

**DIOCESAN
MIDDLE SCHOOL
ATHLETIC
ASSOCIATION
HANDBOOK**

2021-2022

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1.0 THE PHILOSOPHY OF THE DMSAA

The Diocesan Middle School Athletic Association (DMSAA) is the governing body that regulates the athletic and extracurricular activities throughout the Diocese of Tulsa. The Executive Committee is appointed by the Superintendent of the Catholic Schools with representatives from participating schools. The Superintendent is the final authority on all the rulings.

Our mission is to provide a Christian environment for friendly competition and skill enhancement. Our goal is to instill the building blocks for character and leadership development, sportsmanship, and teamwork. Through the student athlete's experience, our hope is that these key elements are transferred back to the classroom and into their life-long endeavors.

2.0 THE BEATITUDES FOR COACHES

- Blessed are the Coaches who teach their players to **develop their skills and talents**, both by word and example, for they shall be revered.
- Blessed are the Coaches who are **patient** with their players, taking the time to show them proper techniques and procedures, for they shall be treated patiently as well.
- Blessed are the Coaches who teach their players to **compete fairly**, for they shall be treated justly.
- Blessed are the Coaches who teach their players to be **humble in victory**, for they shall be triumphant.
- Blessed are the Coaches who teach their players to be **gracious in defeat**, for they shall be respected.
- Blessed are the Coaches who teach their players how to **work together as a team and not for personal glory**, for they shall be remembered.
- Blessed are the Coaches who teach their players how to **respect their opponent with dignity**, for they shall be honored.
- Blessed are the Coaches who teach their players how to **persevere in any adversity**, whether athletic competition or in life, for they shall be blessed.

*Father Thomas L. Weber
St. Bernadette Church*

3.0 MEMBER SCHOOLS

<p>ALL SAINTS CATHOLIC SCHOOL 299 S. 9th Street, Broken Arrow, OK 74012 Suzette Williams, Principal swilliams@allsaintsba.com Penny Patton, DMSAA Rep ppatton@allsaintsba.com 918.251.3000 918.251.1678 (fax)</p>	<p>SAN MIGUEL MIDDLE SCHOOL 2434 E. Admiral Blvd. Tulsa, OK 74110 Roger Carter, President rogercarter@sanmigueltulsa.org 918.728.7337 918.660.2040 (fax)</p>
<p>CASCIA HALL MIDDLE SCHOOL 2520 S. Yorktown Tulsa, OK 74114 Todd Goldsmith, Middle School Principal tgoldsmith@casciahall.com Nick Wood, DMSAA Rep nwood@casciahall.com 918.746.2616 918.746.2636 (fax)</p>	<p>SAINT CATHERINE CATHOLIC SCHOOL 2515 W. 46th St. Tulsa, OK 74107 Michelle Anthamatten, Principal manthamatten@saint-catherine.org Sam Naab, DMSAA rep snaab@saint-catherine.org 918.446.9756 918.447.3780 (fax)</p>
<p>HOLY FAMILY CLASSICAL SCHOOL 820 S. Boulder, Tulsa, OK 74119 Dr. Marcel Brown, Headmaster marcel.brown@myhfcs.org Trish Spoerl, DMSAA Rep trish.spoerl@myhfcs.org 918.582.0422 918.582.9705 (fax)</p>	<p>SAINT JOHN CATHOLIC SCHOOL 816 S. Keeler Ave. Bartlesville, OK 74003 Cristel Miller, Principal cmiller@sjcs-ok.org Emily Carothers, DMSAA Rep ecarothers@sjcs-ok.org 918.336.0603 918.336.0624 FAX</p>
<p>MONTE CASSINO SCHOOL 2206 S. Lewis Ave. Janou Farrell, Middle School Principal jfarrell@montecassino.org Keith Williams, DMSAA Rep kewilliams@montecassino.org Chivas Miller, Assistant A.D. cmiller@montecassino.org 918.742.3364 918.742.5206 (fax)</p>	<p>SAINT JOSEPH CATHOLIC SCHOOL 323 N. Virginia Muskogee, OK 74401 Joanne Myers, Principal jmyers@stjoseph74403.com Tommy Anderson, DMSAA Rep tanderson@stjoseph74403.com 918.683.1291 918.682.5374 (fax)</p>
<p>MARQUETTE CATHOLIC SCHOOL 1519 S. Quincy Tulsa, OK 74120 Jay Luetkemeyer, Principal jluetkemeyer@marquetteschool.org Brian Dee, DMSAA Rep bdee@marquetteschool.org 918.584.4631 918.584.4847 (fax)</p>	<p>SAINT PIUS X CATHOLIC SCHOOL 1717 S. 75th East Ave. Tulsa, OK 74112 Heidi McCoy, Principal hmccoy@spxtulsa.org Royce Ellington, DMSAA Rep royceellington@gmail.com 918.627.5367 918.627.6179 (fax)</p>

<p>STS. PETER & PAUL CATHOLIC SCHOOL 1428 N. 67th East Ave. Tulsa, OK 74115 Cody McDonald, Principal principal@peterandpaultulsa.org Allison Roark, DMSSA Rep roark@peterandpaultulsa.org 918.836.2165 918.836.2597 (fax)</p>	
<p>SCHOOL OF SAINT MARY 1365 E. 49th Place Tulsa, OK 74105-4798 Lindsay Maricle, Principal lindsay.maricle@schoolofsaintmary.com Kent Gilliam, DMSAA Rep k.gilliam@schoolofsaintmary.com 918.749.9361 918.712.9604</p>	

5.740 OPERATIONAL STRUCTURE

<p>CHAIRPERSON Alan Bryan School of Saint Mary 918.749.9361 <i>School</i> 918.712.9604 <i>Fax</i> 918.269.4303 <i>Cell</i> alan.bryan@schoolofsaintmary.com</p>	<p>VICE CHAIRPERSON</p>
<p>SECRETARY Keith Williams Monte Cassino School 918.742.3364 <i>School</i> 918.742.5206 <i>Fax</i> kewilliams@montecassino.org</p>	<p>TREASURER</p>
<p>BASKETBALL COORDINATOR Kent Gilliam School of Saint Mary 918.749.9361 <i>School</i> 918.712.9604 <i>Fax</i> 918. 519.6923 <i>Cell</i> k.gilliam@schoolofsaintmary.com</p>	<p>BASKETBALL DIRECTOR OF OFFICIALS Linda Drink Tulsa Officials of Oklahoma (918) 629-0547 officialsofoklahoma@gmail.com</p>
<p>VOLLEYBALL COORDINATOR Katie Pfeil Saint Pius X Catholic School 918.627.5367 <i>School</i> 918.627.6179 <i>Fax</i> 918.740.8237 <i>Cell</i> kpfeil@spxtulsa.org</p>	<p>VOLLEYBALL DIRECTOR OF OFFICIALS Katie Pfeil Saint Pius X Catholic School 918.627.5367 <i>School</i> 918.627.6179 <i>Fax</i> 918.740.8237 <i>Cell</i> kpfeil@spxtulsa.org</p>

5.0 MEETINGS

All meetings will be held on Wednesdays at 6:30 pm.

Meetings may be virtual or cancelled in response to COVID-19 protocols.

2021-2022 Schedule

- August 25, 2021
- September 29, 2021
- October 27, 2021
- November 17, 2021
- January 26, 2022
- February 23, 2022
- March 30, 2022
- April 27, 2022
- May 18, 2022 (If necessary)

6.0 CALENDAR—2021-2022

The following dates have been set for each sport season.

Dates are subject to change and schools will be informed of any such changes.

VOLLEYBALL

August 26	Team Entries/Fees and Rosters Due
September 2	Coaches Clinic (6:30—9 pm @ BKHS Cafeteria and Gymnasium)
TBD	CPR Clinic (6:30—8:30 pm @ St. Mary Beckerle Hall)
September 11	Games Begin
September 11	M.C. 8 th Grade Tournament
September 25	M.C. 7 th Grade Tournament
October 2	M.C. 6 th Grade Tournament
TBD	BK 7 th and 8 th Grade Tournament
November 6	Season Ends

BASKETBALL

October 21	Team Entries/Fees and Rosters Due
TBD	Coaches Clinic (7—9 pm @ BKHS Cafeteria)
November 11	Coaches Meeting (7—8 pm @ St. Mary Beckerle Hall)
TBD	CPR Clinic (6—9 pm @ St. Mary Beckerle Hall)
December 4-6	Pre-Season Tournament (<i>tentative dates</i>)
December 7	Basketball Season begins
March 5-7, 2022	Post-Season Tournament (<i>tentative dates</i>)
March 8	Season Ends

TRACK

TBD	Diocesan Track Meet @ BKHS
TBD	Diocesan Track Meet—Rain Date

7.0 BY-LAWS

ARTICLE I

Name: Diocesan Middle School Athletic Association (DMSAA)

ARTICLE II

Section I: Purpose

The Diocesan Middle School Athletic Association is established to help provide effective coordination, leadership, supervision, and regulation for athletics for the Catholic middle schools located in the Diocese of Tulsa and Eastern Oklahoma.

Section II: Statement of Philosophy

The primary aim of the DMSAA is to provide students opportunities to discover their physical potential by being able to participate in various athletic team competitions. It is the aim of DMSAA that, through controlled and regulated athletic programs, a student will have the opportunity to grow spiritually and socially, and through the importance of self-discipline, the student-athletes will develop their fundamental athletic skills and sportsmanship.

Section III: Goals and Objectives

- A.** The student-athletes recognize that athletics are just one part of their total growth, and that God, family and academics come first.
- B.** Effective regulation of athletics so that athletics do not dominate the academic program but do enhance the formal education and complement the curriculum.
- C.** Assist the students to experience growth and self-confidence and self-esteem.
- D.** To instill in the student the desire to participate in physical activities as a recreational pursuit and to instill the appreciation and knowledge of sports as a spectator.
- E.** To expose the student-athlete to the experience and encouragement of healthy and successful competition and a winning spirit.
- F.** To allow the student-athlete the experience of team competition as an education for life experiences.
- G.** That the student, parents, spectators, and coaches will demonstrate sportsman-like behavior at all times.

ARTICLE III

Section I: Membership

- A. Membership is open to Grades 6, 7, and 8 in those Catholic middle schools located in the Diocese of Tulsa and Eastern Oklahoma that wish to comply with the requirements of the Rules Governing Athletics and the By-Laws listed for any of the sport programs that the DMSAA offers.

ARTICLE IV

Section I: Advisory Council

- A. An Advisory Council shall govern the DMSAA. Membership of this council shall consist of one (1) representative from each participating Middle School, Chairperson, and the Diocesan Superintendent of Catholic Schools. Each member school shall have one (1) vote for issues brought before the council. Sport Coordinators will have a vote on issues pertaining to their sport.
- B. Each school must have a council member that is a paid employee of the school and have a close interactive relationship with the administrator and students on a regular basis. The representative shall be appointed by the building principal.
- C. Ex-officio (non-voting) members may be accepted to serve.
- D. The Diocese of Tulsa and Eastern Oklahoma Superintendent of Catholic Schools will appoint the Chair of the DMSAA Advisory Council.
- E. The term of office for a council member shall be one (1) year and re-appointed by the building principal.
- F. **Selection of Coordinators:** The Chairperson shall ask for nominations for coordinators from the DMSAA representatives (Advisory Council). The Advisory Council shall vote on the nominations with the nominee with the most votes determining the coordinator.

Section II: Duties and Powers of the Council

- A. Meetings of the Advisory Council are held on the last Wednesday of the month unless rescheduled for holidays or special dates. There may be council meetings in December, June or July and May if deemed necessary by the board. Any issue to be placed on a meeting's agenda must be submitted in writing to the Chairperson no later than one (1) week prior to the meeting.

Special meetings may be called by the Chairperson. Only items that have been set forth in the call for a special meeting may be acted upon at that special meeting. A simple majority of the voting members present at the meeting will be required for action to be taken.

- B. A member of the Advisory Council must present all proposed rule changes/additions to the

Rules Governing Athletics to the DMSAA Advisory Council in writing. The council will review such changes with a simple majority of the voting members present at the meeting to send recommendations to each school for their review and acceptance. Upon return by the specified date, a simple majority of all council members and administrators responding is needed to accept/reject any changes.

- C. A member of the Advisory Council must present changes/additions to the By-Laws to the DMSAA Advisory Council in writing. The council will review such changes with a simple majority of the voting members present at the meeting to send recommendations to each school for their review and acceptance. Upon return by the specified date, a two-thirds (2/3) majority of all council members and administrators responding is needed to accept/reject any changes.
- D. Rules and conditions for Catholic Middle School Leagues will be the responsibility of the Sport Coordinators and the DMSAA Advisory Council. Approval of the rules and conditions will require a simple majority of the voting council members and sport coordinators present at the monthly meeting when they are discussed and reviewed.
- E. All minutes from DMSAA Advisory Council meetings will be on file at the diocesan Catholic Schools Office.
- G. **Appeals Process for Schools and Coaches for Decisions rendered by Advisory Council.** If a school or coach would like to appeal a ruling of the Advisory Council, the school administrator must submit a written appeal to the Chairperson within seventy-two (72) hours of the decision to be re-addressed by the DMSAA Advisory Council. If the written appeal arrives within two (2) weeks before a monthly council meeting, the Chairperson will place the issue on the agenda under “New Business.” If the written appeal arrives before two (2) weeks of the monthly council meeting, a “special meeting” of the DMSAA Advisory Council may be called by the Chairperson. The appeal will be discussed and reviewed by the DMSAA Advisory Council and a simple majority of those members in attendance at the meeting will decide upon the action of the appeal. This decision will be final. The chairperson can also submit appeals via e-mail to all the reps. A deadline will be given for votes from each school and schools can submit their vote via e-mail. A special meeting can still be called if the school appealing the decision requests it in advance.
- H. All rule or by-law changes of DMSAA will be sent in writing to all principals and DMSAA representatives.

8.0 RULES GOVERNING ATHLETICS

RULE I: PRE-REQUISITES

- A. Age: Any student who reaches his/her fifteenth birthday before September 1 will not be eligible for the eighth grade or below. Any student who reaches his/her fourteenth birthday before September 1 will not be eligible for seventh grade or below. Any student who reaches his/her thirteenth birthday before September 1 will not be eligible for sixth grade or below. No student will be allowed to play up more than one grade level. Playing down a student in the leagues sponsored by the Diocese will be considered on an individual basis by the Advisory Council and the League Coordinator(s).
- B. No pupil shall be eligible to practice or participate in an athletic contest for his/her school until there is, on file with the principal, the following forms: Parental Informed Consent, Physical Examination and Clearance Form completed no earlier than the summer before the beginning of the current school year, Medical History form, hazing policy, Authorization for Emergency Care, Athlete/Parent/Guardian Sudden Cardiac Arrest Symptoms and Warning Signs Information Sheet and Acknowledgement of Receipt and Review Form **These forms should be completed annually for all participants in DMSAA leagues.**
- C. It is recommended that all parents of students playing in DMSAA sponsored events attend an educational program presented by the DMSAA representative or principal of the school. These meetings can be held at the local schools.

RULE II: MEMBERSHIP

- A. Membership is open for league play in grades 6, 7, and 8 in Catholic Middle Schools located in the Tulsa Catholic Diocese that wish to comply with the requirements of the following guidelines for any of the following sports of volleyball, basketball, and track. For specific requirements regarding player ages and eligibility, specific league rules will be followed.
- B. If students not attending a member school are put on a roster of a team sponsored by a DMSAA school, a letter must be submitted by the principal of the school that is sponsoring the team stating conditions and need of the participant(s) to the Advisory Council. These might include students in public schools who are registered members of a Tulsa Diocese parish and/or students who are being home-schooled. Each case will be dealt with on an individual basis. The final decision will be left up to the Council as to whether the student may or may not participate. This letter should be submitted as well for any child that attends a DMSAA school and wishes to play for another DMSAA school.
- C. In order to fulfill the stated philosophy of the DMSAA By-Laws and work towards accomplishing its goals and objectives, all DMSAA programs listed above will be offered to the students of those member schools. The students/teams from these schools will be accommodated first in Catholic Middle School Leagues or school teams. All Catholic Leagues will have limits on the number of teams and/or participants that it can accommodate to ensure adequate supervision and coaching for proper skill development, safety and fun for the students. Non-member schools must petition the Advisory Council

to play in the DMSAA League every year. If there is space available for teams or individuals from schools that are not DMSAA members, they will be allowed to compete in Catholic Middle School Leagues if the following conditions are met:

1. Costs incurred by DMSAA, its sport coordinators and facilities are paid.
 2. Adequate gym space is provided by the school wishing to participate in a Catholic Middle School League as established by the DMSAA Advisory Council.
 3. Playing talent shall be divided equally by playing ability among teams entered in the Catholic leagues as required by Rule VI, A, 6. under duties and responsibilities of schools and coaches.
 4. Priority space on a roster of a Catholic Middle School League will be extended to returning players or teams from non-DMSAA schools the next year if these spaces are not needed to accommodate individuals or teams from DMSAA member schools. Every effort will be made to accommodate Catholic students if they are not attending a DMSAA-member school.
 5. Each non-member school must provide at least one team per grade level.
- D.** League and program maximums and membership conditions can be changed or adjusted by the DMSAA Advisory Council as conditions warrant.

RULE III: ATTENDANCE REQUIREMENTS

- A.** The student-athlete must exhibit at least ninety percent (90%) record of daily attendance.
- B.** The student-athlete must attend school for at least one-half of the day of the game/event.

RULE IV: CONDUCT/RESPECT OF AUTHORITY

A. Contestants:

1. A contestant who is disqualified by a game official because of flagrant or unsportsmanlike foul, or who is guilty of any unsportsmanlike conduct in connection with an inter-school contest, shall be ineligible to resume participation until reinstatement by the principal and written report of the details of the incident and action taken has been filed with the Advisory Council. A disqualified student forfeits the right to participate in at least one (1) contest before being reinstated by the school.
 - a. Coach must notify the principal within twenty-four (24) hours.
 - b. Principal must notify the Chairman of the Advisory Council.
2. If a contestant is ejected from a contest for fighting during a contest, he/she will be automatically suspended from participating in the next two (2) games. The student may not sit on the team bench or participate in the activities or play on his/her team.

3. A student, whose conduct or character at school is under discipline or whose conduct or character outside of school is such as to reflect discredit upon the school, shall be ineligible until reinstated by the principal.

B. Coaches/Spectators:

1. **Ejection:** If a coach or spectator is ejected from a game, meet, or contest, he/she will not be allowed to be present in the facility during the next game. The school principal must make any appeal to the sport coordinator by the next school day after the event. A coach may continue services until a final decision is made.
2. **Conduct:**
 - a. Coaches and spectators are not to approach the officials during or after a contest.
 - b. A coach, whose conduct or character during a contest is under discipline or whose conduct or character outside of school is such as to reflect discredit upon the school, shall be ineligible until reinstated by the principal. A written report of the incident and action taken by the principal shall be filed with the DMSAA Advisory Council for review within one (1) week.
 - c. If a second incident occurs, the DMSAA has the right to permanently eject the coach from the league.

C. Officials:

1. **Officials to Give Explanation:** The DMSAA has inaugurated the policy that the athletic game or contest official who disqualifies a contestant/coach for a violation of the rules of the DMSAA is to make a telephone call to the DMSAA Chairperson or Director of Officials within twenty-four (24) hours, giving the reason for disqualification. A written report to the DMSAA Advisory Council should be filed within forty-eight (48) hours.
2. **Respect for Authority:** Authority vested in the contest official must be respected and upheld. The policy set forth states, "If an act of violence is committed against the person of a game official by a fan, student, coach, player or faculty member of the school, the DMSAA will expect, before further competition, that the principal of the school will make a report to the DMSAA giving complete details of the incident, the names of the parties involved, and what corrected action has been taken. The school is to be considered on probation until further ruling is given by the DMSAA." Probation is defined to mean the team is ineligible to participate in any DMSAA-sponsored activity until the DMSAA Advisory Council reviews and determines eligibility status. The Advisory Council will be called by the Council Chairperson for an emergency meeting within seventy-two (72) hours of receipt of the principal's written report.

If the contest official decides the conduct of a parent or fan becomes so abusive during the games or contest, he is advised by the DMSAA to notify the coach of the school involved that a possible forfeiture can take place unless the party or parties involved take corrective action or leave the premises. If forfeiture is declared by the official, the DMSAA will expect the same procedure to take place, by the official, as stated above.

RULE V: MIGRATION AND STUDENT ROSTERS

- A.** Students are eligible to participate in athletic programs of the DMSAA school in which they are currently enrolled.
- B.** If a child is put on a roster of a member school and does not attend that school, the principal of both schools forming the team should submit a letter of petition to the Advisory Council for approval as stated in RULE 11-B: MEMBERSHIP. Note: Any child added to the roster of a member school is bound by the same rules as currently enrolled students in a DMSAA-member school.
- C.** Rosters of teams for volleyball and basketball should be submitted to the Chairperson before the deadline for that season. The names and birth dates of all participants should be listed. Once rosters are turned in, additions to the roster must be approved by the Advisory Council and made before the deadline set by the leagues. Transfer students can be added to the roster after this deadline, with notification to the Chairperson and League or Sport Coordinator.
- D.** Any change in the team roster must be submitted and signed by the principal of that school before it is sent to the Chairperson.
- E.** Only players on the official team roster may participate in any official contest. Participation by a student not on the submitted team roster shall result in team forfeiture.
- F.** The Advisory Council must approve roster changes due to special circumstances.

RULE VI: DUTIES AND RESPONSIBILITIES: SCHOOLS AND COACHES

Coaches are very important to the young athletes with whom they work. The successful coach uses the attributes of the great teacher—thorough knowledge and preparation, orderly and positive presentation, faith in young people, and an inspiring desire to do well.

The positive approach in coaching brings the fastest and most thorough improvement. Emphasizing and rewarding when something has been done correctly reinforces the learning process more than does stressing the errors. In the area of athletics, the community in the modern world expects coaches and athletic departments to carry heavy responsibilities. The following duties have been determined by the DMSAA as those that must be met by schools and each coach representing the children of the DMSAA:

- A.** Local Responsibility: The principal of each school has the responsibility to follow Diocesan policy with respect to selection and retention of coaches and to enforce the rules established by the DMSAA.
 - 1. The school shall be responsible for the eligibility of its students and certification of all coaches. Failure to adhere to these requirements will result in notification to the school principal.

2. The principal shall be responsible for the instruction of the parents and student body about the rules and ethics of activities sponsored by the DMSAA.
3. All parents, coaches and athletes must sign the hazing policy agreement prior to participation in any sports regulated by the DMSAA. The Catholic Schools and the Diocese of Tulsa will take all rumors of hazing seriously and rumors will be investigated. Although ambiguity exists on the definition of “hazing”, it is our goal of the DMSAA, Catholic Schools Office and the Diocese of Tulsa to clarify and educate our students and parents so that these activities are eliminated from classrooms, groups and sports teams. The following definition of hazing is found on the “Stop Hazing.org” website and will be adopted to help clarify all possible incidents of hazing in the Diocese of Tulsa:

“Hazing refers to any activity expected of someone joining a group (or to maintain full status in a group) that humiliates, degrades or risks emotional harm regardless of the person’s willingness to participate.”

The DMSAA representative will provide information sheets to all coaches, parents and athletes at the pre-season meeting and discuss other activities that will help build team spirit in a healthy and fun way. Suggested material is “How to Be a Good Sport” by Izzy Kallman (June 2006) found at www.bullies2buddies.com .

4. Sport seasons for the current school year are listed in the handbook.
5. Students in the DMSAA may only compete on 1 school sponsored team per season. Any student listed on a school sponsored team in another league is not eligible to compete on a DMSAA roster.
6. Schools will not conduct tryouts for teams entered in the Catholic leagues. If more than one (1) team within a grade(s) is necessary, it is required that playing talent be allocated equally among the Catholic league teams. Playing talent and relative merits of all students should be re-evaluated annually.

Violations of Local Responsibility: If there is a violation of local responsibility to consider, this issue should be brought forth before the Chairperson in written form signed by the school principal no later than two (2) weeks prior to the monthly DMSAA Advisory Council meeting to be submitted for the agenda at the next monthly meeting. Action taken will then be discussed and voted upon by the DMSAA Advisory Council. A simple majority of the voting members in attendance at the meeting must approve the action taken. If the Chairperson believes that a special meeting should be called of the DMSAA Advisory Council to address the issue brought forth before him/her, only the items that have been set forth in the call for a special meeting may be acted upon at the special meeting. A simple majority of the voting members present at this meeting will be required for action to be taken.

B. Coaches Responsibility: In accordance with the philosophy of the DMSAA, coaches should ensure that each athlete play in every DMSAA contest if the athlete: attends practice sessions, demonstrates cooperation with his/her coach and program, and demonstrates

conduct and character that is in good standing with the school they are representing. The minimum playing requirements are listed in the league regulations for the sport. Ineligible players should be notified and dealt with by the coach in accordance with DMSAA and local school and team guidelines.

1. **Coach Clinics:** All coaches and assistant coaches that coach a 6th, 7th and 8th grade team that represent a Catholic school are required to attend educational programs presented by the DMSAA for the sports of volleyball and basketball. These “coach clinics” will include opportunities for coaches and assistant coaches to meet the mandatory DMSAA requirement of having current, valid CPR certification, as well as required sessions on Emergency Care, Athletic Injuries, Sport Skills and Drills, and the Goals and Philosophy of the DMSAA. Every team should have at least one coach at one of the offered meetings or the coaches’ clinic. Teams that do not have one coach in attendance will not be allowed to coach in the league.
2. **Planning:** Planning is an important responsibility that needs to be carried out by all coaches. Each coach must have a plan for each sport or activity for which they are responsible.
 - a. Coaches must ensure that they have each an Authorization for Emergency Care and a Medical History form that is signed by the parent(s)/guardian for each participant.
 - b. Coaches must ensure that the equipment used is in good condition and fits properly.
 - c. Because children are not mini-adults, it is recommended that each coach read:
Sports Success Rx! Your Child’s Prescription for the Best Experience,
by Paul Striker, M.D. This book provides guidelines of skill development that can help each child succeed in sports.
3. **Supervision:** Supervision is one of the most important responsibilities of the coach to his/her student-athletes. The coach must exercise reasonable care in supervising all on and off field athletic activities. The coach must ensure that each practice is conducted in a safe manner. Coaches must remain with players until a parent or guardian picks up player after games or practices.
4. **Instruction:** The coach should be qualified and have adequate training to instruct properly. The following list itemizes some areas of instruction that must be followed by the coach:
 - a. The coach must give a student make-up instruction in any area that may have been missed.
 - b. The coach must teach the basic nature of the activity, its proper techniques of playing, and the rules of activity.
 - c. The coach must explain all safety precautions appropriate to the particular activity.
 - d. The coach shall be aware of current methods of prevention and

treatment of athletic injuries and hold current CPR certification. Information can be obtained by attending “coach clinics” sponsored by the DMSAA and other coaching groups, visiting with trainers from other groups, and by asking advice from physicians, hospitals, and clinics experienced in caring for (young) athletes.

- e. The coach will not ignore or dismiss lightly any injury to a student-athlete. If an injury occurs during practice and/or games, the coach and /or qualified personnel will assess the seriousness of the injury. If emergency medical services are deemed necessary, a 911 call will be placed and all efforts will be made to contact the parents. If the injury is less severe, first aid will be given, parental contact will be attempted and further arrangements will be the parent’s responsibility.
 - f. In certain instances, a physician’s note may be required for an athlete to return to play.
 - g. The coaches must be aware that one-time verbal warnings are not sufficient to warn of risks, and that student-athletes must be instructed to understand and appreciate the severity of the type of injury that may occur in certain activities.
5. **Safe Playing Environment:** Along with school personnel, each coach must take reasonable precaution to assess the facilities for safe competition or practice.
6. **Mismatches of Participants:** The coach must use reasonable care in matching opponents. Some criteria potential mismatches include:
- a. Size of student-athletes
 - b. Age differences
 - c. Skill and experience levels
 - d. Incapacitating conditions
 - e. Coaches must avoid even subtle coercion of their student-athletes to participate when the player has disclosed a physical or emotional problem or has in any way expressed reservation about the match-up and/or the activity in question.

RULE VII: COVID-19 EXEMPTIONS¹

- A.** Volleyball league games will be played in an extended season format: from September 11 through November 6, 2021
- a. Monday and Thursday night games will be played at 6 pm and 8 pm, allowing time in between games for sanitation of game balls and other equipment.
 - b. Saturday games will be played at 9 am, 11 am, 1 pm, and 3 pm, allowing for sanitation in between games.
 - c. Teams may not enter the building more than 10 minutes prior to the start time of their game.
 - d. There will be 3 game balls used per match, and the balls not being used in play will be cleaned and rotated back in play.
- B.** If teams are adversely affected by COVID-19, the games that would be missed will not be counted as forfeits.

¹ Please refer to Diocesan Catholic Schools COVID-19 Policy for 2021-2022

- a. If any team is affected by COVID-19, the standings for that grade would be calculated using a winning percentage, instead of points for total games won.
- C.** All players, spectators, coaches, and officials will need to follow any additional parameters set by the host gym site in regard to seating/spacing.
 - a. Temperatures of all attendees may be taken upon entering the gym at the discretion of the location
 - b. Face coverings are strongly recommended, except for players, coaches, and officials during play. When players are not on court in play, face coverings are strongly encouraged and recommended.
 - c. All attendees should practice social distancing whenever possible.
- D.** These exemptions are subject to review and change as needed.

9.0 GYM LOCATIONS

All Saints Catholic School—Broken Arrow: 299 S. 9th Street. Take the Broken Arrow Expressway east to Lynn Lane exit. Go south 1.2 miles to St. Ann Church on east side of road. Gym is to the north of campus. Take drive just north of church parking lot to gym parking lot.

Cascia Hall—Tulsa: 2520 S. Yorktown, Tulsa. In the Upper School Gym, located on the east side of the campus, east of the football stadium.

Marquette Catholic School—Tulsa: 1519 S. Quincy. On 15th between Peoria and Utica on the south side of the street. Gym is on the north end of the school building. Entrance is on the west side of the gym. Part of Christ the King Parish complex.

Monte Cassino School—Tulsa: 2206 South Lewis Ave—Located just south of the 21st and Lewis intersection, on the west side of Lewis. There is an alternate entrance off of S. Yorktown Ave. The elementary gym is located on the east side of campus, and the middle school gym is located on the west side. There are signs posted that indicate which gym it is as well.

Saint John Catholic School—Bartlesville: 816 S Keeler Ave. Take Hwy 75 north to Hwy 60. There will be a stop light on the south side of town with a Sonic on NE corner and Phillips on SE of intersection. Turn east on 60 and go to the intersection of SW Keeler and Hwy 60. South on Keeler to school on the left.

Saint Joseph Catholic School—Muskogee: 323 N. Virginia. Muskogee Turnpike south to Muskogee. Exit at Chandler Road, go to stop sign, turn left and go to the next stop sign. Turn right (this is Chandler Road), go through 4 stop lights (4th light is York – Albertson’s on the right), 1 block past York, turn right on Virginia. School is visible one block up on left side.

Saint Pius X Catholic School—Tulsa: 1717 S. 75th E. Ave. Turn north off of 21st street just east of Hale High School and go to the stop sign at 18th street. At the stop sign, turn right. The church is on the left. Turn into the church parking lot. The gym is in the Activity Center. Enter through the doors on the west side of the building.

Saints Peter & Paul Catholic School—Tulsa: 1428 N. 67th E. Ave. Take Sheridan north to Oklahoma Avenue (just south of Pine), turn east. Go one block and turn north, just before the school and take the drive to the back of the school. The gym is just to the east of the parking lot.

School of Saint Mary—Tulsa: 1365 E. 49th Place, Tulsa. Two blocks east of Peoria Ave. at 49th Pl. Park in the parking lot behind the school. Gym entrance is located in the southwest corner of the parking lot, south of the church building.

A. GYM USE POLICIES

All who attend basketball or volleyball games in gyms used by the DMSAA are expected to follow the rules listed below:

- A custodian or monitor must be present on the property while the gym is in use. Those in attendance (coaches, fans, team, etc.) will cooperate with all directives of the custodian or monitor.
- No children will be left unsupervised in the parking lot at any time.
- NO FOOD OR DRINK will be allowed in the gymnasiums. Only water for the players is allowed.
- NO ONE SHOULD BE ON THE STAGE AT ANY TIME.
- All spectators, including children, must stay in the area of the bleachers (no roaming).
- An adult must directly supervise all children. Do not drop off your child/ren and leave him/her for others to supervise and chaperone. Brothers and sisters of participants cannot be left unattended during practices or games.
- Warm-up time will begin ten (10) minutes prior to game time.
- Show respect for the school's facility by NOT:
 - Running around the halls
 - Defacing property
 - Playing or bouncing balls in hallway
 - Touching safety equipment
 - Going into janitor's closets
- Locker areas are off-limits except to use the restrooms. Younger children especially need to be supervised closely in this area. Teams or individuals will be assessed for any damages/vandalism incurred.

Anyone caught defacing school property will be held financially and legally responsible and will forfeit the privilege of attending games and practices at the school.

10.0 FIRST AID KIT - SUGGESTED CONTENTS

(To be available at all practices or games)

The following items have been suggested by our advisors from the medical community for the minimum supplies, which should be contained in your first aid kits:

- Adhesive Tape – 1 roll
- Alcohol (isopropyl) - 4 ounces
- Band Aids - assorted sizes - 2 dozen
- Elastic bandages – 1
- Instant cold pack - 2
- Plastic *Ziplock* bags for ice packs
- Pair rubber gloves
- Sterile gauze pads (3x3) - 6
- Tape scissors (pointed) - 1 pair
- CPR Face Shield

11.0 FORMS

- [COACHES CLINIC REQUIREMENT FORM](#)
- [DMSAA VOLLEYBALL / BASKETBALL ENTRY FORM](#)
- [SCHOOL NO PLAY DATES](#)
- [VOLLEYBALL/BASKETBALL TEAM ROSTERS](#)
- [PETITION FOR A NON-MEMBER SCHOOL TO PARTICIPATE](#)
- [PETITION FOR STUDENT\(S\) TO PLAY](#)
- [SPECIAL REPORT BY COACH](#)
- [PRE-PARTICIPATION FORMS AND RELEASES](#)
 - [AUTHORIZATION FOR CARE FOR MINOR](#)
 - [PERMISSION & INFORMED CONSENT](#)
 - [PHYSICAL HISTORY](#)
 - [PHYSICAL EXAM](#)
 - [CLEARANCE FORM](#)

COACHES' CLINIC REQUIREMENT FORM

PLEASE PRINT:

_____ (Sport) _____ (School)

Participant: _____

Address (home): _____

_____ Zip _____

Telephone: Home: _____

Work: _____

Cell: _____

Email: _____

Clinics	Date Comp.	Date Comp.	Date Comp.	Date Comp.	Date Comp.
CPR Certification - Level A					
DMSAA - Education / Philosophy					
Clinic Presentation (Skills, First Aid, Athletic Injures, and Practice Organization)					

DMSAA VOLLEYBALL / BASKETBALL ENTRY FORM

<i>School Name</i>		
<i>Team Name</i>		
<i>Grade</i>	<i>Sex</i>	
<i>Head Coach</i>		
<i>Address</i>		
<i>City/State/Zip</i>	<i>Email</i>	
<i>Telephone (Home)</i>	<i>Telephone (Work)</i>	
<i>Assistant Coach</i>		
<i>Address</i>		
<i>City/State/Zip</i>	<i>Email</i>	
<i>Telephone (Home)</i>	<i>Telephone (Work)</i>	
<p><i>I, _____, Principal, certify that above listed coaches are in compliance with the Diocese of Tulsa Policies and Procedures for Screening and Hiring Personnel and/or Volunteers, including, but not limited to, attendance at a VIRTUS workshop.</i></p> <p>Printed Name _____</p> <p>Signature _____</p> <p>Date _____</p>		
	Volleyball	Basketball
League Play	September 11 – November 6	December 7 – March 8
League Fee: DMSAA Teams	\$335/team (adjusted for number of games)	\$549/team (adjusted for number of games)
League Fee: Non-DMSAA Teams	\$365/team (adjusted for number of games)	\$579/team (adjusted for number of games)

Official's fee will be included with league fees.

Totals:	\$335/team	\$549/team
Entry Deadline	August 25	October 27

Volleyball

Make checks payable to DMSAA and send to Katie Pfeil, 1717 S. 75th E. Ave, Tulsa, OK 74112

Basketball

Make checks payable to DMSAA and send to Kent Gilliam, 1365 E. 49th Pl, Tulsa, OK 74105

SCHOOL NO-PLAY DATES

This form must be completed by a representative from each school and submitted to the league coordinator before scheduling begins.

School calendars, diocesan calendars, principals and teachers from your school should be consulted. This form should not include individual coach no-play dates.

DMSAA REPRESENTATIVE: _____

SCHOOL: _____

NO-PLAY DATE	GRADE	GENDER	EVENT
1) _____			
2) _____			
3) _____			
4) _____			

Other information to consider before and during the scheduling process:

DMSAA VOLLEYBALL OR BASKETBALL TEAM ROSTER

School:	Grade:
----------------	---------------

Coach(es)	Address	Phone (Home/Work)

	Team Players	Birthday	Grade	Jersey Number
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				

Principal's Signature: _____ Date: _____

This roster should be completed in its entirety and a copy returned to the following address no later than **August 25, 2021** for volleyball and **October 27, 2021** for basketball.

Volleyball
 Katie Pfeil
 1717 S. 75th E. Ave
 Tulsa, OK 74112

Basketball
 Kent Gilliam
 1365 E 49th Pl.
 Tulsa, OK 74105

Additions to this roster must be in writing and approved by the principal. **All changes must be submitted to the league coordinator no later than November 17 for basketball.** Transfer students after this date must be submitted to the league coordinator in the same manner before they participate in any league games or in the Oklahoma City Catholic Schools Basketball Invitational.

PETITION FOR A NON-MEMBER SCHOOL TO PARTICIPATE IN DMSAA LEAGUE

<i>School</i>	<i>Sport</i>	<i>Gender</i>	<i>Number of middle school students</i>
---------------	--------------	---------------	---

All players must attend school petitioning to participate in DMSAA League.

Please explain why your team should be considered to play in the DMSAA League:

PETITION FOR STUDENT(S) TO PLAY

School	Sport	Boys or Girls
---------------	--------------	----------------------

Petition to Play:

Student Name	Up / Down / Outside Student	Grade
	<input type="checkbox"/> Up <input type="checkbox"/> Down <input type="checkbox"/> Outside Student	

Use this form only if you wish to submit a petition to the Advisory Council and League Coordinator for a student to play in the Catholic Middle School Volleyball or Basketball League. All petitions must be submitted **no later than August 25, 2021 (volleyball) or November 17, 2021 (basketball)** and sent to: **DMSAA Chairperson, School of Saint Mary, 1365 E 49th Place, Tulsa OK 74105** or emailed to alan.bryan@schoolofsaintmary.com.

1. Student(s) you are petitioning to play.
2. How many years have these students played organized volleyball or basketball?
3. How many years have these students played in a DMSAA league?
4. What other leagues during the course of the year have these students played in? (Please list Club teams, if applicable.)
5. Parish Church where family is registered.
6. School currently attending.

(1) NAME	GRADE	(2) Years	(3) Years	(4) Other Leagues	(5) Registered Parish	(6) School

1. If this petition is approved for the player(s) listed here, how many players would there be on the team roster for that grade? _____ Team players.
2. Please list any other extenuating circumstances that would warrant consideration by the committee that some or all of these students play down one grade division.
3. CGSAA has their own unique rules and approval of this petition does not guarantee players will be allowed to play in CGSAA tournament. Please refer to www.cgsaa.com to see rules.

Principal 1 Signature/Date

Principal 2 Signature/Date

**SPECIAL REPORT BY COACH TO GAME OFFICIAL
AND DMSAA ADVISORY COUNCIL**

The coach shall use this form to report any incident concerning officiating that, in his/her judgment, merits attention. It shall be used to report errors in applying rules and those phases of officiating in which an official should immediately attempt to improve. It may also be used to report an exceptionally good job of officiating. Evaluation of game officials' service and the completion of this form should be made at least **twenty-four (24) hours** following the game. Coaches are requested to use this form in lodging complaints against officials, and to refrain from protesting to officials during or following a game. A written report to an official should help him/her to correct errors and improve his/her game administration.

The form is to be completed in duplicate with the original sheet being sent to the Director of Officials for the league and the duplicate copy faxed to Kent Gilliam, DMSAA Basketball Coordinator, 918-712-9604.

Report on:

(Official's Name) *(Address)* *(City)*

who officiated a _____ contest on _____
(sport) *(date)*

between
_____ and _____
(Home School) *(Visiting School)*

Incident being reported: _____

Explanation/Comments: _____

Signature of Coach *School* *Date*

AUTHORIZATION FOR EMERGENCY CARE TO MINOR

I, the undersigned parent with legal custody or legal guardian of the minor listed below:

Minor's Name: _____

School: _____

Address: _____

Phone: _____

Date of Birth: _____

Known Allergies: _____

Health Problem(s): _____

Last Tetanus Shot (mo/day/yr): _____

Insurance: _____

Preferred Doctor/Address/Phone: _____

Preferred Dentist/Address/Phone: _____

Preferred Hospital/Address/Phone: _____

Do hereby authorize any x-ray examination, anesthetic, dental or medical or surgical diagnosis or treatment by any dentist or physician licensed by the State of Oklahoma and hospital service that may be rendered to said minor under the general, specific or special consent of the:

DIOCESAN MIDDLE SCHOOL ATHLETIC ASSOCIATION (DMSAA)

The temporary custodian of the minor; whether such diagnosis or treatment is rendered at the office of the physician or dentist, or at a hospital licensed by the State of Oklahoma, I authorize the physician or dentist to call in any necessary consultant at his/her/their discretion. I further authorize said physician or dentist to exercise his/her/their discretion in authorizing proper and necessary treatment.

It is understood that this consent is given in advance of any specific diagnosis or treatment being required but is given to encourage those persons who having temporary custody of the minor, and said physician or dentist to exercise his/her/their best judgment as to the requirements of such diagnosis of medical or dental treatment.

This consent shall remain effective as long as my child is involved with the DMSAA unless sooner revoked in writing, delivered to said persons instructed with the custody, care and control of the minor.

I will not hold DMSAA financially responsible for the medical care and/or the transportation costs to obtain medical care.

PARENT OR GUARDIAN: AFFIRMATION OF ANNUAL REVIEW

Parent Signature Date

Parent Signature Date

PARENT(S) OR GUARDIAN(S) PERMISSION AND INFORMED CONSENT

School: _____

I hereby give my consent to the student whose name appears on this physical form to represent his/her school in interscholastic activities, except those activities crossed out on the form by the examining physician. I also give my consent for him/her to accompany the team as a member on its out-of-town trips, and I will not hold the school or DMSAA responsible in case of accidents or injuries.

Student athletes should be aware of the possibility of injury when participating in athletics. Therefore, all students and parents must read the *Informed Consent* below and sign their names to the statement.

I approve and hereby grant permission for my son/daughter to participate in interscholastic athletics under the above conditions. I also give my consent for the information contained within these Diocesan forms to be shared with all those who work with my son/daughter.

*I realized there is an inherent risk of injuries in all sports for my child, _____.
I understand the risk of injury may be severe, including risk of fractures, brain injuries, paralysis, or even death.*

It is my responsibility as parent/guardian to provided primary insurance coverage.

Signature of Parent or Guardian

Signature of Student

NOTE: The Diocesan Middle School Athletic Association (DMSAA) requires that this form be completed and filed in the office of the principal before the student is allowed to practice and/or compete.

**PRE-PARTICIPATION PHYSICAL EVALUATION
HISTORY FORM**

Date of Exam: _____

<i>Name</i>	<i>Sex</i>	<i>Age</i>	<i>Date of Birth</i>
<i>Grade</i>	<i>School</i>		<i>Sport(s)</i>
<i>Address</i>		<i>Phone</i>	
<i>Personal Physician</i>			
<i>In case of emergency, contact:</i>			
<i>Relationship</i>	<i>Phone (H)</i>		<i>Phone (W)</i>

Explain 'yes' answers below. Circle questions you do not know the answers to.

1. Has a doctor ever denied or restricted your participation in sports for any reason?	Yes	No
2. Do you have an ongoing medical condition (like diabetes, asthma, etc.)?	Yes	No
3. Are you currently taking any prescription or non-prescription (over the counter) medication?	Yes	No
4. Do you have allergies to medicines, pollens, foods or stinging insects?	Yes	No
5. Have you ever passed out or nearly passed out DURING exercise?	Yes	No
6. Have you ever passed out or nearly passed out AFTER exercise?	Yes	No
7. Does your heart race or skip beats during exercise?	Yes	No
8. Has a doctor ever told you that you have (check all that apply):	Yes	No
<input type="checkbox"/> High Blood Pressure <input type="checkbox"/> A heart murmur <input type="checkbox"/> High cholesterol <input type="checkbox"/> A heart infection		
9. Has a doctor ever ordered a test for your heart (ECG, echocardiogram)?	Yes	No
10. Has anyone in your family died for no apparent reason?	Yes	No
11. Does anyone in your family have a heart problem?	Yes	No
12. Has any family member died from heart problems or of sudden death before the age of 50?	Yes	No
13. Does anyone in your family have Marfan syndrome?	Yes	No
14. Have you ever had surgery?	Yes	No
15. Have you ever spent the night in a hospital?	Yes	No

16. Have you ever had an injury like a sprain, muscle or ligament tear, or tendonitis that caused you to miss a practice or game? If yes, circle the affected area below:	Yes	No																
17. Have you had any broken bones or dislocated joints? If yes, circle below:	Yes	No																
18. Have you had a bone or joint injury that required x-rays, MRI, CT, surgery, injections, rehabilitation, physical therapy, a brace, a cast, or crutches? If yes, circle below:	Yes	No																
<table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">Head</td> <td style="width: 50%;">Upper Back</td> </tr> <tr> <td>Neck</td> <td>Lower Back</td> </tr> <tr> <td>Shoulder</td> <td>Hip</td> </tr> <tr> <td>Upper Arm</td> <td>Thigh</td> </tr> <tr> <td>Elbow</td> <td>Knee</td> </tr> <tr> <td>Forearm</td> <td>Calf/shin</td> </tr> <tr> <td>Hand/Finger</td> <td>Ankle</td> </tr> <tr> <td>Chest</td> <td>Foot/toes</td> </tr> </table>	Head	Upper Back	Neck	Lower Back	Shoulder	Hip	Upper Arm	Thigh	Elbow	Knee	Forearm	Calf/shin	Hand/Finger	Ankle	Chest	Foot/toes	Yes	No
Head	Upper Back																	
Neck	Lower Back																	
Shoulder	Hip																	
Upper Arm	Thigh																	
Elbow	Knee																	
Forearm	Calf/shin																	
Hand/Finger	Ankle																	
Chest	Foot/toes																	
19. Have you ever had a stress fracture?	Yes	No																
20. Have you been told that you have or have you had an x-ray for atlantoaxial (neck) instability?																		
21. Do you regularly use a brace or assistive device?	Yes	No																
22. Has a doctor ever told you that you have asthma or allergies?	Yes	No																
23. Do you cough, wheeze, or have difficulty breathing during or after exercise?	Yes	No																
24. Is there anyone in your family who has asthma?	Yes	No																
25. Were you born without or are you missing a kidney, an eye, a testicle, or any other organ?	Yes	No																
26. Do you have any rashes, pressure sores or other skin problems?	Yes	No																
27. Have you had a herpes skin infection?	Yes	No																
28. Have you ever had a head injury or concussion?	Yes	No																
29. Have you been hit in the head and been confused or lost your memory?	Yes	No																
30. Have you ever had a seizure?	Yes	No																
31. Do you have headaches with exercise?	Yes	No																
32. Have you ever had numbness, tingling or weakness in your arms or legs after being hit or falling?	Yes	No																
33. Have you ever been unable to move your arms or legs after being hit or falling?	Yes	No																
34. When exercising in the heat, do you have severe muscle cramps or become ill?	Yes	No																
35. Has a doctor told you that you or someone in your family has sickle cell trait or sickle cell disease?	Yes	No																
36. Have you had any problems with your eyes or vision?	Yes	No																
37. Do you wear glasses or contact lenses?	Yes	No																
38. Do you wear protective goggles or a face shield?	Yes	No																
39. Are you happy with your weight?	Yes	No																

40. Has anyone recommended you change your weight or eating habits?	Yes	No
41. Do you limit or carefully control what you eat?	Yes	No
42. Do you have any concerns that you would like to discuss with a doctor?	Yes	No
FEMALES ONLY		
43. Have you ever had a menstrual period?	Yes	No
44. How old were you when you had your first menstrual period?		
45. How many periods have you had in the last 12 months?		

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of Athlete Date

Signature of parent/guardian Date

PHYSICAL EXAMINATION FORM

Name: _____

Date of Birth: _____

Height: _____ Weight: _____

Pulse: _____ Blood Pressure: _____

Vision: R 20 / _____ L 20 / _____

Corrected: Y N

Pupils: Equal _____ Unequal _____

Medical	Normal	Abnormal Findings	Initials
Appearance			
Eyes/ears/nose/throat			
Hearing			
Lymph nodes			
Heart			
Murmurs			
Pulses			
Lungs			
Abdomen			
Genitourinary (males only)			
Skin			
MUSCULOSKELETAL			
Neck			
Back			
Shoulder/arm			
Elbow/forearm			
Wrist/hand/fingers			
Hip/thigh			
Knee			
Leg/ankle			
Foot/toes			

NOTES: _____

Printed Name of Physician/Signature of Physician

Date

Address/Phone

CLEARANCE FORM

<i>Name</i>	<i>Sex</i>	<i>Age</i>	<i>Date of Birth</i>
-------------	------------	------------	----------------------

Cleared without restriction.

Cleared with recommendations for further evaluation or treatment for:

Not cleared for: All sports Certain sports: _____

Recommendations: _____

EMERGENCY INFORMATION

Allergies: _____

Other information: _____

IMMUNIZATIONS (e.g., tetanus/diphtheria; measles, mumps, rubella; hepatitis A, B; influenza; poliomyelitis; pneumococcal; meningococcal; varicella)

Up to date (see attached documentation) Not up to date Specify: _____

Name of physician (print/type)

Address/Phone

Signature of Physician/Date

12.0 HAZING POLICY AGREEMENT

The Catholic Schools and the Diocese of Tulsa and Eastern Oklahoma will take all rumors of hazing seriously and rumors will be investigated. Although ambiguity exists on the definition of “hazing”, it is the goal of the DMSAA, Catholic Schools Office and the Diocese of Tulsa to clarify and educate our students and parents so that these activities are eliminated from classrooms, groups and sports teams. The following definition of hazing is found on www.stophazing.org and will be adopted to help clarify all possible incidents of hazing in the Diocese of Tulsa:

Hazing refers to any activity expected of someone joining a group (or to maintain full status in a group) that humiliates, degrades or risks emotional harm regardless of the person’s willingness to participate.

I, _____ have read and understand the hazing policy and will report any activity that is suspicious of hazing, whether I am a bystander, or one that is being hazed.

Signature

Position (Coach, Parent, Athlete)

Date

13.0 REQUIRED READING

A. HOW TO BE A GOOD SPORT by Izzy Kallman

- 1. It is more important to learn to lose than to learn how to win.** Anyone can handle winning. It feels good. The trick is to learn how to handle losing. In life, as in sports, we don't always win. Through sports, we learn that we can lose, yet our lives and friendships continue. We can be happy in life even though we lose sometimes-or even often.
- 2. No one likes or respects a sore loser.** Do you like to play with people who go into a rage when you beat them? Of course not! Well, others don't like to play with you if you go into a rage, either. It's normal to be disappointed when you lose, but don't get angry at the other side because they played better than you.
- 3. Sore losers lose twice.** You lose once when you lose the game. When you get angry, you have lost a second time because then you look and feel like a loser to everyone who sees you. What's better: a single loss or a double loss? So, if you lose a game, cut your losses. Don't get angry.
- 4. When you lose, congratulate the winners.** Let's say you play a game and you win. When will you like and respect the losers more? If they get angry at you, or if they congratulate you for having played so well? Of course you would prefer that they congratulate you.
- 5. Don't get mad if you think your opponent cheated.** No one is perfect. You aren't either. Sometimes people make mistakes or even purposely do things that are dishonest. If you suspect that your opponents cheated, talk to them calmly. Let them know what you think they did wrong, and avoid using the word "cheating", because that will just make them angry. If they admit that they were wrong, fine. If they refuse, don't make a big deal about it. Just continue with the game. Even if you lose because they cheated, it is not likely to hurt your life in the long run. Enjoying the game and being a good sport is more important than winning. Everyone is watching-including your opponents-will have more respect for you when they see you can continue gracefully after being a victim of cheating. Even if you lose the game, you look like the winner.
- 6. If people hurt you, don't retaliate. Just let them know you are hurt.** The natural reaction when someone hurts you is to want revenge. However, this makes the situation get worse. You try to get back at them, then they want to get back at you, and you may get into a big fight. You or your opponent might get hurt, and you may get in trouble for fighting. If your opponent hurts you, don't respond aggressively. Just say as calmly as possible something like, "Hey, that really hurt. Please be careful." If they keep on hurting you, ask, "Are you mad at me?" If they answer "yes", ask them why and apologize or resolve the problem. If they say "no", they will probably realize they have no good reason for hurting you and will probably stop.
- 7. Don't be a hog on your team.** In team sports, the players are doing two things at the same time. 1. They are cooperating to defeat the other team. 2. They are competing with each other to be the best player on the team because deep down, everyone wants to be number one. There are certain games, like basketball, where it is easy to "hog the ball." Especially if you are a very good player, there can be a strong temptation to do as much of the playing as you can because you can help the whole team score and you come out looking like a champion. However, your teammates may end up disliking you because you are preventing

them from playing their fair share. And while it may seem like the team is winning because of you, you are preventing the other members from developing their abilities. In the long run, you may even be hurting your team's ability to win. How will they manage if one day you can't come to the game? If the team has a coach who instructs you to do as much of the playing as possible, then listen to the coach. Otherwise, remember that the other team members want to do their share. So don't be a hog, and the team will like you and learn to play better.

- 8. If your teammates blame you for making them lose, don't defend yourself.** Probably the single most painful thing to endure is when your teammates blame you for making the team lose. It can make you wish you were never born. The truth is that when a team loses, it is the result of the whole team's efforts. However, it can seem that your error was what made the whole team lose. Even though it's not fair for them to blame you, they are only human. The temptation can be very strong to blame you, especially if they feel they were playing well. If your teammates get angry and blame you, don't deny it or try to shift the blame to others. They will just try even harder to convince you it was your fault, and you will look immature. Accept responsibility and apologize. Say something like "Yes, I messed up. I'm sorry I let you down. I'll try to do better next time." Your team will respect you for having the guts to say this, so you look like a winner. Some of your team members will feel grateful to you for allowing them to blame you instead of themselves for losing. And some will feel guilty for having blamed you. Deep down they know that the game is really a team effort, and that it is not right to blame you alone. So you win either way.
- 9. Your opponents will not hate you if you lose.** Are you afraid that your opponents will hate you if you lose? As silly as it sounds, some people actually act as if they believe this. This fear may prevent them from playing in the first place, or they may get upset when they play and lose. The truth is your opponents would be more upset if you win than if you lose. So don't worry that they won't like you if you lose. Your popularity will suffer more if you are a "sore loser" than if you lose the game.
- 10. Don't Get Mad if no one is choosing you for their team.** There is always a worst player, and it might be you. Do you get angry when your friends or classmates aren't choosing you to be on their team? It may seem to you like they avoid choosing you because you are the worst player. But that's not the real reason. The real reason is that you are a sore loser. There is always a worst player, and it may be you. If you get angry because you are not being chosen, that is not going to make anyone want to choose you for their team. However, if you are a good sport, admire others for playing better, show appreciation when you are chosen, and stay calm when you are not chosen, they are much more likely to want to choose you for their team.

Taken from Izzy Kalman: www.bullies2buddies.com

B. TEAM BUILDING

Why Positive TEAM Building?

- To welcome new members and formalize their belonging
- To learn about teammates and build trust
- To bring individuals together in common pursuit
- To encourage mentoring and teamwork
- To increase motivation to perform
- To improve individual's self-confidence
- To develop leadership abilities
- To enhance relationships among teammates
- To promote a positive, winning team attitude

Characteristics of a Good Team

- High level of interdependence among teammates
- Each teammate is willing to contribute
- A relaxed climate for communication
- Teammates develop a mutual trust
- The group and individuals are prepared to take risks
- Group is clear about goals and establishes targets
- Teammates roles are defined
- Teammates know how to examine errors without personal attacks

14.0 REGULATIONS

A. VOLLEYBALL REGULATIONS

THE SEASON

1. League games will begin September 11, 2021. Teams will play Monday, Thursday or Saturday matches.

THE PLAYERS/TEAMS

1. Age – Any student, who reaches his/her fifteenth birthday before September 1, will not be eligible for the eighth grade or below. Any student who reaches his/her fourteenth birthday before September 1 will not be eligible for seventh grade or below. Any student who reaches his/her thirteenth birthday before September 1 will not be eligible for sixth grade or below.
2. Each school may enter an unlimited number of teams to play at the 6th, 7th, or 8th grade level. **Fifth grade students** shall be allowed to play at the sixth grade level; however fifth grade students cannot exceed the number of sixth grade students on the team.
3. No student will be allowed to play up more than **one grade level**.
4. Teams from non-member schools must have a team in each grade to participate.
5. If more than one team within a grade is necessary, it is expected that the teams be **BALANCED** according to DMSAA Rules Governing Athletics (RULE VI A Duties and Responsibilities: Schools and Coaches).
6. Teams may be formed by combining schools when individual schools have an inadequate number of eligible players; however, such combined teams will not be allowed to recruit other than school members. Refer to procedures for this migration under RULE V; **MIGRATION AND STUDENT ROSTERS** in the Rules Governing Athletics.
7. Schools with an insufficient number of players to form a team in a particular grade may petition the Advisory Council and League Coordinator for players to play in a grade division lower than their present grade.
8. Team entries and rosters should be mailed or faxed to the registrar listed below by **August 25, 2021**:

Ms. Katie Pfeil
1717 S. 75th E. Ave
Tulsa, OK 74112
kpfeil@spxtulsa.org

9. Roster Changes after the above deadline must be approved by the League Coordinator. A team will not be allowed to play a game without a complete roster on file with the registrar. Transfer students may be added to the roster during the season if written notification by the school principal is submitted to the DMSAA chairperson.
10. Entry fees and fees for officials should be paid as soon as possible. Please make checks payable to “DMSAA” and send to Katie Blum (address above).

PLAY RULES

1. Each player must have a number on the back of the uniform shirt.
2. Each team will provide an adult (over the age of 18) linesman for their matches. The home team is also required to provide a scorekeeper. The guest team shall monitor the scoreboard.
3. Lineups are due at the score table ten (10) minutes prior to the match.
4. Warm-up will begin ten (10) minutes prior to game time.
5. All league matches will begin with an opening prayer of choice by the “Home” team. This prayer will include all coaches and players as they gather in a circle at center court, and should commence 2-3 minutes before the scheduled start of the match.
6. Federation of High School Rules of Play and Conduct shall be in effect, including libero player – (effective 2007) with the following exceptions:
 - a. All eligible 6th grade players shall play one (1) full game of every match. All eligible 7th and 8th grade players must play the equivalent of one (1) full game of every match and serve at least once in every match. **If this rule is violated, the match will be forfeited and the coach suspended for one (1) match. Coaches should ensure that each athlete plays in every contest if the athlete attends practice sessions as stipulated by the coach, demonstrates cooperation with the coach and program and demonstrates conduct and character that is in good standing with the school they are representing.**
 - b. Five (5) players shall be considered a legal lineup to begin a match, but a team cannot continue to play with fewer than five (5) players.
 - c. Sixth grade teams:
 - i. If the server’s first serve is overhand and is not a legal serve, then a second serve will be allowed. The second serve may be overhand or underhand. This rule applies each time a rotation has occurred and a new player is serving.
 - ii. 6th grade will play with volley lites with a 6-foot step-in. After 3 legal serves, they must move back to the regular service line.
 - d. All matches will consist of three (3) sets. Each set counts as a point.
7. If a sixth grade player plays on a seventh grade team, the 6th grade player may serve with the 6-foot step-in. Rule 7-C 1 and 2 will apply. In all other aspects the sixth grader must play as a seventh grader.
8. Rally scoring will be used for the 6th, 7th, and 8th grade league. The all three games will be played to 25, but will begin at 4-4 with a 30 point cap including the third game. In rally scoring, a point is awarded to one of the teams every time the ball is put into play.

9. Boys' teams will play with the same rules as their grade level dictates, according to the above rules. The entry fee and referee fee will be the same as the girls' teams.
10. Any team that forfeits a game by not showing up at the scheduled time will be fined \$50 in addition to the \$25 officials' fee (total \$75). This does not apply to a team who comes to play, but does not have a legal line-up.
11. **Winning teams shall call in or e-mail the score within forty-eight (48) hours of the match to the appointed recorder listed below or be subject to forfeiture of that game:**

Alan Bryan, 918-269-4303

alan.bryan@schoolofsaintmary.com

Please state the team, grade, school and how many sets were won.

12. The maximum number of contest per season for school-sponsored teams will be fourteen (14) games and three (3) tournaments. This includes all contests (league and non-league, pre-league and post-league) applicable to a team. After notification to the principal, schools that play more than the maximum amount of games or tournaments will be subject to becoming non-member schools.

COACHES AND FACILITIES

1. All coaches and assistant coaches must meet the requirements of the DMSAA and the school they represent.
2. All coaches and assistant coaches must attend the DMSAA-sponsored volleyball coaches' meeting on **August 31, 2021** and must be currently trained in CPR.
3. Coaches of the home team are responsible to provide an official scorebook or score sheets for the game.
4. Under no circumstances may a coach change their game schedule. The League Coordinator must make all game schedule changes.
5. All DMSAA schools that have facilities must provide a minimum of six (6) game slots per team entered in the league. All non-DMSAA school entering the league must provide a minimum of eight (8) game slots per team entered in the league.

B. BASKETBALL LEAGUE REGULATIONS

LEAGUE PURPOSE

1. To provide an opportunity for the students of Catholic Middle Schools to participate in organized basketball. Non-member schools may be invited to participate in the league only if they provide teams at each grade level (6th, 7th and 8th grades).
2. To provide an atmosphere in which organized sports will be the vehicle to build healthy bodies, a fine social environment and a solid value system of sportsmanship and fair play.

PLAYER ELIGIBILITY

1. Age - Any student who reaches his/her fifteenth birthday before September 1 will not be eligible for the eighth grade or below. Any student who reaches his/her fourteenth birthday before September 1 will not be eligible for seventh grade or below. Any student who reaches his/her thirteenth birthday before September 1 will not be eligible for sixth grade or below.
2. Players in lower grades will be allowed to play up only one grade level. Players will not be able to play in a grade division lower than their present grade. Schools with an insufficient number of players to form a team in a particular grade may petition the Sport Coordinator and DMSAA Advisory Council to play in a grade division lower than their present grade.
3. Fifth grade teams will not be allowed to enter this Middle School League.
4. Team players must attend the school for which they play unless a petition made by the principals of both school has been approved by the DMSAA Advisory Council.
5. Teams may be allowed by combining schools when individual schools have an inadequate number of eligible players; however, such combined teams will not be allowed to recruit other than school members. Refer to procedures for this migration should be followed under **RULE V: MIGRATION AND STUDENT ROSTERS** of the Rules Governing Athletics.
6. Players cannot be members of other teams within the league.

PARTICIPANTS AND TEAMS

1. If a division of teams within a grade is necessary, it is required that all Catholic league teams be **BALANCED** according to **RULE VI, A. 6. Duties and Responsibilities: Schools and Coaches**, in the Rules Governing Athletics.
2. Coaches should ensure that each athlete plays in every contest if the athlete attends practice sessions as stipulated by the coach, demonstrates cooperation with the coach and program and demonstrates conduct and character that is in good standing with the school

they are representing. **Sixth graders must play a minimum of 6 minutes. Seventh and eighth grader players must play three (3) consecutive minutes in every league game.** The school team should follow any local school minimum playing time requirement that is longer than those stated here. **If this playing requirement is violated, the game is forfeited and the coach is suspended for one (1) game.**

3. All league games will begin with an opening prayer of choice by the "**Home**" team. This opening prayer will include all coaches and players as they gather at center court and should commence two to three minutes before the scheduled start of the game so that the games will stay on schedule. This brief prayer can set the tone for safe, fun, and fair play as the players compete. The "**Visiting**" team will keep the official score book and will wear **the target jersey if two (2) teams have the same color jersey**. The "**Home**" team will also keep the clock and **wear white**.
4. Teams entries are due **October 27, 2021** and must be sent to the address below:

Kent Gilliam
1365 E 49th Place
Tulsa, OK 74105
918-712-9604 - *fax*

5. A team roster shall be mailed into the above registrar listing the name, birth date and grade of all players before **October 27, 2021**. The roster should be signed by the school principal certifying that the roster is correct and complete. Transfer students may be added to the rosters during the season if written notification is given to the DMSAA Chairperson and the League Coordinator. Teams with rosters not turned in by the due date may play games, but games will result in forfeits until rosters are turned in.
6. League games may begin on **December 6, 2021 and will end by March 7, 2022**.
7. All **DMSAA schools** that have facilities must provide a minimum of eight (8) game slots/team entered in the league. All **non-DMSAA** teams entering the league must provide a minimum of nine (9) game slots/team entered in the league.
8. The maximum number of contests per season for school-sponsored teams will be fourteen (14) games and three (3) tournaments in addition to the CGSAA tournament if eligible. This includes all contests (league and non-league, pre-league and post-league) applicable to a team. After notification to the principal, schools that play more than the maximum amount of games or tournaments will be subject to becoming non-member schools.
9. Tournaments in the view of the DMSAA board are school sponsored only. Tournaments not hosted by a school will be viewed as single game contests as long as it is a single day tournament not exceeding 3 games in one day.
10. There should be **no games** on Holy Days of Obligation.
11. During the season, games may be scheduled in Bartlesville or Muskogee. These games are

to be scheduled for grade divisions in which St. John of Bartlesville has teams participating. Any team not making these out- of- town games will have to forfeit the games.

12. Any team not showing up for a scheduled game will forfeit the contest. Three (3) forfeitures by a team will subject that team to expulsion from the league.
13. Any team that forfeits a game will be fined fifty dollars (\$50).
14. Any reports of violations of the above by a coach or team must be submitted in written form, signed by the school principal, and sent to the Catholic Schools Office, PO Box 690240 Tulsa, OK 74169-0240. A report concerning an official can be made by using the form *Report by a Coach* and sent to the above address.
15. The 6th grade boys will play with the 285 mm ball as well as all of the girls' teams. The 7th and 8th grade boys will play with the 325 mm ball.
16. Warm up will begin ten (10) minutes prior to game time.
17. No dunking is allowed.

COACHING CONDUCT/DUTIES

1. All coaches and assistants must attend a CPR Clinic or have a current CPR certification on file and attend a Coaches Clinic before assuming coaching duties.
2. The winning coach must report the result of the game within forty-eight (48) hours to the appointed recorder listed below or be subject to a forfeiture of that game.
Alan Bryan, 918-269-4303
alan.bryan@schoolofsaintmary.com
Please state the teams, grade, and who won.
3. The coach must always demonstrate and apply leadership, integrity, responsibility, self-control, as well as the knowledge of the rules and regulations of the game. All too often, sportsmanship has been relegated to a secondary role and it is necessary and important that the coach act in a responsible and professional manner at all times because he or she represents the school, community, profession, the faculty, and of course, influences the student body's behavior.
4. Games shall be played in accordance with National Federation rules. The coach should make sure his/her team members keep the jerseys tucked in. **If t-shirts are being worn underneath the jerseys, the t-shirt should be a like color of the jersey.** If a team has a reversible jersey, players should **bring both t-shirts** to each game with them.
5. The coach should make sure that players do not wear anything in their hair that is a hard substance (i.e., barrettes or bobby pins), or any type of jewelry.
6. 6th grade only may press at any time during the game unless they are ahead by ten (10) points or more. 7th and 8th grade teams may press at any time during the game unless they

are ahead by 20 points or more. After a 20 point lead is established the “no press rule” for a full-court press will take effect. If the point spread drops below twenty (20) points, regular playing rules will be in effect. **The team continuing to press with a lead of twenty (20) or for 6th grade ten (10) points or more will receive a warning. The second warning will result in a technical foul for the team.**

7. The rule which governs conduct on the bench applies to substitutes as well as coaches. It prohibits substitutes, team managers, trainers and anyone else seated on, or in the general area of the bench, from directing disrespectful or uncomplimentary remarks to an official or an opponent. It prohibits bench personnel from using gestures or actions, which might possibly incite the crowd to undesirable actions. It is the distinct responsibility of each substitute to do his or her part in keeping the proper bench decorum, realizing that the attention of the crowd is often directed to the bench and that, therefore, an unruly bench could result in an unruly crowd. The penalty for improper bench conduct is a technical foul. The foul is charged to the offender and also to the head coach. However, when there is a flagrant infraction, the offender must also be disqualified. The disqualification is mandatory. If the offender is coach or adult team personnel, he or she shall go to the team's locker room or leave the building until the game is over. When the offender is a player or substitute or student bench personnel, he or she is banished from the vicinity of the bench.
8. An injured or disqualified player or a player directed to leave the game, must be replaced in thirty (30) seconds. It is a technical foul against a coach who fails to replace an injured or disqualified player in thirty (30) seconds when a substitute is available. A player, fan or coach who is ejected from the bench or facility must do so within thirty (30) seconds.
9. Any two (2) technical fouls on any player is an automatic ejection for that player. The third technical on the bench is considered flagrant and will result in an automatic ejection of the coach. (Bench is defined as any fan, coach, or participant not on the court at the time.). Squad members or student bench personnel are banished from the vicinity of the bench. Adult personnel so disqualified shall go to their team's locker room or leave the building. The head coach is responsible for all actions on his/her sideline and any technical fouls called on his sideline. The coach is charged with a technical as well as the offender.
10. **NOTE:** Any coach or player may be ejected for any flagrant foul. A coach, fan or student who is ejected from a game should not be in the facility of the next game for that team, including post-season play if applicable. See appeal process under By-Laws, Section II, Paragraph F
11. Under no circumstances may a coach change his/her game schedule. The league coordinator must make all game schedule changes.

C. TRACK MEET REGULATIONS

REGULATIONS

1. The annual Catholic schools track meet will be held at **Bishop Kelley High School** on **TBA**. In the event of rain postponement, the meet shall be rescheduled on **TBA**.
2. Each Catholic school shall be responsible for operating an event or aiding in the general administration of the meet. The track meet coordinator shall make assignments.
3. Students are to remain off the track and infield until they are called by the public address announcer to report to the staging area for their event and shall leave the area immediately after their event.
4. All decisions of the track meet coordinator and/or referee are final.

PARTICIPANTS

1. Only students who are currently enrolled in a Catholic school in grades 5-8 shall be eligible to compete. No entrant shall have turned fifteen (15) years of age before September 1 of the current school year.
2. Each school shall ensure that each student has a completed Medical Information Form, recent physical examination, Authorization for Treatment, hazing policy, and Parental Permission & Release. These forms shall be presented to track meet officials at the gate in order to certify students eligible to compete.
3. Each contestant shall be limited to competition in no more than five (5) events.
4. Each school may enter no more than three (3) participants in each event, except for the 100 meter dash.
5. All contestants shall wear clothing that identifies their school. All participants must wear shoes. Track shoes and spikes (1/4 inch or smaller) are permitted.
6. Participants may participate in an event at a grade level higher than their own.

EVENTS

1. Students for track events shall check in at the staging area of the track after their event is called by the public address announcer.
2. After being certified an official contestant, students competing in field events shall report directly to their event to sign in.
3. The order of events shall be distributed to schools prior to the meet by the track meet coordinator.

4. All scoring shall be done by individual contestant. There will be no team scoring. If more than one (1) heat is necessary, timed finals will be used. Contestants will receive medals for 1st, 2nd, and 3rd place finishes and ribbons for 4th, 5th, and 6th places. Awards will be distributed to schools after the day of the track meet.
5. **RELAYS (400m, 1600m, 800m Sprint Medley):** Teams will pass a baton supplied by their school. Exchanges (hand-offs) must be made within the designated 10-20 yard passing zone. Passing zones and lane violations will be strictly enforced. If during a relay, a runner drops a baton and has to go into another lane to pick it up and interferes with another team, then the offending runner and team will be disqualified from the event. Staggered starts will be used in the 400-meter relay and runners must remain in their own lanes. Staggered starts will be used in the 1600-meter relay and runners may move into the first lane after the first complete lap.
6. **DASHES & RUNS (100m, 200m, 400m, 800m, 1600m):** Staggered starts will be used in the 200-meter and the 400-meter dashes. Each competitor must keep in his/her assigned lane from start to finish. Lane violations will be strictly enforced. All races shall start at the report of the pistol. A runner making two (2) false starts will be disqualified from the race. Starting blocks may be used; they will be supplied at the track. The 800-meter run shall be open only to runners in 5-6 grades. The 1600-meter run shall be open only to runners in 7-8 grades.
7. **SOFTBALL THROW:** A 12-inch softball, flat seamed and leather covered will be used. The softball throw for distance is a free throw. The contestant must not touch or cross the restraining line. The ball must land in a 30-foot zone. This zone is a parallel line, 30 feet apart, running perpendicular to the restraining line. One warm-up toss is allowed. The longest throw of three consecutive throws will be taken.
8. **RUNNING LONG JUMP:** The takeoff will be from a board commonly known as the takeoff board. Any part of the foot going over the board will result in a scratch of that jump. Each contestant will be given three (3) jumps.
9. **SHOT PUT:** This event shall only be open to students in 7-8 grades. The ball shall be put from a 7-foot circle. The weight of the ball shall be eight (8) pounds.
10. **HIGH JUMP:** Contestants must jump from one foot only. When a contestant fails to clear the bar, he/she will be given two (2) more misses. If both these attempts fail, he/she will be dropped from the event. A practice jump is allowed. Starting heights shall be:

	5 th Grade	6 th Grade	7 th Grade	8 th Grade
BOYS	3' 6"	3' 9"	4' 0"	4' 6"
GIRLS	3' 4"	3' 6"	4' 0"	4" 4"

Order of events will be as follows (see following page):

ORDER OF EVENTS
(Subject to change)

Start Time

11:30 AM **Coaches Meeting**

12:00 PM **Field Events**

Shot Put	8th Grade	7th Grade	6th Grade	5th Grade
Long Jump	7th Grade	8th Grade	5th Grade	6th Grade
High Jump	6th Grade	5th Grade	7th Grade	8th Grade
Softball Throw	5th Grade	6th Grade	8 th Grade	7 th Grade

Running Events

1:00	400 Relay	Girls/Boys	5th/6th/7th/8th	5th/6th/7th/8th		
1:40	1600m	Boys/Girls	7th & 8th			
2:20	100m	Girls/Boys	5th/6th/7th/8th	5th/6th/7th/8th		
3:00	Sprint Medley	Girls/Boys	5th/6th/7th/8th	5th/6th/7th/8th		
3:40	800m	Girls/Boys	5th & 6th	7th & 8th	5th & 6th	7th & 8 th
4:20	400m	Girls/Boys	5th/6th/7th/8th	5th/6th/7th/8th		
5:00	200m	Girls/Boys	5th/6th/7th/8th	5th/6th/7th/8th		
5:40	1600m	Boys/Girls	5th & 6th			
6:00	1600 Relay	Girls/Boys	5th/6th/7th/8th	5th/6th/7th/8th		
6:15	SPIRIT AWARD					