in Maine.

Hosting a game is easier than you think. I have outlined below a few easy steps to hosting a successful coaches vs. cancer game.

1. Select a game in mid to late May
2. Recruit a team parent or volunteer to help with the event coordination
3. Select a couple of easy fundraising and awareness initiatives to incorporate into your event
4. Promote your game by having your players hang the game posters that will be created by the American Cancer Society
5. Have fun and help save lives at the same time!!

Hosting a game is really that simple. If you are unable to recruit a parent volunteer, that's ok too, I will work with you and help you every step of the way and promise to keep things simple on your end. Games really are extremely easy to host and will not only raise the much needed funds needed to continue the fight against cancer, but will also teach your kids the valuable life lesson of community service. For more information or to book your game, please email or call me at 207-402-1183. Thanks!

~ Brian Casalinova,  
Community Manager, Special Events,  
New England Division, American  
Cancer Society, Inc., Topsham, ME

## The Value of an Athletic Trainer

With schools looking at the possible elimination of positions for the coming year, the position of an athletic trainer has again come under scrutiny. Below is a list of points to consider when looking at the value of the position. Athletic trainers:

- Help reduce injuries and improve on the field performance;
- Are trained to work closely with athletes, coaches, parents, and administrators in injury prevention, on-field injury care, recognition, rehabilitation, and treatment;
- Develop a relationship, without a conflict of interest, with the athlete and their parents that can not be developed with a coach or administrator;
- Provide immediate, quality injury assessment and rehabilitation, often times making crucial return-to-play decisions;

- Work as a part of a healthcare team that provides easy access to medical professionals that may not be otherwise available;
- Focus on injury prevention when working with athletes. Emergency medical personnel are trained to be reactive in nature;
- Often provide in-service classes for staff in such areas as sport first aid and CPR/AED;
- Provide services to families saving them costly trips to an emergency room or doctor's office;
- Are often crucial in the tracking of pre-participation physicals, concussion baseline testing and brain injury assessments; and
- Reduce liability for a school department. One occurrence without an athletic trainer will often be more than the cost of hiring one.

## The Value of an Athletic Trainer

# Freestyle Turn Position Clarified in High School Swimming and Diving

At its March 21-23 meeting in Indianapolis, the National Federation of State High School Associations (NFHS) Swimming and Diving Rules Committee approved a change to the freestyle portion of the individual medley and medley relay as it relates to body position.

An addition to Rule 8-2-4c will read as follows: "The final leg of the individual medley and the medley relay requires the swimmer to be at or past vertical toward the breast before any stroke, kick or propulsive motion."

This revision was one of several changes recommended by the Swimming and Diving Rules Committee and subsequently approved by the NFHS Board of Directors.

The committee also approved a change in the current practice of determining a final time when a touch pad malfunctions in a lane. Searcy said that research has shown that the current practice of calculating the average difference between the primary and backup timing systems, and adjusting the backup time in the malfunctioning lane(s), does not improve the accuracy of the times.

"Using the backup time without adjustment results in a final time that is just as accurate and avoids a mathematical exercise which is both time-consuming and difficult to perform during a meet," Searcy said.

In addition, the committee defined a deck change as "changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker

room, bathroom, changing room or other space designated for changing purposes." Beginning with the 2016-17 season, any team personnel/competitor involved in "deck changing" will be assessed a penalty for unsporting conduct, which would disqualify an individual from further participation in a meet.

In diving, the committee approved two rules changes and made three revisions in the official diving chart. In an effort to minimize risk, the committee ruled that a dive is failed if, in the diving referee's opinion, the diver "performs an additional bounce(s) on the end of the board after the culminating hurdle."

"The forward approach shall begin with not less than three steps and finish with a hurdle, defined as a jump off one foot to a landing on both feet at the end of the board," Searcy said. "The diver should not be permitted to perform an additional bounce just prior to the takeoff."

In Rule 9-5-5, the committee added clarity and consistency to the balk call, requiring a diver to actually commence, then stop the dive.

In the official listing of approved dives, the committee eliminated the Flying Back 1 SS (212) and the Flying Reverse SS (312), and added a new dive—the Forward 2 SS 1 Twist—with degrees of difficulty of 2.6 (tuck) and 2.7 (pike).

Swimming and diving ranks No. 8 in popularity among girls with 166,838 participants and No. 10 among boys with 137,087 participants, according to the 2014-15 NFHS Athletics Participation Survey.

## Live Streaming

This spring the following championships will be live streamed through the NFHS Network: Baseball—All state championship games; Softball—All state championship games; and Lacrosse—All state championship games.

## Heat Acclimatization and Safety Priorities

As schools start to look at summer pregames in many activities it is important that attention is paid to the potential to Heat Stroke.

- Recognize that Exertional Heatstroke (EHS) is the leading preventable cause of death among high school athletes.
- Know the importance of a formal heat acclimatization plan.
- Know the importance of having and implementing a specific hydration plan, keeping your athletes well-hydrated, and encouraging and providing ample opportunities for regular fluid replacement.
- Know the importance of appropriately modifying activities in relation to the environmental heat stress and contributing individual risk factors (e.g., illness, obesity) to keep your athletes safe and performing well.
- Know the importance for all members of the coaching staff to closely monitor all athletes during practice and training in the heat, and recognize the signs and symptoms of developing heat illnesses.
- Know the importance of, and resources for, establishing an emergency action plan and promptly implementing it in case of suspected EHS or other medical emergency.

## Elimination of Clipping in Free-Blocking Zone Continues Risk Minimization in High School Football

The elimination of clipping from high school football is the latest attempt to reduce the risk of injury made by the National Federation of State High School Associations (NFHS) Football Rules Committee.

The decision to eliminate clipping in the free-blocking zone (Rule 2-17-3) was the most significant of three rules changes recommended by the NFHS Football Rules Committee at its January 22-24 meeting in Indianapolis. All rules changes were subsequently approved by the NFHS Board of Directors.

"With very few major rules changes approved by the NFHS Football Rules Committee for the 2016 season, it indicates that the committee feels that the rules of the game are in pretty good shape," said Bob Colgate, director of sports and sports medicine at the NFHS and staff liaison for football.

Clipping, as previously stated in Rule 2-17-3, was permitted in the free-blocking zone when it met three conditions; however, clipping is now illegal anywhere on the field at any time. According to the rule, the free-blocking zone is defined as a rectangular area extending laterally 4 yards either side of the spot of the snap and 3 yards behind each line of scrimmage.

"The NFHS Football Rules Committee's action this year on making clipping illegal in the free-blocking zone once again reinforces its continued effort to minimize risk within the game," Colgate said.

"I look forward to ongoing conversations about how best to limit exposure to harm within the free-blocking zone and in situations involving defenseless players," said Brad Garrett, chair of the NFHS Football Rules Committee and assistant executive director of the Oregon School Activities Association.

Other changes for the 2016 season will include those made to football protective equipment and gloves in Rules 1-5-1d(5)

a and 1-5-2b.

"The committee expanded the options on what can now be worn as a legal tooth and mouth protector and also football gloves," Colgate said.

Tooth and mouth protectors that are completely clear or completely white are no longer illegal. Rule 1-5-1d(5)a continues to require that tooth and mouth protectors include an occlusal (protecting and separating the biting surfaces) portion and a labial (protecting the teeth and supporting structures) portion, and that they cover the posterior teeth with adequate thickness.

In Rule 1-5-2b, football gloves are now required to meet either the new Sports and Fitness Industry Association (SFIA) specifications or the existing National Operating Committee on Standards for Athletic Equipment (NOCSAE) test standard at the time of manufacture.

"I give my compliments to the voting members of the NFHS Football Rules Committee as they continue to put the health and safety of student-athletes at the forefront of all committee discussions regarding the future of the game," Garrett said.

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 "Football."

According to the 2014-15 NFHS High School Athletics Participation Survey, football is the most popular sport for boys at the high school level with 1,083,617 participants in 11-player football. Another combined 28,938 boys participated in 6-, 8- and 9-player football. In addition, 1,698 girls participated in football during the 2014-15 season.

~ By: *Cody Porter, Graphic Arts/Communications Assistant*  
*NFHS Publications/Communications Department*

## Volleyball Rules Changes 2016-17

**1-2-2:** The time period between sets is defined as a part of a match and delineates the difference between the timed interval and timed intermission.

**3-2-1:** The panels of the volleyball are defined as being of a basic rectangular shape. Rationale: Clarifies the original intent of the standard shape of the panels of the volleyball.

**4-1-5:** Hair devices worn in the hair or on the head shall be no more than 3 inches in width.

**5-4-1h:** Establishes a new mechanic, double whistle and raising coin in the air, for the first referee to use to summon the captains and head coaches to the officials table to conduct the prematch conference

**7-1-2:** Clarifies when the lineup is due from each team for the next set when an intermission is used between sets Nos. 2 and 3.

**7-1-4:** Reorganizes Article 4 and provides two options to correct a clerical error on the lineup when a player's number is listed twice, including if one is the libero.

**8-1-6:** A tossed ball for serve contacting a backboard in a vertical position is a fault.

**11-2, Penalty 2:** A request for a third time-out is an unnecessary delay and penalized accordingly.

**11-5-1:** Clarifies the timed intermission between set Nos. 2 and 3 may only be scheduled for use for promotional or special recognition activities.

*To read the rationale of each rule change, please click [HERE](#).*

2016-17 Volleyball Major Editorial Changes are the following:

**4-1 Penalty 2:** Clarifies the language regarding an unnecessary delay penalty, administrative yellow or administrative red card, for a player wearing illegal equipment attempting to enter the set.

**4-1 Penalty 3:** Clarity in wording of the penalty and with the adoption of the new penalty for unnecessary delay last year the modification corrects a clerical error.

## Long-hit Procedure in High School Field Hockey Replaced by 25-yard Free Hit

The "long-hit procedure" in high school field hockey will be replaced by a 25-yard free hit effective with the 2016 season.

This revision in Rule 7-3-2 was one of eight rules changes recommended by the National Federation of State High School Associations (NFHS) Field Hockey Rules Committee at its January 13-15 meeting in Indianapolis. All rules changes were subsequently approved by the NFHS Board of Directors.

Beginning next season, the attacking team will be awarded a 25-yard free hit instead of a long hit when a defender unintentionally causes the ball to go across the end line or if the ball glances off the stick/person of a defender in this area and goes across the end line. Play will be re-started with the ball on the 25-yard line that is in line with where it crossed the end line, and all procedures for taking a free hit will apply.

Mark Koski, NFHS director of sports, events, and development and liaison to the NFHS Field Hockey Rules Committee, said the new procedure for awarding the attacking team a 25-yard free hit will eliminate the need for the long-hit mark on the field. As a result, the long-hit line will be eliminated from the field diagram in the NFHS Field Hockey Rules Book.

With the requirement for field players to wear eye protection that meets the current ASTM standard, the committee eliminated language that permitted other protective devices such as face masks. Koski said that the face masks do not meet any safety standard for ball or stick impact, nor do they offer any shatter resistance.

A change in Rule 10-3-2 last year dealing with restarts for extended-play penalty corners eliminated the clear definitions for when a penalty corner, during regular play, is considered to be completed. The committee noted that the exception to

the rule added in 2015 should apply to an injury during regulation play as well as extended play.

Effective with the 2017 season, the home team shall wear white socks/sock guards only, thus eliminating the "light-colored" option. The committee noted that since the home team is required to wear single solid white uniform tops, it should wear only white socks to match the uniform top.

In another equipment change, Rule 1-7-1 will now permit the goalkeeper's uniform top to be multiple colors to ensure contrasting uniforms with field players. In addition, effective with the 2017 season, a visible number should be on the front and back of the uniform top.

Regarding penalty strokes, the committee eliminated the final option (Rule 11-1-1e) for when a penalty stroke is awarded – "The defending team continues to deliberately cause the ball to go over the end line" – since the rules have evolved to allow umpires to better manage this situation if it occurs.

The committee approved an additional penalty in Rule 1-5-6, which addresses an entire team wearing illegal uniforms: "When an illegally uniformed team is unable to correct the situation or cannot verify state association approval of the uniform, the game shall be played. The referee must, however, notify the state association following the game."

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 "Field Hockey."

According to the 2014-15 NFHS High School Athletics Participation Survey, a total of 60,549 girls participated in field hockey at 1,753 schools across the country.

## Soccer Rules Changes 2016-17

**4-2-9 NEW:** A soft-padded headband is permitted.

**11-1-4:** A player is offside and penalized if, at the time the ball touches or is played by a teammate, the player is involved in active play and interferes with play or with an opponent or seeks to gain an advantage by being in that position. A player in an offside position receiving the ball from an opponent, who deliberately plays the ball (except from a deliberate save), is not considered to have gained an advantage.

**14-1-4:** Once the kicker starts his/her approach toward the ball, he/she may not interrupt his/her movement. Failure to kick the ball as specified shall result in a re-kick will be considered a violation by the attacking team, and the appropriate penalties shall apply.

**18-1-1 NEW o:** GAINING AN ADVANTAGE BY BEING IN THAT POSITION-A player who plays a ball that rebounds to him/her off a goal post or the crossbar after having been in an offside position, or a player who after being in an offside position plays a ball that rebounds to him/her off an opponent, who has not deliberately played the ball or made a deliberate save.

**18-1-1 NEW u:** INTERFERING WITH AN OPPONENT – Preventing an opponent from playing or being able to play the ball by clearly obstructing the opponent's line of vision or movement of challenging an opponent for the ball.

**18-1-1 NEW v:** INTERFERING WITH PLAY – Playing or touching the ball passed or touched by a team-mate.

*To read the rationale of each rule change and the Soccer Editorial Changes please click [HERE](#).*