

SEVENTH, EIGHTH AND NINTH GRADE ACTIVITIES

These regulations apply to all 7th, 8th and 9th grade students participating in Junior High or Middle School programs as well as students participating on exclusively 7th and 8th grade teams under the High School Program. All ninth grade students participating in a high school program will not be restricted by these regulations or the regulations restricting junior high school teams in the National Federation rules books.

A. General philosophy and aims to be considered in the interscholastic activities program for seventh, eighth and ninth grade students:

1. Since there is a great range in individual differences among boys and girls of this age (age; body build; interest; ability; experience; health, and the stages of physiological, emotional and social maturity), the program planned should be based on the principle of "The greatest good to the greatest number of participants involved."
2. The interscholastic athletic program for boys and girls in the seventh, eighth, and ninth grades should supplement, rather than serve as a substitute for, an adequate program of required physical education, intramural and physical recreation for all students.
3. The program must be suited to the needs of boys and girls of this age. It must contribute to desirable growth and development of these participants physically, socially and otherwise. The program must be justified on a basis of contribution to the desirable development of the participants. The welfare of the youth concerned is of greatest importance. All other needs and problems should be secondary.
4. This interschool competitive program should be operated from as broad a base as possible to offer experience to many boys and girls.
5. The program should place considerable emphasis on:
 - a. Companionship among the participants on a squad and among squads of different schools
 - b. Sportsmanship
 - c. Physical skills, techniques and training
 - d. Character development
6. The Executive Committee favors an interscholastic program but feels this program should be carefully controlled, regulated and limited

B. Rules and Regulations:

1. Students below the seventh grade may not participate in interscholastic athletics. Students in grades 7 and 8 will not be permitted to participate on varsity interscholastic teams in football, wrestling, lacrosse and soccer.
2. Participation on junior varsity or "B" teams will be left to the local school authorities. These regulations do not forbid an overlapping of the two "graded" groups on such teams. Schools are reminded that a student may not participate on more than one team and participate in more than one football game or two basketball games per week.
3. It is recommended that athletic contests be played with a start time no later than 4:00 pm.
4. All sports are allowed one scrimmage, one jamboree and two tournaments. A team may not play more than a half of a regulation contest in a jamboree. No exceptions. Schools may charge admission for one scrimmage.
5. All coaches must verify with their principal completion of the online courses "Concussion in Sports", "Heat Illness Prevention" and "Sudden Cardiac Arrest" found at www.nfhslearn.com.

All head coaches must be CPR & AED certified.

6. The eligibility requirements will be substantially the same as for high schools with the following variations:

AGE - A student who becomes 15 years of age prior to July 1 of the upcoming school year, will not be able to compete on an 8th grade and under team in any athletic activities. For a 9th grade and under team, substitute 16 years of age for 15. A student who becomes too old for a 7th and 8th grade team may be considered as enrolled in the 9th grade for eligibility purposes.

ADVANCED PARTICIPATION - A junior high or middle school student promoted to a high school varsity, junior varsity, or other interschool squad, may not return to junior high or middle school competition during the current year in the same sport if he has participated in a game played by the advanced squad.

PLAY-OFFS - No play-off beyond region level is permitted between seventh, eighth and ninth grade teams.

TRAVEL - Junior high and middle schools will not permit their athletic teams to travel more than 150 miles round trip for any contest.

OFFICIALS - Certified athletic officials should be provided in all cases possible. When this is not possible, competent adults should be obtained whom the schools concerned mutually agreed upon in advance. High school students shall not be used as game officials.

C. Game Rules and Game Conditions:

FOOTBALL

1. Practice may begin July 28 (helmets)
First practice in pads August 11 (helmets & shoulder pads)
Practice in full gear August 15
First scrimmage August 24
First contest September 6
Last contest November 2
2. Eligibility forms are due at least 7 days before the first regular season game.
3. No practice session shall exceed two hours in length and no more than one practice may be held in any one day. Practice may be held on 6 days in one week during the preseason. After the first legal playing date, schools will be restricted to 5 practice days per week. A school must hold at least fifteen organized practice sessions before playing its first game.
4. No school team, or individual player, may participate in more than eight games, which shall be scheduled with no more than one game per week. In extreme cases, games may be rescheduled. A minimum of three days must elapse between games.
5. 7th and 8th grade teams shall play eight-minute quarters only.
6. Free substitution is encouraged.
7. No game may end in a tie. The Ten Yard Line Overtime Procedure as printed in the National Federation Football Rules Book will be used.
8. Other than the above, National Federation Rules shall apply.
9. Participation on an outside football team during the school football season is prohibited. Violation of this policy renders a student ineligible to return to his/her team.

VOLLEYBALL

1. Practice may beginJuly 28
First scrimmageAugust 14
First contestAugust 29
Last contestOctober 17
2. Eligibility forms are due at least 7 days before the first regular season match.
3. Schools are limited to 14 play dates including invitational tournaments.

COMPETITIVE CHEER

1. Practice may beginJuly 28
First contestSeptember 6
Last contestNovember 6
2. Eligibility forms are due at least 7 days before the competition.
3. Schools are limited to 6 competitions.

BASKETBALL

1. Practice may beginOctober 30
First scrimmageNovember 6
First contestNovember 27
Last contestFebruary 10
2. Eligibility forms are due at least 7 days before the first regular season game.
3. At least 15 organized practice sessions must be conducted before your first preseason tournament or regular season contest is played. Practice sessions shall not exceed 1-½ hours in length and shall not exceed more than one practice per day. At least 5 practices must be held prior to the scrimmage.
4. No junior high team, middle school team, or individual may participate in more than 14 regular season basketball games and enter more than 2 tournaments, provided one of the tournaments is a region tournament at the conclusion of regular season play.
5. A team may not participate in games on more than two school days (Monday through Friday) in any week nor participate in more than three games in any seven-day period. A student has the same limitation on playing as does a team.
6. A student will be restricted to one game per day except they may play in two games in one day in an invitational tournament. There must be a minimum of one hour's rest between games.
7. The length of quarters shall be 6 minutes and play will be according to National Federation Rules.

WRESTLING

1. Practice may beginOctober 30
First scrimmageNovember 6
First contestNovember 27
Last contestJanuary 27
2. Eligibility forms are due at least 7 days before the first regular season match.

3. The following weight classes will be used: 82, 90, 98, 105, 112, 119, 126, 132, 138, 145, 155, 167, 185 and unlimited. To compete in the unlimited division, a student must weigh a minimum of 185 lbs.
4. Each team is limited to 12 wrestling dates including invitational tournaments.

SOCCER

1. Practice may beginJanuary 29
First scrimmageFebruary 5
First contestFebruary 26
Last contestApril 26
2. Eligibility forms are due at least 7 days before the first regular season match.
3. Schools are limited to 12 matches and two tournaments.
4. A student will be restricted to one game per day except they may play in two games in one day in an invitational tournament. There must be a minimum of one hour's rest between matches.

TRACK AND FIELD

1. Practice may beginJanuary 29
First scrimmageFebruary 5
First contestMarch 5
Last contestMay 4
2. Eligibility forms are due at least 7 days before the first regular season meet.
3. There is no restriction on the number of track meets a school may enter.

BASEBALL AND SOFTBALL

1. Practice may beginJanuary 29
First scrimmageFebruary 5
First contestMarch 5
Last contestApril 24
2. Eligibility forms are due at least 7 days before the first regular season game
3. Schools are limited to 12 baseball and 12 softball games and two tournaments.
4. Games may be scheduled for 5 innings.
5. All games are limited to 2 hours regardless of score.

BOYS GOLF

1. Practice may beginJanuary 29
First scrimmageFebruary 5
First contestMarch 5
Last contestMay 5
2. Eligibility forms are due at least 7 days before the first match.
3. Schools are limited to play dates.