

TABLE OF CONTENTS

Philosophy.....	1
Belief Statements	1
Expectations of Coaches, Spectators and Participants.....	2
Rule 10.....	3
Practices	3
Emergency Procedures	4
Basketball.....	5-6
Cross Country	7-8
Soccer.....	13-14
Track and Field	15-16
Volleyball.....	17
Wrestling.....	18-19

LINCOLN PUBLIC SCHOOLS LINCOLN, NEBRASKA

MIDDLE LEVEL ACTIVITIES PHILOSOPHY

The goal of activities is to provide a supportive environment for students to enhance academic pursuits and to achieve goals pertaining to increased success, social development, physical development, cooperation, positive self-concept, and personal worth and integrity. Further, activities should enable students to explore interest areas, develop new interests, and apply new knowledge through participation in individual and group activities. The intent of activities is for students to gain a sense of pride in accomplishments, to maintain the proper perspective of losing and winning, and to do one's best at whatever that level may be.

Approved by Activities Council
January 8, 1992

BELIEF STATEMENTS

The following belief statements underscore the intent of Lincoln Public Schools Middle Level Activities. The statements found below were conceived with the intent that not only student athletes would benefit from their formulation, but others would as well. All those involved with Middle Level Activities such as coaches, parents, officials, and spectators should familiarize themselves with the belief listed below.

- To encourage student athletes to conduct themselves in a manner which brings credit to themselves and their schools.
- To expand student athletes awareness of various activities through inclusive exploration regardless of individual strengths or needs.
- To apply newly acquired skills through activities that require both individual and group participation/cooperation.
- To promote the development of self-discipline, self-esteem and self-worth.
- To enhance and shape the proper perspective of losing and winning.

SPECTATORS ACTIVITIES

Parents are reminded that Saturday morning activities are open only to those students who are participating in the activity.

Family members are encouraged to attend these events to support students who are involved.

Due to space limitations non-participating students are not welcome to attend events at their home school or at other Lincoln public middle schools.

Expectations of Middle Level Participants, Coaches and Spectators

Beverages are not allowed in the gym

*Exhibit only positive verbal and non-verbal gestures
toward the activity*

Refrain from using abusive or inappropriate language

*Demonstrate an acceptance of all participants
regardless of skill level*

Maintain a proper perspective of losing and winning

Model appropriate behavior toward game officials

*Encourage behaviors that bring credit to you, your
child,
your community and your school*

NEBRASKA DEPARTMENT OF EDUCATION

RULE 10

No student in grades seven or eight participates in interscholastic athletic contests between schools within a school system or between school systems which exceed four games in football and eight games in other sports. Pupils in kindergarten through sixth grade do not participate in any kinds of athletic contests between schools within a school system or between school districts except that Class 1 and nonpublic elementary schools having seventh and eighth grade athletics may include fifth and sixth grade students if the local governing body has a policy regulating participation. Annual field or play `are excluded from this regulation.

PRACTICES

Lincoln Public Schools has a closed practice policy. If a parent/guardian or family member would like to attend a practice, permission from the school must be granted.

**LINCOLN PUBLIC SCHOOLS
DEPARTMENT OF ATHLETICS AND INTRAMURALS
LINCOLN, NEBRASKA**

**MIDDLE LEVEL
EMERGENCY PROCEDURES**

In the event of injury to a student participating in the intramural or extramural program staff members should follow these procedures:

1. Determine the extent of the injury and render first aid as necessary.
2. Contact the school nurse if available to help determine extent of injury.
3. Contact the parent/guardian regarding the injury.
4. Complete an accident report form and file in the school office.

If it appears the student may be seriously injured and any movement may make the injury worse, the intramural supervisor should call 911 and request emergency help.

Lincoln Public Schools Intramural Department will pay the cost of the ambulance over and above any costs that may be covered by the student's insurance for transporting the student.

Medical care is the responsibility of the parent/guardian. While the intramural department will help with the cost of the ambulance, parents are obligated to pay for professional medical or related services; the school shall not be liable for the payment of such services.

5. If an ambulance is called to transport a student the supervisor, at their earliest convenience, **MUST** call the Intramural Department (436-1602) with the following information:

Student's name — parent/guardian's name
Nature of accident — circumstances of accident

If there is any question regarding the seriousness of an accident, please err on the side of caution — call the ambulance.

SEVENTH/EIGHTH GRADE EXTRAMURAL BASKETBALL GUIDELINES

National Federation Rules will apply with the following modification in rules listed below.

GENERAL GUIDELINES

TEAM COMPOSITION:

1. Schools will play by GRADE level only.
2. Competition will be arranged for two or three games in each grade level.
Game times: 8:30 a.m., 9:30 a.m., 10:30 a.m.
3. A school with 10 or more players per grade level will be required to field two DIFFERENT teams. A school with 20 or more players per grade level will be required to field three different teams.
 - A. Teams will be designated as the “A Team,” “B Team,” and “C Team.”

“A Team” will consist of the “best” athletes
“B Team” will consist of the next most skilled athletes
“C Team” will consist of least skilled athletes
 - B. If any grade level has only five players per team, **TWO** of the least skilled athletes may swing down from the “B Team” to be substitutes during the “C Team game; any two players from the “C Team” may swing up to be substitutes during the “B Team” game; and any two players from the “B Team” may swing up to be substitutes during the “A Team” game. (The intent of this rule is to maintain competition at as equal a level as possible, allow three teams to be maintained, and to allow all athletes the opportunity to play. It is also intended to keep a supervisor from playing the same students through both games.)
4. The activity director is responsible for notifying its opponent and the District Office by Thursday, (A.M.) if they can field only two teams.

Ball:

Boys and Girls will use 28.5” Ball

GAME MANAGEMENT:

“A Team” games will be played first. “B Team” games will be played second. “C Team” games will be played third.

LENGTH OF GAMES:

- 20 minute halves running time
- 3 minute half-time
- 2 full timeouts per game (clock will be stopped)
- 2 30-second timeouts per game

If at ANY TIME during the last two minutes of the game the two teams' scores are within six points of one another, the clock will stop for all dead balls. Once this procedure has begun, it will continue until the end of the game regardless of the point spread.

Tied games play a two-minute overtime period. Each team will have one timeout. If the game is still tied at the end of the first overtime, the game will end in a tie.

SCORING:

No individual scores need to be kept. Personal fouls (after five fouls a player will be removed from the game), team fouls, and timeouts will be recorded.

POINT OF EMPHASIS: In the "C" game no pressing is allowed. Please inform officials, coaches and scorekeepers of 20-point rule.

If a team is ahead by 20 or more points, they will not be allowed to press (must move all players inside the three-point line). The first time a team illegally presses, they will be warned and the opponents will be awarded the ball out of bounds. The second time a team violates this rule, they will be assessed a two-shot technical foul and the ball will be awarded to the shooting team out of bounds after the shots are taken.

If a team is ahead by 20 or more points, they will not be allowed to fast break. The defensive team will be allowed to get back on the defense and set up before the offensive team is allowed to shoot. (Penalty -- ball out of bounds.) The first time this happens the offensive team will be warned and the ball will be given to them out of bounds. On the second or any recurring violations the ball will be awarded to the opponent.

INTERPRETATION:

Interpretation of defensive team pressing when offensive team is ahead by 20 or more points: The defensive team may choose to press if behind by 20 or more points; however, by doing so they forfeit their right to set up their defense at the opposite end of the court. If the offense were to break the press and/or get an easy basket by throwing the ball long up court, it is NOT considered a fast break.

Interpretation of offensive team when defensive team is ahead by 20 or more points: If the offensive team is behind by more than 20 points, the defensive team cannot make a play on the ball while controlled by a player until that player enters the three-point arc. This applies to a rebound after a missed basket and the inbounds after a made basket.

If the offensive team is behind by 20 or more points and chooses to fast break, the defensive team also may not play a "controlled" ball until the person crosses the three-point arc.

SEVENTH/EIGHTH GRADE EXTRAMURAL CROSS COUNTRY GUIDELINES

Short Course - 2,400 meters
Long Course - 3,350 meters
Start Time – 8:30 a.m.

TEAM SCORE:

Team scores will be calculated using the top four runners from each school in each race. Schools without full teams will have individual placing only.

RACES:

Race #1 - Seventh and Eighth grade girls run together.
Race #2 - Seventh and Eighth grade boys run together.

TEAM SCORES WILL BE CALCULATED

COURSE LENGTH:

Week 1 – All runners will run the short course
Weeks 3-4 – All runners will run the long course.

LOCATION:

Weeks 1-3 – Will be run at Roper Park.
Week 4 – Run at Pioneers Park.

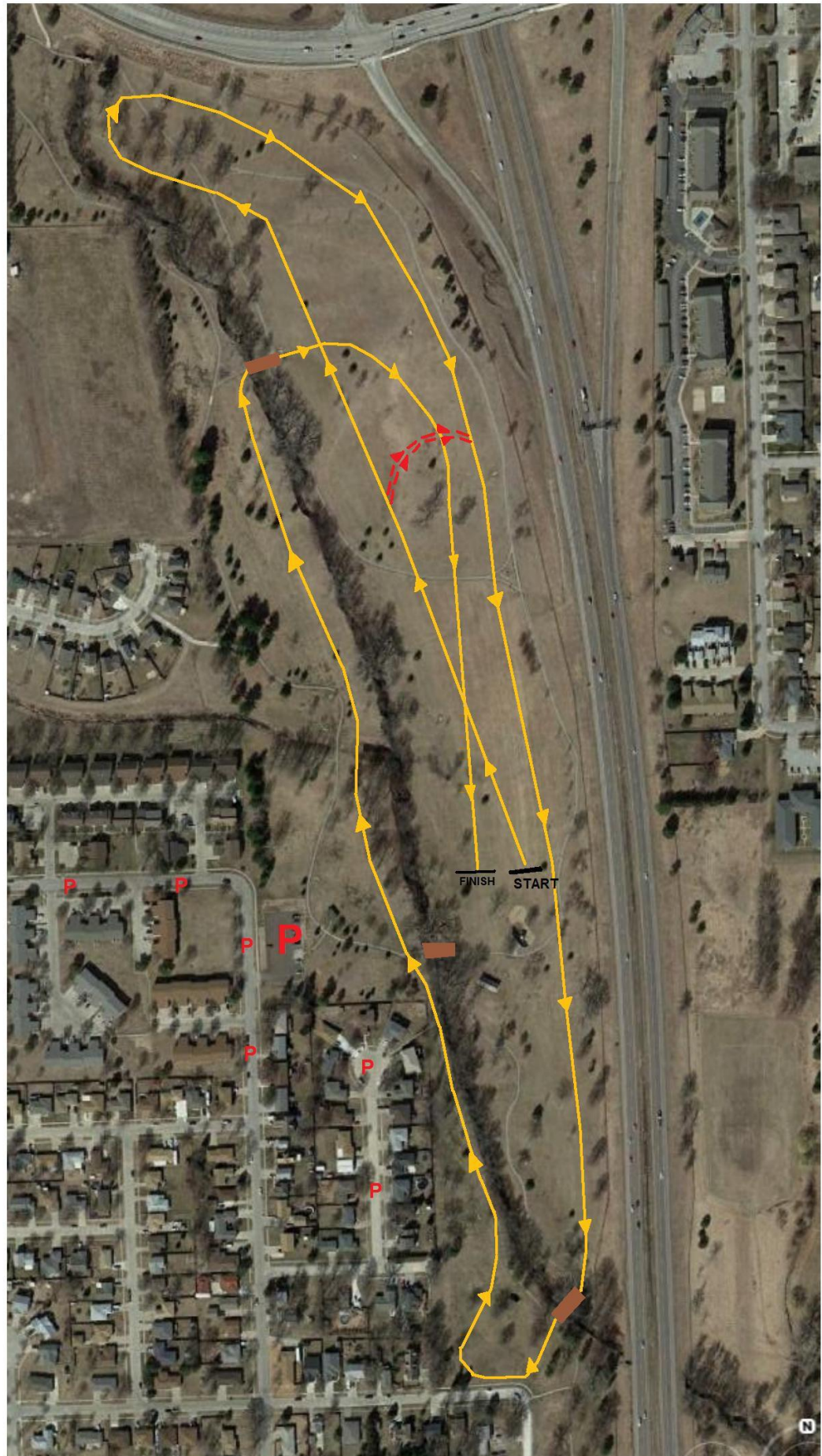
**2013
Roper Park
Cross
Country
Course**

→ Long Course

≡≡≡ Short Course Detour

■ Bridge Crossing

P Parking



SEVENTH/EIGHTH GRADE EXTRAMURAL SOCCER GUIDELINES

National Federation Rules will apply with the following modification in rules listed below.

EQUIPMENT/FIELD

FIELD DIMENSIONS: Length – 40 yards, Width – 30 yards (Each Site should be set up two fields)

GOALS: 8' wide, 4' tall (Goals are portable and should be transported if playing “away.”)

GOAL BOX: 8' wide, 10 ft long is directly in front of the goal. No player may touch the ball within the goal box, however any player may move through the goal box. Any part of a player's body on the line is considered in the goal box; the player is an extension of the box. If a defender touches the ball in the goal box, a penalty kick is awarded to the offensive team. If an offensive player touches the ball within the goal box, a kick is awarded to the defensive team. If the ball comes to a complete stop in the goal box, a goal kick is awarded to the defensive team regardless of last touch.

BALL: Size 5 ball will be used for all competitions

SHOES: Soccer cleats, turf or tennis shoes are allowed. No screw in cleats should be worn and not front toe cleat will be allowed. (No baseball or football cleats)

JEWELRY: Players should not wear anything, which is dangerous. i.e rings, earrings, watches, etc.

GAME GUIDELINES

TEAM COMPOSITION: Games will be 4 v 4.

GAME DURATION: Games will consist of 4-6 minute quarters with 1 minute between. If a game is tied at the end of regulation, the result is a tie. Players may play in a maximum of 3 games per date.

TIMES: First game will begin at 8:30AM pairing teams with the most skilled players. A new game may start every half hour with the last game starting at 11:00AM if needed.

GOAL SCORING: A goal may be scored from a touch on the offensive half of the field.

FIVE YARD RULE: In all dead ball situations, defending players must stand at least 5 yards away from the ball. If the defensive player's goal area is closer than 5 yards, the ball shall be placed 5 yards from goal area in line with the place of the penalty.

KICK-INS: The ball shall be kicked into play from the sideline instead of a throw-in.

INDIRECT KICKS: All dead ball kicks (kick-ins, free kicks, kick offs) are indirect with the exception of corner and penalty kicks.

GOAL KICKS: May be taken from any point on the end line, and not in the goal box area.

KICK OFF: May be taken in any direction

PENALTY KICKS: Shall be awarded if, in the referee's opinion, a scoring opportunity was nullified by the infraction. It is a direct kick taken from the top of the center circle. (15 ft line) on the offensive side of the midfield line with all other players behind the midfield line. If a goal is not scored, the defense retains possession with a goal kick. Penalty kicks are not live balls.

PLAYER EJECTION: Referees/Coaches have the right to eject a player from the game for continual disobedience or as a result of an incident that warrants an ejection. If ejected a player is not allowed to play the remainder of the day if playing in multiple games.

OFF SIDES & SLIDE TACKLING: Off sides will not be enforced and Slide tackle will not be allowed.

SEVENTH/EIGHTH GRADE EXTRAMURAL TRACK AND FIELD GUIDELINES

National Federation Rules will apply with the following modification in rules listed below.

NO TEAM SCORES WILL BE KEPT

HIGH JUMP (Starting heights -- Girls 3'-6", Boys 4'-0"):

Raise 3" first two raises, then 2" (three misses at each height).

HURDLES:

Boys and girls 100 Meter low hurdles; 10 hurdles/30" – Girls, 10 hurdles/33" -- Boys

FIELD EVENTS:

Begin promptly at 8:30 a.m., High Jump at 8:00 a.m.

1. Seventh and eighth girls shot put, seventh and eighth girls high jump (together), seventh girls long jump, eighth girls long jump.
2. Seventh and eighth boys shot put, seventh boys and eighth boys high jump (together), seventh boys long jump, eighth boys long jump.

RUNNING EVENTS (Begin @ 9:30 a.m.):

1. 1600 meter run - girls seventh
2. 1600 meter run - girls eighth
3. 1600 meter run - boys seventh
4. 1600 meter run - boys eighth
5. 100 meter low hurdles - girls seventh
6. 100 meter low hurdles - girls eighth
7. 100 meter low hurdles - boys seventh
8. 100 meter low hurdles - boys eighth
9. 100 meter dash - girls seventh
10. 100 meter dash - girls eighth
11. 100 meter dash - boys seventh
12. 100 meter dash - boys eighth
13. 400 meter dash – girls seventh
14. 400 meter dash - girls eighth
15. 400 meter dash - boys seventh
16. 400 meter dash - boys eighth
17. 200 meter dash - girls seventh
18. 200 meter dash - girls eighth
19. 200 meter dash - boys seventh
20. 200 meter dash - boys eighth
21. 800 meter run - girls seventh

22. 800 meter run - girls eighth
23. 800 meter run - boys seventh
24. 800 meter run - boys eighth
25. 400 meter relay - girls seventh
26. 400 meter relay - girls eighth
27. 400 meter relay - boys seventh
28. 400 meter relay - boys eighth
29. 1600 meter relay - girls seventh
30. 1600 meter relay - girls eighth
31. 1600 meter relay - boys seventh
32. 1600 meter relay - boys eighth

GENERAL GUIDELINES:

A participant may enter only four events, including relays. **NO EXHIBITION PARTICIPANTS IN ANY EVENT.**

Each school may enter five individuals per grade in each event. Each school may also enter two relay teams per grade in the 1600-meter relay and four teams in the 400-meter relay. The number of entries may be flexible due to the number of participants with agreement by all schools.

All participants (boys and girls) will throw the **four kilo shot put**.

All participants must wear shoes.

Starting will be done with a starting pistol.

Each school is asked to bring along stopwatches and measuring tapes to each meet.

Metal or bamboo poles will be allowed for the high jump as cross bars. (Host schools are required to provide crossbars.)

Each relay team will provide its own baton.

Each individual will be allowed three (3) attempts at shot put, long jump and high jump.

SEVENTH/EIGHTH GRADE EXTRAMURAL GIRLS VOLLEYBALL GUIDELINES

National Federation Rules will apply with the following modification in rules listed below.

Schools will play three matches at each grade level. Play will be best two out of three games or a maximum time limit of 45 minutes for the match. Games will be played to 25 points - win by two using rally scoring.

TEAM COMPOSITION:

1. Schools will play by grade level only.
2. Competition will be arranged for three matches per grade level.
3. A school with 12-17 players per grade level will be required to field two DIFFERENT teams. A school with 18 or more players will be required to field three DIFFERENT teams.
 - A. Team will be designated as the "A Team," "B Team," and "C Team."

"A Team" will consist of the most skilled athletes.
"B Team" will consist of the next most skilled athletes.
"C Team" will consist of the least skilled athletes.
 - B. If any grade level has only six players per team, two of the least skilled players will be allowed to swing to the next skill level ONLY! These players are to serve as substitute players only and will not dominate play. (The intent of this rule is that competition may be as equal as possible and all athletes be allowed a chance to play. It is also intended to keep a coach from playing the same students through both games.)
4. Substitutions -- players may rotate in freely for any player. This rule should not be abused, for example, a good server who is subbed out, should not reenter the game until a full rotation has been made.
5. Boys may participate during the week but are not allowed to compete on Saturday mornings. Each school has the option to offer a boys or coed program and competitions can be set up based on interest.

GAME MANAGEMENT:

"A Team" games will be played first, then "B Team" games, followed by "C Team" games.

In the event a match becomes very one sided, both coaches and the host school Athletic Director, if all in agreement at the end of the first set, may implement a five-serve rule for games two and three. If agreed upon, a server may not serve more than five consecutive times. Upon reaching five serves, the serving team must rotate.

SEVENTH/EIGHTH GRADE EXTRAMURAL WRESTLING GUIDELINES

National Federation Rules will apply with the following modification in rules listed below.

WEIGHT CLASSES:

Under 64, 65-70, 71-75, 76-80, 81-85, 86-90, 91-95, 96-100, 101-105, 106-112, 113-118, 119-123, 124-129, 130-135, 136-140, 141-145, 146-150, 151-155, 156-165, 166-175, 176-200, Over 200.

NO TEAM SCORES WILL BE KEPT.

Weigh-ins will be conducted at home school locations under the supervision of the intramural personnel, prior to the meet.

If a wrestler weighs in and is over or under his/her usual weight class, he/she may wrestle in another weight class.

Every attempt should be made to have wrestlers wrestle at their own grade level in their own weight class. Coaches from both schools should take into consideration both wrestlers' ability before allowing a seventh grader to wrestle an eighth grader.

Wrestlers will start in a neutral standing position for the first period. Second and third periods will be wrestler's choice.

Points are awarded as follows:	2 points—take down
	2 points—reverse
	1 point—escape
	2 or 3 points—near fall
	12 points—technical fall

A fall terminates a match.

Matches will consist of three one-minute rounds, with an optional 30-second rest between rounds.

In case of a tie, an overtime period will be started and will end with the first takedown, or the first point scored.

(SEE NEXT PAGE FOR MEET MANAGEMENT)

WRESTLING (continued)

SATURDAY MEET MANAGEMENT:

At least one coach should arrive at the host site at 7:30 a.m. to arrange matches.

As soon as the coaches and wrestlers arrive, they should begin pairing matches based on weight, grade level, and experience.

As soon as several matches have been arranged, one coach from each school and wrestlers should be sent to begin wrestling. Second coach from each school will remain to finish pairings.

As soon as all pairings are completed, second coaches may help mat side and with supervision.

Coaches will not ask for matches to be moved ahead of others to accommodate a student's personal schedule.

Any wrestler who is disqualified from a match for unsportsman like conduct will NOT be permitted to wrestle the remainder of that day.

DRESS CODE:

Headgear is optional. **Hair must be pulled back with no loose strands.**

Shorts must be mid-thigh or longer in length.

T-Shirts may be worn, but must be tucked in.

Clean shoes are required and must be tied.

Singlets are permitted.