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PEORIA PUBLIC SCHOOLS
MIDDLE SCHOOL ATHLETIC PROGRAM
2014 - 2015

Calvin Coolidge
Harrison
Lincoln
Lindbergh
Manual Academy
Mark Bills
Rolling Acres
Roosevelt
Sterling
Trewyn
Von Steuben
Washington

Officials' Fees

Softball – Plate - \$30.00 & Bases \$17.00
Tournament Softball Finals - \$30.00 and \$17.00

Baseball – Plate - \$35.00 & Bases \$20.00
Tournament Baseball Finals - \$35.00 and \$20.00

Basketball - \$28.00
Tournament Basketball Semi-Finals & Finals - \$28.00

Soccer - \$28.00
Tournament - \$28.00

Volleyball - \$13.00
Tournament Volleyball Semi-Finals & Finals - \$15.50

**MIDDLE SCHOOL ATHLETIC PROGRAM DATES
2014 - 2015**

Aug	25	Mon	Rosters Due – Softball/Baseball
Sept	2	Tues	Softball Season Opens
Sept	3	Wed	Baseball Season Opens
Sept	16	Tues	Softball Tournament both leagues
Sept	17	Wed	Baseball Tournament both leagues
Sept	22	Mon	Rosters Due – Basketball (Girls)
Sept	23	Tues	Basketball Season Begins (Girls)
Sept	26	Fri	Rosters Due – Soccer (Boys)
Sept	30	Tues	Soccer Season Begins (Boys)
Nov	13, 17, 19	R/M/W	Junior Varsity Basketball Tournament
Nov	14, 18, 20	F/T/R	Varsity Basketball Tournament
Dec	1	Mon	Rosters Due – Basketball (Boys)
Dec	4	Thurs	Basketball Season Begins (Boys)
Feb	9, 11, 18	M/W/W	Junior Varsity Basketball Tournament
Feb	10, 12, 19	T/R/R	Varsity Basketball Tournament
Feb	20	Fri	Rosters Due – Volleyball (Girls)
Feb	23	Mon	Volleyball Season Begins (Girls)
Mar	12	Thurs	Volleyball Tournament both leagues
Apr	8	Wed	Rosters Due – Volleyball (Boys)
Apr	13	Mon	Volleyball Season Begins (Boys)
Apr	27	Mon	Rosters Due – Soccer (Girls)
Apr	27	Mon	Soccer Season Begins (Girls)
Apr	28	Tues	Volleyball Tournament both leagues

**PEORIA PUBLIC SCHOOLS
MIDDLE SCHOOL ATHLETIC PROGRAM**

Aims

The District #150 Athletic Program is designed to provide inter-school competition for middle school students in grades 5-8 during the regular school term who attend one of the 12 designated middle school sites listed on page one of this manual.

Objectives

The Middle School Athletic Program objectives are:

1. To improve individual skills in a variety of activities.
2. To provide inter-school levels of play.
3. To provide wholesome and fun activities.
4. To build character, positive attitudes and values.
5. To promote character/team building.

Job Description

JOB TITLE: Coach/Cheerleading Coach

DIVISION: Recreation

QUALIFICATIONS: Education - Certified teacher in School District 150. If a teacher is not available, the Instructional Improvement Officer and school principal may approve:

1. Teacher's Aide
2. College student in recreation, physical education or related field.
3. Other:

Knowledge and Ability - The person selected must have a good understanding of team sports and ability and desire to assist middle school children to develop skills.

Selected Person - Should be neat in appearance, tactful, and show initiative with leadership qualities and ability to work cooperatively with children.

DUTIES: Under the supervision of the school principal, the Coach must:

1. Be prompt and on time to practices and contests.
2. Remain at each contest until the last player leaves or is picked up.
3. Develop good sportsmanship and character in the student athletes.
4. Keep reports of accidents and injuries.
5. Keep equipment and uniforms in good condition.
6. Model the sportsmanship and character we are trying to build in our student athletes.

Ejection of a coach

Any coach removed from a sport by virtue of ejection shall not coach that level in the next game.

(Example: A coach removed from a JV game shall not coach the next JV game. A coach would be allowed to coach in the varsity game after being ejected from the JV game. The JV and varsity are seen as two separate teams.) A coach removed from a game must leave the immediate area and not be within the visual confines of the contest.

Responsibilities of the Coach/Cheerleading Coach

1. Insure and collect from every athlete a sports physical that is kept on file in the office.
2. Be accountable for the conduct of the team.
3. Be responsible to see that all program objectives and rules are observed and honored.
4. Abide by the officials' decisions.
5. Work directly with the school principal notifying him/her of any needed change in a program or schedule due to a conflict.
6. Exhibit good sportsmanship.
7. Be responsible for reporting scores of home games. E-mail in scores promptly to **michael.barber@psd150.org**

Responsibilities of the Principal

1. Select and hire competent coaches to work with the athletic program in his/her school. Coaches who do not currently work for the district must be board approved before they begin work.
2. Be accountable for the conduct of the coach, team members and student body.
3. Be responsible for hosting all home games scheduled in the various sports.
4. Work with the Middle School Athletic Program Committee to plan, implement, and evaluate the total program.
5. Enforce the **eligibility rules** as stated in this manual.
6. Implement all rules and policies as stated in this manual.
7. Send athletic rosters to michael.barber@psd150.org. **Failure to do so will result in forfeiture of all athletic contests until turned in.**
8. Review with coaches the section of the Peoria Public Schools Emergency Control Plan entitled "Severe Weather" (Tornadoes), specifically Section A, Part 3, Item C.
9. Have a procedure for alerting coaches and students outside the building of severe weather and moving them to a place of safety.

Admission Prices

Basketball Admission	\$.50 - Pre-school
	\$ 1.00 - Primary School K-4
	\$ 3.00 - All others

Volleyball Admission \$ 1.00

Senior Citizens (60 or over with proper I.D.) will be admitted free.

District Athletic Passes

During the season/tournament it is limited to use of the District employee ID. Access will be granted to the District employee with the ID badge and one (1) guest. All others must pay for admittance to the games.

Cheerleaders

1. Each school must have a cheerleading squad.
2. All squads will be allowed to cheer at home and away games.
3. **Eight (8) cheerleaders** plus a mascot will be permitted on the gym floor at any given time. All other cheerleaders must be seated in the spectators' area.
4. Home cheerleaders (combined squads) may be allowed to do one dance routine a day. This routine must have the approval of the principal or designee. The principal or designee will determine the appropriate time for the routine to take place.
5. **Mounts and pyramids are not permitted.**

Supervision of Students

All coaches and cheerleading coaches are responsible for the students on their team/squad. Coaches must make sure all students have rides after practices and games (home and away) before leaving for the day/night. Principals, assistant principals, etc. will not be responsible for any student left unattended while under the supervision of a coach/sponsor.

Communication

The school district's email system will be used to send all communications (scores, league standings, rosters, etc.) concerning the athletic program. Please remember, when sending rosters or other information that may have a deadline, email is the best form of communication because it is time stamped.

Scores must be reported before 9:00 a.m. the day after the game. You may report any additional information at this time also. Any scores that are not reported by 9:00 a.m. will be reported on the next report. All scores should be sent to michael.barber@psd150.org

Emergencies

In case of an emergency -- summon the proper aid immediately.

Fire: 674-3131 or **911 for emergency**
674-6615 (West Peoria)

Ambulance: MEDICAR (Peoria Hospitals Mobile Services)
674-3322 or **911 for emergency**

Police: 673-4521 or **911 for emergency**
697-8515 (Peoria County Sheriff)
Greg Collins Office – 672-6855 or 672-6828
Greg Collins Cell – 696-7943

Officials: Scott Donahue – 643-0484

Injury Procedures

Important notice to all employees -- any injury, no matter how slight, **must** be reported to the principal. A written accident report must be filled out immediately by the coach involved.

Snow Removal

Call Peoria Stadium (672-6850) with at least 24 hour advance notice. If personnel are not on duty, you may leave a message on the answering machine.

- a) State your name, telephone number, and the name of your building.
- b) State the time and date of your activity.
- c) Estimate the amount of parking space needed or the number of people expected to attend your activity.
- d) If there are specific parking areas that you would like cleared, please list them.

Severe Weather

Please review with your coaches the section of the Peoria Public Schools EMERGENCY CONTROL PLAN ENTITLED Severe Weather (Tornadoes), specifically Section A, Part 3, Item C.

Be certain you have a procedure for alerting coaches and students outside the building of severe weather and moving them to a place of safety.

Softball games will end immediately if lighting is present. The umpire will make this call.

Athletic Eligibility

Age Requirement

A student whose **15th birthday** is **prior** to **August 15**, at the beginning of the current school year, will ***NOT*** be eligible to participate in the middle school athletic program, including cheerleading. A student in the 5th or 6th grade whose **13th birthday** is prior to **August 15th**, at the beginning of the current school year, will ***NOT*** be allowed to play JV.

Attendance

To participate in any contest, a student athlete must be in attendance 50% of the day a contest is schedule, or 50% of the day before if a contest is to be on a non-school day. Students should be present in school by 11:00 am to be eligible to play. No student may participate if he/she is absent for the entire day of the contest. If a partial day absence is due to illness, personal, or family problems, the principal shall decide if a student may participate.

Exceptions: Roosevelt and Manual Academy eligible times are 11:50 am.

Academic requirements

Eligibility shall be determined weekly during the scheduled season. Ineligibility shall begin the Monday following the report of failing work. Grades should be reported on the last attendance day of the week.

Minimum standards

Students, who receive a cumulative quarterly average of an “F” in **ANY** subject, or more than one “D”, will be ineligible for one week until the student has raised grades to have no more than one “D”. Grades should be taken from Skyward. Athletic eligibility **will not** be based on a semester grade. Eligibility will start over every quarter (previous quarter grades do not affect current eligibility).

The principal is responsible for:

1. Weekly check of grades including specific course requirements being met.
2. Removing suspended students (in season, 1st day of tryouts) from the roster.
3. Distributing the policy and rules sheet as well as concussion information sheet to each coach and ensuring both sheets are signed and on file in the office indicating each student and parent acknowledge and fully understand the eligibility rules of the school as well as concussion procedures. (Forms can be found at the end of the handbook.)

Disciplinary Action

- A student may be declared ineligible, even though academic requirements have been met, if a committed offense is considered gross disobedience or misconduct.
- A policy shall not be interpreted to prohibit a coach from dismissing a student athlete from a sport if there is a violation of the coach/school/district rules.
- The principal or his designee has the final responsibility for the eligibility of the student.
- Student athletes who are suspended from school will be removed from the current athletic team for the remainder of the season which includes the post-season tournament.
- Teams that refuse to accept their trophies or who refuse to show proper sportsmanship during the tournament may be banned from post season play the following year. The athletic committee will make that decision within 30 days of completion of the tournament.

Slow Pitch Softball

The distance for bases is: 60 feet

Pitching distance: 40 feet (Back of home plate and to the front edge of the pitching rubber.)

Each school must have a safety-base to be used as first base. The base will be used in all games. Bases may be obtained from the warehouse.

Softball cancellations will be made via district email as soon as possible before the close of the school day.

Trophies will be awarded to each league winner. The top two teams of each league will participate in the district tournament. Trophies will be awarded to those teams at the tournament.

Home teams should e-mail Mr. Barber at michael.barber@psd150.org to report the scores. Scores must be reported before 9:00 a.m. the following morning. You may report any additional information at this time also. Any scores that are not reported by 9:00 a.m. will be reported on the next report.

SPECIFIC DISTRICT 150 RULES

1. Two officials will be provided for each game.
2. Proper dress for an umpire will consist of light shirt and dark pants or shorts.
3. A one hour and 30 minute time limit will be enforced. No inning may start following the passage of the time limit. **(EXCEPTION: TOURNAMENT PLAY)**
4. The ten (10) run rule will be enforced. A home team that is leading by ten (10) runs after four and one-half (4 1/2) innings, or a visiting team ahead by the ten (10) runs after five innings shall be declared the winner and the game will be terminated at that point in time. **(EXCEPTION: TOURNAMENT PLAY)**
5. A tournament game may be terminated anytime upon the request of the losing coach before the end of 7 innings.
6. Each team must have at least (9) players to begin play (regulation is 10). Play will begin at the scheduled time. If a team doesn't have nine (9) players fifteen (15) minutes after the starting time the game will be called a forfeit.
7. Coaches may end the softball game before 4 1/2 innings if their team is more than 10 runs behind and it appears there is no opportunity to come back to win.
8. **Free substitution on defense is permitted**, between innings, during the permitted two time outs, or during a visit to the pitching mound.
9. The batting order for each team should be listed in the home team's score book prior to the beginning of the game, including shirt #. If a player arrives after the start of the game, he will enter the batting order at the end of the entire order or where substituted. If a player is unable to hit at anytime during the game, (ex. injury) she is then removed from the batting order and unable to hit the rest of the game. She will not be counted as an out each time her turn to bat arrives. She will not play defense.
10. Any type and color of ball glove may be used in any position on the field.
11. All catchers must wear a catcher's mask/helmet (even when warming up a pitcher
12. No metal spikes will be allowed.
13. Each team will provide one **NEW** (1) leather softball.
14. The home team is responsible for the bases, stakes, and the keeping of the "official book."
15. It is recommended that batting helmets have a facemask attached.

16. A base runner that makes contact with a defensive player will be declared out. A flagrant act by a defensive player may also warrant ejection.
17. Contact at home plate must be when a runner is sliding or the player will be called out.
18. Each team will be allowed two (2) time outs per game.
19. A visit to the pitcher is not considered one of the two time outs. The **THIRD** visit to the pitcher in a game will bring about the removal of the pitcher from that position and he/she may not pitch in the game again. This rule will be enforced for all subsequent pitchers.
20. The pitching will be done by members of defensive team. All pitchers are limited to:
 - a. A pitcher may pitch 7 or more innings per game.
 - b. One pitch constitutes having pitched an inning.
 - c. A pitcher may pitch 7 or more innings during a championship game.
21. A player coaching first base must wear a helmet at all times.
22. A player will be automatically out if swinging and missing strike three.

Additional Softball Information:

BATS: Maximum 34 inches in length and no more than 38 ounces and stamped "OFFICIAL SOFTBALL" by the MFG.

BASE STEALING: Stealing is not allowed.

ALL HITTERS AND RUNNERS: Must wear helmets that have extended earflaps that cover both the ears and temples.

CATCHERS: Must wear catcher's mask with helmet.

SOFTBALL: Same ball as fast pitch - 12 inch.

BATTERS: All batters begin with a 0-0 count. There is no 3rd strike foul rule.

Procedure For Rainouts

- If the game is canceled before being started contact Mr. Barber @ michael.barber@psd150.org and a makeup date will be established.
- If the game was started and must be continued at a later date, the teams will have to notify Mr. Barber @ michael.barber@psd150.org and agree upon a make-up date and time.
- The umpire will be paid if the game is started and then rained out.
- The principal(s) or designee(s) will have the final decision on whether or not a game will be called or suspended due to severe weather conditions.
- Umpires will call a game due to lightning.

Forfeiture of a game by a school shall result in payment for any/all officials unless sufficient notice has been given to cancel the officials. (24 hours)

Rain Dates: Mr. Barber will reschedule all rain-outs. Individual schools involved in postponed games are to reschedule the game by mutual agreement prior to Tuesday, September 16.

Call Mr. Barber 689-1100 and Scott Donahue 643-0484 to verify changes in game or securing an umpire. Home teams **must report scores before 9:00 a.m., the day after the game.** You may report any additional information at this time also. Any scores that are not reported by 9:00 a.m. will be reported on the next report. All scores should be sent to michael.barber@psd150.org

A sports physical is required for all athletes before they are allowed to participate in daily practice or any contest. Students are not required to have a sports physical to try out for a particular sport.

American		National	
Calvin Coolidge	Lindbergh	Harrison	Lincoln
Mark Bills	Rolling Acres	Manual	Roosevelt
Von Steuben	Washington	Sterling	Trewyn

Softball Schedule

Games start at 3:30

Home team listed second

Game 1 - Tuesday Sept 2

Visitors	Home		
Lindbergh	Mark Bills	@	Stadium #2
Rolling Acres	Von Steuben	@	Kellar
Coolidge	Washington	@	Stadium #3
Sterling	Harrison	@	Sterling
Lincoln	Roosevelt	@	Stadium #4
Manual	Trewyn	@	Manual

Game 2 - Thursday - Sept 4

Lindbergh	Rolling Acres	@	Kellar
Mark Bills	Coolidge	@	Stadium #2
Von Steuben	Washington	@	Stadium #3
Sterling	Lincoln	@	Sterling
Harrison	Trewyn	@	Stadium #4
Manual	Roosevelt	@	Manual

Game 3 - Monday - Sept 8

Lindbergh	Coolidge	@	Stadium #2
Mark Bills	Von Steuben	@	Kellar
Rolling Acres	Washington	@	Stadium #3
Sterling	Manual	@	Sterling
Harrison	Lincoln	@	Stadium #4
Trewyn	Roosevelt	@	Manual

Game 4 - Wednesday - Sept 10

Von Steuben	Lindbergh	@	Stadium #2
Washington	Mark Bills	@	Kellar
Rolling Acres	Coolidge	@	Stadium #3
Roosevelt	Sterling	@	Sterling
Harrison	Manual	@	Manual
Lincoln	Trewyn	@	Stadium #4

Game 5 - Friday - Sept 12

Washington	Lindbergh	@	Stadium #2
Mark Bills	Rolling Acres	@	Kellar
Coolidge	Von Steuben	@	Stadium #3
Trewyn	Sterling	@	Sterling
Roosevelt	Harrison	@	Stadium #4
Lincoln	Manual	@	Manual

Softball Championships - Tuesday - Sept 16

American League at Kellar Primary

National League at Manual High School

Game time will be at 3:30 pm.

A post season tournament for the top two teams in each league will be held with these stipulations:

- Higher seeded team will be the home team.
- The one hour 30 minute time limit will be waived.
- A tournament game may be terminated at any time upon the request of the losing coach.
- A new leather softball must be used in every tournament game.
- Pitcher may pitch 7 innings of the championship game.

These guidelines have been established in case of a three way tie:

- Head to head competition.
- If a tie still exists, a coin flip will determine who automatically advances to the tournament. The team that automatically advances will be the home team. The remaining two teams will play a one game playoff game to determine the other participant in the tournament.

Trophies for standings

Trophies will be awarded to the teams that place first in each league during the regular season. Trophies will be awarded to the first and second place finishers in the softball tournament.

Ejection of a coach

Any coach removed from a sport by virtue of ejection shall not coach that level in the next game.

(Example: A coach removed from a JV game shall not coach the next JV game. A coach would be allowed to coach in the varsity game after being ejected from the JV game. The JV and varsity are seen as two separate teams.) A coach removed from a game must leave the immediate area and not be within the visual confines of the contest.

Baseball
(Rules courtesy of Peoria Park District)

Players

- Teams can play with a minimum of eight (8). The 9th spot in batting order will be counted as an out. If a team is unable to field eight players defensively at the start of the game it will receive a forfeit loss for that contest. A minimum of eight players must be on the field during the entire game.
- All team players will be active in the batting line-up, and will have an opportunity to bat, during the game. There will be three outs per inning per team. Each team that has at least eight players will bat through its entire roster of available players for each game. The batting order for each team should be listed in the home team's score book prior to the beginning of the game, including shirt #. If a player arrives after the start of the game, he will enter the batting order at the end of the entire order. If a player is unable to hit at any time during the game, (ex. injury) he is then removed from the batting order and unable to hit the rest of the game. He will not be counted as an out each time his turn to bat arrives. He will not play defense.
- Players can be freely substituted into defensive positions at any time during the game if a dead ball situation exists. Players that have already pitched in a game and have been removed cannot re-enter as pitcher in that same game.
- All players must be wearing the shirt and hat provided by their school while on the bench or the playing field. Failure to wear the required shirt and hat will mean the player will not be allowed to play until shirt and hat are worn.
- A player will be removed from the game for: 1). Throwing equipment in anger or disgust, 2). Using profanity or socially unacceptable language while on the bench or playing field. **NO warnings will be issued!**

Games

- No new inning may begin after 1 hour and 30 minutes have elapsed.
- A new inning begins when the final out of the previous inning is made.
- All games will be seven innings except in the following situations:

<u>Situation</u>	<u>Solution</u>
1. Team behind 10+ runs has batted 4 times	Game is over and complete
2. Game tied at the end of the time limit	Game will go into extra innings.
3. Team cannot field eight (8) players to start game game over	Forfeit win to team that has enough players –
4. Game has gone 1 hour 30 minutes.	No new innings may begin unless tie game
5. Coach may forfeit the game at anytime.	

Play

- Base length will be 80 feet
- Pitching rubber will be 54 feet from the back end of the home plate
- There shall be a player in each defensive position: **pitcher, catcher, (4) infielders, (3) outfielders.** All infielders will play normal positions. Catcher needs to wear protective equipment and be behind the plate.
- The pitching will be done by members of defensive team. All pitchers are limited to:
 1. No more than **three (3)** innings per game.
 2. There is a limit to the amount of innings a pitcher may pitch in a week which is 6. However if they pitch 3 or more innings in a game they may not pitch the next day.
 3. One pitch constitutes having pitched an inning.
 4. During the championship game a pitcher may pitch 7 innings.
- All runners are required to slide or avoid contact with the fielder in any play at 2nd or 3rd base or home plate.
- Balks will be called by the umpire after one warning per pitcher throughout the entire season.

- Courtesy runner only applies to the catcher. It must be a player not in the game or the player who made the last out.
- Bat barrel cannot be larger than 2 5/8 and must follow all high school bat restrictions.
- **Metal spikes are not allowed.**
- All other rules will be the same as in the IHSA Rules Handbook as governed by the National Federation.

Procedure for Rainouts

- If the game is canceled before being started contact Mr. Barber at michael.barber@psd150.org and a makeup date will be established.
- If the game was started and must be continued at a later date, the teams will have to notify Mr. Barber at michael.barber@psd150.org and agree upon a make-up date and time.
- The umpire will be paid if the game is started and then rained out.
- The principal(s) or designee(s) will have the final decision on whether or not a game will be called or suspended due to severe weather conditions.
- Umpires will call a game due to lightning.

Forfeiture of a game by a school shall result in payment for any/all officials unless sufficient notice has been given to cancel the officials. (24 hours)

Rain Dates: Mr. Barber will reschedule all rain-outs. Individual schools involved in postponed games are to reschedule the game by mutual agreement prior to Tuesday, September 16.

Call Mr. Barber 689-1100 and Scott Donahue 643-0484 to verify changes in game or securing an umpire. Home teams **must report scores before 9:00 a.m., the day after the game.** You may report any additional information at this time also. Any scores that are not reported by 9:00 a.m. will be reported on the next report. All scores should be sent to michael.barber@psd150.org. Any scores that are not reported by 9:00 a.m. will be reported on the next report.

A sports physical is required for all athletes before they are allowed to participate in daily practice or any contest. Students are not required to have a sports physical to try out for a particular sport.

Middle School Boys' Baseball Practice Sites

<u>School</u>	<u>Partial Practice - Fielding</u>	<u>Batting/Fielding Field</u>
Trewyn	Trewyn	Trewyn
Calvin Coolidge	Calvin Coolidge	Franciscan Complex ^
Roosevelt	Proctor Center	Proctor Center
Sterling	Sterling	Sterling
Washington	Washington	Washington
Mark Bills	Mark Bills	Mark Bills
Rolling Acres	Rolling Acres	Kellar
Lindbergh	Lindbergh	Lindbergh
Von Steuben	Von Steuben ^	Von Steuben
Lincoln	Woodruff High ^	Woodruff or Glen Oak Park

^ notes outside batting cage is located at the facility

American		National	
Calvin Coolidge	Lindbergh	Harrison	Lincoln
Mark Bills	Rolling Acres	Manual	Roosevelt
Von Steuben	Washington	Sterling	Trewyn

Boys' Baseball

Games start at 3:30

Home team listed second

Visitors

Home

Game 1 - Wednesday - Sept 3

Mark Bills	Lindbergh	@	Richwoods
Von Steuben	Rolling Acres	@	Glen Oak #1
Washington	Coolidge	@	Bradley
Harrison	Sterling	@	Sterling
Roosevelt	Lincoln	@	Woodruff (Adams St.)
Trewyn	Manual	@	Manual

Game 2 - Friday - Sept 5

Rolling Acres	Lindbergh	@	Richwoods
Coolidge	Mark Bills	@	Bradley
Washington	Von Steuben	@	Glen Oak #1
Lincoln	Sterling	@	Sterling
Trewyn	Harrison	@	Woodruff (Adams St.)
Roosevelt	Manual	@	Manual

Game 3 - Tuesday - Sept 9

Coolidge	Lindbergh	@	Bradley
Von Steuben	Mark Bills	@	Richwoods
Washington	Rolling Acres	@	Glen Oak #1
Manual	Sterling	@	Manual
Lincoln	Harrison	@	Sterling
Roosevelt	Trewyn	@	Woodruff (Adams St.)

Game 4 - Thursday - Sept 11

Lindbergh	Von Steuben	@	Glen Oak #1
Mark Bills	Washington	@	Richwoods
Coolidge	Rolling Acres	@	Bradley
Sterling	Roosevelt	@	Sterling
Manual	Harrison	@	Manual
Trewyn	Lincoln	@	Woodruff (Adams St.)

Game 5 - Monday - Sept 15

Lindbergh	Washington	@	Glen Oak #1
Rolling Acres	Mark Bills	@	Richwoods
Von Steuben	Coolidge	@	Bradley
Sterling	Trewyn	@	Sterling
Harrison	Roosevelt	@	Woodruff (Adams St.)
Manual	Lincoln	@	Manual

Baseball Championships - Wednesday - Sept 17

National League Championship will be played at Woodruff Field (Adams St.)

American League Championship will be played at Richwoods

Game time will be at 3:30 pm.

A post season tournament for the top two teams in each league will be held with these stipulations:

- Higher seeded team will be the home team.
- The one hour 30 minute time limit will be waived.
- A tournament game may be terminated at any time upon the request of the losing coach.
- A new baseball must be used in every tournament game.

These guidelines have been established in case of a three way tie:

1. Head to head competition.
2. If a tie still exists, a coin flip will determine who automatically advances to the tournament. The team that automatically advances will be the home team. The remaining two teams will play a one game playoff game to determine the other participant in the tournament.

Trophies for standings

Trophies will be awarded to the teams that place first in each league during the regular season. Trophies will be awarded to the first and second place finishers in the softball tournament.

Ejection of a coach

Any coach removed from a sport by virtue of ejection shall not coach that level in the next game.

(Example: A coach removed from a JV game shall not coach the next JV game. A coach would be allowed to coach in the varsity game after being ejected from the JV game. The JV and varsity are seen as two separate teams.) A coach removed from a game must leave the immediate area and not be within the visual confines of the contest.

Boys' Soccer

A sports physical is required for all athletes before they are allowed to participate in daily practice or any contest. Students are not required to have a sports physical to try out for a particular sport.

Forfeiture of a game by a school shall result in payment for any/all officials unless sufficient notice has been given to cancel the officials. (24 hours)

Home teams should e-mail Mr. Barber at michael.barber@psd150.org to report the scores. Scores must be reported before 9:00 a.m. the following morning. You may report any additional information at this time also. Any scores that are not reported by 9:00 a.m. will be reported on the next report.

National

Harrison
Lincoln
Manual
Roosevelt
Sterling
Trewyn

American

Calvin Coolidge
Lindbergh
Mark Bills
Rolling Acres
Von Steuben
Washington

Boys' Soccer

All soccer games begin at 3:30

Game 1 - Tuesday - Sept 30

Lindbergh	Mark Bills	@	Sterling #1
Rolling Acres	Von Steuben	@	Sterling #2
Coolidge	Washington	@	Sterling #3
Sterling	Harrison	@	Sterling #4
Lincoln	Roosevelt	@	Trewyn #1
Manual	Trewyn	@	Trewyn #2

Game 2 - Friday - Oct 3

Lindbergh	Rolling Acres	@	Sterling #2
Mark Bills	Coolidge	@	Sterling #3
Von Steuben	Washington	@	Sterling #4
Sterling	Lincoln	@	Sterling #1
Harrison	Trewyn	@	Trewyn #1
Manual	Roosevelt	@	Trewyn #2

Game 3 - Tuesday - Oct 7

Lindbergh	Coolidge	@	Sterling #3
Mark Bills	Von Steuben	@	Sterling #4
Rolling Acres	Washington	@	Sterling #1
Sterling	Manual	@	Sterling #2
Harrison	Lincoln	@	Trewyn #1
Trewyn	Roosevelt	@	Trewyn #2

Game 4 - Friday - Oct 10

Lindbergh	Von Steuben	@	Sterling #4
Mark Bills	Washington	@	Sterling #1
Rolling Acres	Coolidge	@	Sterling #2
Sterling	Roosevelt	@	Sterling #3
Harrison	Manual	@	Trewyn #1
Lincoln	Trewyn	@	Trewyn #2

Game 5 - Wednesday - Oct 15

Lindbergh	Washington	@	Sterling #1
Mark Bills	Rolling Acres	@	Sterling #2
Coolidge	Von Steuben	@	Sterling #3
Sterling	Trewyn	@	Sterling #4
Harrison	Roosevelt	@	Trewyn #1
Lincoln	Manual	@	Trewyn #2

Championship – Friday, October 17
National #2 VS National #1
American #2 VS American #1

Championship games will be played at Sterling Middle School.

BASKETBALL

General Information

A sports physical is required for all athletes before they are allowed to participate in daily practice or any contest. Students are not required to have a sports physical to try out for a particular sport.

Forfeiture of a game by a school shall result in payment for any/all officials unless sufficient notice has been given to cancel the officials. (24 hours)

Home teams should e-mail Mr. Barber at michael.barber@psd150.org to report the scores. Scores must be reported before 9:00 a.m. the following morning. You may report any additional information at this time also. Any scores that are not reported by 9:00 a.m. will be reported on the next report.

Exhibition games must be approved by the building principal.

Girls and boys will have two teams: a 5th and 6th grade team (junior varsity) and a 7th and 8th grade team (varsity).

Playing ineligible players due to age, playing in both varsity and junior varsity games or for academic reasons will result in the forfeiture of all games the player played in during the time of ineligibility.

A player may only play in four quarters per day unless there is an overtime situation. No player may play on the junior varsity and the varsity the same night for any reason. Forfeiture of the games will be a consequence of playing illegal players.

Remember this is a middle school athletic program for players in grades 5 - 8 only who attend one of the 12 middle school sites listed in this manual. No student enrolled in 4th grade or below may participate.

Each game is to begin with both teams shaking hands as a sign of good sportsmanship. This eliminates the need for a post-game handshake.

Important roster information

Rosters should be submitted to Mr. Barber at michael.barber@psd150.org **prior** to the first game of the season. Names for rosters should be taken from **SKYWARD** and include last name, first name, middle initial and date of birth.

Additions to any roster may be made by sending the player's name and information to Mr. Barber at michael.barber@psd150.org. A new player may not play until they have officially been added to the roster. All games played will be forfeited if a player submitted for approval plays before the approval is given.

Any ineligible player who participates in a junior varsity or varsity contest or who has not been playing according to the above roster rules will result in forfeiture of all games in which the player participated.

A team with 7 or fewer eligible players may petition their principal for additional players. The principal may then petition the middle school athletic director for permission to use "non rostered" players. Such permission may be granted on a week to week basis.

Transfer Students

Students transferring between schools, or that are new to your school, may be eligible to play in a sport for the new school if the student meets all of the eligibility requirements of age, academic, etc. In addition, the principal must notify Mr. Barber and obtain approval before the student is allowed to play in any competition.

Home Team Responsibilities

- Have table set up, time clock, scoreboard and score book available.
- Only official timers and scorekeepers will be allowed at the official's table. Students are not allowed to be either the official scorekeeper or timer. Please keep table area clear and visible for officials and all concerned. The scorer's table is considered a neutral area -- there is to be no coaching from the scorer's table.
- Every game is to begin promptly at the scheduled time.

Scorekeeper's Duties

- Keep official score book in order and properly recorded at all times.
- All players must be listed in the score book three (3) minutes before the game.
- Notify officials of seventh and tenth team foul.
- Have the score book signed by both officials.

Playing Regulations

The official rules for all basketball contests shall be the Illinois High School Association Rules for the current year except herein:

- The home team will provide a leather or simulated leather regulation basketball for games. If in the opinion of the official, the home team's ball is not regulation, he may choose to use a visiting team's ball.
- Officials should be advised before the game by the timer and scorer as to what device will be used regarding game time, substitutions, etc.

- All games shall consist of four periods, each six (6) minutes in length. A rest period of (1) minute shall follow the first and third periods and a rest period of ten (10) minutes shall follow the second period, unless both coaches agree to a shorter time. If the score is tied at the end of the fourth period, a rest period of one (1) minute shall follow any and all subsequent periods of play. Overtime periods shall be three (3) minutes in duration.
- An individual knowledgeable of scoring procedures must be present at the score table and should be the official scorer.
- The rule regarding numbers and colors of uniforms as stated in the IHSA rule book shall not apply.
- Each team is allowed three (3) full time outs and two (2) twenty second time outs according to current rules.

30 Point Rule

When a team reaches the point of being 30 points ahead in the game, from that point on, the team in the lead may not pick up defensively until 1/2 court. In addition the clock will run, except for timeouts. The scoring table must notify the referees of the 30 point difference at the next dead ball by sounding the horn and calling the referees to the table. The referees will then inform both coaches of the situation. Violation of the no full court press rule will result in a direct technical foul on the head coach. The clock will continue to run for the remainder of the game regardless of the score.

Coaches may request permission to run the clock before the 30 point spread is achieved. Both coaches must agree to running the clock prior to the 30 point rule taking effect. Principals may also make the decision to have the clock continue to run if it appears the game is lopsided in favor of one team.

Protests

All protests must be put in writing and submitted to Mr. Barber within 48 hours of the contest. Protests based on plays which involve an official's judgment are not permitted.

Ejection of a coach

Any coach removed from a sport by virtue of ejection shall not coach that level in the next game. (Example: A coach removed from a JV game shall not coach the next JV game. A coach would be allowed to coach in the varsity game after being ejected from the JV game. The JV and varsity are seen as two separate teams.) A coach removed from a game must leave the immediate area and not be within the visual confines of the contest.

Pressing During Junior Varsity Games

1. In order to establish a flow to the junior varsity basketball games, the following rules will be followed:
 - a. There will be **no full** court pressing of the opponent allowed during the first half (full 2 quarters) of the Boys/Girls junior varsity basketball games.
 - b. Half court trapping is allowed during the entire game.
 - c. A full court press may be utilized by a team during any time of the third or fourth quarters of the junior varsity contest.
2. Once a rebound has been established, all opposing players must drop back to half court before resuming a defensive position.
3. Full court pressing is allowed during all junior varsity tournament games.

Each team will play teams in their respective division twice and the other division once throughout the season.

Home teams **must report scores before 9:00 a.m., the day after the game.** You may report any additional information at this time also. Any scores that are not reported by 9:00 a.m. will be reported on the next report. All scores should be sent to michael.barber@psd150.org. Mr. Barber can be reached at 689-1100 with any questions.

All teams shall shake hands as a gesture of good sportsmanship -- before each game. This eliminates the after game handshake.

Girls' Basketball

National

Calvin Coolidge
Harrison
Lincoln
Manual
Roosevelt
Trewyn

American

Lindbergh
Mark Bills
Rolling Acres
Sterling
Von Steuben
Washington

A sports physical is required for all athletes before they are allowed to participate in daily practice or any contest. Students are not required to have a sports physical to try out for a particular sport.

Forfeiture of a game by a school shall result in payment for any/all officials unless sufficient notice has been given to cancel the officials. (24 hours)

Home teams should e-mail Mr. Barber at michael.barber@psd150.org to report the scores. Scores must be reported before 9:00 a.m. the following morning. You may report any additional information at this time also. Any scores that are not reported by 9:00 a.m. will be reported on the next report.

Girls' Basketball Schedule

Games start at 3:30

Home team listed second

Game 1 - Tuesday - Sept 23

Mark Bills @ Lindbergh
Von Steuben @ Rolling Acres
Washington @ Sterling
Harrison @ Coolidge
Roosevelt @ Lincoln
Trewyn @ Manual

Game 2 - Thursday - Sept 25

Rolling Acres @ Lindbergh
Sterling @ Mark Bills
Von Steuben @ Washington
Coolidge @ Lincoln
Trewyn @ Harrison
Manual @ Roosevelt

Game 3 - Monday - Sept 29

Lindbergh @ Coolidge
Mark Bills @ Harrison
Lincoln @ Rolling Acres
Manual @ Sterling
Roosevelt @ Von Steuben
Washington @ Trewyn

Game 4 - Thursday - Oct 2

Lindbergh @ Sterling
Mark Bills @ Von Steuben
Washington @ Rolling Acres
Coolidge @ Manual
Harrison @ Lincoln
Roosevelt @ Trewyn

Game 5 - Monday - Oct 6

Von Steuben @ Lindbergh
Washington @ Mark Bills
Rolling Acres @ Sterling
Coolidge @ Roosevelt
Manual @ Harrison
Trewyn @ Lincoln

Game 6 - Thursday - Oct 9

Harrison @ Lindbergh
Lincoln @ Mark Bills
Rolling Acres @ Manual
Sterling @ Roosevelt
Trewyn @ Von Steuben
Coolidge @ Washington

Game 7 - Tuesday - Oct 14

Washington @ Lindbergh
Mark Bills @ Rolling Acres
Von Steuben @ Sterling
Trewyn @ Coolidge
Roosevelt @ Harrison
Manual @ Lincoln

Game 8 - Thursday - Oct 16

Lindbergh @ Mark Bills
Rolling Acres @ Von Steuben
Sterling @ Washington
Coolidge @ Harrison
Lincoln @ Roosevelt
Manual @ Trewyn

Game 9 - Monday - Oct 20

Lindbergh @ Lincoln
Manual @ Mark Bills
Roosevelt @ Rolling Acres
Trewyn @ Sterling
Von Steuben @ Coolidge
Washington @ Harrison

Game 10 - Wednesday - Oct 22

Lindbergh @ Rolling Acres
Mark Bills @ Sterling
Washington @ Von Steuben
Lincoln @ Coolidge
Harrison @ Trewyn
Roosevelt @ Manual

Game 11 - Monday - Oct 27

Manual @ Lindbergh
Mark Bills @ Roosevelt
Rolling Acres @ Trewyn
Sterling @ Coolidge
Harrison @ Von Steuben
Lincoln @ Washington

Game 12 - Thursday - Oct 30

Sterling @ Lindbergh
Von Steuben @ Mark Bills
Rolling Acres @ Washington
Manual @ Coolidge
Lincoln @ Harrison
Trewyn @ Roosevelt

Game 13 - Monday - Nov 3

Lindbergh @ Roosevelt
Trewyn @ Mark Bills
Coolidge @ Rolling Acres
Harrison @ Sterling
Von Steuben @ Lincoln
Washington @ Manual

Game 14 - Thursday - Nov 6

Lindbergh @ Von Steuben
Mark Bills @ Washington
Sterling @ Rolling Acres
Roosevelt @ Coolidge
Harrison @ Manual
Lincoln @ Trewyn

Game 15 - Monday - Nov 10

Trewyn @ Lindbergh
Mark Bills @ Coolidge
Rolling Acres @ Harrison
Sterling @ Lincoln
Von Steuben @ Manual
Roosevelt @ Washington

Game 16 - Wednesday - Nov 12

Lindbergh @ Washington
Rolling Acres @ Mark Bills
Sterling @ Von Steuben
Coolidge @ Trewyn
Harrison @ Roosevelt
Lincoln @ Manual

JV tournament - Thursday - Nov 13, Monday - Nov 17 & Wednesday Nov 19

Varsity tournament - Friday - Nov 14, Tuesday - Nov 18 & Thursday - Nov 20

Girls' city tournament information
Top six qualify

Final 4 games played at Lincoln Middle School
First game 3:30

Games 1 and 2 will be played at the higher seeded school

Girls basketball (5/6 grade)

Girls basketball (7/8 grade)



Loser game 3 vs loser game 4 (third place)

Winner game 3 vs winner game 4 (championship)

Free throw contest will be the first night of the tournament (junior varsity team and varsity team) beginning at 3:00 pm. It will be concluded before the start of the first tournament game.

Boys' Basketball

National

Calvin Coolidge
Harrison
Lincoln
Manual
Roosevelt
Trewyn

American

Lindbergh
Mark Bills
Rolling Acres
Sterling
Von Steuben
Washington

A sports physical is required for all athletes before they are allowed to participate in daily practice or any contest. Students are not required to have a sports physical to try out for a particular sport.

Forfeiture of a game by a school shall result in payment for any/all officials unless sufficient notice has been given to cancel the officials. (24 hours)

Home teams should e-mail Mr. Barber at michael.barber@psd150.org to report the scores. Scores must be reported before 9:00 a.m. the following morning. You may report any additional information at this time also. Any scores that are not reported by 9:00 a.m. will be reported on the next report.

All teams shall shake hands as a gesture of good sportsmanship -- before each game. This eliminates the after game handshake.

Boys' Basketball Schedule

Games start at 3:30

Home team listed second

Game 1 - Thursday - Dec 4

Lindbergh @ Mark Bills
Rolling Acres @ Von Steuben
Sterling @ Washington
Coolidge @ Harrison
Lincoln @ Roosevelt
Manual @ Trewyn

Game 2 - Monday - Dec 8

Lindbergh @ Rolling Acres
Mark Bills @ Sterling
Washington @ Von Steuben
Lincoln @ Coolidge
Harrison @ Trewyn
Roosevelt @ Manual

Game 3 - Thursday - Dec 11

Coolidge @ Lindbergh
Harrison @ Mark Bills
Rolling Acres @ Lincoln
Sterling @ Manual
Von Steuben @ Roosevelt
Trewyn @ Washington

Game 4 - Monday - Dec 15

Sterling @ Lindbergh
Von Steuben @ Mark Bills
Rolling Acres @ Washington
Manual @ Coolidge
Lincoln @ Harrison
Trewyn @ Roosevelt

Game 5 - Thursday - Dec 18

Lindbergh @ Von Steuben
Mark Bills @ Washington
Sterling @ Rolling Acres
Roosevelt @ Coolidge
Harrison @ Manual
Lincoln @ Trewyn

Game 6 - Tuesday - Jan 6

Lindbergh @ Harrison
Mark Bills @ Lincoln
Rolling Acres @ Manual
Roosevelt @ Sterling
Von Steuben @ Trewyn
Washington @ Coolidge

Game 7 - Thursday - Jan 8

Lindbergh @ Washington
Rolling Acres @ Mark Bills
Sterling @ Von Steuben
Coolidge @ Trewyn
Harrison @ Roosevelt
Lincoln @ Manual

Game 8 - Monday - Jan 12

Mark Bills @ Lindbergh
Von Steuben @ Rolling Acres
Washington @ Sterling
Harrison @ Coolidge
Roosevelt @ Lincoln
Trewyn @ Manual

Game 9 - Thursday - Jan 15

Lincoln @ Lindbergh
Mark Bills @ Manual
Rolling Acres @ Roosevelt
Sterling @ Trewyn
Coolidge @ Von Steuben
Harrison @ Washington

Game 10 - Tuesday - Jan 20
Rolling Acres @ Lindbergh
Sterling @ Mark Bills
Von Steuben @ Washington
Coolidge @ Lincoln
Trewyn @ Harrison
Manual @ Roosevelt

Game 11 - Thursday - Jan 22
Lindbergh @ Manual
Roosevelt @ Mark Bills
Trewyn @ Rolling Acres
Coolidge @ Sterling
Von Steuben @ Harrison
Washington @ Lincoln

Game 12 - Monday - Jan 26
Lindbergh @ Sterling
Mark Bills @ Von Steuben
Washington @ Rolling Acres
Coolidge @ Manual
Harrison @ Lincoln
Roosevelt @ Trewyn

Game 13 - Thursday - Jan 29
Roosevelt @ Lindbergh
Mark Bills @ Trewyn
Rolling Acres @ Coolidge
Sterling @ Harrison
Lincoln @ Von Steuben
Manual @ Washington

Game 14 - Monday - Feb 2
Von Steuben @ Lindbergh
Washington @ Mark Bills
Rolling Acres @ Sterling
Coolidge @ Roosevelt
Manual @ Harrison
Trewyn @ Lincoln

Game 15 - Wednesday - Feb 4
Lindbergh @ Trewyn
Coolidge @ Mark Bills
Harrison @ Rolling Acres
Lincoln @ Sterling
Manual @ Von Steuben
Washington @ Roosevelt

Game 16 - Thursday - Feb 5
Washington @ Lindbergh
Mark Bills @ Rolling Acres
Von Steuben @ Sterling
Trewyn @ Coolidge
Roosevelt @ Harrison
Manual @ Lincoln

JV tournament – Mon. – Feb 9, Wed. – Feb 11 & Wed. – Feb 18

Varsity tournament – Tues. – Feb 10, Thurs. – Feb 12 & Thurs. Feb – 19

Boys' city tournament information
Top six qualify
Games played at Roosevelt Magnet School
First game 3:30

Games 1 and 2 will be played at the higher seeded school

Boys basketball (5/6 grade)

Boys basketball (7/8 grade)

2/10/15



Loser game 3 vs loser game 4 (third place)

Winner game 3 vs winner game 4 (championship)

Free throw contest will be the first night of the tournament (junior varsity team and varsity team) beginning at 3:00 pm. It will be concluded before the start of the first tournament game.

2014 VOLLEYBALL (Girls/Boys)

A sports physical is required for all athletes before they are allowed to participate in daily practice or any contest. Students are not required to have a sports physical to try out for a particular sport.

Forfeiture of a game by a school shall result in payment for any/all officials unless sufficient notice has been given to cancel the officials. (24 hours)

Home teams should e-mail Mr. Barber at michael.barber@psd150.org to report the scores. Scores must be reported before 9:00 a.m. the following morning. You may report any additional information at this time also. Any scores that are not reported by 9:00 a.m. will be reported on the next report.

Schools are required to fill a JV roster. JV match begins after the varsity match is complete. Rally scoring will be used in all matches.

All matches begin at 3:30. There is a two-minute intermission between games. In order to speed play so that schools are not competing until after 6:00 p.m., each team will be allowed a five minute warm-up time prior to their match.

American		National	
Lindbergh	Mark Bills	Calvin Coolidge	Harrison
Rolling Acres	Sterling	Lincoln	Manual
Von Steuben	Washington	Roosevelt	Trewyn

Girls' Volleyball Schedule

Games start at 3:30

Home team listed second

Game 1 - Monday - Feb 23

Lindbergh @ Mark Bills
Rolling Acres @ Von Steuben
Sterling @ Washington
Coolidge @ Harrison
Lincoln @ Roosevelt
Manual @ Trewyn

Game 2 - Thursday - Feb 26

Lindbergh @ Rolling Acres
Mark Bills @ Sterling
Von Steuben @ Washington
Coolidge @ Lincoln
Harrison @ Trewyn
Manual @ Roosevelt

Game 3 - Tuesday - Mar 3

Lindbergh @ Sterling
Mark Bills @ Von Steuben
Rolling Acres @ Washington
Coolidge @ Manual
Harrison @ Lincoln
Trewyn @ Roosevelt

Game 4 - Thursday - Mar 5

Von Steuben @ Lindbergh
Washington @ Mark Bills
Rolling Acres @ Sterling
Roosevelt @ Coolidge
Harrison @ Manual
Lincoln @ Trewyn

Game 5 - Monday - Mar 9

Washington @ Lindbergh
Mark Bills @ Rolling Acres
Sterling @ Von Steuben
Trewyn @ Coolidge
Roosevelt @ Harrison
Lincoln @ Manual

Volleyball Tournament Information

Tournaments will be held at the League Champion School. Trophies will be presented to the four teams of the tournament and the top finisher of each league.

NOTE - Coaches, principals, or designees, and referees from final four teams will each vote for sportsmanship award to be given at conclusion of the tournament.

Championship - Thursday, March 12, 2015

**AMERICAN LEAGUE #2 VS AMERICAN LEAGUE #1
NATIONAL LEAGUE #2 VS NATIONAL LEAGUE #1**

American		National	
Lindbergh	Mark Bills	Calvin Coolidge	Harrison
Rolling Acres	Sterling	Lincoln	Manual
Von Steuben	Washington	Roosevelt	Trewyn

Boys' Volleyball Schedule

Games start at 3:30

Home team listed second

Game 1 - Monday – Apr 13

Mark Bills @ Lindbergh
Von Steuben @ Rolling Acres
Washington @ Sterling
Harrison @ Coolidge
Roosevelt @ Lincoln
Trewyn @ Manual

Game 2 - Thursday – Apr 16

Rolling Acres @ Lindbergh
Sterling @ Mark Bills
Washington @ Von Steuben
Lincoln @ Coolidge
Trewyn @ Harrison
Roosevelt @ Manual

Game 3 – Monday – Apr 20

Sterling @ Lindbergh
Von Steuben @ Mark Bills
Washington @ Rolling Acres
Manual @ Coolidge
Lincoln @ Harrison
Roosevelt @ Trewyn

Game 4 – Wednesday – Apr 22

Lindbergh @ Von Steuben
Mark Bills @ Washington
Sterling @ Rolling Acres
Coolidge @ Roosevelt
Manual @ Harrison
Trewyn @ Lincoln

Game 5 – Friday – Apr 24

Lindbergh @ Washington
Rolling Acres @ Mark Bills
Von Steuben @ Sterling
Coolidge @ Trewyn
Harrison @ Roosevelt
Manual @ Lincoln

Volleyball Tournament Information

Tournaments will be held at the League Champion School. Trophies will be presented to the four teams of the tournament and the top finisher of each league.

NOTE - Coaches, principals, or designees, and referees from final four teams will each vote for sportsmanship award to be given at conclusion of the tournament.

Championship – Tuesday April 28, 2015

**AMERICAN LEAGUE #2 VS AMERICAN LEAGUE #1
NATIONAL LEAGUE #2 VS NATIONAL LEAGUE #1**

Girls' Soccer

A sports physical is required for all athletes before they are allowed to participate in daily practice or any contest. Students are not required to have a sports physical to try out for a particular sport.

Forfeiture of a game by a school shall result in payment for any/all officials unless sufficient notice has been given to cancel the officials. (24 hours)

Home teams should e-mail Mr. Barber at michael.barber@psd150.org to report the scores. Scores must be reported before 9:00 a.m. the following morning. You may report any additional information at this time also. Any scores that are not reported by 9:00 a.m. will be reported on the next report.

American		National	
Calvin Coolidge	Lindbergh	Harrison	Lincoln
Mark Bills	Rolling Acres	Manual	Roosevelt
Von Steuben	Washington	Sterling	Trewyn

Girls' Volleyball Schedule

Games start at 3:30

Game 1 - Monday - Apr 27

Lindbergh	Mark Bills	@	Sterling #1
Rolling Acres	Von Steuben	@	Sterling #2
Coolidge	Washington	@	Sterling #3
Sterling	Harrison	@	Sterling #4
Lincoln	Roosevelt	@	Trewyn #1
Manual	Trewyn	@	Trewyn #2

Game 2 - Thursday - Apr 30

Lindbergh	Rolling Acres	@	Sterling #2
Mark Bills	Coolidge	@	Sterling #3
Von Steuben	Washington	@	Sterling #4
Sterling	Lincoln	@	Sterling #1
Harrison	Trewyn	@	Trewyn #1
Manual	Roosevelt	@	Trewyn #2

Game 3 - Monday - May 4

Lindbergh	Coolidge	@	Sterling #3
Mark Bills	Von Steuben	@	Sterling #4
Rolling Acres	Washington	@	Sterling #1
Sterling	Manual	@	Sterling #2
Harrison	Lincoln	@	Trewyn #1
Trewyn	Roosevelt	@	Trewyn #2

Game 4 - Thursday - May 7

Lindbergh	Von Steuben	@	Sterling #4
Mark Bills	Washington	@	Sterling #1
Rolling Acres	Coolidge	@	Sterling #2
Sterling	Roosevelt	@	Sterling #3
Harrison	Manual	@	Trewyn #1
Lincoln	Trewyn	@	Trewyn #2

Game 5 - Monday - May 11

Lindbergh	Washington	@	Sterling #1
Mark Bills	Rolling Acres	@	Sterling #2
Coolidge	Von Steuben	@	Sterling #3
Sterling	Trewyn	@	Sterling #4
Harrison	Roosevelt	@	Trewyn #1
Lincoln	Manual	@	Trewyn #2

Championship – Thursday, May 14, 2015

**National #2 VS National #1
American #2 VS American #1**

Championship games will be played at Sterling Middle School.

Intramurals

If a school chooses they may join the IESA and participate in their Track and Field Program. Expenses for the program would come from each school's individual budget. The IESA has some very definite enrollment deadlines that must be met to participate in the Track and Field Program.

If a school chooses not to join the IESA for track, then monies allocated for track could be used for such things as:

1. Track and Field Days for your school
2. Intramural Program
3. Other, submit request for approval by the building principal
4. All activities should be 13.5 hours for each 1 percent of pay. A schedule and time sheet of hours worked is required to be submitted to the building principal upon the completion of the activity.

DISTRICT 150

Middle School Student Athlete Rules

GENERAL INFORMATION:

A Sports Physical is required of all student athletes prior to participation (*first practice*)

No player may play during a junior varsity and varsity on the same night for any reason. Forfeiture of the games will be a consequence of playing illegal players. Once coaches have turned in their team rosters, students may not change levels without the permission of the athletic director.

ATHLETIC ELIGIBILITY

Age Requirement

A student whose **15th birthday** is **prior to August 15**, at the beginning of the current school year, will **NOT** be eligible to participate in the middle school athletic program, including cheerleading. A student in the 5th or 6th grade whose **13th birthday** is prior to **August 15th**, at the beginning of the current school year, will **NOT** be allowed to play JV.

Attendance

To participate in any contest, a student athlete must be in attendance 50% of the day a contest is schedule, or 50% of the day before if a contest is to be on a non-school day. Students should be present in school by 11:00 am to be eligible to play. No student may participate if he/she is absent for the entire day of the contest. If a partial day absence is due to illness, personal, or family problems, the principal shall decide if a student may participate. **Exceptions: Roosevelt and Manual Academy eligible times are 11:50 am.**

Academic requirements

Eligibility shall be determined weekly during the scheduled season. Ineligibility shall begin the Monday following the report of failing work. Grades should be reported on the last attendance day of the week.

Minimum standards

Students, who receive a cumulative quarterly average of an "F" in **ANY** subject, or more than one "D", will be ineligible for one week until the student has raised grades to have no more than one "D". Grades should be taken from Skyward. Athletic eligibility **will not** be based on an accumulative semester grade. Eligibility will start over every quarter (previous quarter grades do not affect current eligibility).

DISCIPLINARY ACTION:

- A student may be declared ineligible, even though academic requirements have been met, if a committed offense is considered gross disobedience or misconduct.
- A policy shall not be interpreted to prohibit a coach from dismissing a student athlete from a sport if there is a violation of the coach/school/district rules.
- The principal or his designee has the final responsibility for the eligibility of the student.
- Student athletes who are suspended from school will be removed from the current athletic team for the remainder of the season which includes the post-season tournament.

No students will be allowed to practice or play without this form signed and returned to the coach or principal.

I have read the district rules:

Player name: _____

Player signature: _____ Date: _____

Parent signature: _____ Date: _____

Parent contact info (phone number and email): _____

Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include the following:

<ul style="list-style-type: none"> • Headaches • “Pressure in head” • Nausea or vomiting • Neck pain • Balance problems or dizziness • Blurred, double, or fuzzy vision • Sensitivity to light or noise 	<ul style="list-style-type: none"> • Feeling sluggish or slowed down • Feeling foggy or groggy • Drowsiness • Change in sleep patterns • Amnesia • “Don’t feel right” • Fatigue or low energy 	<ul style="list-style-type: none"> • Sadness • Nervousness or anxiety • Irritability • More emotional • Confusion • Concentration or memory problems (forgetting game plays) • Repeating the same question/comment
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Signs observed by teammates, parents and coaches include:

<ul style="list-style-type: none"> • Appears dazed • Vacant facial expression • Confused about assignment • Forgets plays • Is unsure of game, score, or opponent 	<ul style="list-style-type: none"> • Moves clumsily or displays incoordination • Answers questions slowly • Slurred speech • Shows behavior or personality changes 	<ul style="list-style-type: none"> • Can’t recall events prior to hit • Can’t recall events after hit • Seizures or convulsions • Any change in typical behavior or personality • Loses consciousness
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What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete’s safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. IHSA Policy requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all IHSA member schools are required to follow this policy.

You should also inform your child’s coach if you think that your child may have a concussion. Remember it’s better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to: <http://www.cdc.gov/ConcussionInYouthSports/>

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date