

MULES

MADERA UNIFIED
LEAGUE OF
ELEMENTARY SCHOOLS

Athletic Handbook

REVISED 7/2018



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Madera Unified League of Elementary Schools Steering Committee

PURPOSE

The Madera Unified League of Elementary Schools (MULES) Steering Committee shall oversee the operation and maintenance of policies and procedures of all elementary athletic programs. The MULES Steering Committee has taken a firm position that academics must be the first priority for all students and that coaches should adjust accordingly to allow students to participate in both academics and athletics. The MULES Steering Committee strongly views athletics as a support to the overall educational program that provides critical “connectedness” for many of our students. The MULES Steering Committee also believes that we must protect our district culture and vision of all students reaching “Competitive Greatness” in class, on the playing fields, at home and in our community.

2017-18 MULES STEERING COMMITTEE MEMBERS

Marty Bitter - **Director of Athletics** Madera Unified
Rosie Galvez - **Principal** Millview Elementary
Monique Atherton - **Teacher/AD** Pershing Elementary
Juan Valdivia - **Teacher/Coach** Lavina Elementary
Kevin Gregor - **Principal** Adams Elementary
Christina Riche - **Teacher/Coach** Sierra Vista Elementary
Danny Cosgrove - **Teacher/Coach/AD** Howard Elementary
Joe Romine - **Teacher/Head Wrestling Coach** Madera High
Danene Guglielmana - **Principal** Eastin Arcola Elementary
Casey Griffin - **Elementary Teacher/Coach** Virginia Lee Rose

DIRECTOR OF ATHLETICS

The Director of Athletics will function as Director of the MULES program and work in conjunction with the MULES Steering Committee members to address any elementary athletic issues or concerns.

MEETINGS

The MULES Steering Committee will meet 2 weeks prior to the start of each season, and as deemed necessary by the Director of Athletics

RULE AND POLICY CHANGE PROCEDURES

1. All recommended rule and policy changes must be processed through and approved by the MULES Steering Committee.
2. A simple majority from a quorum of the MULES Steering Committee will constitute action as approved by the Director of Athletics.
3. Athletic events may be added to existing schedules by sites but must be approved in advance by the Director of Athletics.

General Rules and Regulations

PRACTICE SESSIONS

1. A practice session is defined as having a MUSD approved coach supervising an organized practice. A practice should be similar to a lesson plan and have a warm up, goal for the day and closure. It should be timed so the practice session is efficient.
2. ***Practices should NOT be held during staff development or minimum days.*** Practice for a season of sport can begin on the first available day upon the previous season's conclusion. Practices should not be overlapping forcing the students to choose which practice to attend. No practice session shall begin before the first day of the school year in August. Practices should only be conducted on days when school is in session. ***The only exception is during the winter recess. Teams in season during winter break are allowed a maximum of five (5) hours of practice during winter break.***
3. No practice will be conducted during the time classes are normally in session. Coaches may conduct meetings and issue uniforms during recess/lunch period only.
4. The minimum number of hours of practice per week for all sports during the season shall not exceed three (3) hours per week.
5. All students must practice three (3) hours prior to league competition. Students who are new to wrestling must practice at least six (6) hours prior to league competition.
6. If your schedule includes a bye or postponement teams will have two options:
 - a. Schedule a game against another school with a bye the same week. (Site must set up game and inform Director of Athletics).
 - b. Practice on the day you have a bye.
 - c. Do not hold a practice or game.

PARTICIPATION

1. Participation in elementary athletics is generally open to 4th, 5th and 6th grade students. In our country schools, it will be provided to our 7th and 8th grade students as well. These students are also allowed to participate on our middle school teams (TJ, MLK and Desmond).
 - **Grade point average:** Students are expected to maintain a 2.0 "C" grade point average and adhere to all district and site policies.
 - **The Eligibility Semester Rule:** This rule comes into effect when a student enters fifth grade. Students in fifth grade have four (4) consecutive semesters in which to compete in elementary athletics. If a student is retained for any reason, his/her eligibility runs out at the end of the fourth consecutive semester.
2. Specifically by sport, participation is open to the following students:

➤ Cross Country (4th/5th/6th)	➤ Wrestling (4th/5th/6th)
➤ Flag Football (5th/6th)	➤ Track (4th/5th/6th)
➤ Cheer (5th/6th)	➤ Soccer (5th/6th)
➤ Volleyball (5th/6th)	➤ Country School 7th/8th graders are also allowed to participate.
➤ Basketball (5th/6th)	

Any violations of the rules above shall be submitted to the MULES Steering Committee for protest. Any violation could result in forfeiture of a contest or denied entry into District Championships.

DISTRICT CHAMPIONSHIPS

1. All sports seasons (Volleyball, Flag Football, Basketball, Soccer) will culminate with a District Tournament. District tournament qualifiers will be determined in most cases by a play in game so teams earn the right to attend. It is however up to the Director of Athletics and the MULES Steering Committee to change this policy for some sports.
2. The individual sports (Track, Cross Country and Wrestling) will honor District Champions as listed below.
 - Cross Country: The top 5 boys and girls in each grade level (4, 5, 6) from each school will earn a spot in the district championships at Town and Country Park. The top 10 7th/8th combined from each K8 school will earn a spot in the District Championship. The top 7 runners in each race receive medals and ribbons are awarded to 8th - 10th place.
 - Wrestling: Each school will send 1 wrestler per weight to the District Pyramid Championships held at Madera High and Madera South. The champion at each weight class from this event (20 wrestlers) will return for the District Championships later that evening. Medals will be awarded to the 1st and 2nd place finishers at the District Championships along with a District Champion T-Shirt to the overall winner.
 - Track: The top 4 runners from each District Pyramid Meet and the next fastest qualifier will earn the right to compete at the District Track and Field Championships. Medals will be awarded to the top 3 in each event and they will earn the right to compete in the Madera County Track and Field Meet.

WEATHER CONDITIONS

In instances in which weather plays a factor (rain, air quality...) the Director of Athletics will make a determination on whether the game will take place or not by 10:00am the morning of the contest.

COACHES' TRAINING AND EVALUATION

Prior to the season, a brief training session will take place along with our high school head coaches with a Q & A session. Site Principals are responsible for evaluation of MULES coaches.

CODE OF PARTICIPATION

The Madera Unified School District Co-Curricular program is an integral part of our total school program. It is an opportunity to allow all students to acquire progressively the skills, knowledge, and attitudes that lead to maximum development within their individual capabilities. It also affords the child an opportunity to develop social skills needed in order to be a well-adjusted individual. When students elect to participate in co-curricular programs, they must recognize that they have assumed certain responsibilities and obligations to the coach/advisor, to the members of the activity and certainly themselves.

Madera Unified School District encourages our elementary teams to carry as many students as possible on their teams. We want to encourage as much participation as possible and give students the experience of being part of a team. Keeping this in mind, there is a chance we might have to cut some students from the certain teams.

Upon entering any sport or other co-curricular activity, students agree to participate in accordance with the Code of Participation. The Code will be enforced beginning the second week of practice.

- Students are required to attend practice as established for the activity. Absences or tardiness may be excused as with classroom attendance. The participant has the obligation to clear these with the teacher or coach.
- Students joining a sport or other co-curricular activity will be given a one week grace period to determine whether they wish to continue with the activity throughout the entire season. The student and/or athlete will not arbitrarily or unilaterally “quit” a sport. After the grace period, the student may drop the sport only after consultation between the student, parent, coach and Principal. If this is not followed, they will not be allowed to participate in the next season of sport.
- Students are expected to respect and properly care for all property and/or equipment issued in conjunction with the activity. Team uniforms are the property of the school. Students who negligently lose or cause undue damage to a uniform will be charged for their replacement.
- Students will maintain a satisfactory level of scholarship (“C” average or 2.0GPA) and demonstrate satisfactory behavior and citizenship. Principal has the right to waive the GPA rule if they deem it is in the best interest of a particular student.

ATHLETIC CODE of ETHICS

1. The students will be respectful of his/her teammates, opponents, and all supervising adults.
2. The student will contribute as well as encourage others to contribute in their efforts towards the team's success.
3. The student should inspire competitiveness in teammates without personal antagonism towards the opposing team.
4. The student will be gracious and humble winner.
5. The student will elect to place team betterment over individual accomplishment.

Athletic Participation Expectations

Coaches' expectations of athletes:

1. Be at each practice on time and ready to work.
2. Do what your coaches ask of you.
3. Give your personal best for the entire practice.

The following specific guidelines are in place to ensure fair, consistent and appropriate participation for all athletes:

<i>ACTION</i>	<i>GUIDELINE/CONSEQUENCES</i>
During any reporting period, student is below a 2.0 GPA	Students below a 2.0 are considered ineligible. Grades will be checked every 2 weeks. The Principal has the discretion to allow a student who is below a 2.0 to participate if it is in the best interest of the student. A student who falls below a 2.0 during a quarter may be removed indefinitely upon teacher request.
Absences	In order to participate in a practice and/or game a student must be in attendance for more than half the school day unless authorized by the Principal. Students must practice a minimum of 1 practice during the week in order to participate in the game.
Excused Absences	School absences and illness.
PE Excuse	Students who have a PE excuse will not be allowed to practice or compete in games or meets.
Conduct Referral	Possible suspension from the team.
Suspension	Player does not play and site Administration along with the coach will determine further action.

<i>Practices</i>
<p>Practices will be held every day that is not your early out day. They will be 1 hour in length from 3:00 - 4:00 pm. Rainy day and poor air quality may determine if practices will be cancelled. Decisions to cancel will be made by administration by 1:00pm. Athletes will have the opportunity to call parents when practices or games have been cancelled.</p> <p>MUSD policy states: Students with asthma, breathing issues, and heart problems will not practice or compete in games when air quality is at or above the red level.</p>

Parent/Guardian Code of Ethical Conduct and Expectations

The purpose of the Parent Code of Conduct is to develop parental support and positive role models in all athletic activities. In the tradition of striving for **Competitive Greatness**, the purpose of all athletic activities at school is to promote the physical, mental, social and emotional well-being of each student. Parents/Guardians are an integral part of this process.

EXPECTATIONS

As a parent/guardian, I agree to:

- Read and understand the guidelines of the Code of Participation found in the Parent/Student Elementary Handbook.
- Be a positive role model for my student, the school and community.
- Display a positive attitude and behavior.
- Provide a pressure-free environment for my athlete.
- Stress the importance of the complete athlete, both physical and mental preparation
- Assist in the commitment my athlete has towards his/her sport by making sure they are at all practices and games for their entirety.
- Show respect for all participants, student officials and advisors/coaches.
- Assist in providing for student safety and welfare at all times.
- Encourage my student to attend school regularly and excel academically.
- Inform the coaches immediately of any participant with a medical condition, such as asthma, so they can be given special instructions and guidance.
- Sign a child out if they are not going to ride the bus back to school from away games. Forms to be filled out in advance are available in the front office if you need another person to pick up your child. **Failure to sign a child out at an away game will result in consequences for the following game.**

It is Madera Unified's policy that grievances should not be addressed during or immediately following any game or practice. If a situation arises where a parent/guardian wishes to meet with a coach, or address a specific issue or complaint, the following steps should be followed:

1. Request a meeting at school with the coach.
2. If your problem is not resolved, schedule an appointment with the MULES Administrator (VP in charge of MULES).
3. If your problem has not been resolved after this meeting, please schedule a meeting with the Site Principal and the MUSD Director of Athletics.

COACHING EXPECTATIONS AND RESPONSIBILITIES

- Carefully supervise all respective teams.
- Comply with policy and procedures as set forth in the MULES handbook.
- Know and follow District Board Policies and Administrative Regulations regarding transportation of student athletes and students to and from district sponsored athletic events.
- All Head Coaches are responsible for:
 - Inventory of equipment
 - Issuing and receiving equipment
 - Submitting equipment needs to the Athletic Director / Site Administrator
 - Care and maintenance of equipment
 - Care and prevention of injuries
- Double check new equipment and notify the Athletic Director / Site Administrator of any problems.
- Be responsible to the Athletic Director / Site Administrator for the total conduct of sport. Promote a positive attitude toward your sport and all opponents.
- Organize, oversee, and conduct all practice sessions. Cooperate with coaches when facilities are shared.
- Confirm clearance on all athletes in the program.
 - Signed damaged equipment / uniform paperwork
 - Participation consent form
 - Travel release form
 - Emergency Procedure Card
- See that all players and team personnel have a way home after the squad has returned from an away game.
- Instruct students on proper care and use of equipment.
- Make sure injuries are cared for in a professional manner including the notification of the player's parents.
- Report all scores following the game.
- Make sure your team represents your school properly on all away contests.
- Attend all coaches meetings.
- **Assure that no athlete participates without proof of proper pre-participation screening and informed consent from parent(s).**
- Prepare accident reports on all injuries and see that the report is filed in the office within 24 hours after the injury. Assure that no athlete returns to activity following an illness or injury without proper medical clearance.
- **Lead by example, watch your language, be a positive role model around your student athletes.**
- **NO SMOKING, CHEWING OR POSSESSION OF TOBACCO. NO ALCOHOL OR DRUGS.**

CANCELLED GAMES

If a game is cancelled between schools, the sites are responsible for setting a makeup date. If a date cannot be reached, a double forfeit will occur. If the Director of Athletics cancels a contest, we will try to make them up the next available Friday if time allows

BOYS AND GIRLS SOCCER

The Ball

A regulation size soccer ball for 7/8 grade players is a No. 5 ball. The 5/6 grade teams will play with a No. 4 size ball.

Number of Players

There must be no more than 11 players on the field of play for either team; a minimum number of players are usually 7. One player from each team must be designated as a goalkeeper. The goalkeeper must wear a different color short from his teammates so that everyone can easily distinguish the goalie. The goalie can only use his hands inside the penalty area.

Player's Equipment

Players must wear the same colored jersey or shorts. Players must wear shin guards. **MULES will not be providing shin guards.** If your players will be wearing cleats, make sure they are soccer cleats. A soccer cleat does not have a cleat at the front edge of the shoe like a baseball cleat. This is for safety reasons.

Referees

The referee enforces the 17 laws. There is one difference between soccer and most other sports played in America. In soccer, the referee may let play continue and not call a foul if he or she thinks that stopping play would give an advantage to the team committing the foul. This is called the "advantage clause". The referee should say, "play on" when this occurs.

Linesmen and Lineswomen

Two referees will assist each other in controlling the game. Their duty is to signal when the ball is out to indicate a corner kick, a goal kick or to designate which team is entitled to the throw-in. The officials may also signal off sides, fouls or misconduct and if a goal has been scored or when substitution is desired. The referees on the field make the official and final decisions.

Duration of the Game

The duration of the game will be 2-20 minute halves for the games that are at sites. Our tournament times will be shortened. Each school will play 2-15 minute halves during tournaments. Half time will be 3 minutes.

Start of Play, Kick-Off and Drop Ball

A kick off is taken to start a game, to restart play after a goal has been scored or to start the second half or a new quarter. At kickoff, all players must be on their team's half of the field. The ball is placed on the center spot in the middle of the center circle. The ball must be kicked forward at least one full rotation into the opponent's "half of the field".

- The team that kicks off to begin the game is determined by a coin toss between the captains and the referee.
- After a goal, the team that was just scored upon starts the kick off.
- New halves, the team that did not kick off the previous half will kick off without it having to be touched by another player. This means the player may dribble, pass or shoot the ball after touching it.

Ball In and Out of Play

The ball is out of play whenever it is completely outside the outside edge of the touchline or the goal line either on the ground or in the air.

- It is out of play when the referee stops play for any reason.
- The ball is in play if any part of the ball is inside or touching the touchline or goal line. The ball is considered in play after bouncing off a goal post, crossbar, corner flag, linesman or referee if the ball remains on the playing field.

Method of Scoring

A goal can only be scored if the entire ball goes completely over the outside edge of the goal line, under the crossbar and between the goal posts while it is in play.

- Any player may score goals including the goalie. Except when taking a free kick, throw in, goal kick, penalty kick or kick off.
- A ball played by a player directly into his own goal is a score for the opposing team.

Offside

An offensive player must have two opponents including the goalkeeper between himself and the goal line now the ball is passed to him. Offside is determined when the ball is passed to the player not when the player receives the ball. Offside position and offside

are not the same. It is not against the rules to be in an offside position. It is against the rules to be offside. Here is a definition of these two concepts.

Offside Position - A player is in the offside position if he is:

- Ahead of the ball
- In the opponent's half of the field
- There are fewer than two opponents even, with or ahead of him

Offside - A player who is in the offside position becomes offside when:

- He participates in the play
- He interferes with an opponent
- Otherwise tries to take advantage of being in the offside position

Exceptions – A player in an offside position is not to be called offside if he receives the ball directly from:

- A throw-in
- A corner kick
- A goal kick

Fouls and Misconduct

There are two kinds of fouls in soccer:

- Penal or Major Fouls
- Non Penal or Minor Fouls

There are eight penal or major fouls: These fouls must be committed intentionally and may result in a "Red Card".

- Kicking a player
- Jumping up at a player
- Charging a player in a rough way
- Charging a player from behind
- Tripping a player
- Pushing a player
- Holding a player

- Handling the ball (Except by the Goalkeeper). This foul is called if the player is trying to control the ball with his hands or arms. If one of these nine penalty fouls is committed and the referee blows his whistle and calls a foul, the opposing team gets a direct free kick.
- A "direct" kick means the opponent can try to score a goal directly from the kick. If the player committing the major foul receives a "Red Card" from the referee, he must leave the game and is not allowed to return.

Five non-penal or minor fouls:

If a player commits a minor foul, he may receive a "Yellow Card" from the referee.

The five minor fouls are:

- Dangerous Play:
 - Examples of dangerous are high kicking near another player's head or trying to play a ball held by a goalie.
- Fair charging, but with the ball out of playing distance.
- Illegal obstruction; when a player intentionally takes a position between the ball and an opponent, when not within playing distance of the ball.
- Charging the goalkeeper in the goal area.
- Goalkeeper infringements
 - Goalkeeper taking more than four steps while controlling the ball
 - Goalkeeper playing the ball with his hands when the ball is kicked by teammates
 - Intentionally wasting time

When the referee stops play by blowing his whistle for a minor foul, the opposing team is awarded an indirect free kick. A goal cannot be scored directly from an indirect free kick. A player other than the one taking the indirect kick before a legal goal can be scored must play the ball.

Misconduct: There are two kinds of misconducts:

- When an action results in a caution or a "Yellow Card" from the referee.
 - A referee may warn a player to improve his conduct before a caution is issued.
- When an action results in a player being ejected from the game, a "Red Card".
 - The referee has the authority to "Red Card" coaches or spectators because of misconduct or interference of the game.

Free Kick

There are two types of free kicks: **Direct** and **Indirect**.

- **Direct Free Kick: on a direct free kick, the player taking the kick may kick the ball directly into the goal for a score.** The direct free kick is taken at the spot where the foul occurred unless it is within the penalty box. Then a penalty kick is awarded.
- **Indirect Free Kick:** A goal can be scored only if one or more players from either team touch the ball after it is kicked into play and before it enters the goal. There are a few rules that are followed on a free kick.
 - The referee will signal an indirect free kick by putting one arm straight up into the air.
 - The ball must be stationary when it is kicked.
 - The team taking a free kick is entitled to have all opponents at least 10 yards from the ball when the free kick is taken.
 - The kicker may kick the ball if the opponents are closer than 10 yards if he wishes.
 - The kicker may ask the referee to move the opponent's back 10 yards from the ball. The kicker must then wait until the referee blows his whistle before taking the free kick.
 - If a free kick is taken within 10 yards of the opponent's goal, opposing players may stand on their own goal line between the goal posts.
 - A free kick by the defending team within its own goal area may be taken from any point within the half of the goal area in which the free kick was awarded.
 - An indirect free kick by the attacking team within the defending team's goal area is taken on the six-yard line at the point nearest to where the foul was committed. (The six-yard line is the line that outlines the goal area).
 - The player taking the free kick must not play the ball again after it has been kicked into play until another player from either team has touched the ball.

Penalty Kick

A penalty kick is awarded when a defender commits a penal or major foul with the penalty area.

- The team that was fouled is given a penalty kick from the penalty mark.
- All players except the goalkeeper must remain outside the penalty area and penalty arc until the kick is taken.
- The defending goalkeeper must stand on the goal line between the goalposts and is not allowed to move until the ball is kicked.
- If the goalkeeper moves and the penalty shot does not score, then the penalty kick is retaken.
- Encroachment is when a player enters the penalty area or penalty arc before the ball is kicked.
 - If a defender encroaches then a scoring shot counts, a non-scoring shot is retaken.
 - If an attacker encroaches, a scoring shot is disallowed and the kick is retaken.
 - If the shot was non-scoring then the defending team gets an indirect free kick depending on where the ball is when the referee blows his whistle.
 - If both teams encroach, the penalty kick is retaken whether it was a scoring shot or not.
 - The penalty kick must go forward and cannot be played again by the kicker until another player has touched the ball

Throw-In

A throw-in is taken to restart a game after the ball goes out of play over the touchline.

- A player takes a throw-in from the team that did not touch the ball last.
- The player throwing the ball in must have both feet on the ground and both hands on the ball over his head.
- Both feet must remain on or behind the touchline.
- The thrower must throw the ball with equal strength from both hands from the back of the head and over the top of the head.
- The thrower must not play the ball again until another player from either team has touched the ball.
- A player cannot score a goal directly from a throw –in.
- A player in the offside position receiving the ball directly from a throw-in is not offside.

Goal Kick

The box located directly in front of the goal is called the goal area. When the attacking team last touches the ball before it crosses over the goal line the defending team is awarded a goal kick.

- Any player on the defending team takes a goal kick.
- The ball must be played from within the half of the goal area on the side of the field where the ball went out of play.
- The opposing team must remain outside of the penalty area until the ball completely leaves the goal area.
- The goal kick is played again if the ball does not leave the penalty area if the ball crosses the goal line before leaving the penalty area or if a player plays the ball again from either team before it leaves the penalty area.
- The kicker may not play the ball again until another player from either team touches the ball.
- A player in the offside position receiving the ball directly from a goal kick is not offside.

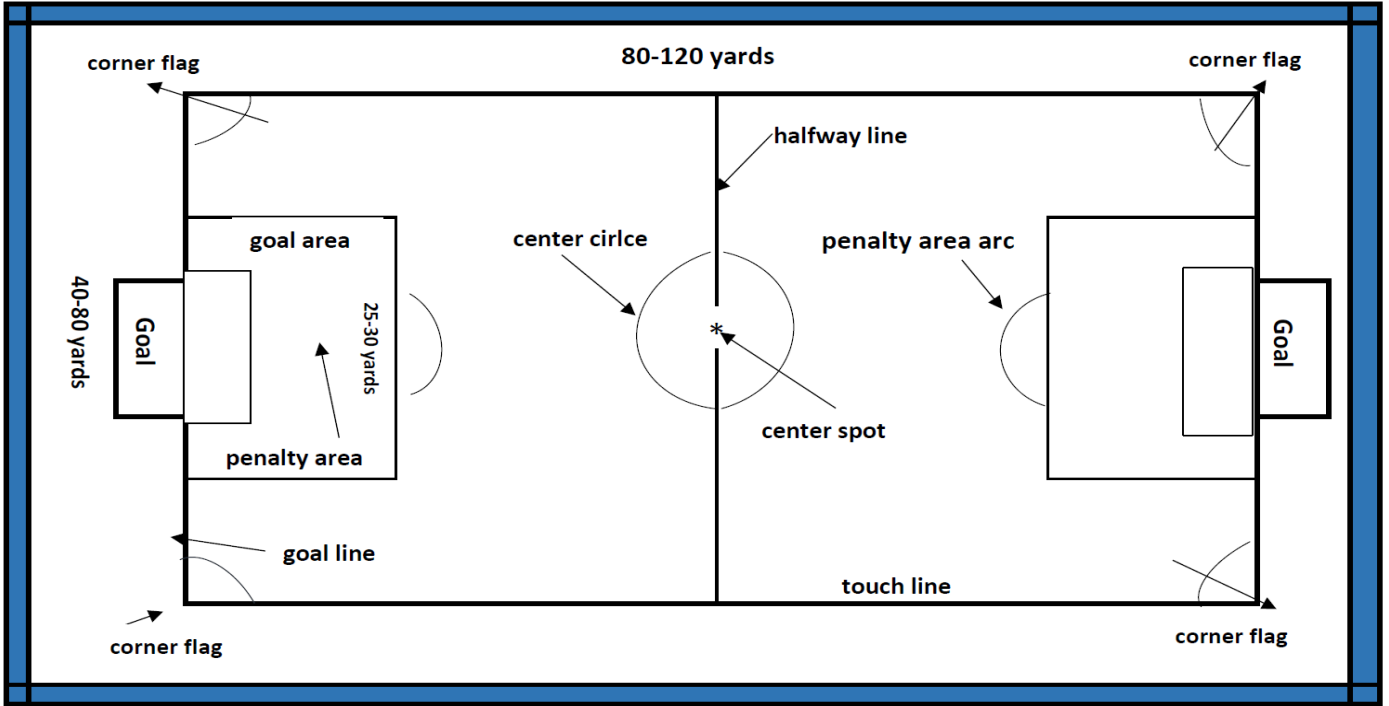
Corner Kick

If a ball goes over the goal line and is last touched by the defending team, the attacking team is awarded a corner kick.

- The corner kick is taken from within the corner arc on the side of the field where the ball went out of play.
- Any player on the attacking team may take the corner kick.
- The kicker is allowed to score a goal by kicking the ball directly into the goal. The opponents must be 10 yards back from the ball on a corner kick.
- The kicker is not allowed to play the ball again until a player from either team touches the ball.
- A player in the offside position receiving the ball directly from a corner kick is not offside.

Heading the ball

Students under 12 years of age are not allowed to head the ball in practice or games. If heading of the ball occurs in a game it will result in an indirect free kick. All of our 5th/6th grade students will adhere to this rule. The 7th/8th grade teams are allowed to head the ball.



This is the basic layout of a soccer field. The size of the field will vary from school to school, usually depending on the area available. We would like two fields at each site to get games finished sooner.

BASKETBALL

General Information

1. This league is for recreation and development. The opportunity for each participant to receive an equal amount of playing time is not required but encouraged.
2. Official ball size: 28.5

Rules

1. First possession will be determined by a jump ball. The team not retaining the jump ball will start the alternating possession procedure.
2. Time Limits: Each game will be two- fifteen minute halves (Running Clock). The clock will only stop at timeouts/injuries.
3. The clock will stop at all whistles the last minute of the game if the score is within 5 points. Games will be played in time allotted.
4. Time-outs: Each team will be awarded two 30 sec. time-outs per game, one per half.
5. Fouls: A player is allowed 5 fouls before removal from the game.
6. Substitutions may be made on your own possession of a dead ball, clock will continue running.
7. Players may not wear any jewelry of any kind.
8. Possession Arrow: when two players have joint possession of the ball, or if a referee is not able to determine who last touched the ball, the "Alternate Possession Rule" shall be applied.
9. Rules in effect: double dribble, travelling, three seconds in the key, 10-second line or the "over and back" line, 5 sec. throw in, reaching in, and charging.
10. 5 second rule - When a closely guarded player anywhere in the front court holds the ball for five (5) seconds or a closely guarded player combines dribbling and holding the ball for five (5) seconds it is a violation and the defense will get the ball out of bounds.
11. A Shooter fouled in the act of shooting or a team fouled in the double bonus will be awarded 1pt and 1 foul shot. The clock will run during this time.
12. Bonus will occur after 10 team fouls **not 7. There will be no 1 and 1's after 7 team fouls.**
13. No pressing if the game has a 15-point difference.
14. Tie games:
 - A 3-minute OT running clock will be used to determine the winner. (District Tournament Only)
 - If still tied a 2nd sudden death OT (First team to score) will be declared the winner.
15. Unlimited substitutions after a foul, violation or time is called.
 - Players must check in with the official scorer
 - The official must call in players prior to entering the court.
16. Field goals count as two (2) points. Foul shots count as 1 point. Three (3) point field goals will not be awarded if there is not a clearly marked line.

Violations

Violations are rule infractions not involving fouls. The opposing team will get the ball out-of-bounds for the following violations:

1. **Double dribble** - A dribble is bouncing the ball with one (1) hand. The player dribbling can take as many steps as he wishes between bounces and bounce the ball as often as desired. The dribble is complete when the ball comes to rest in one or both hands. The hands can be alternated during the dribble but the ball cannot be palmed. One air dribble is an infraction of these dribbling restrictions. Unintentional fumbling of the ball does not cause double dribble.

2. **Ten-second violation** - When a team gains control of the ball in its backcourt that team must advance the ball to its frontcourt within a period of ten (10) seconds. The centerline is entirely in the backcourt.
3. **Ball is out of bounds** - When a ball touches a player, other person, floor, ceiling, overhead equipment or supports which are outside a boundary or when it passes over the rectangular backboard. (The edge of the backboard is in bounds.)
4. A player must take a free throw within ten (10) seconds after being handed the ball. If the free throw is missed and the ball does not touch the rim, **it is a violation**. The free throw shooter cannot step across the foul line until the ball hits the rim. Other players cannot step into free throw lane's vertical plane until the shooter releases the basketball.
5. **Three Second Violation** - Offensive player being within the free throw lane from foul line to end lines for more than three (3) continuous seconds when the offensive team controls the ball.
6. **Traveling** - Running with the ball is a violation except within limitations:
 - a. A player who receives the ball while standing still may pivot using either foot as the pivot foot. Once the pivot foot is established, the other foot can take any number of steps provided the pivot foot holds its position.
 - b. Any player can lift either foot or jump before passing or shooting a field goal. However, the ball must leave the hands before the pivot foot leaves the floor.
 - c. A player must start dribbling before the pivot foot leaves the floor.

CROSS COUNTRY

General Information

Cross Country, meets will be run at various locations. We try to give our middle schools and high schools an opportunity to host their future students. It also allows our elementary students to compete in different venues and courses. In meets where we are not using automatic timing, please have runners prepared with the following:

- Each runner will need a name tag that has:
 - Name
 - School
 - Grade
- Please paper clip their nametag to their shirt so after the race the chute inspector and scorekeeper can help the students take their nametags off.

Participation

4th Grade - ¾ Mile

5th Grade - 1 Mile

6th Grade - 1 Mile

7th/8th - 3000M - 3200M (Just under 2 miles)

There will be boys and girls races in each grade level and the 7th and 8th graders will be combined races. Awards will be given at the District Championships. Medals will be awarded to 1st - 7th place and ribbons will be awarded to 8th - 10th place in each race. A team plaque will be awarded to the team in each grade level that scored the lowest number of points.

RULES

- A team will consist of 5 runners or more.
- A team may have more than 5 runners for all races except the **District Championships** where each team will be allowed 6 but only the top 5 will count towards the team score.
- In case two teams tie with the same team score the tie will be broken by the team with the highest finishing 6th runner.
- Team scores are totaled by adding up the **place** each of the 5 runners cross the finish line. (ie. 1, 5, 20, 21, 50 = 97 team score)
- Non-participants (ie. Parents, Siblings, Coaches) shall not aid a runner in any way (pacing, water, towels). **Verbal encouragement is not considered an aid and is encouraged.**
- All participants **must** wear shoes.

OFFICIALS

1. The **STARTER and REFEREE** will place teams in proper position on the starting line.

They will give needed instructions before the race and start the race. They will make all final decisions concerning questionable points and disqualify any runner for unsportsmanlike conduct or for any flagrant violation of the rules.
2. The **FINISH JUDGES** stand outside the chute, and on the finish line to determine the order in which runners enter the chute. Their decision is final.
3. The **CHUTE INSPECTORS** supervise the runners after they enter the chute and see if they are properly checked to prevent any irregularity in the order of finish. They see that any runner that crosses the finish line is given his/her proper order as the contestant goes through the chute. Some officials instruct contestants in the chute to place a hand on the shoulder of the runner in front of them to prevent gaps in the line.
4. The **TIMER** records the time of all runners.
5. The **SCORE KEEPER** records the following information on the score sheets:
 - a. Name and school of each finisher corresponding to his/her place of finish.
 - b. Record the times of each finisher corresponding to their place of finish.
 - c. Add the place of the first five (5) finishers for each team.
 - d. The team with the lowest point total will be declared the winner.
1. The **COURSE INSPECTORS** observe the activity of the runners. If any runner fails to run the proper course or otherwise violates the contest rules, the inspector's report the infraction to the referee.

BOYS AND GIRLS VOLLEYBALL

SCORING

- All of the games will be best 2 out of 3. The first two games to 30 and the third game to 21 with no cap.
- Must win by 2 points, no caps.
- There is a point scored on every serve. (Rally Scoring)
- The visiting team will serve to begin the match and the home team will begin serving in game two.
- The teams will change courtsides after each game.
- If there is a game 3 serve will be decided by a coin toss.
- Three point play; three touches (3 passes, pass/set/hit, pass/set, set) the emphasis is 3 contacts.

GENERAL RULES

- 3 hits maximum on each side.
- Six players play on each side.
- A player cannot hit the ball twice consecutively.
- When a ball is in play, a player cannot touch the net or cause interference with the opposing team by going under the net.
- There can be no carrying, double hit, lift, or throw when touching the ball.
- If the ball hits any part of the line, it is considered "in".
- A ball may be played off the net during a volley.
- A sub must go in the game for the same player or players.
- Each team gets two 30 sec. Time outs per game.
- Each team needs to provide a linesman and scorekeeper for the game.
- Players must be in position at serve; after the serve, the players may move from their respective positions.
- No back line player can spike at the net.
- Only front line players can block.
- It is a foul when a player touches or reaches over the net, steps across the line under the net or when a player catches or holds the ball.
 - Foul on the serving team is a side out
 - Foul on the receiving team is a point for the serving team.
- The ball shortly coming to rest in the hand or hands of a player shall be considered as catching or holding the ball. The ball must be clearly batted. Scooping, lifting, or shoving the ball shall be considered as holding.
- A player may leave the court to play an out-of-bounds ball as long as the player does not cross the line extended from the net.
 - The ball must cross the net between the sidelines.
- Substitutions shall be made during a dead ball immediately. Substitutes must report to the referee.
 - The position of the substitute shall be that of the player replaced without change in service order.
 - A player is limited to three (3) entries during a game.
 - Starting the game counts as one (1) entry.
 - A re-entry player must assume the original position in relation to the teammates in serving order

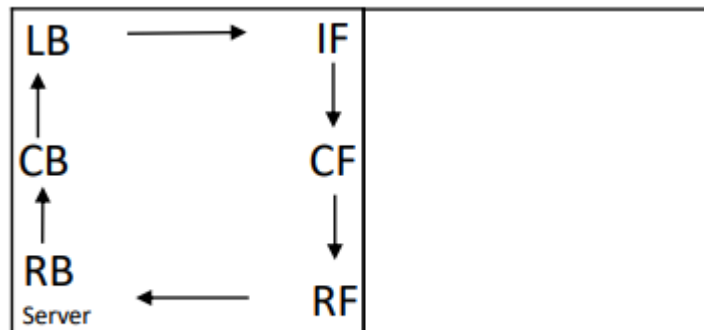
SERVING

- When serving, you cannot step on or over the end line on contact.
- The ball can be served underhand or overhand.
- A served ball may graze the net and drop on the other side for a point.
- It is not legal to block or attack a serve.
- A player has 8 seconds to serve.

The correct ball to purchase is the TACHIKARA VB7500

ROTATING

- Rotation of players is made only after the opposing team loses their serve. Each player moves to a new position as indicated in the diagram below.
- Server continues serve until serving side has been put out (called a side out).
- When rotating, it must be clockwise and you must serve in order.



- Court surface: Grass
- Court Dimensions: 30'X60'
- Net Height: 7'

FOOTBALL

Field

1. Field size is 60yds. X 50yds with a 10 yd. end zone.
2. Fields will be lined at the Goal Line, 10, 30 and 50.
3. All teams will start at the 50yd and move the ball toward the goal line.
4. First downs will be awarded when crossing the 30yd and 10yd lines.

Position and Number of Players

Any combination of eight (8) players, with five (5) offensive linemen and three (3) backs may be used. Only ends and backs are eligible to be receivers. Each of the 8 offensive players must wear a belt with **3 flags** in the proper position at the waist. Three offensive linemen must stay behind the line of scrimmage.

All ball carriers initial run must be outside the tackles until defensive pressure forces him back inside. There are no power runs up the middle. **NOTE: THE ONE EXCEPTION IS A QUARTERBACK SCRAMBLING TO AVOID BEING SACKED ON A PASS PLAY. The penalty is loss of down.**

Equipment

- Gym shoes, basketball shoes, tennis shoes and/or multi-purpose cleats are required.
- The football size is intermediate.

Time of Game

1. Games will be two (2) 20-minute halves with a running clock and 5-minute halftime.
2. Tournament games will consist of (1) 25 minute running half.
3. Teams have 30 seconds to run a play. If they do not get the play off the result is loss of down.
4. Ties are permitted.
5. Each team is permitted one time out (clock stops) each game. The timeout will be one (1) minute in length.
7. The Flag Football Tournament will have tiebreaker rules.
 - Each team will get a possession from the 30 yard line to score.
 - If still tied each team will get a sudden death possession from the 10-yard line that will consist of 1 play. If team 'A' scores team, 'B' gets a possession. This is repeated until there is a winner one-team scores and the other does not.

Substitutions

Substitutions are unlimited and encouraged. Teams must have separate offensive and defensive units. Exceptions are only made if fewer than 16 participants on roster. A twenty (20) person or larger roster is recommended.

Scoring

- Touchdowns are 6 points
- Interceptions are 3 points and the ball is whistled dead immediately upon the interception.
- After the interception, the ball is turned over to the intercepting team at the 50 yd. line to the team that threw the interception.
- Extra points are from the three (3) yard line and are worth one (1) point if successfully completed or run in.
- Extra points are from the ten (10) yard line and are worth two (2) points if successfully completed or run in.

Downs

A team has four (4) downs to advance the ball from where they take possession to the next zone. If they fail to reach the next zone in 4 downs there is a change of possession with the opponent starting back at the 50yd line. (All teams will go in the same direction)

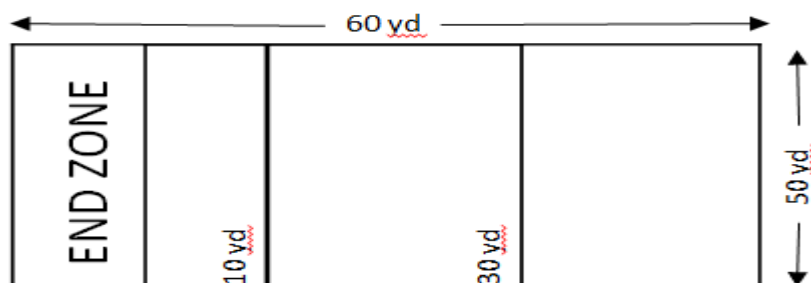
Downing the ball carrier

- In order to down a ball carrier, the opponent must pull a flag from the belt and immediately raise the flag in the air.
- All players' shirts or jerseys must be tucked inside their pants or shorts so that the belt holding the flags can be worn at the waist level and can be clearly seen by the opponents and the officials.
- Failure to comply with this rule, following an initial warning will result in a loss of down.
- When a down is in progress, if for any reason (loose belt, loose clothing, lost flags...) it becomes difficult or impossible to pull the flags, a tag on the ball carrier anywhere with one (1) hand shall take place of a pulled flag.
- The defense cannot leave their feet to pull a flag from a ball carrier. The penalty is automatic 1st down.

Ball Carriers

- The ball carrier cannot touch or protect the flags by guarding, hacking or holding the flags.
- Guarding of flags occurs when a runner dips the arm or elbow near the flags in an attempt to protect them from being pulled.
- The ball carrier shall strive to avoid being downed by agility rather than power. Any attempt by the ball carrier to run over, charge, or straight-arm the defense is illegal.
- If the defensive player pulls the flag before a player catches a pass, pass interference is called. It is automatic first down with the ball spotted at the next zone.
- The ball carrier cannot hurdle or spin.

NOTE: The penalty for the above infraction is 10 yards from the spot of the foul or loss of down.



Fumbles

When a player fumbles, the ball is dead. The ball will be put in play from the spot where the ball hits the ground.

- Examples of fumbles include a muffed center snap, a muffed handoff, a lateral that is dropped.
- When a player intercepts the ball it is worth 3 points but the ball is whistled dead immediately.

Blocking

- When blocking (engaging an opponent) arms must be extended.
 - This will keep heads from coming too close to one another.
- Types of blocks that are **not** permitted.
 - 3 and 4 point stances
 - Cross Blocking
 - Pulling Blocks
 - Chop Blocking
 - No crack back or “peel back” blocking down field
 - Leaving of your feet to block
- The penalty for an illegal block is loss of down.
- No 3 point, 4 point or cross blocking is permitted.
- Blockers are not permitted to leave their feet when blocking.

Unnecessary Roughness

Defensive players may not tackle, hold, block, trip, push, charge, or bump the ball carrier in an attempt to pull the flag.

- The penalty for unnecessary roughness is an automatic first down.
- If, in the official's discretion, the unnecessary roughness is flagrant, the player may be ejected from the game.

Unsportsmanlike Conduct

- The officials may bar a player, coach, or manager from the game for unsportsmanlike conduct.
 - This would include swearing and disputing a call.
- Coaches at no time should be questioning our officials (High School Students) calls!

Coin Flip

The winner of the pregame coin flip shall start on offense first.

Kickoffs and Punts

There will be no kickoffs or punts.

Defense

- Defensive players can line up any way they chose.
- There is no limit to the number they can put on the line or in the defensive backfield.
- They must not line up in the neutral zone or come across the line of scrimmage before the ball is hiked.



MULES Cheer Exhibition

Your team may perform an individual dance or cheer, or you may choose to do both. If you will be performing a dance, please have your song on an individual CD with only that song routine on it and label the outside of the CD with your school name. Performances need to be no longer than 5 minutes long.

There will be no judging of the dances and/or cheers. This is simply an opportunity for the squads to highlight all the work they have done.

*Please note: **NO** stunts that include any cheerleader standing on the shoulders of another cheerleader are aloud.



TRACK

General Information

Each school shall have a track team of the following divisions for both boys and girls.

- City Schools: 4th/5th/6th
- Country K8 Schools: 4th/5th/6th/ and a 7th/8th combo
- Please make sure you order sack lunches for your track athletes
- Water and sunscreen is recommended
- Students will be throwing the 6lb shot at all levels.
- 4th grade students will not run the 1600M. The 800M is the farthest distance they will run.
- Athletes will not participate without shoes. If spikes are worn they must be 3/16th pyramid spikes

Rules

1. Start time 1:00 pm - Finish 4:00 pm (Start time will be prompt but finish time may vary)
2. Athletes will have to qualify each meet in order to continue in the next weeks meet.
 - a. Meet 1 - Each school can bring 5 athletes in each running event and 5 athletes in each field event per grade level.
 - b. No times will be recorded at the first meet.
 - c. Schools will be in the same heat to give coaches a chance to see where their student athletes are at for placement in the next meet.
 - d. Each athlete can only compete in 3 events. Relays count as 1 event.
 - e. Field events will only get 2 jumps and 2 throws.
 - f. Two relay teams from each school will be allowed in the first meet.
3. Meet 2 - Each school will bring only their top 3 athletes in each running event and top 3 athletes in each field event.
 - a. Event will be timed and longest throw or jump measured in this event.
 - b. Each athlete can only compete in 3 events. The relay counts as an event.
 - c. Field events will have 2 jumps and 2 throws.
 - d. Meet will be held as a district qualifier with schools competing at their feeder high school.
 - e. All country schools will compete at Madera High.
 - f. The top 4 qualifiers in each event will from the Stallion Area and top 4 from the Coyote Area will qualify for the District Championships.
 - g. The next fastest qualifier from either area will be the 9th competitor at the District Championships.
 - h. Each athlete can qualify for a maximum of 3 events.

There will be one heat per grade level, per gender in each event. Top 3 finishers in the District Championships will be able to move on to the Madera County meet in April / May.

SOME BASIC RULES

- Long Jump – Students will have to leave from the toe board.
 - I know most schools do not have a long jump pit but we will have to do the best we can to teach the students this so they do not foul.
- Shot Put – Students cannot exit out the front of the shot put ring. (Back)
 - When they throw the put, they will have to stay in the ring until the throw is complete.
- Relays – Exchanges will need to be made in the exchange zones. The exchange zones are
22 Meters in length.
- In the 800M & 1600M, we will use a waterfall start.
 - 4th Grade boys and girls will only run up to 800M.
 - In the 400M, please make sure runners stay in their lanes all the way around the track.
- Coaches, please emphasize that runners must stay in their lanes for all events except the 800 & 1600 meeter.

WRESTLING

1. All MULES hosted wrestling matches (duals, tries or tournaments) will follow the National Federation (NFHS) rulebook guidelines. Pre-match weigh-ins shall be conducted the night/practice prior to a match or tournament.
 - Pre-match weigh-ins shall be in accordance with the National Federation rulebook, Section 4, and the CIF guidelines.
 - Weigh-ins will be conducted on the sheet provided and exchanged prior to each match.
 - Scales from the nurse's office will be used.
2. The MULES (Madera Unified League of Elementary Schools) will have one league for wrestling. A team championship plaque will be awarded to the team scoring the most points at their respective **AREA** meet.
3. All C.I.F. and National Federation rules are followed with the following exceptions:
 - A match shall consist of three (3), 1-minute periods.
 - Overtime shall consist of the "sudden death" type format, with a ONE-MINUTE period in which both wrestlers are standing. If still tied, there will be a 30-second period in which both wrestlers are in referee's position with the choice of position determined by a coin flip.
 - Weight classes for scoring purposes: 55,60,65,70,75,80,85,90,95,100,105,112,121,130,140, 150,160,170, 210, 240
 - Wrestlers may only bump up one weight class during match day.
 - Warmups will consist of 10 minutes for each team (home and away) or as equal times as possible.
 - **Each site must provide a scorekeeper and timer for dual matches.**
1. A MHS or MSHS varsity wrestler or coach will officiate all dual matches.
2. Tournaments and pre-season matches will be scheduled by the Director of Athletics.
3. NO one other than the competing wrestlers and coaches will be allowed out of the stands and onto the mats.
4. It is the site Administrator's responsibility to oversee their schools parents and students.
5. Head gear is required for all wrestling activities.

Match Scoring

1. Points are awarded during a match for accomplishment of the following methods:
 - Takedown - from a neutral position, a wrestler takes and opponent down to the mat and gains complete control. **POINT VALUE: 2 points**
 - Escape - defensive wrestler gains a neutral position. **POINT VALUE: 1 point.**
 - Reversal - defensive wrestler gains a position of advantage without becoming neutral in the process. **POINT VALUE: 2 points**
 - Near-fall - offensive wrestler holds opponents shoulder to the mat within four (4) inches or 45 degrees with full control **continuously for two (2) seconds. POINT VALUE: 2 points.** If held in this position **continuously for five (5) seconds** one (1) more point is added to make the near-fall worth **POINT VALUE: 3 points.** Points are not awarded until the situation has ended.
 - Fall (Pin) - any part of the shoulder or area of scapula held in contact with the mat for two (2) full seconds constitutes a fall. **POINT VALUE: the match**
 - **A technical fall occurs when a wrestler has earned and been awarded a fifteen (15) point advantage over the opponent.**

Team Scoring

Dual Match

<i>MATCH RESULT</i>	<i>POINT VALUE</i>
Fall	6 points
Forfeit	6 points
Default	6 points
Technical Fall (15+ point advantage)	5 points
Major Decision (8-14 points)	4 points
Decision	3 points

Penalty Point

1. Illegal actions are classified into two (2) categories:
 - a. Unnecessary roughness/illegal holds
 - i. Unnecessary roughness: primarily any act that goes beyond that of aggressive wrestling becomes unnecessary roughness. Any intentional act, which endangers life or limb, shall become grounds for disqualification on the first infraction if the act is considered flagrant.
 - ii. Illegal holds: twisting or forcing of the head or any limb beyond its normal limits of movement.
 - iii. Potentially dangerous holds: legitimate holds which force limbs beyond their normal limits. In this case action should be promptly stopped, no points penalized and wrestling resumed in the center of the mat.
 - b. Technical violations
 - i. Delaying the match
 - ii. Going off the mat or forcing opponent off to avoid wrestling
 - iii. Grasping, clothing, mat, or cover is not permitted.
 - iv. Interlocking hands by offensive wrestler in a position of advantage on the mat.
 - v. Leaving mat without permission.
 - vi. Stalling
 - vii. On all of the violations except warning and penalizing a defensive wrestler on the mat for stalling, the referee shall stop the match and announce the violation.

<i>Infraction</i>	<i>Warning</i>	<i>1st Penalty</i>	<i>2nd Penalty</i>	<i>3rd Penalty</i>	<i>4th Penalty</i>
Illegal holds	No	1 point	1 point	2 points	Disqualified
Unnecessary Roughness	No	1 point	1 point	2 points	Disqualified
Technical Violation	No	1 point	1 point	2 points	Disqualified
Stalling	Yes	1 Point	1 point	2 points	Disqualified
Misconduct	Yes	1 Team Pt.	Disqualified		
Unsportsmanlike Conduct	No	1 Team Pt.	1 Team Pt. and removal from premises		

**** Flagrant Misconduct - Disqualify on first offense and deduct two (2) team points. Elimination from further competition. Offenses are not limited to intentional biting, striking, butting, elbowing, or kicking an opponent.**

Area and District Tournaments

1. The area tournament will consist of no more than a 16-man bracket with no more than 1 representative per school per weight class.
2. All country schools will participate in the Coyote Area tournament.
 - 4th/5th/6th will compete with City schools.
 - 7th/8th graders will have their own bracket where a champion will be crowned at the Area Meet. They will not move on to the District Tournament.
3. Weigh-ins for the Area Tournament will be the night before the Area seeding meeting as determined by the high school head coach. A site Administrator must be present at weigh ins and sign off on the weigh in sheet.
4. All schools will bring one (1) wrestler for each weight class. Schools who do not have a wrestler in a weight class will receive a forfeit for that weight.
5. Rest periods between matches will be approximately 30 minutes, but we do want to keep the match running on time.

Awards

- Awards will be provided to 1st - 3rd place at each area tournament.
- Medals will also be given to the District Champion and runner up
- District Champions will also receive a t-shirt.

Tournament Scoring

Team scoring will be determined according to the National Federation (NFHS) rulebook tournament criteria.

- Placement points will be awarded to 1st - 4th place.
 - 1st = 16 points
 - 2nd = 12 points
 - 3rd = 9 points
 - 4th = 7 points

General Rules

- Three (3) periods, each one (1) minute in length for matches.
 - First Period: both wrestlers start in neutral position (standing).
 - Second Period: One wrestler is given option to take position of either advantage (top), defensive (bottom), neutral or deferring to the opponent.
 - Third Period: Start shall be the reverse of the second period
 - Overtime matches: In both dual and tournaments, shall consist of (1) one minute period both wrestlers in the neutral position. The first to score wins and ends the match.
 - If overtime ends in a tie. A 30-second **tiebreaker** period will be wrestled. **The first points scored determines** which wrestler assumes the top (offensive) position and bottom (defensive) position. **If still tied a coin toss shall determine position.** The wrestler that scores wins the match. If scoreless, the offensive is declared the winner.
- Wrestling shall continue as long as the supporting points of either wrestler remain inbounds. The supporting points are those which bear the wrestler's weight exclusive of those parts which the wrestler holds of the opponent.
- Fall or near-fall points can never be awarded when the defensive wrestler's shoulders are out-of-bounds, but wrestling shall continue.

Coaches

Coaches are restricted to the bench while the clock is running and during normal out-of-bounds and resumption of wrestling. The coach may approach the officials table to request the match to be stopped to discuss possible misapplication of a rule. The coach may move toward the mat only during a charged time out or at the end of the match. The first offense will result in a warning. A reoccurrence will be penalized as misconduct.

- ***The Champion in each weight class from the Area Meet (Coyote & Stallion) will qualify for the District Championship that evening. Match will begin at 5:30 but is subject to change.***
- ***The District Championship will rotate between High Schools each year.***

UNIFORM/EQUIPMENT AGREEMENT

Uniforms and athletic equipment assigned to an athlete are the sole responsibility of the athlete. It is expected that:

- Uniforms and equipment will be worn for school sports events only.
- Uniforms will be cared for and cleaned regularly.
- Within 5 days of the end of the season, all uniforms and equipment will be returned in good condition.
- All uniforms will be laundered before returning to the coach. Uniforms will be returned in a bag clearly labeled with the athlete's name, teacher's name, sport and uniform number.
- The athlete is responsible for the replacement cost of any lost or damaged uniforms and equipment.

Thank you for maintaining our athletic uniforms in good condition and helping control the cost of providing a fun and competitive athletic program!

UNIFORM AND EQUIPMENT POLICIES

Students and Parents/Guardians must agree to return athletic uniforms and equipment in the condition they received it. When the uniforms and equipment are returned, it must be washed, dried, folded and placed into a plastic bag with the student's first and last name, teacher, and room number on it. If the uniform is lost or damaged, students and parents/guardians will be responsible for the cost to replace the uniform and or equipment. Students will not be allowed to participate in the next season until the uniform and equipment have been turned in or paid for.

Approximate replacement costs for damaged or lost uniforms and equipment are as follows:

<u>Wrestling</u> 75.00	<u>Athletic Uniform</u> 70.00
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FIRST AID PROCEDURES

It is essential that coaches and trainers know the signs of heat exhaustion and heatstroke. The chart below should be reviewed frequently during the seasons in warmer weather. It is also recommended that short water breaks be scheduled every 20 to 30 minutes.

	HEATSTROKE	HEAT EXHAUSTION
FACE	Red and flushed	Pale
SKIN	Hot and dry	Moist
TEMPERATURE	Extremely high	Normal
PULSE	Strong and rapid	Weak and rapid

Heatstroke

Heatstroke is caused by high body temperature, salt loss, and dehydration. The body's mechanisms for dissipating heat will have stopped working, and a tremendous increase in body temperature will occur rapidly. Heatstroke is a medical emergency, and must be treated as a life-threatening situation. The signs and symptoms of heatstroke are as follows:

1. The victim may be dizzy, weak, mentally confused, euphoric, or have a sense of impending doom before becoming unconscious.
2. With little warning, the victim may become unconscious.
3. The victim will have an exceedingly high temperature. The skin will feel hot to the touch. Rectally, the temperature will be above 105 degrees and may reach 109 degrees F.
4. The victim's skin will be extremely dry and will appear flushed. The pulse rate will be strong and rapid.

First Aid Procedures

Coaches and trainers must review first aid treatment before the season starts. Because heatstroke is caused by the body's acute inability to lose heat rapidly, the following steps must be taken immediately.

1. Make immediate arrangements to have the athlete transported to the nearest medical facility. Severe neurological, circulatory, and hepatic (liver) conditions may occur if quick and definitive medical attention is not sought.
2. Remove all clothing and pads and place the athlete in the coolest available place.
3. Cool the athlete's body by any means possible. Many physicians recommend placing the victim in an ice bath. Any method, however, that would help lower the body temperature (cold water, chemical cooling packs, ice rubbed vigorously over the body) would suffice.
4. If the patient can cooperate and give cold drinks to aid his heat loss.

Heat Exhaustion

Heat exhaustion is sometimes difficult to recognize. Its symptoms generally are less severe than those of heatstroke are and vital signs may even appear normal. Coaches should look for the following signs to determine if the victim is suffering from heat exhaustion:

1. The victim may experience progressive weakness, inability to work, and loss of appetite.
2. The skin is usually moist and clammy, and may be pale or ashen gray.
3. The pupils may be dilated, and the pulse may be weak and slightly more rapid than normal (less than 100).
4. The victim is usually conscious but it is not uncommon for fainting to occur.
5. The victim may be suffering from muscle cramps.

First Aid Procedures

Heat exhaustion is an emergency, but it usually is not life threatening. The following first aid steps should be followed:

1. The athlete should lie in the coolest available place and be given cool drinks.
2. Encourage the athlete to drink as much as possible.
3. Remove excess clothing and rub the athlete's body with a cool, wet cloth.
4. The athlete should be instructed to stay out of the heat for the rest of the day and be taken to a hospital in case of other complications.



Real-time Outdoor Activity Risk (ROAR) Guidelines

	Level 1	Level 2	Level 3	Level 4	Level 5
Recess (15 min)	Outdoor activity OK for all.	Ensure that sensitive individuals are medically managing their condition.*	Sensitive individuals should exercise indoors or avoid vigorous outdoor activities.*	Exercise indoors or avoid vigorous outdoor activities. Sensitive individuals should remain indoors.*	No outdoor activity. All activities should be moved indoors.
P.E. (1hr)	Outdoor activity OK for all.	Ensure that sensitive individuals are medically managing their condition.*	Sensitive individuals should exercise indoors or avoid vigorous outdoor activities.*	Exercise indoors or limit vigorous outdoor activities to a maximum of 15 minutes. Sensitive individuals should remain indoors.	No outdoor activity. All activities should be moved indoors.
Athletic Practice & Training (2-4hrs)	Outdoor activity OK for all.	Ensure that sensitive individuals are medically managing their condition.*	Reduce vigorous exercise to 30 minutes per hour of practice time with increased rest breaks and substitutions. Ensure that sensitive individuals are medically managing their condition.	Exercise indoors or reduce vigorous exercise to 30 minutes of practice time with increased rest breaks and substitutions. Sensitive individuals should remain indoors.	No outdoor activity. All activities should be moved indoors.
Scheduled Sporting Events	Outdoor activity OK for all.	Ensure that sensitive individuals are medically managing their condition.*	Increase rest breaks and substitutions per CIF guidelines for extreme heat.** Ensure that sensitive individuals are medically managing their condition.	Increase rest breaks and substitutions per CIF guidelines for extreme heat.** Ensure that sensitive individuals are medically managing their condition.	Event must be rescheduled or relocated.
PM2.5 Range	1-12 µg/m ³	13-35 µg/m ³	36-55 µg/m ³	56-75 µg/m ³	>75 µg/m ³
Ozone Range	1-59 ppb	60-75 ppb	76-95 ppb	96-115 ppb	>115 ppb

* Sensitive Individuals include all those with asthma or other heart/lung conditions

** California Interscholastic Federation

CONCUSSION

A Fact Sheet for Coaches

WHAT IS A CONCUSSION?

A concussion is a brain injury that:

- Is caused by a blow to the head or body.
 - From contact with another player, hitting a hard surface such as the ground, ice or floor, or being hit by a piece of equipment such as a bat, lacrosse stick or field hockey ball.
- Can change the way your brain normally works.
- Can range from mild to severe.
- Presents itself differently for each athlete.
- Can occur during practice or competition in ANY sport.
- Can happen even if you do not lose consciousness.

CIF Bylaw 313 – Play It Safer

A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time for the remainder of the day. A student-athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and receives written clearance to return to play from that health care provider.

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

You can't see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury. Concussion symptoms include:

- Amnesia.
- Confusion.
- Headache.
- Loss of consciousness.
- Balance problems or dizziness.
- Double or fuzzy vision.
- Sensitivity to light or noise.
- Nausea (feeling that you might vomit).
- "Don't feel right."
- Feeling sluggish, foggy or groggy.
- Feeling unusually irritable.
- Concentration or memory problems (forgetting game plays, facts, meeting times).
- Slowed reaction time.

Exercise or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse.

WHAT CAN HAPPEN IF I KEEP PLAYING A STUDENT WITH A CONCUSSION OR RETURNS TOO SOON?

Athletes with the signs and symptoms of concussion should be removed from play immediately (CIF Bylaw 313). 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 athlete will often under report symptoms of injuries and concussions are no different. It is your duty as a coach to place the health and safety of your student-athletes ahead of winning.

WHAT A COACH SHOULD DO IF YOU THINK YOUR PLAYER HAS SUFFERED A CONCUSSION

Any athlete even suspected of suffering a concussion **must** 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 written medical clearance. The new "CIF Bylaw 313" now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that help ensure and protect the health of student-athletes. A coach's job is to ensure everyone follows these guidelines.



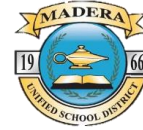
**IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.
WHEN IN DOUBT, GET CHECKED OUT.**



For more information and resources, visit www.cifstate.org/health_safety/ & www.cdc.gov/concussion.



Madera Unified School District



MULES Cheerleading/Tumbling/Stunting/Fitness

Participant's Name _____

Home Phone _____ Participant's Cell Phone _____

Mother's Name _____ Father's Name _____

Mother's Work Phone _____ Father's Work Phone _____

Mother's Cell Phone _____ Father's Cell Phone _____

Emergency Contact _____ Phone _____

Madera Unified League of Elementary Sports Cheering/Stunting Release of Liability

If your school site cheerleaders are planning to perform small stunts (no stunts performed on top of another cheerleader's shoulders) for cheerleading, please have parents of cheerleaders read and sign below. Assumption of Risk

Participation in physical activities can involve motion, rotation, and height in a unique environment and as such carries with it a certain assumption of risk. The undersigned and the participant choose to voluntarily enter upon said premises under the control of MULES, knowing their present condition and knowing that said condition may become more hazardous and dangerous during the time the participant or the undersigned is upon said premises, or injury that may be sustained by the participant and/or the undersigned or any property owner by them while on or upon said premises described above.

In signing this Release, the undersigned acknowledges:

- a) That he/she has read thoroughly and understands completely, the terms of Registration and Release and signs it voluntarily.
- b) That the undersigned signing as Legal Guardian is, in fact, the true and legal guardian and has the consent of the participant.

Medical Release Form

I hereby declare any physical problems or restrictions. I am also listing any known allergies or special conditions of any kind as well as any medication my child take:

The undersigned gives permission for the Madera Unified coaches, employees, and/or agents to seek emergency medical treatment for the student in the event they are unable to reach any parent or guardian.

Student Name _____

School Name _____

Parent/Guardian Signature: _____ Date: _____



Permiso Para Transporte Por Los Padres / Tutor

Departamento de Atletismo
Y Educación Física

Cuando el transporte del Distrito es proporcionado, los estudiantes pueden ser liberados de usar el transporte del Distrito solamente con el avance (24 horas) autorización por escrito de sus padres / guardián. (MUSD AR 3541.1)

Yo/nosotros, los padres / tutores de _____, un estudiante del Distrito Escolar Unificado de Madera solicitamos permiso para proporcionar transporte a casa a partir del siguiente evento para nuestro hijo/hija. Yo/nosotros entendemos que nuestro hijo/hija debe viajar al evento en el transporte proporcionado por la escuela.

Función: _____

Fecha: _____

Lugar: _____

En consideración a el Distrito Escolar Unificado de Madera (MUSD) permitiendo a el estudiante, el abajo firmante en nombre de ellos mismos, sus herederos, **ejecutores, administradores**, y asignados, **voluntariamente acepta mantener indemne, liberar**, descargar, y en convenio para no demandar al distrito, sus oficiales, empleados, voluntarios y agentes ("el grupo liberado) de todas las responsabilidades, **reclamaciones** o causas de acción por heridas personales, daño a la propiedad, y hasta la muerte, debido al transporte del estudiante hacia o desde la escuela, incluyendo eventos, pero no limitado a, pérdidas causadas en su totalidad o en parte **por la negligencia pasiva o activa de la liberación de ser partido (el grupo liberado).**

HE LEÍDO ESTE DOCUMENTO Y COMPRENDO QUE LIBERA A LOS DE MUSD Y SUS DIRECTIVOS, EMPLEADOS Y AGENTES DE CUALQUIER Y TODA RESPONSABILIDAD LEGAL POR EL CUMPLIMIENTO DE LAS PETICIONES ANTES MENCIONADAS.

Nombre de Padre: _____

(por favor escriba)

Firma de Padre: _____

Número de Teléfono: _____

Aprobación del Director: _____

(o representante administrativo)

Tras la aprobación, el estudiante le llevara una copia de este formulario al maestro supervisor o entrenador.
Se mantendrá una copia en la oficina de la escuela.



Permission For Parental Transportation

Department of Athletics &
Physical Education

When District transportation is provided, students may be released from using District transportation only with the advance (24 hour) written permission of their parent/guardian. (MUSD AR 3541.1)

I/We, the parent(s)/legal guardian(s) of _____, a Madera Unified Student, request permission to provide transportation home from following the event for our daughter/son. I/We understand that our daughter/son must travel to the event in school provided transportation.

Function: _____

Date(s): _____

Location: _____

In consideration for the Madera Unified School District (MUSD) permitting Student, the undersigned on behalf of themselves, their heirs, executors, administrators, and assigns, voluntarily agree to hold harmless, release, discharge, and covenant not to sue the District, its officers, employees, volunteers and agents ("the released parties) from all liabilities, claims, demands, or causes of action for personal injury, property damage, even death, arising out of Student's transportation to or from the school event including, but not limited to, losses caused in whole or in part by the passive or active negligence of the release parties.

I HAVE READ THIS DOCUMENT AND UNDERSTAND THAT IT RELEASES THE MUSD AND ITS' OFFICERS, EMPLOYEES, AND AGENTS FROM ALL LEGAL LIABILITY FOR COMPLYING WITH THE ABOVE REQUESTS.

Parent Name: _____
(Please Print)

Parent Signature: _____

Telephone Number: _____

Principal's Approval: _____
(Or administrative designee)

Upon approval, student will take a copy of this form to the supervising teacher or coach.
A copy will be kept in the office of your school.



Permiso Para el Transporte No Paternal

Departamento de Atletismo
Y Educación Física

Cuando el transporte del Distrito es proporcionado, los estudiantes pueden ser liberados de usar el transporte del Distrito solamente con el avance (24 horas) autorización por escrito de sus padres / guardián. (MUSD AR 3541.1)

Yo, _____ soy el padre/tutor de _____
Padre / Tutor Nombre de Estudiante

Yo, padre/tutor, pido permiso para el siguiente adulto para proveer transporte para mi hijo/hija desde el evento de la escuela / actividad apuntado debajo en la fecha indicada. Yo entiendo que mi hijo/hija debe viajar al evento proporcionado por la escuela y he escrito el nombre del adulto conduciendo mi hijo/hija como un contacto de emergencia en la base de datos de la escuela.

Nombre del Adulto Proporcionando Transportación: _____

Evento: _____

Fecha(s): _____

Localización: _____

En consideración a el Distrito Escolar Unificado de Madera (MUSD) permitiendo a el estudiante, el abajo firmante en nombre de ellos mismos, sus herederos, ejecutores, administradores, y asignados, voluntariamente acepta mantener indemne, liberar , descargar, y en convenio para no demandar al distrito, sus oficiales, empleados, voluntarios y agentes ("el grupo liberado) de todas las responsabilidades, reclamaciones o causas de acción por heridas personales, daño a la propiedad, y hasta la muerte, debido al transporte del estudiante hacia o desde la escuela, incluyendo eventos, pero no limitado a, pérdidas causadas en su totalidad o en parte por la negligencia pasiva o activa de la liberación de ser partido (el grupo liberado).

HE LEÍDO ESTE DOCUMENTO Y COMPRENDO QUE LIBERA A LOS DE MUSD Y SUS DIRECTIVOS, EMPLEADOS Y AGENTES DE CUALQUIER Y TODA RESPONSABILIDAD LEGAL POR EL CUMPLIMIENTO DE LAS PETICIONES ANTES MENCIONADAS.

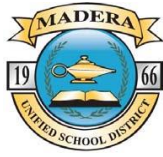
Nombre de Padre: _____
(Por favor escribe)

Firma de Padre: _____

Número de Teléfono: _____

Aprobación del Director: _____
(o representante administrativo)

Tras la aprobación, el estudiante le llevara una copia de este formulario a el maestro supervisor o entrenador. Se mantendrá una copia en la oficina de la escuela.



Department of Athletics &
Physical Education

Permission for Non-Parental Transportation

When District transportation is provided, students may be released from using District Transportation only with the advance (24 hour) written permission of their parent / guardian (MUSD AR 3541.1)

I _____ am the parent / legal guardian of _____
Parent/Guardian Student Name

I, parent / guardian, request permission for the adult to provide transportation for my son / daughter from the school event / activity listed below on the date stated. I understand that my son / daughter must travel to the event on school provided transportation and I have listed the name of the adult driving my son / daughter as an emergency contact in the school's database.

Name of Adult Providing Transportation: _____

Function: _____

Date(s): _____

Location: _____

In consideration for the Madera Unified School District (MUSD) permitting Student, the undersigned on behalf of themselves, their heirs, executors, administrators, and assigns, voluntarily agree to hold harmless, release, discharge, and covenant not to sue the District, its' officers, employees, volunteers and agents (the released parties) from all liabilities, claims demands, or causes of action for personal injury, property damage even death, arising out of Student's transportation to or from the school event including, but not limited to losses caused in whole or in part by the passive or active negligence of the release parties.

I HAVE READ THIS DOCUMENT AND UNDERSTAND THAT IT RELEASES THE MUSD AND ITS' OFFICERS, EMPLOYEES, AND AGENTS FROM ANY AND ALL LEGAL LIABILITY FOR COMPLYING WITH THE ABOVE REQUESTS.

Parent Name: _____

Please print

Parent Signature: _____

Telephone Number: _____

Principal's Approval: _____

Upon approval, student will take a copy of this form to the supervising teacher or coach. A copy will be kept in the Athletic Office.