

MADERA UNIFIED LEAGUE OF ELEMENTARY SPORTS (MULES)



**MADERA UNIFIED
SCHOOL DISTRICT**

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Madera Unified League of Elementary Schools (MULES)

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 priority for all students and that coaches should adjust accordingly to allow students to participate in 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.

MULES Steering Committee Members

Marty Bitter - Director of Athletics

John Fernandez – High School Athletic Director, Madera High School

Mike Hawkins – Teacher/AD/Coach, Adams Elementary

Scott Gandy – Teacher/Coach, E. Arcola Elementary

Robyn Royston - Principal, Lincoln Elementary

Christina Riche – Principal, King Hussein Elementary

Nick Burns – Middle School Athletic Director, Desmond Middle School

Sky Fierro – Teacher/Head Coach XC & Track, Madera South High School

Mayra Moreno – Admin. Assistant/Coach, Monroe Elementary

Myra Diaz – Teacher/Coach, Dixieland Elementary School

Jaime Brown - Coordinator of Physical Ed, Health & Athletics

Cristina Khan – Admin. Assistant, District Athletics

Director of Athletics

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

Meetings

The MULES Steering Committee will meet two times per year, with the first meeting scheduled before the start of the school year.

Rules & Policy Change Procedures

1. All recommended rules 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 by the Director of Athletics.

Code of Participation

The Madera Unified School District Co-Curricular program is integral to our total school program. It is an opportunity to allow all students to acquire the skills, knowledge, and attitudes that lead to maximum development. It also allows the child to develop the social skills needed to be well-adjusted.

When students elect to participate in co-curricular programs, they must recognize that they have assumed specific responsibilities and obligations to the coach/advisor, the activity members, and themselves.

Madera Unified encourages elementary teams to include as many students as possible to promote participation and provide the experience of being part of a team. However, depending on the number of interested students and team needs, some cuts may be necessary. We aim to uphold a "no-cut policy" whenever possible.

By joining a sport or co-curricular activity, students agree to follow the Code of Participation, which will be enforced starting the second week of practice.

1. Students are expected to attend all scheduled practices for their activity. Absences or tardiness may be excused under the same guidelines as classroom attendance and should be cleared in advance with the teacher or coach.
2. Students who join a sport or co-curricular activity will have a one-week grace period to decide if they wish to continue for the season. After this period, a student may not quit the activity without a meeting involving the student, parent, coach, and Principal. Failure to follow this process may result in ineligibility to participate in the next sports season.
3. Students are responsible for treating all school-issued equipment and uniforms with respect and care. Uniforms are school property. If a student loses or damages a uniform due to negligence, they will be required to pay for its replacement.
4. Students will maintain a good scholarship ("C" average or 2.0 GPA) and demonstrate good behavior and citizenship. The principal has the discretion to waive the GPA rule if they deem it is in the best interest of a particular student.

Athletic Code of Ethics

The students will be respectful of their teammates, opponents, and all supervising adults.

1. The student will contribute and encourage others to contribute in their efforts towards the team's success.
2. The student should inspire competitiveness in teammates without personal antagonism towards the opposing team.
3. The student will be a gracious and humble winner.
4. 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:

Action	Guidelines/Consequences
During any reporting period, the student is below a 2.0 GPA	Students with a GPA below 2.0 are considered ineligible to participate. Grades will be reviewed every two weeks. However, the principal may allow a student with a GPA below 2.0 to continue participating if it is determined to be in the student's best interest. A student who drops below a 2.0 during the quarter may be removed from the activity at the principal's discretion.
Absences	To be eligible for a practice or game, a student must attend more than half of the school day, unless they have received prior approval from the principal. Students must attend practices during the week to participate in the game.
Excused Absences	School absences and illness.
PE Excuse	Students with a PE excuse will not be allowed to practice or compete in games or meets.
Conduct Referral	Possible suspension from the team.
Suspension	The player does not play, site Administration and the coach will determine further action.

Practices

Practices will be held 3 days of the week except on your early release day. Each practice will run from 3:00 to 4:00 p.m. Practices may be canceled due to rain or poor air quality. The administration will make cancellation decisions by 1:00 p.m., and athletes will be given the opportunity to call their parents if a practice or game is canceled.

According to MUSD policy, students with asthma, respiratory conditions, or heart issues are not permitted to practice or compete when the air quality reaches the red level or higher.

Parent/Guardian Code of Ethical Conduct and Expectations

The purpose of the Parent Code of Conduct is to foster strong parental support and promote positive role models in all school athletic activities. In alignment with our commitment to Competitive Greatness, Madera Unified's athletic programs are designed to support the physical, mental, social, and emotional development of each student. Parents and guardians play a vital role in this process.

As a parent/guardian, I agree to:

1. Read and understand the Code of Participation as outlined in the Parent/Student Elementary Handbook.
2. Serve as a positive role model for my child, the school, and the community.
3. Maintain a positive attitude and demonstrate respectful behavior at all times.
4. Create a supportive, pressure-free environment for my child to enjoy and grow in their sport.
5. Emphasize the importance of developing both the physical and mental aspects of being a student-athlete.
6. Support my child's commitment by ensuring their full attendance at all practices and games.
7. Show respect for all players, student officials, coaches, and advisors.
8. Help ensure the safety and well-being of all student-athletes.
9. Encourage regular school attendance and academic success.
10. Notify coaches immediately of any medical conditions (e.g., asthma) so appropriate accommodations and care can be provided.
11. Sign my child out if they are not riding the team bus back from an away game.
 - a. If another individual will pick up my child, a signed form (available in the front office) must be submitted in advance.
 - b. Failure to follow sign-out procedures may result in consequences for the following game.

Conflict Resolution Policy

Madera Unified's policy is 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 with the coach at school to discuss the concern.
2. If the issue remains unresolved, schedule a meeting with the MULES Administrator (the Vice Principal overseeing the program).
3. If further resolution is needed, schedule a meeting with the Site Principal and the MUSD Director of Athletics.

General Rules and Regulations

Practice Sessions

1. Definition and Structure of Practice

A practice session is defined as an organized training activity supervised by a coach approved by MUSD. Each session should follow a structured format—similar to a lesson plan—including:

- a. A warm-up
- b. A clearly defined goal for the day
- c. A closing activity

Practices should be efficiently timed. The goal is to hold practices daily or accumulate a minimum of three (3) hours of practice per week before competitions. Practice times will be determined by the coach in coordination with the school site.

2. Cancellations Due to Weather or Air Quality

Practices may be canceled due to rain or poor air quality. These decisions will be made by 1:00 p.m., and athletes will be given the opportunity to contact their parents.

Per MUSD policy, students with asthma, respiratory conditions, or heart issues may not participate in practices or games when the Air Quality Index (AQI) reaches the red level or higher.

3. Scheduling Guidelines

- a. Practices are not permitted on staff development days or minimum days.
- b. A new season's practices may begin only after the previous season has officially ended.
- c. Practices must not overlap with other sports seasons to avoid forcing students to choose between activities.
- d. No practice may begin before the first day of the school year.

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- e. Practices are allowed only on school days, except during winter break, when in-season teams may practice up to five (5) total hours during the break.
4. Practices During School Hours

Practices may not occur during class time. However, coaches may use lunch or recess periods to hold brief meetings or distribute uniforms.

5. Practice Frequency Requirements
- a. Tournament Teams: Must conduct at least three one-hour practices per week.
 - b. Developmental Teams: Must conduct at least two one-hour practices per week.
 - c. All Students: Must complete at least three (3) hours of practice before participating in league competitions.
 - d. New Wrestlers: Must complete six (6) hours of practice before competing in their first league match.
6. Options During Bye Weeks or Postponements

If a team has a bye or a postponement game, they may choose from the following:

- a. Schedule a game with another school that also has a bye that week (must be arranged through the site and approved by the Director of Athletics).
- b. Hold a regular practice on the bye day
- c. Take the day off

Eligibility for Participation in Elementary Athletics

1. Grade Level Eligibility

Elementary athletic programs are generally open to students in 4th, 5th, and 6th grades. In country schools, athletic opportunities are also extended to 7th and 8th-grade students. These students may additionally participate on middle school teams at Thomas Jefferson (TJ), Martin Luther King (MLK), and Desmond.

2. Academic Requirement

- a. Students must maintain a minimum 2.0 GPA (equivalent to a "C" average).

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- b. All participants must comply with district and school site policies regarding eligibility and conduct.
 3. Eligibility Semester Rules
 - a. This rule takes effect when a student enters 5th grade.
 - b. Students have four (4) consecutive semesters in which they are eligible to compete in elementary athletics, beginning in 5th grade.
 - c. If a student is retained (repeats a grade), eligibility still ends after the fourth consecutive semester, regardless of grade level at that time.
 4. Sport, participation is open to the following students:
 - a. Cross Country (4th/5th/6th)
 - b. Flag Football (5th/6th)
 - c. Cheer (5th/6th)
 - d. Volleyball (5th/6th)
 - e. Basketball (5th/6th)
 - f. Wrestling (4th/5th/6th)
 - g. Track & Field (4th/5th/6th)
 - h. Soccer (5th/6th)

*7th & 8th grade students at K-8 schools can participate in all offerings.

Cancelled Games

- If a game is canceled between two schools, both sites are responsible for coordinating a makeup date.
- If a mutually agreed-upon date cannot be arranged, the game will result in a double forfeit.
- If the Director of Athletics cancels a game, we will attempt to reschedule it on the next available Friday, provided there is sufficient time in the season.

District Championships

All team sports seasons—Volleyball, Flag Football, Basketball, and Soccer—will conclude with a District Tournament.

- In most cases, a play-in game will determine which teams qualify for the tournament.

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- However, the Director of Athletics and the MULES Steering Committee reserve the right to adjust this policy for specific sports as needed.

Individual Sports (Track, Cross Country, Wrestling)

District champions will be recognized in the following manner:

1. Cross Country

- a. The top 5 boys and top 5 girls in each grade (4th, 5th, and 6th) from each school will qualify for the District Championships held at Town and Country Park.
- b. For K-8 schools, the top 10 combined 7th/8th-grade runners will qualify.
- c. In each race, the top 7 finishers will receive medals, and 8th–10th place will receive ribbons.

2. Wrestling

- a. Each school will send one wrestler per weight class to compete in the District Pyramid Championships, held at Madera High, Madera South, and Torres High School. The champion and runner-up in each weight class (a total of 60 wrestlers) will advance to the District Championships the following day.
- b. At the District Championships, medals will be awarded to the 1st and 2nd place finishers, and the overall winner in each weight class will receive a District Champion T-shirt.
- c. Medals will be awarded to the top three finishers in each weight class at the Pyramid Tournament.

3. Track and Field

- a. The top 4 finishers in each event at the District Pyramid Meet, plus the next fastest qualifier, will advance to the District Track and Field Championships.
- b. Medals will be awarded to the top 3 athletes in each event.
- c. Those top 3 will also qualify for the Madera County Track and Field Meet.

Weather Conditions

In cases where weather conditions—such as rain or poor air quality—may impact a game, the Director of Athletics will decide by 10:00 a.m. on the day of the event whether the game will proceed.

Uniform/Equipment Agreement

Athletes are responsible for all uniforms and equipment issued to them. The following policies apply:

- Items are to be used only for school-related sports events.
- Lost or damaged items must be paid for in full by the student.
- Students may not participate in future sports seasons until items are returned or replacement costs are paid for.
- Uniforms must be cleaned regularly and properly maintained throughout the season.
- All uniforms and equipment must be returned **within five days** of the season's end.
 - Items must be **washed, dried, and folded**.
 - Place all items in a **labeled bag** with the student's full name, teacher's name, sport, and uniform number or room number

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

Athletic Uniform	Wrestling Uniform
\$80.00	\$85.00

MULES Coach Responsibilities and Expectations

1. Certification Requirements

- a. All coaches must obtain and maintain current CPR/First Aid/AED certification before the start of the MULES athletic season. A copy of the certification must be submitted to the District Athletic Office.

Note: Only courses with a hands-on component are accepted. Online-only certifications are not valid.

2. Pre-Season Training

- a. Prior to the start of the season, coaches will attend a brief training session with the high school head coaches, including a Q&A segment.
- b. Site Principals are responsible for evaluating MULES coaches.

3. Team Supervision

- a. Coaches must provide consistent and thorough supervision of their teams at all times.

4. Policy Compliance

- a. Follow all guidelines in the MULES Handbook.
- b. Adhere to District Board Policies and Administrative Regulations, especially regarding the transportation of student-athletes to and from district-sponsored events.

5. Coach Responsibilities

- a. Managing equipment inventory
- b. Issuing and collecting equipment
- c. Reporting equipment needs to the Athletic Director or Site Administrator
- d. Maintaining and caring for equipment
- e. Preventing and managing player injuries

6. Equipment Inspection

- a. Inspect all new equipment before use. Report any issues or concerns to the Athletic Director or Site Administrator.

7. Program Leadership

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- a. Coaches are accountable to the Athletic Director and Site Administrator for the overall conduct of their sport.
 - b. Promote a positive attitude toward the sport, teammates, and opponents.

8. Practice Management

- a. Plan, organize, and conduct all practices.
- b. Coordinate schedules when sharing facilities with other coaches.

9. Athlete Clearance and Documentation

- a. Confirm that all athletes have completed the following before participation:
 - i. Equipment/uniform checkout
 - ii. Participation consent form
 - iii. Travel release form
 - iv. Emergency procedure card

10. Post-Game Transportation

- a. Ensure all players and team personnel have transportation home following away games.

11. Equipment Education

- a. Teach athletes the proper care and use of all equipment.

12. Injury Management

- a. Ensure all injuries are treated by appropriate medical personnel.
- b. Notify parents promptly in the event of an injury.

13. Score Reporting

- a. Submit game scores promptly following each contest to the Director of Athletics.

14. School Representation

- a. Ensure that your team represents the school in a respectful and sportsmanlike manner, especially at away events.

15. Coaches Meeting Attendance

- a. Attend all scheduled coaches' meetings.

16. Athlete Medical Clearance

- a. Verify that each athlete has completed a pre-participation screening and has provided informed parental consent.

17. Accident Reporting

- a. Complete and submit accident reports for any injuries within 24 hours.

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- b. Athletes may not return to activity following an illness or injury without proper medical clearance.

18. Professional Conduct

- a. Set a positive example through appropriate language and behavior. Serve as a role model for student-athletes.

19. Prohibited Substances

- a. The use or possession of tobacco products, alcohol, or drugs—including smoking and chewing tobacco—is strictly prohibited at all times.

Rules by Sport

Basketball

General Information

- 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.
- Official ball size for girls: 28.5
- Official ball size for boys: 29.5

Rules

- **First possession** will be determined by a jump ball. The team not retaining the jump ball will start the alternating possession procedure.
- **Time Limits:** Each game will be two- fifteen minute halves (Running Clock). The clock will only stop at timeouts/injuries.
- The clock will stop at all whistles and the last minute of the game if the score is within 5 points. Games will be played in time allotted.
- **Time-outs:** Each team will be awarded two 30 sec. time-outs per game, one per half.
- **Fouls:** A player is allowed 5 fouls before removal from the game.
- **Substitutions** may be made on your own possession of a dead ball, clock will continue running.
- Players may not wear any jewelry of any kind.
- **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.
- **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.
- **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.

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- 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.
 - If Three (3) point field goals are awarded due to a clearly marked line, a Shooter fouled in the act of shooting will be awarded 2 points and 1 foul shot.
 - Bonus will occur after 10 team fouls, not 7. There will be no 1 and 1's after 7 team fouls.
 - No pressing if the game has a 15-point difference.
 - 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.
 - 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.
 - 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:

- **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.
- **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.

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- **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.)

- **Free throw** - 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 the free throw lane's vertical plane until the shooter releases the basketball.
- **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.
- **Traveling** - Running with the ball is a violation except within limitations:
 - 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.
 - 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.
 - A player must start dribbling before the pivot foot leaves the floor.

Cheer

MULES Cheer Exhibition

This is a non-competitive event to highlight each squad's hard work—no scoring or judging.

General Guidelines

- Performance can be a maximum of five minutes.
- Performance CANNOT include stunts.
- Performance may include cheer, dance*, or both.

Music Submission Requirements

If a routine includes music, it must be submitted at least one week before the performance. District athletics will collect the required information through a Google Form:

- Soundtrack Title
 - Example: "Can't Stop the Feeling" – Justin Timberlake
- Music link or upload
 - Upload a digital file (e.g., MP3, WAV)
 - OR provide a direct link (e.g., Google Drive, YouTube)
- Explanation of When the Music Should Start
 - Clearly describe how and when you want the music to begin.
 - Example: "Start music immediately when the coach provides a thumbs-up."
- Explanation of When the Music Should Stop
 - Indicate exactly when music should end.
 - Example: "Stop music at 2:45 when the team finishes the final pose."

Music Submission Tips

- Double-check that your music file works and is downloadable if sharing via a link.
- Be specific in your timing instructions so the host knows exactly how to cue the music.
- Submit your info early to avoid any last-minute issues.

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

4thGrade - $\frac{3}{4}$ 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 - 3rd place and ribbons will be awarded to 4th - 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 10 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.

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- 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

- The **STARTER and REFEREE** will place teams in the 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.
- 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.
- 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.
- The **TIMER** records the time of all runners.
- The **SCORE KEEPER** records the following information on the score sheets:
 - Name and school of each finisher corresponding to his/her place of finish.
 - Record the times of each finisher corresponding to their place of finish.
 - Add the place of the first five (5) finishers for each team.
 - The team with the lowest point total will be declared the winner.
- The **COURSE INSPECTORS** observe the activity of the runners. If any runner fails to run the proper course or otherwise violate the contest rules, the inspectors report the infraction to the referee.

Flag Football

Field

- The field size is 60 yds. X 50 yds.' with a 10 yd. end zone.
- Fields will be lined at the goal line, 10, 30 and 50.
- All teams will start at the 50 yd. and move the ball toward the goal line.
- First downs will be awarded when crossing the 30 yd. and 10y yd. lines.

Position and Number of Players

Any combination of eight (8) players, with three (3) offensive linemen and five (5) backs/receivers, 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 them back inside. There are no power runs up the middle. **NOTE: THE ONE EXCEPTION IS QUARTERBACK SCRAMBLING TO AVOID BEING SACKED ON A PASS PLAY.** The penalty is a 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

- Games will be two (2) 20-minute halves with a running clock and 5-minute halftime.
- Tournament games will consist of (1) 25 minute running half.
- Teams have 30 seconds to run a play. If they do not get the play off the result is loss of down.
- Ties are permitted.
- Each team is permitted one time out (clock stops) each game. The timeout will be one (1) minute in length.

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- 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, then team 'B' gets a possession. This is repeated until there is a winner with one-team scoring while 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 are on the 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)

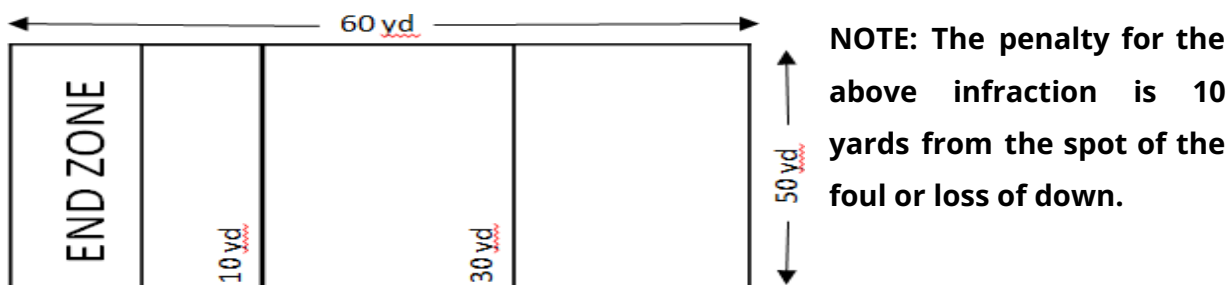
Downing the ball carrier

- 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 the 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.



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.

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- 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
- Crack back or “peal 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 choose.
- 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.

Track & Field

General Information

1. Each school shall have a track team of students from the following grade levels for both boys and girls.
 - a. City Schools: students in 4th/5th/6th grades can participate.
 - b. Country K-8 Schools: students in 4th/5th/6th/ and 7th/8th can participate.
2. Students will compete against students of the same age, division, and gender. (See the Age Division sheet for detailed information)
3. Water and sunscreen are recommended.
4. Students at all levels will be throwing the 6lb shot.
5. Age division 9-10 boys and girls will not run the 1500m. The 800m is the farthest distance they will run.
6. Athletes will only participate with shoes. If spikes are worn, they must be 3/16th pyramid spikes.

Meet Information

1. Meets will run from 9:30 am-1:45 pm.
2. The first two meets are for unlimited athletes. After that, they must qualify to move on to the next meet. Athletes must be eligible for each meet to continue in the next week's meet.

Meet 1 (See your MULES schedule)

- Each school can bring unlimited athletes to this event.
- We will be competing in only four events.
- Each student-athlete can compete in two events, with the relay counting as one.
- No times will be recorded; coaches bring a stopwatch
- Long jumpers will get three jumps, and each jump will be measured.
- Only two relay teams from each school.
- Events include 4x100m relay, 1500m, 200m, and long jump.

Meet II (See your MULES schedule)

- Each school will bring unlimited athletes to this event.
- We will only be competing in four events.
- Each student can compete in two events.
- The field event (shot put) will have three throws each, with only the longest throw measured.
- Events include 100m, 800m, 400m, and shot put.

Meet III Pyramid Qualifier (See your MULES schedule)

- Top four qualifiers from each school in each event.
- Students can compete in up to three events.
- The relay counts as an event.
- The meet will be used as the district championship qualifier.
- The top three qualifiers from each event in each pyramid will move on to the district championships.
- If a student cannot make the district qualifier, the 4th place individual in the event at the qualifier will replace that person at the district championships.

Meet IV, District Championships (See your MULES schedule)

- The district championship events will rotate between high school sites each year.
- Each field event will consist of three throws (only the longest will be measured) and three jumps (all will be measured).
- An athlete can qualify for up to three events.
- There will be one heat per age group and per gender in each event.

3. Medals will be awarded to the top three winners in each event. All four runners on the relay team will receive individual medals.
4. The top 3 finishers at the district's championship event will qualify for the Madera County meet at Yosemite High School in April/May.

Some Basic Rules

- **Long Jump** – Students must leave from the toeboard and cannot go over it.
 - We know most schools do not have a long jump at their school site. You must do your best to teach students this skill so they do not foul.
- **Shot Put** – Students cannot exit out the front of the ring. They must exit out the sides or back.
 - When they throw, they must stay in the ring until the throw is complete.
- **Relays** – Exchanges must be made in the exchange zone.
 - The exchange zones are 22m long.
 - A team is disqualified if the pass is made before or after the exchange zone.
- A waterfall start will be used for the 800m and 1500m.
 - Age division 9-10 boys and girls will not be allowed to run the 1500m.
- Teach students to stay in their lane the entire way around the track in the 400m.
- If you have students participating in multiple events simultaneously.
 - The student-athlete will need to check in to both events.
 - Do their running event and come back to the field event, or start the field event and then leave to the running event and come back.
- We recommend you bring a canopy to each meet.
- Ensure the student-athletes bring water bottles and drink enough water throughout the week.
- Parents must remain in the stands. They are not allowed on the infield of the track.
- There will be training on YouTube for entering students in Athletic.net. We will use this timing system for the district championships.
 - Make sure you designate one coach to enter information into Athletic.net.
 - Enter your students with plenty of time. It is an excellent way to manage your rosters.
 - Roster must include the student-athlete's birthdate.
 - We will align with the Track Youth guidelines.

Age Division Criteria

In youth track and field, age divisions are used to ensure fair developmentally appropriate competition that is consistent throughout the entire competition season. Different organizations and governing bodies may have slightly different age groupings, but generally, they follow similar patterns. Age divisions are expressed in two-year increments and are based on year of birth (age on December 31 of the competition year). Here is the breakdown for Madera Unified and Madera County events:

Age Division	Birth Year for the 2026 Competition Year	Previously Identified as...
9 - 10	Born 2016 and 2017	Bantam
11 - 12	Born 2014 and 2015	Midget
13 - 14	Born 2012 and 2013	Youth
15 - 16	Born 2010 and 2011	Intermediate

Example: If an athlete turns 13 years old on December 30, and the competition year is 2025, they would compete in the "13-14" age division for the entire 2025 season. Even if the athlete is age 12 for the majority of the calendar year, the age division is determined by their age as of December 31 of the competition year. No exceptions.

Soccer

The Ball

A regulation-size soccer ball for 7th and 8th-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 is usually 7. One player from each team must be designated as a goalkeeper. The goalkeeper must wear a different color shirt from his teammates so that everyone can easily distinguish the goalie. The goalie can only use his hands inside the penalty area.

Country Schools

There will be two divisions

- 5th-6th boys & girls
- 7th-8th boys & girls

Players are only allowed to “play up” if a team does not have enough players to field a full team.

- Example: a 6th-grade player may join the 7th-8th grade team to help reach the required 11 players.

Older students are not permitted to “play down” on younger teams.

- Example: A 7th-grade student may not play on a team with 5th- and 6th-grade players.
- Additionally, 4th-grade students are not eligible to participate in soccer.

Player's Equipment

All players on a team must wear matching jerseys and shorts. Shin guards are required for all players; however, MULES will not be providing them. If players choose to wear cleats, they must be soccer cleats. Unlike baseball cleats, soccer cleats do not have a front toe stud. This is important for safety reasons.

Referees

The referee enforces the rules as stated in our MULES handbook. 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 they believe that stopping play would give the team committing the foul an advantage. This is referred to as the "advantage clause." The referee should say, "play on" when this occurs.

Linesmen and Lineswomen

Two referees will work together to manage the game. They are responsible for signaling when the ball goes out of play and indicating whether it results in a corner kick, a goal kick, or a throw-in, as well as which team is awarded possession. Referees may also signal for

offside, fouls, misconduct, goals, and substitution requests. All decisions made by the referees on the field are official and final.

- At times, our high schools may only be able to supply one official for a game. If this happens, the host site may provide an additional official if they feel it is necessary.

Duration of the Game

Development team games will run from 12:30 to 1:15, with two 20-minute halves and a 5-minute halftime. Tournament team games will run from 1:20 to 2:15, with two 25-minute halves and a 5-minute halftime. It is essential that games start on time to ensure both games are completed. All games must end by 2:15 to allow buses to return to school sites on schedule

Start of Play, Kick-off, and Drop Ball

At the start of a new half, the team that did not take the previous half's kick-off will now kick off. The player taking the kick-off does not need to pass the ball to another player first—they may dribble, pass, or shoot immediately after touching the ball. A kick-off is used to start the game, restart play after a goal, and begin the second half or a new quarter.

At kick-off

- All players must be positioned on their own half of the field.
- The ball is placed at the center of the midfield circle.
- The ball must be kicked forward and roll at least one full rotation into the opponent's half.
- A coin toss between the team captains and the referee determines which team kicks off to start the game. After a goal is scored, the team that conceded the goal takes the next kick-off.

Ball In and Out of Play

- The ball is out of play when it has completely crossed the outer edge of either the touchline or goal line, whether on the ground or in the air.
- The ball is out of play whenever the referee stops the game for any reason.
- The ball is still in play if any part of it is touching or inside the touchline or goal line.
- The ball is still in play if it bounces off the goal post, crossbar, corner flag, referee, or linesman—as long as it stays within the field of play.

Method of Scoring

A goal is scored only when the entire ball crosses the outer edge of the goal line, passes under the crossbar, and goes between the goalposts while the ball is in play.

- Any player, including the goalkeeper, can score a goal—except during a free kick, throw-in, goal kick, penalty kick, or kick-off.
- If a player accidentally kicks or deflects the ball directly into their own goal, the goal is awarded to the opposing team.

Offside Rule

A player is considered to be in an offside position if, at the moment the ball is passed or played to them, they meet *all* of the following conditions:

- They are in the opponent's half of the field.
- They are ahead of the ball.
- Fewer than two opposing players (including the goalkeeper) are between them and the goal line.

Important Clarification:

- Simply **being in an offside position is not a violation**.
- A player **commits an offside offense** only if, while in an offside position, they become actively involved in the play by:
 - Participating in the play,
 - Interfering with an opponent, or
 - Gaining an advantage from their position.

Timing Matters

Offside is judged **at the moment the ball is played or touched by a teammate**, not when the player receives the ball.

Exceptions:

A player cannot be called offside if they receive the ball directly from:

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

Fouls and Misconduct

There are two kinds of fouls in soccer:

1. Penal or Major Fouls
2. 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 an opponent
- Jumping at an opponent
- Charging an opponent aggressively
- Charging an opponent from behind
- Tripping an opponent
- Pushing an opponent
- Holding an opponent
- 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 eight 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:

When a player commits a minor foul, the referee may issue a **Yellow Card** as a warning. These fouls do not result in a penalty kick, but they do stop play. The opposing team is awarded an **indirect free kick**, meaning the ball must touch another player before a goal can be scored. If a player commits a minor foul, he may receive a **Yellow Card** from the referee.

- **Dangerous Play**
 - Actions that risk injury, such as high kicking near another player's head or attempting to kick the ball while it is in the goalkeeper's hands.
- **Fair Charging with the Ball Out of Reach**
 - Charging is only allowed when the ball is within playing distance of the player. Doing so when it is not is a foul.
- **Illegal Obstruction**
 - When a player deliberately blocks an opponent's path by positioning themselves between the opponent and the ball, **without being close enough to play the ball**.
- **Charging the Goalkeeper in the Goal Area.**
 - It is illegal to charge or challenge the goalkeeper while they are within their goal area.
- **Goalkeeper Infringements (examples include)**
 - Holding the ball for more than four steps without releasing it.
 - Touching the ball with their hands after it was deliberately kicked to them by a teammate.
 - Intentionally wasting time to delay the game.

When the referee stops play by blowing the whistle for a minor foul, the opposing team is awarded an indirect free kick. A goal cannot be scored directly from this type of kick; the ball must be touched by another player before a valid goal can be scored.

Misconduct: There are two kinds of misconduct:

A caution, or **Yellow Card**, is issued by the referee when a player's actions warrant a formal warning. In some cases, the referee may first verbally warn the player to improve their behavior before giving a caution.

A **Red Card** is shown when a player's actions are serious enough to result in ejection from the game. Referees also have the authority to issue a **Red Card** to coaches or spectators for misconduct or interference with the game

Free Kick: There are two types, Direct and Indirect

Direct Free Kick

- A direct free kick allows the player to score a goal by kicking the ball directly into the net.
- It is taken from the spot where the foul occurred, unless the foul happened inside the penalty area—then a penalty kick is awarded.

Indirect Free Kick

- A goal can only be scored if the ball touches another player (from either team) after the kick and before entering the goal.

Free Kick Rules (Apply to Both Direct and Indirect Free Kicks):

- The referee signals an indirect free kick by raising one arm straight up.
- The ball must be stationary before the kick is taken.
- Opponents must stand at least 10 yards away from the ball.
 - If they are too close, the kicker may still proceed.
 - The kicker can ask the referee to enforce the 10-yard distance and must wait for the whistle before kicking.
- If the free kick is within 10 yards of the opponent's goal, defenders may stand on the goal line between the posts.

Penalty Kick

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

1. The team that was fouled is given a penalty kick from the penalty mark.
2. All players except the goalkeeper must remain outside the penalty area and penalty arc until the kick is taken.
3. The defending goalkeeper must stand on the goal line between the goalposts and is not allowed to move until the ball is kicked.
4. If the goalkeeper moves and the penalty shot does not score, then the penalty kick is retaken.
5. Encroachment is when a player enters the penalty area or penalty arc before the ball is kicked.
6. If a defender encroaches, the scoring shot counts; otherwise, the non-scoring shot is retaken.
 - If an attacker encroaches, a scoring shot is disallowed, and the kick is retaken.
 - If the shot is non-scoring, then the defending team receives an indirect free kick, depending on where the ball is when the referee blows the whistle.
 - If both teams encroach, the penalty kick is retaken, regardless of whether it was a scoring attempt 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.

1. A player takes a throw-in from the team that did not touch the ball last.
2. The player throwing the ball in must have both feet on the ground and both hands on the ball over his head.
3. Both feet must remain on or behind the touchline at all times.
4. 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.
5. The thrower must not play the ball again until another player from either team has touched the ball.
6. A player cannot score a goal directly from a throw-in.
7. 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.

1. Any player on the defending team takes a goal kick.
2. 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.
3. The opposing team must remain outside of the penalty area until the ball completely leaves the goal area.
4. 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.
5. The kicker may not play the ball again until another player from either team touches the ball.
6. 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.

1. The corner kick is taken from within the corner arc on the side of the field where the ball went out of play.
2. Any player on the attacking team may take the corner kick.
3. 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.
4. The kicker is not allowed to play the ball again until a player from either team touches the ball.
5. 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.

Volleyball

General Information

- Ball: WILSON SOFT PLAY.
- All the games will be best, 2 out of 3—the first two games to 25 and the third to 15 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 not change sides between games.
- If there is a game 3, the 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. **(5th-6th grade teams ONLY)**

Rules

- Only the tournament teams participate in the district championships.
- 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.
- When touching the ball, there can be no carrying, **double hit**, lift, or throw.
- 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-second 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, they may move from their respective positions.
- No backline player can spike at the net.
- Only front-line players can block.

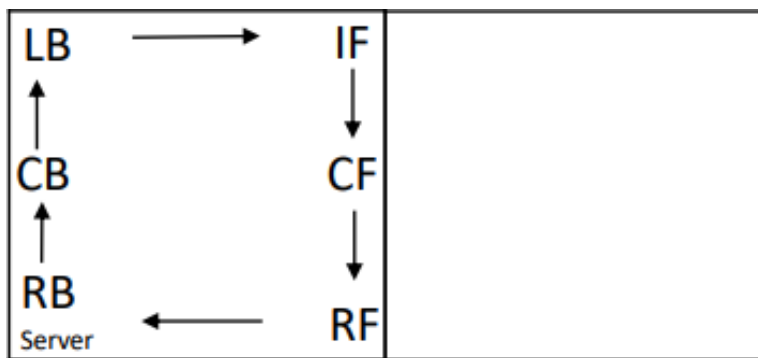
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- It is a foul when a player touches or reaches over the net, steps across the line under the net, or when a player catches or holds the ball.
 - A foul on the serving team is a side-out.
 - A foul on the receiving team is a point for the serving team.
 - 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 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 a change in the 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

- You cannot step on or over the end line on contact when serving.
- 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.

Rotating

- The rotation of players is made only after the opposing team loses its serve. Each player moves to a new position, as indicated in the diagram below.
- The server continues to serve until the 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' x 60"

* Net Height 7'

Wrestling

1. All MULES-hosted wrestling matches, duals, tries, and tournaments will follow the National Federation (NFHS) rulebook guidelines. Pre-match weigh-ins shall be conducted at the night/practice prior to a match or tournament.
 - a. Pre-match weigh-ins shall be in accordance with the National Federation rulebook, Section 4, and the CIF guidelines.
 - b. Weigh-ins will be conducted on the sheet provided and exchanged prior to each match.
 - c. Scales from the nurse's office will be used.
2. The MULES 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. A match shall consist of three (3), 1-minute periods.
 - b. 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 the referee's position, with the choice of position determined by a coin flip.

Weight Classes for Scoring Purposes

Grades 5/6: 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 121, 130, 140, 150, 160, 170, 210, 240
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Grades 7/8: 63, 68, 73, 78, 83, 88, 93, 98, 105, 112, 119, 126, 132, 138, 145, 155, 167, 180, 225, 250

1. Wrestlers may only bump up one weight class during match day.
2. Warmups will consist of 10 minutes for each team (home and away) or as equal times as possible.
3. **Each site must provide a scorekeeper and timer for dual matches.**
4. A MHS or MSHS varsity wrestler or coach will officiate all dual matches.
5. Tournaments and pre-season matches will be scheduled by the Director of Athletics.
6. NO one other than the competing wrestlers and coaches will be allowed out of the stands and onto the mats.
7. It is the site Administrator's responsibility to oversee their schools parents and students.
8. 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 the opponent's 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 the 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

MATCH RESULT	POINT VALUE
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

- The area tournament will consist of no more than a 16-man bracket with no more than 1 representative per school per weight class.
- 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.
- 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.
- 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.
- 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.

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

General Rules

1. Three (3) periods, each one (1) minute in length for matches.
 - a. First Period: both wrestlers start in neutral position (standing).
 - b. Second Period: One wrestler is given option to take position of either advantage (top), defensive (bottom), neutral or deferring to the opponent.
 - c. Third Period: Start shall be the reverse of the second period
 - d. 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.
 - e. 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.
2. 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.
3. 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.

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