

DOWNEY UNIFIED SCHOOL DISTRICT

MIDDLE SCHOOL ATHLETIC FEDERATION BY LAWS

1. LEAGUE MEMBERS:

Doty Middle School
Griffiths Middle School
Stauffer Middle School
Sussman Middle School

2. MEETINGS:

Meetings will be called by the Director, Support Programs when needed.

3. MEMBERSHIP:

Membership is composed of Principal, Vice-Principal, and Coaches of each middle school. Each school will be entitled to one vote.

4. CODE:

To maintain a compact group of middle schools in Downey Unified School District for the purpose of governing interscholastic athletic competition, with the aim of making athletics a part of the educational plan and subservient to the general objectives of education.

5. STANDARDS AND POLICIES IN ATHLETICS:

Athletics are most important and vital in the program of education for youth and adults. Athletics should be used to develop and promote worthwhile educational goals. If athletics are to serve useful ends, they must be wisely guided, thoroughly supported, and whole heartedly accepted. Participants, parents, and educators must understand the dynamic character of athletics-force for good-or force for evil. All who are involved must insist that athletics conducted for our school youth shall be organized, developed, and administered as a vital and effective aspect of American culture. The responsibility of the school, its administrator, its staff, and its membership begins when an individual becomes a member of the school and continues until he/she has graduated or has been withdrawn from it. This responsibility involves the person's way of living, his/her attitudes toward life, his/her views of relationships, and the ways of promoting desirable changes of behavior. This responsibility rests primarily with the school.

6. AIMS AND OBJECTIVES:

- a. Opportunity to learn new games.
- b. Improvement in playing skills.
- c. Development of physical vigor and desirable habits in health, sanitation, and safety.
- d. Opportunity to make real friendships with squad members.
- e. Opportunity to widen a circle of friends by acquaintance with members of opposing teams and to visit and play in other communities.
- f. A chance to observe and exemplify good sportsmanship and character.
- g. Realization that athletic competition is a privilege that carries definite responsibilities with it.
- h. Association with real gentlemen and true sportsmen in the person of athletic coaches.

- i. A chance to enjoy one of the greatest heritages of youth—the right to play.
- j. A chance to learn that violation of a rule of the game brings a penalty—and that this same sequence follows in the game of life.

7. GUIDING POLICIES:

- a. Athletics are to be an integral part of the school program and should receive financial support from tax funds on the same basis as other recognized parts of the total educational program. As a part of the curriculum, middle school sports are to be conducted by school authorities and all instruction provided by competent, qualified, and accredited teachers so that desirable definite educational aims may be achieved.
- b. Athletics are for the benefit of all youth. The aim is to maximize participation in a well-balanced interscholastic program with emphasis on safe and healthful standards of competition.
- c. Athletics are to be conducted under rules which provide for equitable competition, sportsmanship, character, fair play, health, and safety. Middle school sports are for amateurs who are bonafide undergraduate high school students. These youth must be protected from exploitation and the dangers of professionalism. It is necessary to develop full understanding of the need for observance of local, league, sectional, state, and national standards in athletics.

8. ATHLETIC POLICY:

- a. The athletic policy of the Downey Unified School District is also based on the belief that each individual should have equal opportunity to become a member of an athletic team, to receive adequate coaching, and to participate in a representative interscholastic athletic schedule in all sports. All teams and contests shall be governed by league and District regulations.

1. District:

- a. Adequate equipment (through school budgets).
- b. Safe and adequate facilities.
- c. Stipulated pay for coaching.
- d. Transportation to all contests.

2. Student Body:

- a. Officials
- b. Awards

3. Title IX Standards:

- a. **General:** No person shall, on the basis of sex, be excluded from participation in, be denied the benefits of, be treated differently from another person or otherwise be discriminated against in any interscholastic, intercollegiate, club or intramural athletics offered by recipient, and no recipient shall provide any such athletics separately on such basis.
- b. **Separate Teams:** Notwithstanding the requirements of paragraph (a) of this section, a recipient may operate or sponsor separate teams for member of each sex where selection for such teams is based upon competitive skill of the activity involved is a contact sport. However, where a recipient operates or sponsors a team in a particular sport for members of the other sex, and athletic opportunities for members of that sex have previously been limited, members of the excluded sex must be allowed to try out for the team offered unless the sport involved is a contact sport. For the purposes of this part, contact sports include: football, basketball, soccer, and other sports where the purpose of major activity involves bodily contact.
- c. **Equal Opportunity:** A recipient who operates, or sponsors provide, equal opportunity for members of both sexes. In determining whether equal opportunities are available, the Director will consider, among other factors:

1. Whether the selection of sports and levels of competition effectively accommodate the interests and abilities of members of both sexes.
2. The provision of equipment and supplies.
3. Scheduling of games and practice time.
4. Travel and per diem allowance.
5. Assignment and compensation of coaches and tutors.
6. Provision of locker rooms, practice, and competitive facilities.
7. Publicity Unequal aggregate expenditures for members of each sex or unequal expenditures for male and female teams if a recipient operates or sponsors separate teams will not constitute noncompliance with this section, but the Director may consider the failure to provide necessary funds for teams for one sex in assessing equality of opportunity for member of each sex.

9. SERVICE REQUESTS:

All physical education and athletic requests for services, supplies, and equipment shall be processed through the middle school administration.

This Includes:

1. Requisitions for supplies and services of the equipment and grounds.
2. Work order requests.
3. Equipment requisitions.
4. Scheduling.
5. Eligibility.
6. Officials and fees.
7. Inventories.
8. League business.

10. POLICIES AND RULES:

1. **Interpretations:** The principals shall make all interpretations of established policies and rules.
2. **Controversial Questions:** Should questions arise, which are not covered in league rules, the initial ruling shall be official until such time as a ruling covering the point in question can be formulated and approved by the League of by the District Superintendent or designee.
3. **Protests:** Must be made in writing, and submitted within 24 hours to the middle school administration. In the event of a protest, the principals of the teams concerned shall confer to work out a solution. If the principals are unable to come to a satisfactory agreement, the protest will be referred to the League for action.

11. ELIGIBILITY:

Classifications:

The following teams and eligible grade level memberships are:

<u>Sport</u>	<u>Grade</u>
Football	6 th , 7 th , and a Varsity team made up of 6 th -8 th graders
Girls Volleyball	6 th , 7 th , and a Varsity team made up of 6 th -8 th graders
Boys Volleyball	6 th , 7 th , and a Varsity team made up of 6 th -8 th graders
Girls Soccer	Junior Varsity-6 th and 7 th graders Varsity-6 th , 7 th , and 8 th graders

Boys Basketball	6 th , 7 th , and a Varsity team made up of 6 th -8 th graders
Girls Basketball	6 th , 7 th , and a Varsity team made up of 6 th -8 th graders
Boys Soccer	Junior Varsity-6 th and 7 th graders Varsity-6 th , 7 th , and 8 th graders
Boys Baseball	Junior Varsity-6 th and 7 th graders Varsity-6 th , 7 th , and 8 th graders
Girls Softball	Junior Varsity-6 th and 7 th graders Varsity-6 th , 7 th , and 8 th graders
Track	All 6 th -8 th grade students are eligible

Attendance:

Every athlete must maintain a satisfactory attendance record under regulations set by the attendance office.

Age:

Be under 15 years of age. Individuals may not compete after reaching their 15th birthday on or after December 2nd. Individuals reaching their 15th birthday on or after December 3rd are ineligible for the entire year. (The intent of this section is to allow students to participate who have been retained once).

Insurance:

Every individual must have insurance to participate in Downey Middle School Sports. An individual may not practice with a team or check out equipment until this obligation has been met.

If the school insurance plan is not in force, an outside policy is acceptable if parent make a written statement noting the name of the insurance company. Parents must sign athletic participation forms and have them on file in the principal's office before an individual may compete in the athletic program.

Any athlete receiving injuries, that require medical attention, shall not be allowed to participate in athletics until the attending physician has certified to the physical fitness of the athlete.

Coaches are to report all injuries that require a doctor's care on a form designed for this purpose and file it with the principal. Any injury, should have the home team file a report at their school.

12.EQUIPMENT:

- a. When an athlete signs an equipment receipt card, he accepts the financial responsibility for checked or enumerated articles and agrees to return them when called for, or pay for the item(s). This applies to stolen as well as lost articles. Failure to meet this obligation will cost the signee any athletic awards. They will also become ineligible for further athletic competition.
- b. Before any athlete may check out athletic equipment, or report to any athletic squad, a receipt must be presented to the coach that the required athletic insurance has been paid and insurance cards are signed by the parent.
- c. It is the responsibility of the athlete to keep the practice equipment clean. Practice gear should be washed on game days. Game equipment will be cleaned by the school. (If a school allows the athlete to take home game uniforms, it is recommended that the athletes are made aware to hang dry any uniforms after washing).
- d. Game equipment and uniforms will be turned in immediately following the closing contest!
- e. If any athlete should miss the closing contest, they will be given two weeks to turn in any equipment or uniforms to the school's PE department. Failure to return the material or equipment, in that time, will result in ineligibility unless satisfactory settlement is made.
- f. No equipment may be issued to an athlete for any athletic activity unless previous equipment records are clear. An athlete may not report or be a member of another athletic team until the equipment record is cleared.
- g. Athletes not in active practice must wear official physical education uniforms.
- h. Athletes are not to wear each other's gear. Gear issued for athletes may not be worn in regular physical education classes or beyond the athletic field at any time.

13. COACHING RESPONSIBILITIES:

- 1) Each coach is responsible for the conduct of the group of athletes during the daily practice sessions and at games. This responsibility also applies to conduct on buses as well as on the athletic field, gymnasium, and dressing quarters. Each coach is responsible to keep teams, that are not participating, together and in order between, before, or after games.
- 2) Coaches are to remain with squad until the last person has departed; this applies to games as well as practice.
- 3) Profanity, obscene talk or actions, and rowdiness will not be tolerated. Each coach should be alert to stamp out such conduct, not only on their teams, bus trips, and athletic contests, but on the grounds and school functions.
- 4) Coaches are responsible to hold a minimum of 2 practices per week, for at least 3 weeks, prior to each season. They are also responsible to hold at least 1 practice per week during the season.
- 5) Coaches are responsible to make sure they contact the school's P.E. department to secure any necessary equipment or uniforms. This should be done the week they start practices.
- 6) Coaches are responsible to make sure that each student/athlete is meeting grading/behavior requirements before and during each season.
- 7) Coaches are responsible to make sure that all necessary physicals are on file, with the school, for each and every athlete. Physicals must be brought to all home and away games.
- 8) Coaches are responsible to make sure that any timekeepers or scorekeepers are present for all games. If these timekeepers or scorekeepers are students, it is the coach's responsibility to make sure that they meet grading/behavior requirements.
- 9) Coaches must accompany their teams on all trips-going and returning.
- 10) If an athlete would like to go to a game with their parents, it is the responsibility of each coach to make sure that they have a note from each of those parents. It is also their responsibility to make sure any athlete, that would like to go home with their parents, also has a note from that parent.
- 11) It is the responsibility of each coach to read and abide by the Coach's Code of Ethics. This sportsmanship code is included as article XVI in the Downey Unified Middle School Sport's By-Laws.
- 12) It is the responsibility of each coach to make sure that each athlete, that is participating, has medical insurance. If they do not, the parents must purchase school insurance.
- 13) It is the responsibility of each coach to carry a first-aid bag with necessary supplies. This bag should accompany the team at practices and all games.
- 14) It is the responsibility of each coach to give a detailed list of games and practices to the school's office manager. This list should be given to the office manager every Monday morning. It should accurately give the times and days of each game and practice for that week.
- 15) It is the responsibility of each home-team coach to notify the district's athletic director, RJBecker@dusd.net of game scores. Scores will be put into the Downey Patriot, so these scores need to be conveyed immediately after each home game is played.
- 16) It is the responsibility of each coach to make sure that water and ice is brought to all games.
- 17) It is the responsibility of each coach to notify their office manager of all away games. **Office Managers will be responsible to secure buses from transportation.**

14. TRANSPORTATION:

- a. Athletes must go and return on assigned transportation, unless they have a written note signed by their parent and approved by the site administrator.
- b. Coaches must accompany their teams on all trips-(1 going and 1 returning).

- c. The school's PE department will file transportation requests with a school administrator and office manager well in advance of the schedule.

15. SCHEDULES:

Number of games per sport:

Boys Football	Double Round
Girls Volleyball	"
Boys Volleyball	"
Girls Soccer	"
Boys Basketball	"
Girls Basketball	"
Boys Soccer	"
Boys Baseball	"
Girls Softball	"
Track and Field-Boys Teams (6, 7, & 8)	
Three dual meets plus All-League meet	
Track and Field-Girls Teams (6, 7, & 8)	
Three dual meets plus All-League meet	

The number of games per week, per sport, will not exceed two. All contests will start no later than 2:30 p.m. with exceptions.

16. COACH'S CODE OF ETHICS-(Sportsmanship Code):

The school may expect:

- a. Work of the coach to be an integral part of the school system with its educational contribution.
- b. Mastery of the principles of pedagogy and consequent improvement in teaching as well as coaching.
- c. Loyalty to superiors in making athletics fit into the general program.
- d. Insistence upon high scholarship and enforcement of all rules of eligibility.

The athletes may expect:

- a. A genuine and up-to-date knowledge of that which the coach proposes.
- b. Fair, unprejudiced relationships with the athletes.
- c. Careful attention to the physical condition of players at the time of each contest.
- d. Coaches that respect the decisions of officials and support them even if they don't go their team's way.

Sportsmanship includes:

- a. Teaching athletes to win by use of legitimate means only.
- b. Counteracting unfounded rumors of questionable practices by opponents.

The influence of the coach necessitates:

- a. Being the sort of person he/she wants the athletes to become.
- b. Discouragement of gambling, profanity, and obscene language at all times.

Sportsmanship Code:

If a clarification of a rule is necessary, both coaches will confer with each other and if necessary will meet with the officials during an official time-out period. Any conference with the officials shall be conducted in a pleasant manner.

17. PHYSICAL EXAMINATIONS FOR STUDENTS:

It shall be the policy of the Board of Education to require all middle school and high school students, who want to participate in competitive interscholastic athletics, to have an annual (Calendar Year) physical examination. The physical examination must be completed by a medical practitioner, using an approved District form before the student participates in athletic competition. The cost of the examination will be the responsibility of the student. Any student unable to pay for the exam may petition the principal for assistance.

18. INSURANCE:

Students participating in the athletic program must have proof of medical insurance or purchase school insurance.

19. CONCLUSION:

There is no better time than the season's end to determine whether or not an athletic season was successful. Educationally, success cannot be measured by the games won and lost or by the final place in the league's standings.

The season must be evaluated according to more important criteria. It has been successful and has served an educational purpose if the participants generally have learned:

- a. The importance of being prompt.
- b. The value of regular hours and habits.
- c. That abstinence contributes to efficiency.
- d. The value of a good diet.
- e. To control tempers.
- f. That character is strengthened through sacrifice.
- g. That the individual must work for the welfare of the group.
- h. To exercise judgment and to think for themselves quickly and decisively.
- i. To accept misfortune with serenity.
- j. There is fun in good competition.

Your season has been successful only if your athletes have progressed toward these educational objectives.

Coaches are expected to follow the spirit as well as the letter of all rules and regulations and be ethical at all times in their coaching and teaching. Coaching and playing to win without regard for good sportsmanship and ethics will not be tolerated on the part of either the coaches or players.

DOWNEY UNIFIED SCHOOL DISTRICT

MIDDLE SCHOOL ATHLETIC FEDERATION

ELIGIBILITY FOR EXTRA-CURRICULAR ACTIVITIES

Middle school students participating in the following extra-curricular activities shall be required to comply with the standards prescribed in this regulation.

Interscholastic Athletics
Team Coaches (Students)
Student Council

ELIGIBILITY STANDARDS

1. ACADEMIC:

- a. Students participating in the above-named school organization shall be required to maintain or exceed a "C" (2.0 GPA) average with not more than two "D's" and/or "F's". Middle school achievement grades of E, S, and N shall count as E=4, S+=3, S=2, S-=1, and N=0 points respectively in computing grade point average (GPA).
- b. Eligibility shall be based upon the previous grading period, (Each 6-week progress report), and this requirement must be achieved during each grading period that the student is participating.
- c. Students entering the sixth grade are scholastically eligible to participate for the first grading period.
- d. 7th or 8th grade students that transfer from outside of Downey Unified School District will abide by the same policy. Their last report card, from their previous school, will indicate if they are eligible to participate when they come to Downey Unified School District.

2. CITIZENSHIP:

- a. A student on suspension is ineligible to attend or participate in extra-curricular activities throughout the period of suspension.
- b. Any student receiving more than two "5's" (Unsatisfactory) in citizenship on his or her report card shall be ineligible for the next grading period.
- c. Any student being transferred to another school within the District for citizenship, scholastic, or disciplinary reasons shall not be eligible for the remainder of that school year. Any exceptions must be approved by the sending and receiving schools.

3. WAIVER PROCESS:

Students with exceptional academic problems who have met the above standards may petition the administration to be allowed to participate on a probationary basis until the next grading period.

- a. A committee composed of a vice principal, the student's counselor, and a teacher shall be appointed by the principal to review the petition. The teacher on this committee shall neither have the student in class nor be involved in the extra-curricular activity for which the student is petitioning.
- b. Parents/guardians of the student shall be requested to participate in the committee's review of the petition.
- c. The committee's recommendation shall be submitted to the principal for final action.
- d. A report of reasons for the final approval of any petition shall be forwarded to the Director of Support Programs. (Reference AR 2380)
- e. A student is only allowed one waiver per school year if approved.

RULES & EQUIPMENT

Downey Unified Middle Schools--7 on 7 Flag Football Rules:

The offensive team plays for a first down at midfield and a touchdown in the end zone. Running and passing plays are allowed, although there are “no running zones” at midfield and near each goal line. The defensive team covers receivers, rushes the passer and grabs flags to make “tackles”. It is intended to be a “non-contact” sport. The field will measure 80 by 40 yards with 10-yard end zones.

THE BASICS

The away team will start with the ball at the beginning of the first half and the home team will start with the ball the second half.

8th grade teams-The offensive team takes possession of the ball at its 5-yard line and has 4 plays to cross midfield for a 1st down. Once a team crosses midfield, it has 4 plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.

6th and 7th-The offensive team takes possession on their 20-yard line. Each school must mark each 20-yard line. The offense has 4 downs to make a first down past mid-field and then 4 downs to get inside the opponents 20-yard line. If a team fails to make a first down, the ball changes possession and the new offensive team will start at their own 20-yard line. The no-rushing zone is not in effect at mid-field, but is in effect inside the 5-yard line,

All possession changes, except interceptions, start on the offense’s 5-yard line for 8th grade, 20-yard line for 6th and 7th. Interceptions may be returned.

Teams change sides after halftime.

GAMES

There will be a total of six games played. Each team will play the other teams twice—once at home and once away.

TIMING

Varsity games will have 4-10 minute running quarters. There will be a one-minute break between quarters, and a 5-minute halftime break. 7th and 6th grade games will have 4-8 minute running quarters with a one-minute break between quarters and a 5-minute halftime break. If the score is tied at the end of regulation, teams move directly into overtime. Each team gets three 30-second time outs per half (if they’re not used, they do not carry over to the second half or overtime). Each team gets a one-minute time out after the end of regulation. **There will be a stopped clock for the last 2 minutes of regulation.** (The clock will stop for plays out of bounds, incomplete passes, penalties, scores, and any time-outs as long as the score is within 8 points or less).

OVERTIME

A coin flip will determine which team has first possession.

Ball is placed at midfield.

The team with the ball has four plays to score.

Afterwards, the opposing team has to match.

If tied after the first overtime, there will be a second and final overtime. The second and final overtime will start from the 25-yard line. The team that had possession to start the first overtime will start on defense.

Opposing team will now take over from the 25-yard line, and run their 4 plays going in the same direction.

Whichever team gains the most yards on 4 plays wins the game.

If both teams are tied after 4 plays, it remains a tie game.

If the ball is intercepted and returned for a touchdown, the game is over.

Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay of game penalty is enforced.

3-30 second timeouts per half and they do not carry over to 2nd half if unused.

SCORING

Touchdown = 6 points

Extra Point:

1 point (played from 4 yard line) or

2 points (played from 10 yard line)

RUNNING

The quarterback cannot run with the ball.

Handoffs, laterals and pitches are allowed as per CIF rules.

The no-running zones located 5 yards from each end zone (as marked) and 5 yards on either side of midfield (midfield-8th grade only)

The player who takes the handoff, lateral or pitch can throw the ball from behind the line of scrimmage.

Once the ball has been handed off, lateraled or pitched, all defensive players are eligible to rush.

Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving).

The rusher is also not allowed to "straight arm."

The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.

If the rusher's flag comes out on its own the rusher is ruled down.

RECEIVING

All players are eligible to receive passes (including the QB, if the ball has been handed off, lateraled or pitched behind the line of scrimmage as per CIF Rules).

Only one player is allowed in motion at a time. A player must have at least one foot inbounds when making a reception.

If a receiver starts a play missing a flag, the receiver is still eligible to make a reception, but is ruled down as soon as the ball is caught.

INTERCEPTIONS

Interceptions may be returned for touchdowns.

If the player who makes the interception has their flag pulled the ball is ruled dead on the spot.

The intercepting team then starts their offensive set of downs at that spot.

DEAD BALLS

The ball must be snapped between the legs, not off to one side, to start play.

Play is ruled "dead" when:

Ball carrier's flag is pulled

Ball carrier steps out of bounds

Touchdown or safety is scored

Ball carrier's knee hits the ground

The ball is accidentally fumbled (no "stripping" the ball by the defense)

RUSHING THE QUARTERBACK

All players who rush the QB must be a minimum of eight yards from the line of scrimmage (as marked by official) when the ball is snapped. Any number of players can rush the QB. Players not rushing the QB may defend the line of scrimmage only until the ball leaves QB hands.

Once the ball is handed off, eight – yard rule no longer is in effect, and all defenders may pass the line of scrimmage. A special marker, or the official, will designate eight yards from the line of scrimmage.

NO BLOCKING, TACKLING, STRAIGHT ARMING OR STRIPPING OF THE BALL IS ALLOWED!

PENALTIES

DEFENSE:

Off sides: (Per CIF Rules):

5 yards

Illegal Contact:

(Illegal use of hands, Holding)

10-yards and automatic 1st down.

Defensive Pass Interference

Spot Foul: Marked at the spot where the infraction occurs and automatic first down. If the infraction occurs in the end zone, it will be an automatic first down and placed at the 4 yard-line.

Illegal Flag pull

(Before receiver has ball)

10 yards and automatic 1st down

Illegal flag

(Flag not on the side, incorrect type of flag, etc.)

Team warning for first offense: 5-yard penalty each time after that. If the ball is intercepted by the offending player, the ball will be placed down at the point of interception.

Illegal rushing

(Starting rush from inside 8-yard marker)

10 yards

Unnecessary roughness

15 yards, automatic 1st down, and possible ejection

Unsportsmanlike conduct

15 yards, automatic 1st down, and possible ejection

OFFENSE:

Illegal motion

(More than one person moving, false start, etc.)

5 yards

Illegal flag

(Flag not on the side, incorrect type of flag, etc.)

5 yards

Illegal forward pass

(Pass thrown beyond line of scrimmage)

5 yards and loss of down

Offensive pass interference

(Illegal-pick play, pushing off/away defender)

10 yards

Flag guarding

10 yards (from the spot of the foul)

Delay of Game

If the ball is not snapped within 30 second of the ball being spotted by the official, the clock stops, and there is a 5-yard penalty.

Unnecessary roughness

15 yards, and possible ejection

Unsportsmanlike conduct

15 yards, and possible ejection

Untucked jersey

1st time warning: 2nd time and thereafter 5 yards.

(Defenders becomes offensive player when they intercept the ball)

Illegal rushing from the no-rush zone

5-yard penalty from the previous spot

Games cannot end on a defensive penalty.

EQUIPMENT/UNIFORM

Cleats are allowed, except for metal spikes. Inspections will be made. All players must wear a protective mouthpiece; there are no exceptions!!

Jerseys must be tucked in.

White Hat Referee will keep Time!

NOTE: THERE ARE NO KICKOFFS, AND NO BLOCKING IS ALLOWED

Timing

Starting in 2015, there will be 3 teams at each site. This will include an individual 6th, 7th, and Varsity team. **6th and 7th grade teams will be made up of grade level players only. The Varsity team will consist of any 6th, 7th, or 8th graders.**

Each team will receive 3-30 second time-outs per half. Time-outs will not carry over from the 1st to 2nd half or into overtime if needed.

In overtime, each team will receive 1-60 second time-out for each of the two overtime periods if necessary.

Starting times for games will be: 2:15, 3:15, and 4:05.

It is asked that coaches make sure their teams are ready to play when their game time arrives.

(Revised 9-16)

Downey Unified School District Middle School Athletic Federation Volleyball Rules:

- 1) Volleyball rule book: The National Federation of State High School Associations
- 2) All courts should be stated in the rulebook.
- 3) The height of the net for both boy and girls shall be 7 feet, 4 1/8 inches, (which is the official girls' height).
- 4) A match is defined as when a team has won two games out of three. The third game shall not be played unless it is necessary to determine the winner of the match.
- 5) Rally scoring-When a team has won two games out of three- 15, 15, and 15.
This scoring starts with Boys Volleyball in 2014 and this will stay in effect for future matches. This is being done since there will now be 3 teams per site. A 6th, 7th, and 8th, grade team per site will compete). **Athletes may only play on their grade level teams.**
Game times will start at 2:15, 3:10, and 4:05.
- 6) Make every attempt to have the court markings as diagrammed in the rulebook. This way, all schools shall be uniform.
- 7) A score-sheet shall be supplied by the host team and kept by the officials' table from at least 20 minutes before each match, throughout the match. It shall provide adequate space for recording rosters, lineups, individual scoring, team scoring, and time outs. The visiting team may maintain a second score sheet at the officials table, that is supplied by the host team, and is official unless the referee determines otherwise.
- 8) The official ball is the Tachikara, SV-5WH. It will be at the official's discretion, to use another ball, if this is not supplied by the home team.
- 9) If a third game is played, teams will switch sides at 8 points.
- 10) Allow teams to choose serve/side as opposed to serve/receive, (as stated in the CIF rulebook), due to the presence of sun and wind.
- 11) There will be "no" rotating on the first side-out.
- 12) Fees paid to the officials will be made at the end of each season.

Downey Unified School District Middle School Athletic Federation Soccer Rules:

All rules in the current National Federation Edition Soccer Rule Book are in effect, with some exceptions.

1. All soccer fields at the middle schools shall be marked.
2. Goal posts on soccer fields must have an 8' bar.
3. The official game ball is any size 5 ball with NFHS Stamp on it, no exceptions.
4. **There will now be two teams per site. A JV team that consists of any 6th or 7th graders, and a Varsity team that consists of any 6th, 7th, or 8th graders.**
5. Section 3—SUBSTITUTIONS—Art. 1—4th Sentence

When there is no separate scorer/timer, incoming substitutions shall report directly to the nearest official.

6. Rule 6—Section 2—Timers

The official time is kept by the referee. This includes any extra time.

7. Rule 7—Section 1—Lengths of Periods/Overtime—Art. 1

Games will start no later than 2:30, with exceptions. The second game should start no later than 5 minutes after the first game.

Game times will be 2:15 and 3:25.

Each game will consist of 2-25 minute halves, (Running Time). There will be a short 5-minute half-time intermission.

If a game should end in a tie, there will be no extra period.

After a short 2-minute break, there will be a penalty shoot-off. 3 players from each team will be appointed for penalty kicks. The Visiting Team will choose which goal to have all of the penalty kicks at. If the game is still tied after the penalty kicks, it will remain as a tie score.

8. ANY OTHER QUESTIONS PLEASE REFER TO THE CURRENT EDITION OF THE NATIONAL FEDERATION SOCCER RULE BOOK.
9. Fees paid to the officials will be made at the end of each season.

Downey Unified School District Middle School Athletic Federation Basketball Rules:

Time Constraints

- a. The timer must be an adult. The timer should work with both scorers, making sure there are no discrepancies. In the event of a discrepancy, the home book will be official.
- b. Time is only stopped for time-outs and injuries.
- c. We will use alternating possession for every jump ball situation: (Exception to this is the start of the game and the start of overtime).
- d. Each team will have 2-30 second time-outs and 3-1 minute time-outs to be used at any time during the game.
- e. Each team will be given 1-30 second time-out and 1-minute time-out during the overtime period. Time-outs not used in regulation will not carry over to the overtime period.
- f. Half-time intermission will be for 5-minutes.
- g. **There will be 3 teams per site that include: A 6th, 7th, and 8th grade team. Athletes may only play on their grade level teams.**
- h. Games will start no later than 2:30, with exceptions.
- i. **Scheduled game times will be 2:15 & 3:25.**

Length of Game/Miscellaneous

- a. Each game will consist of 2-20 minute running halves. There will be a stopped clock for the last 2 minutes of regulation. During the last 2 minutes, the clock will stop on every whistle. This will apply to all games that are within 10 points or less when the game gets to that 2-minute mark or less.
- b. There will only be one overtime period if the game is tied at the end of regulation time. This overtime period will be a 3-minute stopped clock. If the game is tied at the end of overtime, the game will be scored as a tie.
- c. The official game balls are:

Boys' Team: Mikasa, BWL 110
Girls' Team: Mikasa, BWL C110
- d. All officials will be paid at the end of each season.

THERE WILL BE NO PRESSING BY ANY TEAM THAT IS UP BY 20 OR MORE POINTS. A TEAM THAT IS UP BY 20 OR MORE POINTS, AT ANY TIME DURING THE GAME MUST IMMEDIATELY GO BACK AND PLAY DEFENSE ONCE THEIR OPPONENT HAS SECURED THE BALL IN THEIR OWN BACKCOURT. (This also means that when they go back to play defense they must set up their defense below the free-throw line. They can pass the free-throw line when their opponent makes it into their frontcourt). IF BY CHANCE THIS RULE IS ACCIDENTALLY OVERLOOKED, AND THE LEADING TEAM INTERCEPTS THE BALL, CAUSES A TURNOVER, OR EVEN SCORES, THE REFEREES WILL BLOW THE BALL DEAD. THE BALL WILL BE GIVEN IMMEDIATELY TO THE TEAM THAT IS TRAILING. THE LEADING TEAM MUST THEN GO BACK TO PLAY DEFENSE STARTING INSIDE OF THEIR FREE-THROW LINE.

(Revised 1/16)

Downey Unified School District Middle School Athletic Federation Baseball Rules:

All CIF Rules apply with a few exceptions as follows:

1. There will now be two teams per site: A JV Team, which consists of 6th or 7th graders, and a Varsity Team, which consists of 6th, 7th, or 8th graders.
2. Game times will be 2:00 and 3:35 pm.
3. Pitcher is limited to a maximum of six innings pitched per week. Pitch counts as follows.

Varsity	100 pitches max per outing.
JV	85 pitches max per outing.

30 pitches or less (can pitch the next day)
31-50 (one day rest)
51-75 (two days' rest)
76 or more (three days of rest)
4. Batters will come to the plate with a 1 ball and 1 strike count on them.
5. There will be a 12-run mercy rule at the end of the third inning for baseball.
6. Starting game times need to be recorded in official scorebook.
7. Since we will be having two games per site, it is the responsibility of the coach to have rosters and teams ready to start 5 minutes after the first game ends.
8. Varsity games will be played first at each site.
9. Official game ball is "Diamond D-1".
10. Varsity pitchers will use the 54' rubber, and the 80' bases will be used. JV pitchers will use a portable mound set at 48', and the 75' bases will be used.
11. No new inning shall start after 3:25 for the Varsity game and after 4:50 for the JV game.
12. There will be no set amount of innings for an official game.
13. No metal cleats will be worn pitchers during the JV games. They will be using a 48" portable mound for their games.
14. A game will be limited to 6 innings.
15. Officials will be paid at the end of the season.
16. There will be no extra innings. Ties will remain ties!
17. Home team will supply an official if one does not show up.
18. Coaches will be allowed to keep the score if there is nobody else to do this. Home scorebook will still be the official book.

(revised 2/17)

Downey Unified School District Middle School Athletic Federation Softball Rules:

All CIF Rules apply with a few exceptions as follows:

1. There will now be two teams per site: A JV Team, which consists of 6th or 7th graders, and a Varsity Team, which consists of 6th, 7th, or 8th graders.
2. Game times will be 2:00 and 3:35 pm.
3. Pitchers may pitch each day, with no limit on innings pitched.
4. There will be a 12-run mercy rule at the end of the third inning for softball.
5. Batters will come to the plate with a 1 ball and 1 strike count on them.
6. Starting game times need to be recorded in official book.
7. Since we will be having two games per site, it is the responsibility of the coach to have rosters and teams ready to start 5 minutes after the first game ends.
8. Varsity games will be played first at each site.
9. All schools should play games with leather covered softballs-model "Dudley CFP-12".
10. The distance from the front edge of the pitcher's plate to the apex of home plate is 40 feet.
11. Circle at pitcher's mound is 16 feet in diameter.
12. Officials will be paid at the end of the season.
13. No metal cleats worn by any softball players.
14. No new inning shall start after 3:25 for the Varsity game and after 4:50 for the JV game.
15. A game will be limited to 6 innings.
16. There will be no set amount of innings for an official game.
17. There will be no extra innings. Ties will remain ties!
18. Home team will supply an official if one does not show up.
19. Coaches will be allowed to keep the score if nobody else is available. The home scorebook is still the official book.

Downey Unified School District Middle School Athletic Federation Track Rules:

1. THE ORDER OF EVENTS ARE AS FOLLOWS:

MILE- Milers may run together. To be determined by the Meet Director.

110m Hurdles for 6th, 7th and 8th grade boys

100m Hurdles for 6th, 7th, and 8th grade girls

100m

400m

200m

800m

Relay

Shot Put

Long Jump

High Jump

2. CIF Track Rules are in effect, (with exceptions).
3. Coaches should be advised to have runners in shape if they are to run multiple races.
4. Limit field event entries to three (3) for dual meets.
5. Limit running event entries to three (3) for dual meets. (Exception 880 and mile-5 runners).
6. Limit field event entries to two (2) for District Meet.
7. Limit running event entries to two (2) for District Meet.
8. We will try to start field event as close to 2:00 p.m. as possible.
9. Coaches will keep their own scores.
10. Each event has a 1st place winner-(5 points), a 2nd place winner-(3 points), and a 3rd place winner-(1 point).
11. 5 points go to the winning team in a relay, and the losing team gets 0 points.
12. Final decisions on the order of events are determined by the Meet Director.
13. A student must participate in at least one dual meet to be eligible to participate in the District Meet.
14. If a team does not have enough runners for a specific race, the other team is not allowed to fill those un-used lanes.
15. Fees for the Meet Director will be established.

(Revised 9/16)