

Interscholastic



ChalkTalk

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.

Maine Student Participation Survey Results

In the spring, member schools completed a student participation survey. What follows are the results of that survey and a comparison to 2014-2015 data.

	2015-2016 (148 Schools Reporting)	2014-2015 (148 Schools Reporting)
Basketball (Girls)	2,826	2,848
Basketball (Boys)	3,550	3,558
Cheering	1,371	1,458
Cross Country (Girls)	1,082	1,076
Cross Country (Boys)	1,282	1,241
Baseball	3,326	3,309
Softball	2,640	2,694
Field Hockey	2,184	2,264
Football	3,688	3,498
Golf	1,201	1,088
Ice Hockey (Girls)	423	400
Ice Hockey (Boys)	1,138	1,121
Lacrosse (Girls)	1,413	1,513
Lacrosse (Boys)	1,138	1,836
Soccer (Girls)	3,633	3,785
Soccer (Boys)	4,175	4,279
Tennis (Girls)	1,429	1,499
Tennis (Boys)	1,174	1,201
Outdoor Track (Girls)	2,615	2,487
Outdoor Track (Boys)	2,802	2,766
Indoor Track (Girls)	1,345	1,327
Indoor Track (Boys)	1,466	1,471
Volleyball	861	886
Wrestling	790	805
	47,552	48,410

Notes and Updates

MPA Policy on Anonymous Communications—Anonymous calls, e-mails, or letters sent to the MPA will be forwarded to the school administrator of the school in question. The MPA will take no further action unless a violation is reported by a member school. The MPA staff has no authority to act on anonymous communications.

Graduation Date Conflicts—Schools are reminded to check their graduation date for potential conflicts with MPA sponsored regional and state championships. The championship dates are set well enough in advance so that each of the more than 150 high schools in the state can make its own decision on how best to avoid potential conflicts.

Non-Athletic Bulletins and Forms—Bulletins and forms for Debate and Speech as well as Drama are available on the MPA website. Please share this information with the appropriate advisors.

New England Cross Country Championships—The 82nd New England Cross Country Championships will be held at Ponaganset High School in North Scituate, RI on Saturday, November 12, 2016. Boys race at 11:30 a.m. and girls race at 12:30 p.m.

New England Tournament Dates—Indoor Track, Saturday, March 4, 2017 at the Reggie Lewis Track and Athletic Center of Roxbury Community College; Wrestling, Friday, March 3 and Saturday, March 4, 2017 at Providence Career & Technical Academy, Providence, RI; Spirit, Saturday, March 18, 2017 at Providence Career & Technical Academy, Providence, RI; Outdoor Track, Saturday, June 10, 2017 at Norwell High School, Norwell, MA; and Golf, Monday, June 21, 2017 at Bretwood Golf Course in Keene, NH.

Open Gym / Open Skate—According to the MPA Sport Season Policy an open activities period includes activities approved by the principal and scheduled for a gym, pool, ice arena, or other facility for which all students or age groups are invited to participate. Supervising adults must be supervising and not coaching or

Continued on Page 2

Pitch Count Proposal

Below is the draft pitch count proposal that was recently developed by the MPA Baseball Committee.

Varsity Pitchers

Maximum pitches one day – 110

- * 1-20 pitches – 0 days rest
- * 21-39 pitches – 1 day rest
- * 40-65 pitches – 2 days rest
- * 66-95 pitches – 3 days rest
- * 96-110 pitches – 4 days rest

Sub-varsity Pitchers

Maximum pitches one day – 90

- * 1-15 pitches – 0 days rest
- * 16-35 pitches – 1 day rest
- * 36-55 pitches – 2 days rest
- * 56-74 pitches – 3 days rest
- * 75-90 pitches – 4 days rest

Recommendations for Middle Level Pitchers

Maximum pitches one day – 85

- * 1-15 pitches – 0 days rest
- * 16-30 pitches – 1 day rest
- * 31-50 pitches – 2 days rest
- * 51-70 pitches – 3 days rest
- * 71-85 pitches – 4 days rest

- The Pitch Count is based on the number of pitches thrown in a game. This includes balls, strikes, foul balls, and outs. A pitch thrown with a balk called shall not count as a pitch.
- If a pitcher reaches the pitch count limit at any point while facing a batter, the pitcher may continue to pitch until 1) the batter reaches base; 2) the batter is put out; or 3) the third out is made to complete the inning.
- Each team must maintain a pitch count for their team, as well as a count for the opponent. Pitch counts will be confirmed after each half-inning. If there is a discrepancy it shall be reported to the umpire. The records of the home team shall be used as the official record. At the varsity level it is recommended that the person keeping the pitch count be an adult.
- At the conclusion of the game each head coach will sign the MPA Pitching Chart Form. Each school must

retain a copy of the Pitch Chart Form and make it available to the MPA upon request. Violation of the Pitch Count Rule shall constitute the use of an ineligible player and will result in forfeiture of the game.

- It is recommended that pitchers avoid playing catcher when not pitching.
- Doubleheader Rule:
 - o A pitcher that throws 1-20 pitches in the first game of a doubleheader may return to pitch in the second game but may not throw any more than a total of 110 total pitches in both games.
 - o A pitcher that throws more than 20 pitches in the first game of a doubleheader may not pitch in the second game of the doubleheader.
- A pitch count form will be made available to all schools prior to the start of the season.

Notes and Updates . . . (Continued from Page 1)

giving instruction. A coach may supervise an open gym if his/her players are not in the majority, and he/she is providing no instruction. The activity may not consist of a "team related activity."

Sideline Personnel—Schools are reminded that only high school students and adults are allowed on the sidelines or playing field during all MPA tournament games.

Preseason Coaches' Meeting—As principals and athletic directors, it's time to plan your preseason mandatory coaches' meeting. It will pay dividends. We suggest you use the following agenda:

- 1) Your expectations for the program;
- 2) Sportsmanship expectations;
- 3) Coaches' eligibility standards;
- 4) MPA Coaches' Handbook;
- 5) Student eligibility—expectations/process;
- 6) Risk management;
- 7) Parent expectations;
- 8) Parents' meeting—general/break out with coaches;

NFHS Uniform Waiver

Any school in need of a waiver of the NFHS Uniform Rule is asked to submit a written request to the MPA office. Written confirmation of the waiver will be provided to the school. Uniform waivers are granted for a one year period. Should a school need a waiver for an additional year, a separate request must be made.

Cancer Awareness

Congratulations to those schools that have participated in a *Cancer* (or other worthy cause) *Awareness* game this fall! Any school planning or participating in such an event and in need of a uniform waiver should contact the MPA office.

- 9) Evaluation process; and
- 10) Media relations.

It is important that the principal and athletic director co-host the general session followed by the coaches' meeting with the parents of the athletes. It is important for everyone to develop open and honest communication with parents.

A format for the parent meeting, developed by Gerry Durgin, past athletic administrator at Gorham High School, is available by contacting the MPA office at 622-0217, ext. 41.

Sunday Practices—Schools are reminded that Sunday practices are a local decision. Sunday competition, at any level, is prohibited.

Volunteer Coaches—Adults that work with a team more than two or three times throughout the season should be listed on a school's coaches' eligibility roster and meet all aspects of the coaches' eligibility policy.

Sportsmanship Banners

The MPA Sportsmanship Committee is proud of the recognition of Sportsmanship Banners into all activities for the 2016-2017 season. This fall Sportsmanship Banners will be awarded in all classes, North and South, in all activities. They will be presented at the state championships in all classes.

- * Each school has one vote per school (either the athletic administrator or coach).
- * Please include your athletes in the process.
- * You **MUST** vote for schools that are on your schedule.
- * The deadline will be one week after the last countable date.
- * Schools may not vote for themselves.
- * Any coach or player disqualified from a contest will result in that school being ineligible (at any level).
- * Schools that don't vote will not receive the banner.
- * Athletic administrators and coaches who have access may vote on the MPA website, online forms section.
- * Schools receiving the honor will be notified by an MPA Committee member.

Sportsmanship banners will be presented during the winter and spring seasons in all activities.

Cooperative Individuals

In the sports of indoor track, skiing, swimming, and wrestling, the cooperative individual sending schools are responsible for listing their students on the school's eligibility list. The sending school should also list the receiving school's coach in the appropriate box. The receiving school is responsible for notifying schools on its schedule that it has cooperative individuals from another school competing with its team. Early in the regular season competition, the MPA will send an e-mail to all schools in each of those sports listing all the cooperative individuals and the schools to which they are attached.

The school must apply on a form that can be found at www.mpa.cc/pdf/coopindv.pdf and must be filed **prior to the first countable contest on December 9, 2016.**

Postponement or Rescheduling of Athletic Contests

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

Cancellations/Postponements could be caused by:

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

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

School administrators should consider the following before rescheduling:

- Make decisions in a timely manner,
- Contact opponents to understand all possible conflicts/adjustments necessary before rescheduling,
- Communicate with facilities management and transportation departments,
- Check with assignor for official availability,
- Have a postponement/cancellation checklist that includes the following: timers, scorers, ticket takers, game management, security, boosters, etc., and
- Use technology (e-mail, website, electronic messages).



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2017 Softball Rules Changes

By NFHS on September 28, 2016

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.

Rationale: This change brings the NFHS inline with other rules codes concerning the surface of the taper.

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.

Rationale: There may be circumstances in which state associations make accommodations relative to inclement weather, religious exceptions, or other situations.

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.

Rationale: Multi-color undergarments and sleeves are a distraction and create a possible safety concern. This rule establishes solid color requirements similar to other NFHS sport rules.

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.

Rationale: Placing all equipment in one location at one time is a more efficient method to conduct this inspection.

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.

Rationale: Language clarifies when the coach is restricted to the dugout/bench.

2017 Major Editorial Changes

6-2-2; 7-4-8 NOTE; 8-1-2; 8-2-4 EX-CEPTION

2017 Points of Emphasis

1. Pitching
2. Uniforms
3. DP/FLEX Simplified

Mandatory Rules Clinics

Basketball: Online video that head coaches and assistant coaches must view prior to the start of the season.

Ice Hockey: No rules clinics scheduled. Rule changes are listed in the bulletin.

Wrestling: Sunday, November 20, 2016 at 9:00 a.m., Gardiner Area High School. Tandberg sites needed.

Indoor Track: No rules clinics scheduled. Schools will be provided with a rules exam.

Swim: Sunday, October 30, 2016 at 10:00 a.m., Messalonskee High School in Oakland.

Ski: No rules clinics scheduled.

Cheer: Sunday, November 6, 2016 at 8:30 a.m. (part of Maine Cheer Coaches' Clinic), Lewiston High School.

Make-up clinic scheduled for Thursday, November 17, 2016 at 6:00 p.m. via a WebEx meeting. Schools will be e-mailed instructions on how to connect.

Unified Basketball

The deadline to submit an "Intent to Participate" form was on October 28, but those schools that wish to participate and missed the deadline may click [HERE](#) to access the "Intent to Participate" form.

The "Funding Application" deadline is November 4 and that form may be accessed by clicking [HERE](#).

New Rules for Dance Risk Minimization Among High School Spirit Rules Changes

Three new rules related to dance risk management were among the changes approved by the National Federation of State High School Associations (NFHS) Spirit Rules Committee at its March 5-7 meeting in Indianapolis.

The 10 rules changes for high school cheer, dance, drill, and pom for the 2016-17 season were subsequently approved by the NFHS Board of Directors.

With a growing number of high school students competing in dance and drill, the Spirit Rules Committee reorganized the rules book for 2016-17 to include a separate rule for dance risk management.

"Dance is evolving and more high school dance participants are doing stunts that previously were only done by cheerleaders," said Susie Knoblauch, NFHS director of performing arts and sports and editor of the NFHS Spirit Rules Book. "Separating the book into different sections for cheer and dance will give people a clearer idea of the stunts allowed in each area."

In an effort to minimize risk for high school dancers, tosses will not be permitted. Knoblauch said high school dancers generally are not adequately prepared to execute higher-level releases such as tosses.

In addition, two other stunts will not be permitted in an effort to minimize risk in high school dance. Stunts/lifts in which the bases support an extended top person under the feet will not be allowed, as well as braced release stunts, which includes release transitions and braced flips.

Among the changes in the cheer section of the Spirit Rules Book will be another new rule focused on risk minimization. Beginning next year, a participant shall not jump unassisted onto the back of a

base who is in a horizontal position.

In addition to the aforementioned rules focused on risk minimization, the committee revised several rules to permit more creativity while not creating any additional risk for the participants.

The committee removed the requirement for bracers of non-release, static stunts to be at shoulder height or below, and lower-level non-braced transitions will be permitted. In addition, bracers will be permitted on any side, including behind the top. Braced flips are allowed from a single base but still require two bracers in preps.

Regarding braced inversions, the committee clarified that these stunts are legal when not braced. As such, two bracers are not necessary for non-flipping inversions.

Finally, a new rule regarding cheering on props as bases was added. In response to a growing number of cheerleaders standing on boxes at football games to cheer, the committee approved two limitations when cheering on props. The height of the prop must not exceed 3 feet, and jumps and/or stunts are not permitted on props.

A complete listing of all rules changes is available on the NFHS website at www.nfhs.org. Click on "Activities & Sports" at the top of the home page, and select "Spirit."

According to the 2014-15 NFHS High School Athletics Participation Survey, there were 125,763 girls involved in competitive spirit squads and about 40,000 in dance and drill programs. It is estimated that there are more than 400,000 participants overall in high school spirit programs, which includes sideline cheerleading.

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."

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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.

A complete listing of all rules changes will be available soon on the NFHS website at www.nfhs.org. Click on "Activities & Sports" at the top of the home page, and select "Wrestling."

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.

Freestyle Turn Position Clarified in High School Swimming and Diving . . .

(Continued from Page 5)

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.



2016 National Athletic Directors' Conference



Gaylord Opryland Resort and Convention Center in Nashville, Tennessee on December 9-14, 2016 will be the site of the 47th National Athletic Directors Conference.

The National Athletic Directors Conference, sponsored by the National Federation of State High School Associations (NFHS) and the National Interscholastic Athletic Administrators Association (NIAAA), is the single premier conference that provides an outstanding educational in-service program for athletic administrators. This first class conference features professional speakers and an exhibit show with more than 200 exhibitors, as well as authoritative athletic administrators who willingly share their experience and expertise on a variety of topics. Leadership training courses are also offered.

For more information visit:

<http://www.niaaa.org/about-the-niaaa/niaaa-conference/>

Direct, Indirect Contact to the Head Penalties in High School Ice Hockey Continue Focus on Risk Minimization

In continuing efforts to minimize the risk of injury and spread concussion awareness in high school ice hockey, specific definitions for direct contact and indirect contact to the head, along with specific penalties for each, have been added to provide clarity.

These revisions and seven other rules changes were recommended by the National Federation of State High School Associations (NFHS) Ice Hockey Rules Committee at its April 25-26 meeting in Indianapolis. All 2016-17 ice hockey rules changes were subsequently approved by the NFHS Board of Directors.

In its ongoing attempt to minimize the risk of injury in the sport, the Ice Hockey Rules Committee added two new articles to Rule 7-6 to clarify between direct contact and indirect contact to the head. Previously, the rule stated: "No player shall make contact from any direction with an opposing player's head or neck area in any manner, including, but not limited to, with the shoulder, stick, elbow, etc."

Now, Rule 7-6-2 defines direct contact to the head as when the initial force of the contact occurs to the head or neck area, resulting in a flagrant foul. Direct contact carries a major or game disqualification penalty. According to Rule 7-6-3, indirect contact to the head occurs when the initial force of the contact begins below the neck and progresses upward to the head or neck area. Indirect contact carries a minor penalty, unless the contact is flagrant, in which case, a major or game disqualification is assessed.

"The change is consistent with the committee's goal to spread awareness of head injury and concussions," said Dan Schuster, NFHS director of educational services and liaison to the Ice Hockey Rules Committee. "This change appropriately penalizes players for hits to the head. This will certainly provide clarity for officials, but it will also be a positive for high school hockey and help create a safe playing environment for participants."

Language regarding penalty shots in Rule 4-7-3 was revised to include language to address the designation of a replacement player due to injury. The revised rule states if the fouled player is injured, the shot may be taken by any player of the non-offending side who is on the ice when play is stopped.

In addition, a new article was added to Rule 4-6 regarding major penalties and suspensions. The current wording only refers to players, when the intent of the disqualification penalty is to have the same consequence apply for all participants. The new

addition states: "All provisions of Rule 4-6, including the major penalty and suspension, shall apply for a game disqualification assessed to a coach or other team personnel."

In order to create consistency regarding the penalty structure within Rule 2-3, the committee added a penalty to both Article 1 and Article 2 to create a consequence for noncompliance regarding players in uniform.

Addressing warm-ups, previously players were allowed to skate the entire ice surface until a team assumed its own end. The rules committee removed that language from Rule 9-10-3 and replaced it with "each team shall proceed to its end of the ice and continue activity to its own end of the rink for the duration of the warm-up." This change was made to avoid unnecessary interaction between teams during the warm-up.

Language regarding participant conduct in Rule 6-1-6 was added to reinforce the zero tolerance policy for insensitive language. The rules committee added that no gender slurs shall be used by players, coaches or other team personnel.

Previously, Article 5 of Rule 9-1 described the location of where players and sticks should be during a faceoff. Now it states: "Excluding goalkeepers, players shall take a stationary position on all faceoffs before the puck is dropped," which will help clarify the process of a faceoff and eliminate motion prior to faceoffs.

"Motion prior to the faceoff can certainly serve as an advantage for a team. This rule change will eliminate the advantage and level the playing field for faceoffs," Schuster said.

The final rules change addresses when a puck is grasped by hand and play is stopped. The rules committee moved 9-1-8j to 9-1-11j to make this infraction consistent with similar infractions, such as high-sticking and hand passes. The resulting faceoff will now take place in the defending zone of the offending team, not the nearest faceoff spot.

A complete listing of the ice hockey rules changes will be available on the NFHS website at www.nfhs.org. Click on "Activities & Sports" at the top of the home page, and select "Ice Hockey."

According to the 2014-15 NFHS High School Athletics Participation Survey, there are 35,875 boys participating in ice hockey in 1,603 schools across the country, and 9,418 girls playing the sport in 615 schools.

New Rule on Free-Throw Lane Violations Approved in High School Basketball

A new rule regarding free-throw lane violations in high school basketball has been added for clarification. Players occupying the marked free-throw lane line spaces cannot enter the free-throw semicircle until the ball touches the ring or the free throw ends.

Rule 9-1-3h was one of five rules changes recommended by the National Federation of State High School Associations (NFHS) Basketball Rules Committee at its April 20-22 meeting in Indianapolis. The changes were subsequently approved by the NFHS Board of Directors.

After reviewing the entire free-throw process, the committee approved the addition to Rule 9-1-3 in an effort to make the rule easier to understand and to create a safer environment for the free-throw shooter.

"This new rule was approved by the committee in order to reduce rough play," said Theresia Wynns, NFHS director of sports and officials and liaison to the rules committee. "Part of what we had observed over several seasons was pushing and the displacement of the free-throw shooter after he or she shot the ball. The new rule will hopefully stop rough play."

In addition, the Basketball Rules Committee added Rule 1-20 regarding non-playing personnel – such as cheerleaders – on the court during a short time-out. The new rule states that "non-playing personnel shall remain outside of the playing area during a 30-second or less time-out during the game. Non-playing personnel shall stand outside the free-throw lane lines extended toward the sidelines throughout the game."

By formalizing awareness of the standards set for non-playing personnel, game officials are able to direct non-playing personnel to an appropriate place outside the playing court.

"The main reason for this additional rule is to minimize risk for everyone," Wynns said. "Whether a cheerleader or a photographer, having restrictions will help with the overall safety of those near the playing area."

In addition to these new rules, the rules committee reduced the time to replace a disqualified or injured player from 20 seconds to 15 in Rule 2-12-5. The committee believed that the amount of time presently given is too long and allows for gamesmanship to be displayed.

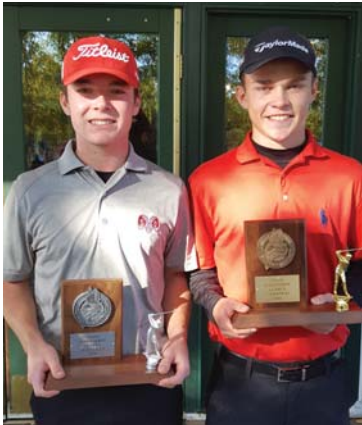
"After coaches have seen a player get injured or foul out, they already have an idea of who they want in the game as a replacement," Wynns said. "But they tend to use that time for other reasons, so lessening the time will help uphold the principle of the rule."

The rules committee also removed restrictions pertaining to player equipment. All extra apparel is permitted to have one logo according to Rule 3-5-6. Last year the committee simplified the color requirements to be consistent on all sleeves, tights, wristbands and headbands. Adding the compression shorts to this rule will assist officials in simplifying enforcement of the uniform rules.

A complete listing of the basketball rules changes will be available on the NFHS website at www.nfhs.org. Click on "Activities & Sports" at the top of the home page, and select "Basketball."

According to the 2014-15 NFHS High School Athletics Participation Survey, basketball is the third-most popular boys sport nationwide with 541,479 participants and third-most popular girls sport with 429,504 participants. In terms of school sponsorship, it ranks No. 1 for both boys and girls with 18,072 schools for boys and 17,653 for girls.

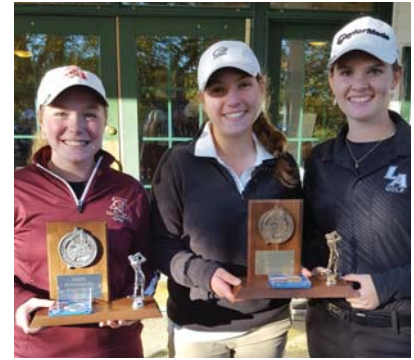
Interscholastic Photo Album—Golf



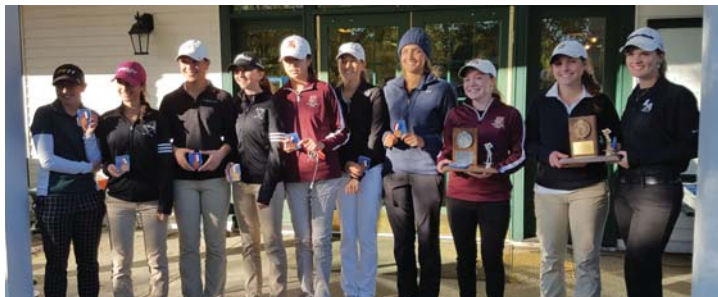
Boys Golf - Class A (L to R)
 Runner-up: Lucas Roop, Gorham High School
 Champion: Cole Anderson, Camden Hills Regional High School



Boys Golf - Class B Champion ~ Erskine Academy



Girls Golf - Class A (L to R)
 Runner-up: Jordan Laplume, Thornton Academy and Co-Champions:
 Erin Holmes, Greely High School and
 Bailey Plourde, Lincoln Academy



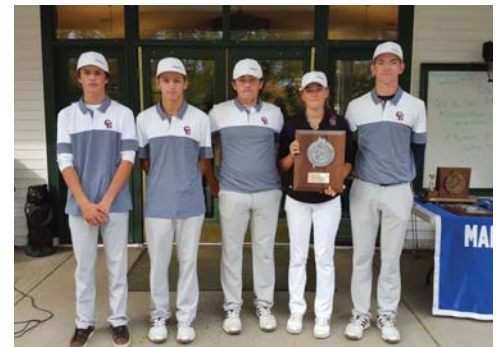
Girls Golf - Class A Top Ten Finalists



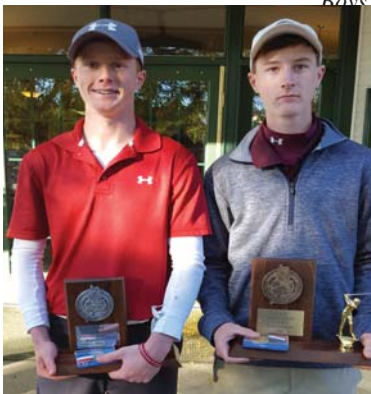
Boys Golf - Class A Top Ten Finalists



Boys Golf - Class B Top Ten Finalists



Boys Golf - Class B Runner-up
 Cape Elizabeth High School



Boys Golf - Class C (L to R)
 Runner-up: Mitchell Tarrío, Kents Hill
 Champion: Logan Thompson, Mattanawcook Academy

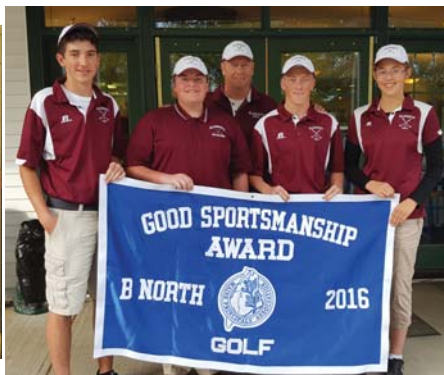


Boys Golf - Class C Top Ten Finalists

2016 Fall Sportsmanship Banner Winners—Golf



Boys Golf - Class AN
Nokomis Regional High School



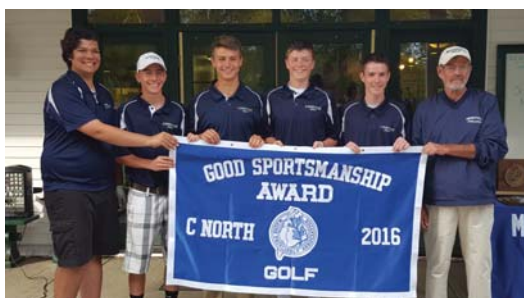
Boys Golf - Class BN
Ellsworth High School



Boys Golf - Class AS
South Portland High School

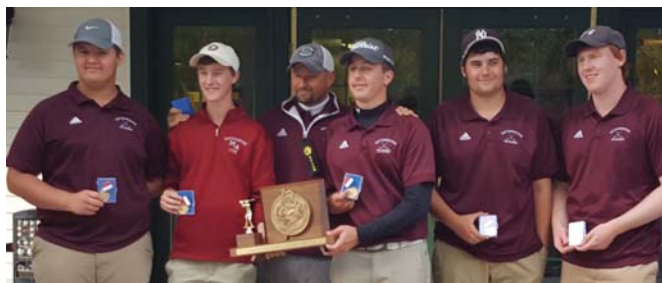


Boys Golf - Class BS ~ Fryeburg Academy



Boys Golf - Class CN
Greenville Consolidated School

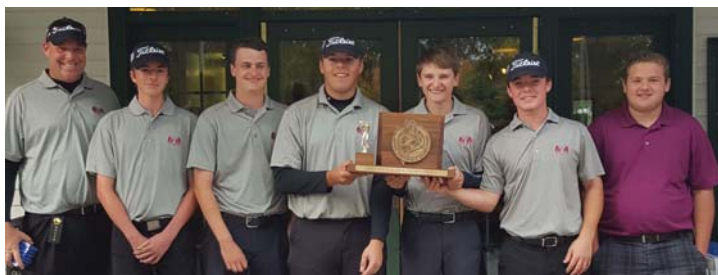
Interscholastic Photo Albumn—Golf



Boys Golf - Class C Champion ~ Mattanawcook Academy



Boys Golf - Class A Runner-up ~ Mt. Ararat High School



Boys Golf - Class A Champion ~ Gorham High School