

Interscholastic



Notes and Updates

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.

Fall Regional and State Championships: Golf—Boys' team championships will be held on October 8 and Individual Schoolgirl (Open) and Individual Schoolboy Championship will be held on October 15 at Natanis Golf Course, Vassalboro; **Field Hockey**—Regional Finals, October 25—North, Hampden Academy, and South, Massabesic High School, and State Championships will be on October 29 at McMann Field, Bath; **Football**—State Championship Games, Class B, November 18, University of Maine, Orono, and Classes A, C, and D, November 19, Fitzpatrick Stadium, Portland; and **Soccer**—State Finals, Classes A and D—Fitzpatrick Stadium, Portland, and Classes B and C—Hampden Academy, will be held on November 5. **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 22. The state championships will be held at Troy Howard Middle School in Belfast, on Saturday, October 29. Please refer to the bulletin for the scheduled starting times.

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.

Baseball Pitch Count Rule—Starting with the 2017 baseball season, the NFHS will require all states to have implemented a baseball pitch rule based on a pitch count

Field Hockey State Championship Updated Location

The State Field Hockey State Championship will be held on Saturday, October 29 at McMann Field in Bath **NOT** at the University of Maine, Orono as stated in the September *Apprise*.

Ad Hoc Committee to Review Summer Play

This fall the MPA will convene an ad hoc committee to look at summer play and possible proposals to help address the conflicts that occur for athletes, coaches, and families during the summer. Each athletic conference has been asked to select one representative to serve on the committee and each sport sponsored by the MPA has also been invited to send a representative. The committee will also have a superintendent, a building principal, the MIAAA executive director, the MIAAA president, two student/athletes, and two parents. Any proposed changes will be communicated to all MPA members and member schools well in advance of any vote on those changes.

Continued on Page 2



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/>

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.

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.

Unified Basketball

The MPA Unified Sport Committee is currently preparing for the 2017 Unified Basketball Season. If your school is planning on participating this winter, even if you have participated in the past, you are asked to complete the "Intent to Participate" form that may be accessed by clicking [HERE](#). If you are a new program, or just completed your first year of competition, and would like to request some assistance with funding from Special Olympics Maine, please click [HERE](#).

A change for the coming year will be the number of teams qualifying for postseason play. Starting with the 2017 season, the top 67% of the Unified teams will be invited to participate in the playoffs. Those teams that do not qualify, or teams that do qualify but choose to decline their invitation to the playoffs, will be invited to an end-of-year festival at a site to be determined.

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

rather than the restrictions based on innings pitched. This fall the MPA Baseball Committee, along with assistance from the MPA Sports Medicine Committee, will develop a new pitch count rule. The draft proposal will be provided to all baseball schools for their review and input and a final draft will be voted on at the Interscholastic Business Meeting at the MPA Fall Conference.



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High School Participation Increases for 27th Consecutive Year

Led by an encouraging report in football participation nationwide, the number of participants in high school sports increased for the 27th consecutive year in 2015-16 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 7,868,900 – an increase of 61,853 from the previous year.

After a decline of almost 10,000 participants in football the previous year, the number of boys playing 11-player football in 2015 was almost identical to 2014 with a drop of just 309 – from 1,083,617 to 1,083,308.

While some states reported a decline in football participation in 2015, 24 states registered increases in boys participation in 11-player football. When combining boys and girls participation in 6-, 8-, 9- and 11-player football, the number of participants increased 138 – from 1,114,253 to 1,114,391.

“The NFHS and its member state associations have taken significant steps over the past 10 years to minimize the risk of participation in football and all high school sports, so this report on the continued strong interest and participation in high school football is very encouraging,” said Bob Gardner, NFHS executive director. “With the adoption of state laws and protocols for concussion management in place, we continue to believe that the sport of football at the high school level is as safe as it has been since the first rules were written in 1932 – and we believe this year’s participation report is confirmation of that belief.”

After a decline the previous year, boys participation increased about 25,000 to an all-time high of 4,544,574, while girls participation increased for the 27th consecutive year with an additional 36,591 participants and set an all-time high of 3,324,326.

Track and field registered the largest increase in participants for both boys and girls, with an additional 12,501 boys and 7,243 girls. Track and field ranks second to football in boys participants with 591,133, and remains the most popular sport for girls with 485,969 participants. In addition to track and field, six other top 10 girls sports registered increases in

2015-16, including volleyball, soccer, softball, cross country, tennis and lacrosse. The top 10 girls sports remained the same as the previous year: track and field, volleyball, basketball, soccer, fast-pitch softball, cross country, tennis, swimming and diving, competitive spirit squads, and lacrosse.

After track and field among the top 10 boys sports, soccer registered the largest gain with an additional 7,753 participants, followed by cross country (up 6,710), basketball (up 4,949) and baseball (up 2,248). Although the top five boys sports remained the same as last year – 11-player football, track and field, basketball, baseball and soccer – cross country moved to sixth place ahead of wrestling, which dropped to seventh after a decline of 7,555 participants. Tennis, golf, swimming, and diving complete the top 10 listing of boys sports.

Lacrosse continued its rise among emerging sports with 197,572 total participants to rank 10th in girls participation and 11th for boys. Among some of the non-traditional high school sports on this year’s survey, archery (8,668), badminton (17,645) and flag football (12,093) continued to register increases in participation. Also, while boys wrestling had a drop in participation, an additional 2,000 girls participated in the sport last year for an all-time high of 13,496.

Participation in adapted sports also increased in 2015-16 from 8,483 participants to 9,491 with schools in 12 states now offering these programs for students with disabilities.

The top 10 states by participants remained the same; however, Florida moved ahead of New Jersey to eighth position this year. Texas and California topped the list again with 809,075 and 802,117, respectively, followed by New York (372,772), Illinois (344,143), Ohio (319,929), Pennsylvania (319,853), Michigan (295,436), Florida (285,885), New Jersey (279,371) and Minnesota (237,686). Thirty-three of the 51 NFHS member state associations reported increases in participation in 2015-16.

The participation survey has been compiled since 1971 by the NFHS through numbers it receives from its member associations. The complete 2015-16 High School Athletics Participation Survey will be posted soon on the NFHS website at www.nfhs.org.

NFHS Participation Numbers

The following table consists of statistics gleaned from the 2015-16 High School Athletics Participation Survey conducted by the NFHS.

TEN MOST POPULAR BOYS' PROGRAMS

Schools

1.	Basketball	18,288
2.	Track & Field (Outdoor)	16,547
3.	Baseball	15,956
4.	Cross Country	14,920
5.	Football (11-player)	14,047
6.	Golf	13,503
7.	Soccer	12,054
8.	Wrestling	10,685
9.	Tennis	9,723
10.	Swimming & Diving	7,220

Participants

1.	Football (11-player)	1,083,308
2.	Track & Field (Outdoor)	591,133
3.	Basketball	546,428
4.	Baseball	488,815
5.	Soccer	440,322
6.	Cross Country	257,691
7.	Wrestling	250,653
8.	Tennis	157,201
9.	Golf	146,677
10.	Swimming & Diving	133,470

TEN MOST POPULAR GIRLS' PROGRAMS

Schools

1.	Basketball	17,890
2.	Track & Field (Outdoor)	16,508
3.	Volleyball	15,755
4.	Softball - Fast Pitch	15,304
5.	Cross Country	14,698
6.	Soccer	11,676
7.	Tennis	10,122
8.	Golf	10,046
9.	Swimming & Diving	7,559
10.	Comp. Spirit Squads	5,432

Participants

1.	Track & Field (Outdoor)	485,969
2.	Volleyball	436,309
3.	Basketball	429,380
4.	Soccer	381,529
5.	Softball - Fast Pitch	366,685
6.	Cross Country	221,516
7.	Tennis	183,800
8.	Swimming & Diving	166,747
9.	Comp. Spirit Squads	125,531
10.	Lacrosse	88,050

NFHS Launches Online Education Course for Music Adjudicators

The National Federation of State High School Associations (NFHS) has extended its array of online education courses to individuals involved in fine arts programs with the launch of its newest course, *Introduction to Music Adjudication*.

This free course, available through the NFHS Learning Center at www.NFHSlern.com, is 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 learn important aspects of judging music contests and festivals, such as the role and responsibility of adjudicating and the guidelines and standards of adjudication. The skills taught in this course introduce and reinforce time-tested guidelines and techniques that adjudicators at any level

of proficiency have successfully used to adjudicate interscholastic music festivals and contests.

After starting with two courses – *Fundamentals of Coaching* and *First Aid for Coaches* – in 2007 through the NFHS Coach Education Program, the NFHS Learning Center now offers 40 online courses – 17 of which are free – and has expanded its reach to contest officials, students and music adjudicators.

"We are pleased to be able to offer a course for individuals involved in adjudicating music events," said Dan Schuster, NFHS Director of Coach Education. "Our goal is to provide online education courses to as many individuals involved in high school activity programs as possible."

Since the launch of www.NFHSlern.com in 2007, the NFHS has delivered almost 3.9 million courses.

Cheer Music

The MPA has received the following information from the NFHS, as they work closely with USA Cheer, regarding the playing of copyrighted music at any school related activity, including conference, regional, and state cheerleading competitions:

"USA Cheer has developed an educational initiative to provide music producers, coaches, professional members, athletes, and spirit leaders with the information needed to help all groups understand U.S. copyright laws regarding music usage as part of performances, routines, competitions, school events, camps, etc. These laws were designed to protect artists, promote creativity, and ensure that artists are compensated for their creations. Our guidelines were developed out of respect for all artists and to protect our members and all those involved in routines, competitions, and performances of any kind in which music is used."

Below are a number of links that will assist schools as they choose music for the upcoming cheering season:

- * [USACheerMusicAnnouncement](#)
- * [USA Cheer Music Copyright Educational Initiative](#)
- * [FAQs for the USA Cheer Music Copyrights Education Initiative](#)
- * [Preferred Music Providers](#)
- * [USA Cheer Music Guidelines](#)

Prior to the regional championships each school will be required to submit a Compliance Form, confirming that all music used in a routine has been properly licensed. The form will be provided to all schools sponsoring a competitive team prior to the start of the season.

The MPA will be acquiring the proper site licenses, which will include each league championship, as well as the regional and state championships. We would ask that each league that is hosting a championship please inform the MPA office of the date of your competition so that it may be included in the licensure request.

NFHS Network Lowers Subscription Rate

The NFHS Network is excited to announce a new price model for fans. Subscribing to the Network will now be at the low price of \$9.95 per month. Eliminating the day pass helps to simplify subscription options and gives fans a better value by giving them a month's worth of worth of content for the same low \$9.95 pass price.

Click [HERE](#) to Subscribe to NFHS Network.

We are looking forward to a great fourth year of the Network, and with your help we will make it the best yet!

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We are here to help you and answer questions!

Extensions:

- 24 = Dick Durost
- 25 = Mike Burnham
- 26 = Holly Couturier
- 41 = Gerry Durgin
- 22 = Tammy McNear
- 27 = Diane Patnaude
- 30 = Patty Newman

MPA Mission Statement

To assure a quality education for all students, the Maine Principals' Association will:

- (1) promote the principalship;
- (2) support principals as educational leaders; and
- (3) promote and administer interscholastic activities in grades 9-12.

Track & Field/Cross Country Rules Changes Include Assisting Injured Competitor

Effective with the 2017 high school track and field season, a participant who assists an injured/ill competitor shall not be disqualified if an appropriate health-care professional is not available.

The NFHS Board of Directors recently approved all rules changes recommended by the National Federation of State High School Associations (NFHS) Track and Field Rules Committee at its June 13-15 meeting in Indianapolis.

Becky Oakes, NFHS director of sports and liaison to the Track and Field Rules Committee, said the committee determined that this act of sportsmanship extended to an injured/ill competitor when a health-care professional is not readily available should not result in a penalty.

"The committee wanted to recognize the importance of appropriate healthcare of an ill/injured competitor as well as recognize that at times there may be fellow competitors who may need to assist others who cannot continue," Oakes said. "Therefore, the committee felt that disqualification shouldn't be the result of a sportsmanship act."

In order to be consistent with current sport trends, the committee revised Rule 5-7-3, which reinforces the concept that competitors in distance races only use a standing start and shall remain motionless for the start without their hand(s) touching the ground.

The rules committee voted to combine Rule 6 (Throwing Events) and Rule 7 (Jumping Events) into one rule titled "Field Events" to eliminate duplication of definitions and unnecessary language and the possibility of making a change in the throws and missing it in the jumps.

"The last couple of rules cycles the committee has been trying to eliminate unnecessary and repetitive language. This is the last phase of the clean-up – creating one rule that covers multiple events," Oakes said.

For purposes of risk management, the committee revised Rules 6-2-14 and 7-2-5, which state that all warm-ups in a field event may not take place until the venue is declared open and required supervision is in place.

In Rule 5-6, the committee moved the Note in Rule 5-6-4 to the new Article 4. Oakes said 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 competitor's place and/or qualifying times.

The committee also approved a change to Rule 3-6-1, which now grants authority to disqualify a runner for a false start to the starter as well as the referee. Also, the starter will now give a signal at the beginning of the last lap in individual races of two laps or more (previously three).

Another change was made in Rule 3-2-4u, which states that the games committee – not the coach – should have the responsibility of providing liquids during the competition.

In Rule 3-10-7, when flags are not utilized, the head event judge utilizes the mechanics to call "fair" or "foul."

Other changes approved by the committee include:

- The removal of the Note in 4-3-1b(5), which contradicts the rule by limiting the placement of the American flag to one piece of uniform apparel.
- Rule 4-6-5g, which states that it is an unfair act when a competitor receives physical aid from any other person during a race or trial, except as provided in Rules 4-6-5 and 9-7.
- Rule 5-1-3, which notes that, in absence of a curb, if cones are used, they should just touch the inside of the line and be placed about 5 feet apart around the curve.
- Rule 6-2-17, which clarifies how trials are recorded when a legal implement breaks during competition.
- Rule 6-5-9e, which notes that if a shot put competitor touches the top or end of the stopboard before leaving the circle, it is a foul.
- Rule 9-1-3b for cross country states that the race course should include either directional flags and/or directional sign posts.
- Rule 10-2-2, which notes that when multiple takeoff boards are used in the long jump and triple jump, the 20-meter distance shall be from the foul line farthest from the pit.

A complete listing of the track and field 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 "track and field."



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"NFHS has supported the eKnowledge SAT/ACT Donation Project since 2005. It has leveled the playing field for thousands of students and families. Their letters and emails express deep gratitude to the NFHS member state associations for sharing the information with their schools so families receive the financial assistance and improved test scores. We urge our member associations to share this resource with families in your states, districts and schools. It is a free program that will not cost you anything and provides a tremendous benefit for our young people."

Elliot Hopkins MLD, CAA, NFHS Director of Educational Services

2016 Russell Athletic 'Fight Like Dylan Award' Entries Now Open



\$50,000 Grant To Be Awarded to One High School Team That Demonstrates Teamwork Through Sports

Russell Athletic announced today its launch of the sixth annual *"Fight Like Dylan Award"* honoring high school teams that have demonstrated inspiring determination and perseverance of teamwork through sports. A panel of judges, led by Pro Football Hall of Fame inductee and former NFL Head Coach Tony Dungy, will select one recipient to receive a \$50,000 grant in athletic apparel and sports equipment for their school. To submit an entry, visit FightLikeDylan.org to share how your team utilized teamwork to accomplish goals or were able to overcome challenging obstacles to achieve success in the community through sports.

"We are proud to continue our mission to recognize high school sport teams that inspire their communities through the spirit of teamwork and determination," said Matt Murphy, Vice President of Marketing for Russell Athletic. "The *'Fight Like Dylan Award'* has made a significant impact on our previous recipients and Russell Athletic is proud to continue supporting high school teams where the foundation of teamwork is born."

Last year's *"Fight Like Dylan Award"* recipient was Central High School in Providence, RI, which honored the Central Knights football team comprised of a number of key players who have overcome the loss of parents, friends, and teammates to urban violence. Recently, they lost three teammates, all while head coach Peter Rios' wife has continued to recover from breast cancer. The collective trauma could easily have led the Central program to all but shut down. Instead the team thrived, with the players bonding together and celebrating their strength in a display of true teamwork.

Additional recipients include:

- 2014: Shoreham-Wading River HS, NY
- 2013: Buena Vista HS, Buena Vista, CO

- 2012: Williamsport HS, Williamsport, MD
- 2011: Edmondson HS, Brownsville, KY

This year's judges panel that will be reviewing submissions and selecting a recipient are Hall of Fame inductee and former NFL Head Coach Tony Dungy, Dylan's mother, Heather Rebeor, and representatives from the five previous recipients.

"I am proud to continue to partner with Russell Athletic on truly an incredible program for our young athletes," said program spokesperson Tony Dungy. "My involvement with the *'Fight Like Dylan'* award these past few years, has given me the opportunity to see and hear so many inspirational stories of team work through adversity and sometimes seemingly unbeatable odds."

Dylan Rebeor's story of determination and tireless dedication to his teammates anchors the *"Fight Like Dylan"* program. In 2010, he was diagnosed with cancer, but after becoming ill, his commitment to his team never wavered. His final wish was for his team to receive new uniforms for the upcoming season through the "Make A Wish Foundation". The *"Fight Like Dylan Award"* was established by Russell Athletic in conjunction with Dylan's family and coaches to not only grant that wish, but to celebrate other teams facing adversity and turning it into a powerful story of success through teamwork.

"I am beyond grateful to have Dylan's spirit live on through the Russell Athletic *'Fight Like Dylan'* program" said Heather Rebeor. "Now in its sixth year, I look forward to hearing from all those who were inspired by Dylan's incredible journey and devotion to his team."

For more information, official rules, or to submit an entry, please visit www.fightlikedylan.org. To join the conversation on social media or to share your story, please use #FightLikeDylan.