

**Interscholastic**



**Notes and Updates**

**Basketball Rules Changes 2015-2016**—The following acts constitute a foul when committed against a ball handler/dribbler. A player becomes a ball handler when he/she receives the ball. This would include a player in a post position: a.) placing two hands on the player; b.) placing an extended arm bar on the player; c.) placing and keeping a hand on the player; and d.) contacting the player more than once with the same hand or alternating hands.

**Fundraising**—Athletes are allowed to be a part of fundraising activities only during their sport season and during the summer recess. Booster clubs may raise funds anytime during the year but the students may not be a part of the activity if it occurs outside of the sport season. Coaches may work with booster clubs outside of the sport season.

**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 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.

**NHS Convention Dates**—High school principals and NHS advisors should mark the evening of Thursday, March 10 and Friday, March 11 on their calendar as the respective dates for the Maine National Honor Society banquet and convention. The banquet will take place at Jeff's Catering in Brewer, and the convention will take place at the University of Maine.

Banquet and convention registration materials will be available to advisors on the MPA website in late January.

**Starting Dates for Winter Teams**—A reminder that the following dates are the beginning dates for the 2015-2016 winter season: Girls' Ice Hockey—November 2, 2015; Basketball, Boys' Ice Hockey, Indoor Track, Winter Cheering, Swimming, Wrestling—November 16, 2015; and Skiing—November 23, 2015.

**Fall Regional and State Championships: Golf**—Boys' team championships will be held on October 10 and Individual Schoolgirl (Open) and Individual Schoolboy Championship will be held on October 17 at Natanis Golf Course, Vassalboro; **Field Hockey**—Regional Finals, October 27—North, Thomas College, Waterville, and South, Deering High School, and State Championships will be on October 31 at University of Maine, Orono; **Football**—State Championship Games, Class D, November 20, University of Maine, Orono, and Classes A, B, and C, November 21, Fitzpatrick Stadium, Portland; and **Soccer**—State Finals, Classes A and B—Fitzpatrick Stadium, Portland, and Classes C and D—Presque Isle Middle School, will be held on November 7.

**Cross Country**—The regional cross country championships will be held in the North at Troy Howard Middle School in Belfast and in the South at Twin Brook in Cumberland on Saturday, October 24. The state championships will be held at Twin Brook in Cumberland, on Saturday, October 31. Please refer to the bulletin for the scheduled starting times.

**Coaches at Training Facilities**—It is not a violation for a coach to be present at a facility where their athletes may also

**Guidance Counselors and Eligibility Rules**

Guidance counselors play a key role in communicating MPA eligibility rules. It is important that all counselors be aware and knowledgeable about the eligibility requirements that students must follow in order to compete in MPA sanctioned events. Counselors are often asked to modify a students' schedule while they are participating on a team and may be causing that student to become ineligible. Principals and athletic administrators are encouraged to have a conversation with the counselors within their school and to make sure that each person has a copy of the eligibility requirements of the MPA.

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**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.



**MPA Hall of Excellence**

Nominations are now being accepted for the 2016 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.

(Continued on Page 2)

## NFHS Uniform Waiver

With numerous uniform rules being changed over recent years, 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.

## New Penalty Structure in Ice Hockey

In an effort to minimize risk of injury in high school ice hockey, the penalty structure has been revised to provide options for more stringent penalties when situations warrant.

In the past, cross-checking, elbowing, goalkeeper contact, kneeling, slashing, tripping, and roughing had options for a two-minute minor or five-minute major penalties. These violations now will include an option for game disqualification.

Fouls for grabbing the facemask and

head butting had options for a five-minute major penalty or game disqualification. These violations now include an option for a five-minute major plus a 10-minute misconduct. In addition, holding, hooking, interference/obstruction and body-checking (girls teams) had the option of a two-minute minor penalty. These fouls now will include the option for a five-minute major penalty or game disqualification.

## Hosting Officials

A key element of hosting events is the quality of officiating. Officials in all contests help set the positive atmosphere at a contest. As the host school, please make every attempt to make the officials feel welcome and comfortable when they arrive at your school.

Keep in mind that these people are working because they love the sport and enjoy working with young athletes. Please provide the game officials with any necessary information that will assist them prior to and throughout the contest.

## Notes and Updates . . .

(Continued from Page 1)

be present. It is a violation of the Sport Season Policy if the coaches are requiring athletes to attend these facilities and if they are in any way working with athletes at the facility.

**Field Hockey Undergarments**—Tops must be white for home team and black or dark for visiting team. Bottoms may be any color, provided the socks/sock are visible. All players on a team shall wear the same color shirts, undershirt, and/or pants.

**Program Information Forms**—Program Information Forms are required for those teams that will be participating this fall in field hockey, soccer, football, and volleyball. These forms are available electronically and must be submitted if a school is going to participate in the tournament.

**Schools Hosting Tandberg Clinics**—A huge thank you to those schools that have hosted mandatory rule clinics through the use of the Tandberg Equipment. Being able to offer these clinics through the distance learning sites has increased participation greatly and allowed coaches a clinic much closer to home.

**Small School Facility Waiver**—A reminder that there is a waiver for small schools wishing to make their gym or athletic fields available outside of the sport season. Currently high school students may not use high school facilities for activities that occur outside of the approved sport season.

**Superintendents' Agreements**—Schools are reminded that students granted superintendents' agreements, including those that may be granted by the Department of Education, must still complete a Transfer Waiver Form prior to the start of the competitive season.

**Swimming and Diving Rules Changes - 2015-16**—The prohibition of wearing jewelry has been removed from the rules for swimming and diving competition. As in previous year, the wearing of a medical alert with the alert visible continues and is encouraged for the purposes of risk minimization.



## 2015 National Athletic Directors' Conference



Marriott World Center Hotel and Conference Center in Orlando, Florida on December 12-15, 2015 will be the site of the 46<sup>th</sup> 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/>

## High School Participation Increases for 25th Consecutive Year

The number of participants in high school sports increased for the 26th consecutive year in 2014-15—topping the 7.8 million mark for the first time—according to the annual High School Athletics Participation Survey conducted by the National Federation of State High School Associations (NFHS).

Based on figures from the 51 NFHS member state high school associations, which includes the District of Columbia, the number of participants in high school sports reached an all-time high of 7,807,047—an increase of 11,389 from the previous year.

While boys participation dipped 8,682 from the previous year, girls participation increased for the 26th consecutive year with an additional 20,071 participants and set an all-time high of 3,287,735. The boys participation total of 4,519,312 is No. 2 all-time behind the 2013-14 total of 4,527,994.

Six of the top 10 girls sports registered increases in participation this past year, led by competitive spirit squads (5,170 additional participants) and cross country (3,495). While track and field remained the No. 1 sport for girls with 478,726 participants, volleyball (432,176) moved ahead of basketball (429,504) to secure the No. 2 spot. Ten years ago, basketball was No. 1 for girls, followed by track and field, and volleyball.

Among the top 10 boys sports, soccer registered the largest gain with an additional 15,150 participants, while wrestling (11,306) and 11-player football (9,617) had the largest declines in participation. Besides soccer, other top 10 boys sports that had increases in the number of participants were baseball (3,938) and basketball (425).

"Overall, we are pleased with this year's participation report indicating an increase for the 26th consecutive year," said Bob Gardner, NFHS executive director. "And while football participation dropped this past year, the decrease is not that significant when you consider more than 1.1 million boys and girls are involved in the sport at the high school level.

"Despite other out-of-school opportunities that exist in some sports, this year's survey is yet another confirmation that our model of education-based sports within the high school setting is the No. 1 choice for boys and girls nationwide. We applaud the more than 19,000 high schools across the country for continuing to provide these important programs despite the funding challenges that exist in some areas."

Eleven-player football remains the runaway

leader in boys participants with 1,083,617, followed by outdoor track and field (578,632), basketball (541,479), baseball (486,567) and soccer (432,569). The remainder of the top 10 is wrestling (258,208), cross country (250,981), tennis (157,240), golf (148,823) and swimming/diving (137,087).

After outdoor track and field, volleyball and basketball, the remainder of the top 10 girls sports are soccer (375,681), fast-pitch softball (364,103), cross country (221,616), tennis (182,876), swimming/diving (166,838), competitive spirit squads (125,763) and lacrosse (84,785).

Among some of the non-traditional high school sports on this year's survey, archery and riflery registered significant increases in participation. An additional 2,877 participants (boys and girls) in archery brings the overall total to 7,744 with schools in eight states

sponsoring the sport. Riflery was up 1,010 participants for a total of 4,238 with competition in 10 states. Also, while boys wrestling was down by more than 11,000 this past year, the number of girls participating in the sport increased by 1,592 for a total of 11,496.

The top 10 states by participants remained in the same order as last year, with Texas and California topping the list with 804,598 and 797,101, respectively. The remainder of the top 10 was New York (389,475), Illinois (340,972), Ohio (319,929), Pennsylvania (319,562), Michigan (295,660), New Jersey (279,377), Florida (267,954) and Minnesota (235,243).

The participation survey has been compiled since 1971 by the NFHS through numbers it receives from its member associations. The complete 2014-15 High School Athletics Participation Survey is attached in PDF format and will be posted soon on the NFHS website at [www.nfhs.org](http://www.nfhs.org).

### NFHS Participation Numbers

The following table consists of statistics gleaned from the 2014-15 High School Athletics Participation Survey conducted by the NFHS.

#### TEN MOST POPULAR BOYS' PROGRAMS

<u>Schools</u>	<u>Participants</u>	<u>Schools</u>	<u>Participants</u>
1. Basketball	18,072	1. Football (11-player)	1,083,617
2. Track & Field (Outdoor)	16,358	2. Track & Field (Outdoor)	578,632
3. Baseball	15,889	3. Basketball	541,479
4. Cross Country	14,635	4. Baseball	486,567
5. Football (11-player)	14,154	5. Soccer	432,569
6. Golf	13,528	6. Wrestling	258,208
7. Soccer	11,838	7. Cross Country	250,981
8. Wrestling	10,597	8. Tennis	157,240
9. Tennis	9,725	9. Golf	148,823
10. Swimming & Diving	7,156	10. Swimming & Diving	137,087

#### TEN MOST POPULAR GIRLS' PROGRAMS

<u>Schools</u>	<u>Participants</u>	<u>Schools</u>	<u>Participants</u>
1. Basketball	17,653	1. Track & Field (Outdoor)	478,726
2. Track & Field (Outdoor)	16,309	2. Volleyball	432,176
3. Volleyball	15,534	3. Basketball	429,504
4. Softball - Fast Pitch	15,115	4. Soccer	375,681
5. Cross Country	14,287	5. Softball - Fast Pitch	364,103
6. Soccer	11,502	6. Cross Country	221,616
7. Tennis	10,099	7. Tennis	182,876
8. Golf	9,824	8. Swimming & Diving	166,838
9. Swimming & Diving	7,526	9. Comp. Spirit Squads	125,763
10. Comp. Spirit Squads	5,358	10. Lacrosse	84,785

## NFHS Uniform Rules Summary (4-14-14)

SPORT (Rule Reference)	HOME JERSEY COLOR	NUMBER LOCATION	FRONT NUMBER SIZE	BACK NUMBER SIZE	BARS OR WIDTH OF NUMBER	NUMBER BORDER WIDTH	NUMBER RANGE	JERSEY LENGTH/ UNIFORM	SHOES	SOCKS	HATS HEAD-GEAR	PANTS	Under-Garments
Baseball (1-5)				At Least 8"		1/4"			Required		Required		Pitcher – no white or gray
Basketball (3-4)	White Required	Centered Vertically & Horizontally on visible portion	At Least 4"	At Least 6"	Not less than 3/4"	2 Solid contrasting 1/4" limit or shadow 1/2"	0,1,2,3,4,5 (no 6, 7, 8,9)	Tucked in Pants (if designed)	Required		Only for Medical Or Religious	Above Hips	Same primary color as Uniform
Football (1-5)	Dark	Centered Horizontally	8"	10"	1 1/2" wide	Minimum 1/4" at least	1 – 99	Reach top of Pants	Covers Foot		Helmet Required	Cover Knees	Not tacky materials can't be ball-colored
Field Hockey (1-5)	White		3" – 6"	6" – 8"			00 – 99			Knee Length Required	Knitted Caps or Soft Headgear		White for home team, black/dark for visiting team
Ice Hockey (2-1)	White/Light	Both Sleeves 4"		At Least 10"					Skates Required		Helmet Required	Pants Rec.	
Girls Lacrosse (2)	Coaches Agreement	Centered Horizontally & Vertically	At Least 6"	At Least 8"		1 inch			Shoes, No Spikes		Soft Headgear Allowed not required		Black, gray, White or Same as Uniform
Boys Lacrosse (1-9)	Light	Centered Horizontally & Vertically	At Least 8", Required	At Least 12", Required		2 inches	0-99	Reach Belt of Pants	Required		Lacrosse Helmet		White, Gray or Same as Uniform
Soccer (4-1)	Solid White		At Least 4"	At Least 6"				Tucked in Shorts (if designed)	Required	Stockings Required, Logos permitted	Soft Caps in weather, Padded Headbands	Optional for Goalkeeper only	Single Color, same length
Softball (3-2)	Same color and style for team members	Required on the back of the jersey		At Least 6"		1/4"	0 an 00 considered the same number		Required		Optional (Caps, Visors, Headbands-same color)		Black, White, Gray or School Colors
Track & Cross Country (4-3)								No midriff, hang below waist or tuck in	Required		Permitted unless games committee prohibits	Waist Band Above Hips	Single, solid Color if extended below knees
Volleyball (4-2)	2016 – Libero or teammates wear solid color top home and away	Not more than 5" below shoulder seam, 5" below bottom edge of neckline	At Least 4" Contrast color to top	At Least 6" Contrast color to top	Not less than 1/4" at narrowest point	Not Exceed 1/2" at widest point, trim solid color, may have 2 colors	Not More Than 2 Digits	No midriff, may tuck in or hang below waist	Required		Headbands 2" permitted	Number same as Top if used on bottoms	Single color, same as predominant color of top/bottom
Water Polo (4)		Both sides of cap and middle panel front and back	At Least 3"					Only one suit may not be transparent			Cap required with earguards/white for visitor		
Swimming								Male- waist to knees; Female- shoulders to knees, must be textile & permeable			Wearing of caps is permitted		Not permitted
Wrestling (4-1)								One-piece singlet	Above Ankles heelless		Ear Guards Required		Single, Solid Color, Unadorned



## Learning Center

[www.nfhslearn.com](http://www.nfhslearn.com)

**Music Adjudicator's Course**—The Music Adjudication course has been designed to help and guide interscholastic music adjudicators at any level of proficiency to learn and improve the skills necessary to provide sound feedback to students participating in music events. In each unit, adjudicators will learn aspects of judging music contests and festivals, such as the role and responsibility of adjudicating and the guidelines and standards of adjudication.

**NFHS Landing Pages**—NFHSlearn is not just for coaches! At the top of the page on [www.nfhslearn.com](http://www.nfhslearn.com), in the "NFHSLearn for You" tab, there are now distinct pages for coaches, officials, administrators, students, parents, and music adjudicators. As we continue to develop courses we will add to these pages.

**Heat Illness Prevention**—Learn how to prepare to practice and compete in the heat and minimize the risk of exertional heat stroke. This free course presents seven fundamentals, which when followed, will minimize heat-related illness.

**Sudden Cardiac Arrest**—This free course has already been ordered 60,000 times. Learn to recognize the warning signs and symptoms and what to do in the critical moments after an individual suddenly collapses.

## Announcer Responsibilities

### May be announced:

- \* Player who scored
- \* Player charged with foul
- \* Player attempting free throw
- \* Team granted a time out
- \* Length of time out: 30 seconds or 60 seconds
- \* Player entering game
- \* Team Rosters

### Shall not be announced:

- \* Number of points player scored
- \* Number of fouls on player
- \* Number of team fouls
- \* Number of team time outs or number remaining
- \* Time remaining in the quarter/game
- \* Type of foul or violation
- \* Emphatic 2 or 3 point goal

## NFHS Coach of the Year Award

*Please consider nominating an outstanding coach in your district.*

The MPA, in partnership with the NFHS, is pleased to announce the "NFHS Coaches Awards Program" recognizing active coaches for the 2014-15 school year in the top boys' sports and the top girls' sports. Coaches must be nominated by their school administration or coaches' association and approved by the MPA.

A coach does not have to be a current member of the NFHS Coaches' Association to be nominated or selected. A coach may be nominated for only one sport per year. Please avoid nominating two coaches from the same school and do not nominate co-coaches.

Maine will select one nominee, based on the nominations received, through the individual sport committees and will submit a single recipient for each sport category.

We only ask that administrators take a couple of minutes to nominate those coaches that they feel are worthy of this prestigious award. Please email nominations to [tmcnear@mpa.cc](mailto:tmcnear@mpa.cc). Please include the coaches' name, the sport that they coach, their contact information, and a short explanation as to why they are being nominated.

**Boys' Sports:** Basketball, Cross Country, Track & Field, Swimming & Diving, Soccer, Tennis, Lacrosse, Ice Hockey, Ski, Baseball, Football, Golf, and Wrestling.

**Girls' Sports:** Basketball, Cross Country, Track & Field, Swimming & Diving, Soccer, Tennis, Lacrosse, Ice Hockey, Ski, Softball, Volleyball, Cheer, and Field Hockey.

Click [HERE](#) for more information.