

# Birdville Independent School District

**2013-14**



## **MIDDLE SCHOOL**



## **ATHLETICS HANDBOOK**



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# BIRDVILLE INDEPENDENT SCHOOL DISTRICT



# **BIRDVILLE INDEPENDENT SCHOOL DISTRICT**

## **BOARD OF TRUSTEES**

Brad Greene	President
Cary Hancock	Vice President
Jack McCarty	Secretary
Joe Tolbert	Member
Dolores Webb	Member
Richard Davis	Member
Ralph Kunkel	Member

## **SUPERINTENDENT'S CABINET**

Darrell G. Brown, Ph.D.	Superintendent
Elizabeth A. Clark, Ed. D.	Associate Superintendent for Curriculum and Instruction
Mike Seale	Associate Superintendent for Finance
Joe Cammarata	Associate Superintendent for Staff and Student Services
Randy Sumrall	Executive Director of Technology Information Management Systems
Mark Thomas	Communications Officer

# **BIRDVILLE INDEPENDENT SCHOOL DISTRICT**

## **Athletic Department**

Chris Feris	Director of Athletics
Lesa Master	Assistant Athletic Director
Denise Hallam	Administrative Assistant
Patricia Woodall	Administrative Assistant
Harolyn Blackburn	Administrative Assistant, FAAC

## **High School Coordinators**

Scot Hafley, Mandy Rogers	Haltom High School
Ged Kates, Kathy Hudson	Richland High School
Jim Skinner, Eddie Brown	Birdville High School

## **Middle School Coordinators**

Matthew Donnell	Haltom Middle School
Mark Ashley	North Richland Middle School
Chad Keener	Richland Middle School
Johnny Evans	North Oaks Middle School
Joe Ward	Watauga Middle School
Joey Sims	Smithfield Middle School
Larry Compton	North Ridge Middle School



BIRDVILLE INDEPENDENT SCHOOL DISTRICT  
HIGH SCHOOLS AND FEEDER SCHOOLS  
2013-2014

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**HALTOM HIGH SCHOOL (001)**

5501 N. Haltom Road  
Haltom City, TX 76137  
Clarence Simmons, Principal  
Scot Hafley, Campus Coord.  
817-547-6000

**Haltom Middle School (041)**

5000 Dana Drive  
Haltom City, TX 76117  
Jeff Russell, Principal  
Matt Donnell, Campus Coord.  
817-547-4000

**North Oaks Middle School (044)**

4800 Jordan Park Drive  
Haltom City, TX 76117  
Bob Koerner, Principal  
Johnny Evans, Campus Coord.  
817-581-5344

**Watauga Middle School (045)**

6300 Maurie Drive  
Watauga, TX 76148  
Shannon Houston, Principal  
Joe Ward, Campus Coord.  
817-547-4800

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**SHANNON LEARNING  
CENTER (003)**

6010 Walker Street  
Haltom City, TX 76117  
Greg Farr, Principal  
817-547-5400

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**RICHLAND HIGH SCHOOL (002)**

5201 Holiday Lane East  
N. Richland Hills, TX 76180  
Carla Rix, Principal  
Ged Kates, Campus Coord.  
817-547-7000

**N. Richland Middle School (042)**

4800 Rufe Snow Drive  
N. Richland Hills, TX 76180  
Ernie Valamides, Principal  
Mark Ashley, Campus Coord.  
817-581-5342

**N. Ridge Middle School (047)**

7332 Douglas Lane  
N. Richland Hills, TX 76180  
Steve Ellis, Principal  
Larry Compton, Campus Coord.  
817-547-5200

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**BIRDVILLE HIGH SCHOOL (010)**

9100 Mid-Cities Boulevard  
N. Richland Hills, TX 76180  
Jason Wells, Principal  
Jim Skinner, Campus Coord.  
817-547-8000

**Richland Middle School (043)**

7400 Hovenkamp Ave.  
Richland Hills, TX 76118  
Leeann Michalak Bartee, Principal  
Chad Keener, Campus Coord.  
817-595-5143

**Smithfield Middle School (046)**

8400 Main Street  
Smithfield, TX 76180  
Kyle Pekurney, Principal  
Joey Sims, Campus Coord.  
817-547-5000

This handbook is designed to serve as a guideline for the Birdville ISD Coaches. We hope that it will help you throughout the school year and the season that pertains to your coaching position. Please call our Athletic Office at anytime if have a question or concern (817-547-5820).

The University Interscholastic League is the governing body for the Athletic Programs in the Texas Public Schools. Our programs will fully support and enforce the rules set forth by the U.I.L.

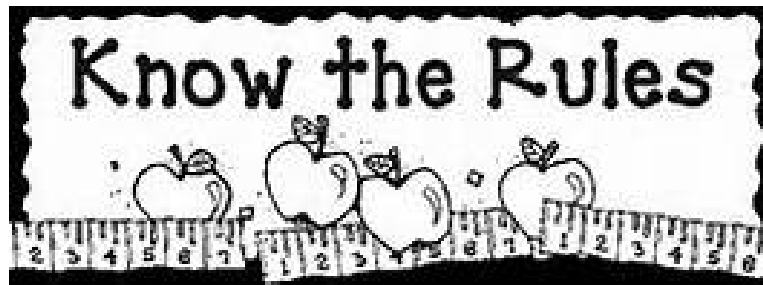
As a Department, BISD Athletics exists to compliment the education of each individual that comes into contact with our programs. We strive to help each student-athlete develop and become the best that they can be at whichever sport they choose. However, not all students are capable of competing in certain programs. One of the most difficult tasks facing a coach is making the judgment as to who should be selected to compete in each program. Students are not obligated or required to participate in athletics. It should always be stressed that being a member of an athletic program is a privilege and not a right. Because it is a privilege, the coaches have the authority to revoke this privilege when rules are not followed.

Two of the best things that one can learn through an athletic contest are to deal with success and overcome adversity. Winning is the admirable goal of competition, but it is nothing if it comes at the expense of morals, ethics, and common sense. This is where we can teach those in our program how to succeed in a future they create, especially by showing good sportsmanship.

Being involved in athletics demands a lot of time and dedication from coaches and players alike. A coach must always remember that the student-athletes in your program reflect your attitudes, beliefs, and work ethic. By demonstrating discipline, responsibility, and a strong work ethic, your programs will also display these traits. Develop these traits in the student-athletes in your program, and you will develop a program of which our entire community can be proud!

A handwritten signature in black ink, appearing to read "Chris Feris". The signature is fluid and cursive, with a large initial "C" and "F".

Chris Feris  
Director of Athletics  
Birdville ISD



## **GUIDELINES /RULES**

# **ATHLETIC PHILOSOPHY**

Win, lose, or draw, there are great values in educational competition. The pitting of one's skills, knowledge, and talent against friendly opponents is a means of learning one's own strengths and weaknesses. Good contests, properly supervised, give youthful competitors the opportunity to gain self-confidence, improve skill, and learn to win with humility and lose with grace.

When we strive honestly to improve ourselves by measuring our progress against our friends, we are raising our knowledge to the limits of our abilities. By pitting our efforts against others, we learn how we stand, and we know what we must do to improve. The self-discipline and sacrifice involved in competition are keys to those same values that will be of great benefit to everyone in life. In the best of competition there are no losers.

Athletic participation is a privilege, not a right.

## **GOALS OF INTERSCHOOL ATHLETICS**

For the program to be a vital part of the educational program and to insure the achievement of aims for the player, the student body, and the community, the following philosophical goals of athletics were developed:

1. Athletics must be for all students who are physically able to participate.
2. Athletics must (a) be educational, (b) contain desirable authorities, both local and state, and (c) have leadership by regular members of the school staff.
3. Athletic participation should contribute to (a) health and social competence, (b) moral values, (c) a sense of cooperation, (d) self-discipline, (e) a spirit of competition, and (f) a realization of values of group goals.
4. School athletics should be an educational force of great magnitude and should be used as such. A concerted effort should be made to capitalize on all the potential values of school athletics.
5. Judgment of the ability of an athlete should be based on what the participant can do, and not on who the athlete is socially, ethnically, or economically.
6. Athletic contests should always be played with emphasis on fun, physical development, skills, social experience, and good sportsmanship.



We believe as an athletic department that all student-athletes should be afforded an opportunity to participate in athletics in a non-threatening, safe environment. With this belief, we uphold and support the six C.O.R.E. values of the Birdville Independent School District listed below and will emphasize one of each of the six values within a six weeks' grading period with our athletes.

***2013-14***

### ***C.O.R.E. Values***

- 1. Value: Responsibility; Definition:** Ability to distinguish between right and wrong and to be accountable for one's behavior. Accountability.
- 2. Value:** Empathy; **Definition:** Ability to identify with and understand somebody else's feelings or difficulties. Understanding, Compassion.
- 3. Value:** Kindness; **Definition:** Being sympathetic and caring. Gentleness, Loving.
- 4. Value:** Honesty; **Definition:** Being truthful, fair and trustworthy. Integrity.
- 5. Value:** Acceptance; **Definition:** Willingness to treat someone or something of different views, cultures, religions or appearance with fairness. Open-mindedness.
- 6. Value:** Courage; **Definition:** Ability to face difficulty or uncertainty without being overcome with fear. Bravery, Valor.



### **Statement of Purpose**

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**The University Interscholastic League believes:**

- **that participation in extracurricular activities motivates students to place a high priority on attending school and making better grades.**
- **that most students enjoy the pursuit of excellence and seek opportunities to test themselves against their own accomplishments and the accomplishments of others,**
- **that such opportunities are best provided through properly conducted and equitably administered competitive activities, and**
- **that the classroom is enriched by the flow of student energy into the more intensified arena of competition and back into the classroom.**

**Therefore, we reaffirm that students are the focus of our endeavor and deserve an opportunity to:**

- **refine physical and mental skills,**
- **nurture self-realization and build self-confidence,**
- **feel a sense of pride and dignity,**
- **experience teamwork and develop a sense of fair play,**
- **develop the ability to lead and the willingness to follow,**
- **foster self-discipline and perseverance,**
- **appreciate that rules, consistently applied, create order and discipline,**
- **learn to accept graciously the decisions of judges and officials,**
- **affirm self-worth in times of disappointment as well as adulation,**
- **cultivate lifetime skills,**
- **complement their classwork with practice and performance,**
- **have fun,**
- **experience the joy of achieving their potential in a wholesome environment, and**
- **discover that ultimately the true meaning of winning is doing one's best.**

# **U.I.L. RULES**

## **Middle School Athletics**

- I. RULES JURISDICTION**  
All public schools that participate in UIL activities in the middle school must abide by Public Schools Laws, TEA regulations, and UIL regulations.
- II. MEMBERSHIP**  
Qualifications for membership - admission to membership of the high school or schools with which it is associated in the same independent school district qualifies the middle schools for membership.
- III. ADMISSION TO MEMBERSHIP**  
See 3-2-2 of the UIL Constitution and Contest Rules.
- IV. MEMBERSHIP DUES**  
See 3-1-1 of the UIL Constitution and Contest Rules.
- V. CONTINUATION OF MEMBERSHIP**  
See 3-1-1 of the UIL Constitution and Contest Rules.
- VI. CONFERENCE - DISTRICTS**  
Birdville middle schools will form a middle school conference. This conference is to be governed by middle school principals and administered by the office of the Athletic Director.
- VII. PROTESTS**  
See 5-1-1, 5-1-2 and 5-2-1 of the UIL Constitution and Contest Rules.
- In the Birdville middle school district, the Athletic Director considers all protests in dispute between middle school athletic teams within the district. When the office of the Athletic Director is unable to resolve the dispute between the middle schools involved, the principals of the Birdville middle schools will decide protests according to UIL guidelines.
- The principal of a middle school will be responsible for age and academic eligibility of the students that participate in the UIL activities.
- VIII. PENALTIES**  
The penalties as outlined in Article 6 of the UIL Constitution and Contest Rules will be imposed on the middle school violating the rules; in so far as, these rules are appropriate to high school competition.
- IX. EXECUTIVE COMMITTEE**  
The State Executive committee may suspend the associated high school in the activity in which the middle school violates rules if the middle school does not abide by the ruling of the district executive committee. See 5-1-2- of the UIL Constitution and Contest Rules.
- X. ELIGIBILITY (Age, Grade, Academic, and Missing Class Time Requirements)**  
Student's eligibility: An individual may participate in League competition or contest as a representative of a member school if he/she;
- 1) is a seventh grade student less than 14 years old on September 1,
  - 2) is an eighth grade student less than 15 years old on September 1,
  - 3) is a full-time, day student at the school he/she represents,
  - 4) is in accordance with current semester scholarship rules, i.e., is passing seven days prior to the contest with four one-half credit courses, excluding physical education and/or activity courses
  - 5) did not repeat the seventh grade for athletic purposes (ineligible in the eighth grade),
  - 6) did not change schools within the previous year for athletic purposes,

- 7) a student who is failing a class may not miss that class to travel to or participate in UIL competition,
- 8) no game, contest, or tournament may begin prior to the end of the academic school day. Exception: students in middle school participating in high school music contests,
- 9) recommend that middle schools hold activities on a non-school night, at non-school times (Saturday) or end competition to allow students to be back at home school by no later than 10 p.m. on a school night.

## **XI. LIMITATION OF AWARDS**

A member school may not give and a student may not accept awards for participation in interschool competition in excess of \$6.00 per year. A district championship trophy may be given. A student may accept a symbolic award in recognition of his/her achievement in an interschool contest if it is given by the organization conducting the contest. (EXAMPLE: all tournament trophies, ribbons, and medals in track and field).

## **XII. ATHLETIC PLAN**

### Number of Games:\*

Football	Mandatory limit 9, but recommend no more than 8
Basketball	12 games, plus 2 tournaments
Volleyball	12 matches, plus 2 tournaments
Tennis	6 (including district tournaments)
Track & Field	6 meets (including district meets)
Cross Country	6 meets (including district meets)

\*Note: It is recommended that no contest be scheduled on a night prior to a semester exam.

### Number of Games or Meets per Week:

Football	1
Basketball	1
Volleyball	1

### Tennis, Track & Field, and Cross Country

Shall be limited to no more than one meet a week.

### Seasons for Workouts and Games

Football	As listed in the <u>UIL Constitution and Contest Rules</u>
Basketball	As listed in the <u>UIL Constitution and Contest Rules</u>
Volleyball	As listed in the <u>UIL Constitution and Contest Rules</u>

### Officials

Athletic Director is responsible for obtaining officials.

### Physical Examinations and Permits

As currently listed in the UIL Constitution and Contest Rules and according to the policy of Birdville School District.

### Christmas Restriction

Middle schools shall select any five consecutive days, which include December 24, 25, and 26, for the holiday restriction. No school facilities, personnel, or equipment may be used during the five consecutive days. No practice shall be permitted on any of the five consecutive days. Any organized or required practice will be a violation of this regulation, with the following exceptions:

- (A) When December 26 falls on a Thursday, schools may participate in a tournament game on December 26.
- (B) When the 26th is used, schools must still follow a five consecutive day restriction, including December 24 and 25.
- (C) Travel will not be permitted on December 25.
- (D) Travel is permitted on the 26th if a morning game is scheduled on December 27.

### Middle School Competition Code

There shall be no post-season playoffs in middle school.



Safety and Welfare Statement

To administer a program to require participants be properly examined, approved, equipped, classified, instructed, and supervised in order that a safe program be used.

**IF A MIDDLE SCHOOL VIOLATES A RULE, THE HIGH SCHOOL IT FEELS MAY BE SUSPENDED IN THAT SPORT BY THE STATE EXECUTIVE COMMITTEE, UNDER SOME CONDITIONS.**

**BISD RULES**

- I. A student must be in attendance a minimum of three class periods, not including their athletic period, on the day of a contest to be eligible to compete that day.
- II. A student who does not enroll in and attend school within the first six class days is ineligible to participate until the fifteenth day after enrollment and attendance. Sect. 404(b).

## **Athletic Administrative Guidelines**

### **Campus Principal**

The Principal/Campus Athletic Coordinator, along with the District Athletic Director will work together for coordination of each campus athletic program.

### **Participation**

Middle School - Sub-Varsity: Every player on the team participates

Varsity: The expectation is to play to win and utilize the student-athletes in a manner that best suits the program.

### **Club Sports**

It is necessary to put every effort forth to co-exist without doing anything to jeopardize UIL/District or BISD guidelines.

### **Designated Coaches**

Volunteer Coaches/Advisors are not permitted as per UIL and BISD rules. All coaches involved with BISD teams will be full time District Employees and adhere to UIL rules as listed in Section 1202 of the UIL Constitution and Contest Rules.

### **UIL Concerns and Athletic Monitoring**

BISD Coaches will be in compliance with all UIL rules and regulations governing their sport(s).

Each Head Coach is responsible for the academic monitoring of his/her student-athletes.

### **Media**

Any contact with media will be handled professionally and cordially. Unusual media requests and/or interviews must be approved by the Athletic Director or the Communications Director for BISD.

### **Facility Usage**

BISD facilities are for the use of BISD staff and student athletes. Other usage must be approved by the Athletic Department.

## **PERSONAL USE OF ELECTRONIC MEDIA**

### **POLICY DH**

For purposes of this Employee Handbook, “electronic media” includes all forms of social media, such as text messaging, instant messaging, electronic mail (“e-mail”), web logs (“blogs”), electronic forums (“chat rooms”), video-sharing web sites (e.g., YouTube), social networking sites (e.g., Facebook, MySpace, Twitter, LinkedIn), and editorial comments posted on the Internet, as well as all forms of telecommunication such as landlines, cell phones, and web-based applications.

As role models for the district’s students and as representatives of the district, employees are responsible for their public conduct, even when not acting within their capacity as district employees. Employees will be held to the same professional standards in their public use of electronic media as they are for any other public conduct. If an employee’s use of electronic media interferes with the employee’s ability to effectively perform his or her job duties, the employee will be subject to disciplinary action up to, and including, termination of employment.

Employees are responsible for all content present on their personal social networking site or similar personalized electronic media. An employee who uses electronic media for personal purposes shall observe the following:

1. The employee may not set up or update the employee’s personal social networking page(s) using the district’s network;
2. The employee shall not use the district’s logo or other copyrighted materials of the district without express, written consent;
3. The employee continues to be subject to applicable state and federal laws, local policies, administrative regulations, and the Code of Ethics and Standard Practices for Texas Educators [See **Policy DH(Exhibit)**], even when communicating regarding personal and private matters, and regardless of whether the employee is using private or public equipment on or off campus. These restrictions include:
  - a) Confidentiality of student records and information [See **Policy FL(Legal)** and **(Local)**];
  - b) Confidentiality of health or personnel information concerning colleagues, unless disclosure serves a lawful professional purpose of is required by law [See **Policy DH (Exhibit)**];
  - c) Confidentiality of district records, including educator evaluations and private e-mail addresses [See **Policy GBA(Legal)** and **(Local)**];
  - d) Copyright law [See Policy EFE (Legal) and (Local)];
  - e) Prohibition against harming others by knowingly making false statement about a colleague or the school system [See **Policy DH(Exhibit)**].

### **USE OF ELECTRONIC MEDIA WITH STUDENTS**

Employees are prohibited from communicating with students through any form of electronic media unless such communication is covered by any one of the following three categories:

1. Communication between an employee and a student where a family relationship (i.e., relation by blood or marriage) exists;
2. Communication between an employee and a student where a social relationship exists which is consistent with the Code of Ethics and Standard Practices for Texas Educators [See **Policy DH (Exhibit)**]; or
3. Communication between an employee and a student where the employee is communicating with the student(s) within the scope of his or her professional responsibilities (e.g., for classroom teachers, matters relating to class work, homework, and tests; for an employee with an extracurricular duty, matters relating to the extracurricular activity).

Regardless of the relationship between an employee and a student which may permit a communication, any employee communicating with a student(s) shall be subject to all applicable state and federal laws, local policies, administrative regulations, and the Code of Ethics and Standard Practices for Texas Educators, including:

1. Compliance with the Family Educational Rights and Privacy Act (FERPA), including retention and confidentiality of the student records [See **Policy FL(Legal)** and **(Local)**];
2. Copyright
3. Prohibitions against soliciting or engaging in sexual conduct or a romantic relationship with a student [**Policy DF(Legal)** and **(Local)**]. Additionally, the following restrictions apply to those employees communicating with students within the scope of their professional responsibilities:

1. Employees communicating with students through any form of electronic media shall limit the content of such communications to matters within the scope of the employee’s professional responsibilities.
2. Communication with students through a social networking page is permitted only if the social networking page is created by the employee solely for the purpose of communicating with students and is accessible to parents and campus administrators. The employee must provide parents with reasonable notice and clear, written instructions for accessing the page prior to initiating communication with any student(s).
3. Employees do not have a right to privacy with respect to communications with students and parents.

## **SUMMARY OF RESPONSIBILITIES ATHLETIC COORDINATOR / MIDDLE SCHOOL**

The Athletic Coordinator for each middle school is responsible for the coordination of the athletic program at the school. The Athletic Coordinator shall make necessary personnel assignments to fully utilize the staff to provide a complete, competitive, interscholastic program. This person shall be responsible to the high school athletic coordinator and the Director of Athletics.

### **DUTIES**

The Athletic Coordinator / Middle School shall:

- work with the building principal, high school coordinator, and director of athletics to oversee the total athletic program at the middle school;
- attend meetings with the athletic director(s) and high school coordinator and communicate policy decisions and all pertinent information to the boys' and girls' coaches at the middle school;
- attempt to resolve grievances of coaching staff and promote an atmosphere of harmony and cooperation;
- work with principal and athletic director in the evaluation of staff;
- approve inventories, equipment requests, reimbursements, etc. before they are referred to the Director of Athletics;
- be knowledgeable of and see that all coaches follow the rules and guidelines as set forth by the Birdville Independent School District, University Interscholastic League, and Texas Education Agency;
- provide for the proper care and storage of equipment, issue equipment, and be responsible for the return of equipment issued;
- see that equipment inventories and requisition orders from all coaches are submitted to the Athletic Office;
- maintain files for necessary eligibility forms, insurance records, and similar paperwork;
- attend all sporting events on campus, in the Coliseum, or Stadium in a coaching role and/or a supervisory role in which the school is involved;
- promote good sportsmanship, fair play, and respect for one's teammates and opponents in all athletic events;
- enforce discipline and sportsmanlike behavior at all times by establishing guidelines and overseeing penalties for breach of such standards by individual students;
- encourage coaches to study coaching techniques and methods by attending coaching schools, clinics, seminars, meetings, etc.
- assist in all other matters not covered but delegated by the superintendent.
- ensure that all coaches on your staff are dressed professionally on game days and at practice.
- jeans are not acceptable game day coaching attire.

## **SUMMARY OF RESPONSIBILITIES ASSISTANT COACH / MIDDLE SCHOOL**

The assistant coach at each middle school will be responsible for the promotion and leadership of each athletic program on the campus. Each coach will set an example of courtesy and sportsmanship for every student who participates in athletics. The highest expectations for academic as well as athletic achievement will be prescribed by each coach.

### **DUTIES**

The Assistant Coach shall:

- coach and attend to any other duties as assigned by the athletic director(s), high school athletic coordinator, middle school athletic coordinator, and/or building principal;
- be aware of and follow the rules governing the respective sports as set forth by the Birdville Independent School District, University Interscholastic League, and the Texas Education Agency;
- attend staff development meetings as required by the Athletic Director, high school coordinator, campus coordinator, and/or principal;
- if not assigned a particular sport, conduct a comprehensive off-season program and assist other sports in season by running the clock, keeping the score book, assisting at cross-country meets, etc;
- keep accurate records of physicals, inventory, purchases, fund raisers, etc.
- be aware of and follow all safety precautions, first-aid rules, and guidelines dealing with the safety of the athletes.
- assist in preparing and carrying out a comprehensive workout schedule for each day of practice in the sport currently coaching.
- assist in the proper care and storage of equipment, issuing of equipment, and be responsible for the return of all equipment issued.
- coach track and assist at the middle school track meets;
- assist at high school track meets;
- assist the feeder high school by scouting football and/or basketball games and helping with spring football (men coaches);
- assist the feeder high school by scouting volleyball and/or basketball games (women coaches).
- to dress professionally on game days and at practice.



## *2013-2014 EXTRACURRICULAR HONOR CODE*

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### **Extracurricular Honor Code**

Participation in extracurricular activities in the Birdville Independent School District is a privilege, not a right. The term “extracurricular activities” means, without limitation, all interscholastic athletics, cheerleading, drill team, academic clubs, special interest clubs, musical performances, dramatic productions, student government, and any other activity or group that participates in contests, competitions, or community service projects on behalf of or as a representative of Birdville ISD. The term includes any non-curricular event and membership or participation in groups, clubs, and organizations recognized and approved by the school district or campus. All extracurricular activity participants are subject to the provisions of this Extracurricular Honor Code.

### **Jurisdiction**

Student participation in extracurricular activities is encouraged. Birdville ISD makes extracurricular activities available as an extension of the regular school program, with this important difference; participation in the regular curriculum is a right afforded to each student, while participation in the extracurricular program is a privilege that carries additional expectations for acceptable conduct. Students engaging in extracurricular activities represent not only themselves, but also other students and the school district when performing, competing, or participating in extracurricular activities and while wearing uniforms or other clothing that identifies the student to the community or public in any setting as Birdville ISD students.

Important goals of the extracurricular program are to give students direction in developing self-discipline, responsibility, pride, loyalty, leadership, teamwork, respect for authority, and healthy living habits.

### **Based on this philosophy, extracurricular participants must do the following at all times:**

- Demonstrate the importance of academic excellence by maintaining eligibility through high academic standards.
- Practice good citizenship in all environments by respecting the property and rights of others.
- Be free from activities that result in felonious charges.
- Demonstrate knowledge of and be accountable for the individual rules of the extracurricular organization as outlined by the sponsor.

It is the responsibility of students, parents, sponsors/coaches, and the respective directors to ensure this high level of expectation. This code applies to all participants of extracurricular activities throughout the calendar year.

## **On Campus Behavior**

All students are expected to adhere to the Birdville ISD Code of Conduct as it applies to school-related activities. Students involved in extracurricular activities are expected to exhibit the highest standards of ethics and conduct.

Students who violate school policies and are placed in in-school suspension, suspended, or sent to the DAEP (District Alternative Education Program), may not practice nor participate during the suspension or placement. Chapter 37 of the Texas Education Code prohibits a student who is assigned to the DAEP from being on a campus or attending a school activity whether on or off campus.

## **Off Campus Behavior**

All students who participate in extracurricular activities are expected to exhibit the highest standards of ethics and conduct while off-campus, and these students may be disciplined for their off campus behavior.

Examples of off-campus violations that will lead to disciplinary action:

- Possession of tobacco, alcohol, steroids, drugs, look-alike drugs, or other illegal substances on campus or at school-sponsored activities
- Being at parties or other activities where tobacco, alcohol, steroids, drugs, look-alike drugs, or other illegal substances are being consumed by other individuals
- Engaging in serious misbehavior, as defined by the Birdville ISD Student Code of Conduct
- Conduct that causes injury or harm to others property or persons
- Using profanity, lewd or vulgar language, or obscene gestures toward others
- Any conduct that results in an arrest
- Sexting or other inappropriate Internet/electronic communications
- Bullying, harassment, and hazing at all times

(This is a non-inclusive list and must be confirmed by the student, student's parent/guardian, law enforcement official or a school employee who has knowledge of a violation prior to the campus administration making a decision.)

## **Off Campus Consequences**

1<sup>st</sup> Offense – Suspension from extracurricular activities for 15 school days

2<sup>nd</sup> Offense – Suspension from extracurricular activities for 30 school days

3<sup>rd</sup> Offense – Suspension from extracurricular activities for a calendar year.

If the offense occurs during the activity season, the suspension begins immediately.

If the offense occurs in the off-season, post-season or in the summer, the suspension begins on the first date of a scheduled game, competition, or extracurricular event the following school year. Students, who are suspended for off-campus behavior may practice but may not participate in competitions, suit-out, or travel with the team for the competitions.

## Non-Inclusive Example of Disciplinary Consequences for Off-Campus

1<sup>st</sup> Offense incident that occurred on March 15:

	PARTICIPANT	DISCIPLINARY CONSEQUENCE
Student 1	Fall Sport	15 day suspension begins date of the first competition
Student 2	Spring Sport	15 day suspension begins immediately if competition has begun
Student 3	Band Student	15 day suspension begins immediately if any competitions remain, if concluded, it will begin on first football competition
Student 4	Cheerleader/Drill Team	Student may still try-out for cheerleader/drill team and 15 day suspension begins on date of first football competition
Student 5	Student Council Member	15 day suspension begins immediately

The preceding table provides examples; but the campus principal, director of student services, and appropriate director may adjust the dates in order to ensure district-wide consistency (based on a consensus of the group). A student who is in multiple activities will serve the penalty once and at the earliest possible time.

### Appeal Process

The parent or guardian may appeal the extracurricular suspension using the format in the Code of Conduct Booklet (DAEP placements).

1. Level I – The parents have three days to appeal the suspension to the campus principal.
2. Level II – The parents have three days from the principal's decision to send an appeal to the Director of Student Services.

Any decision by the Level II Hearing Officer/Panel is final and may not be appealed. The student remains suspended from extracurricular activities during the appeal process.



## Acknowledgement

A condition to participating in any extracurricular activity or holding an office (elected or appointed) is to sign an acknowledgement that the student and parent have read and understand the Extracurricular Honor Code. Students are unable to participate until this form is signed and returned to the appropriate coach, director, or sponsor.

DATE \_\_\_\_\_

I have read the Birdville ISD Honor Code and agree to adhere to these rules as a condition for my voluntary participation in Birdville ISD extracurricular activities. I understand that failure to do so will result in disciplinary measures related to my extracurricular participation.

STUDENT NAME \_\_\_\_\_

STUDENT SIGNATURE \_\_\_\_\_

I have read the Birdville ISD Honor Code and understand requirements for my child's voluntary participation in Birdville ISD. I understand the consequences that my child will face if he or she fails to adhere to these rules and agree to such terms.

PARENT NAME \_\_\_\_\_

PARENT SIGNATURE \_\_\_\_\_

## STUDENTS:

- **Please Return Form to Coach or Sponsor**
- **Please note that students are **UNABLE** to participate until this form is signed and returned to the appropriate coach, director or sponsor.**

## DISTRICT POLICIES REGARDING STUDENT/ATHLETES & COACHES

### ATHLETE'S DECISION TO LEAVE SPORT

A student/athlete who wishes to quit a sport while in season shall not participate in the next sport until current sport season is completed. Participation is defined as practice sessions and interschool competition. It is our hope that once a student/athlete commits to a team, he/she will honor the commitment to completion.

### STUDENT/ATHLETE PHYSICALS

Student /athletes will not be allowed to practice nor compete without a physical on file with the athletic trainer at the high school and coaches at the middle school.

### COACHES' TECHNICAL FOULS AND EJECTIONS

A coach receiving a technical foul, penalty for unsportsmanlike conduct, or an ejection must report the occurrence to the campus coordinator and director of athletics.

## HEAT GUIDELINES

The following are precautionary guidelines for coaches and trainers to follow in the prevention of heat related illnesses and emergencies. These guidelines should be strictly followed.

- Gradually Acclimatize Athletes – Start slowly, and take your time getting the student/athletes “back in shape”. Athletes often return to school having lost the aerobic capacity they may have had at the close of last season.
- Ensure that your athletes drink fluids even before they feel thirsty. Always urge athletes to drink water before, during, and after physical activity. They should have unlimited access to cold water. Do not restrict water as a form of motivation.
- Identify Susceptible Athletes – Those athletes who are obese or have a larger muscle mass tend to have more heat related problems. Keep a close eye on these athletes.
- Encourage a Good Diet – Athletes must eat breakfast and lunch to practice in extreme heat.
- Uniforms – Use lightweight workout clothing in hot weather months. Be aware of athletes wearing unnecessary extra clothing.

The Temperature-Humidity Index (THI) is a measurement of ambient temperature and relative humidity. A sling or digital psychrometer measures both to give a THI reading. The Athletic Department will take necessary steps to ensure each of the ten campuses has a tool for measuring the temperature and relative humidity.

Please use the attached chart for the determination of suspension or modification of practice sessions.

Air Temp.	Relative Humidity in Percentage																			
	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100		
<b>125</b> <i>131</i> <i>141</i>																				
<b>120</b> <b>123</b> <i>130</i> <i>139</i> <i>148</i>																				
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<b>95</b> <b>91</b> <b>93</b> <b>94</b> <b>96</b> <b>98</b> <b>101</b> <b>104</b> <b>107</b> <b>110</b> <b>114</b> <b>119</b> <b>124</b> <b>130</b> <b>136</b> <b>140</b> <b>150</b>																				
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ANY READING IN ITALICS - NO PRACTICE

ANY READING IN BOLD - MODIFY PRACTICE

**BISD  
COLD WEATHER POLICY**

**Wind chill under 35 degrees with rain:**

- 35 minutes of exposure,
- 20 minutes inside gym,
- 35 minutes of exposure,
- 20 minutes inside
- \*Extremities covered at all times

**Wind chill under 32 degrees without rain:**

- 45 minutes of total exposure
- \*Athletes must be in warm ups with extremities covered

**Wind chill 32 degrees with rain:**

- All practices inside
- No** outside exposure

**Wind chill 30 degrees without rain:**

- 30 minutes of total exposure
- \*Athletes must be in warm-ups at all times with extremities covered

**Wind chill 20 degrees:**

- There will be no outside practices – everything indoors

## LIGHTNING GUIDELINES

On average, lightning causes more casualties annually in the U.S. than any other storm-related phenomena, except floods. Many people incur injuries or are killed due to misinformation and inappropriate behavior during thunderstorms.

The Flash to Bang method of estimating the distance between you and a lightning flash is most accurate. It is the most reliable, easiest way to estimate how far away lightning is occurring. Thunder always accompanies lightning; therefore, the flash to bang method works like this:

- Count the number of seconds, once lightning flash is sighted, until the thunder (bang) is heard – divide by 5 to obtain how far away (in miles) the lightning is occurring. For example: if an individual counts 15 seconds between seeing the flash and hearing the bang, 15 divided by five equals three; therefore, the lightning flash is approximately three miles away. The SkyScan lightning detector will be used as an aid to the “Flash to Bang” method – the SkyScan detects strikes that are sky to ground, not cloud to cloud.

### The “30-30” Rule

Criteria for Suspension of Activities - By the time the “Flash to Bang” count approaches 30 seconds, all individuals should be inside a safe shelter.

Criteria for Resumption of Activities – Wait at least 30 minutes after the last sound (thunder) or observation of lightning before leaving safe shelter.

### Unsafe Shelter

- Metal or wooden bleachers
- Underneath bleachers
- High places and open fields
- Underneath trees
- Dugouts, flagpoles, metal fences

### Safe Shelter

- Any building normally occupied or frequently used by people
  - Any vehicle with a hard metal roof (not a convertible) and rolled up windows
  - School bus
- 
- 20-40 miles – Awareness of lightning; monitor its progress
  - 8-20 miles – Monitor closely
  - 3-8 miles – Remove athletes from field; play should not resume until 30 minutes have passed without a strike within this range or closer.

## **Facts Regarding the Awesome Nature of Lightning**

- Bolts of lightning reach heat as high as 50,000 degrees.
- There are 16 million thunderstorms per year in the world.
- One half of all lightning bolts divide into two or more bolts.
- A lightning bolt can strike in one million of a second.
- Annually in the United States about 100,000 thunderstorms occur.
- Ten percent of all thunderstorms are capable of producing tornadoes, high winds, and flash floods.
- The average thunderstorm is six to ten miles wide.
- The average rate of travel for a thunderstorm is 25 miles per hour.
- The average lightning strike is six miles long.
- A lightning bolt is incredibly powerful, carrying up to 30 million volts at 100,000 amps.
- Two hundred deaths and 700 injuries are caused annually in the United States by thunderstorms.
- Lightning causes an estimated 5 to 6 billion dollars in direct or indirect property damages each year.
- Florida is the state with the highest rate of incident.

## **ATHLETIC POLICY CONCERNING INFECTIOUS DISEASES TRANSMITTED THROUGH BLOOD AND BODY FLUIDS**

### **INTRODUCTION:**

The transmission of infectious diseases through blood and bodily fluids includes the HIV and Hepatitis B and D viruses. Through participation in athletics and the treatment of athletic injuries, participants, trainers, and coaches are involved with and introduced to contact with blood and body fluids. The Hepatitis B illness accounts for more than 10,000 hospital admissions a year. It is also the ninth leading cause of death worldwide. More than 200 million people are chronic carriers of the Hepatitis B virus. The Hepatitis B virus is often linked to HIV, the virus that causes AIDS. The Hepatitis B virus is far more widespread throughout the world and is 300 times more contagious than HIV. It is estimated that 5,000 people worldwide are infected daily with the HIV virus.

### **PLAN OF ACTION:**

It is imperative that procedures for properly discarding body fluids during athletic contests be followed specifically and completely. If a player vomits or secretes any body fluids such as blood due to injury onto the playing surface, it is the responsibility of the coach to recognize this situation and stop play.

The following steps should take place:

1. The coach should approach the officials and explain the situation.
2. The coach should then alert a custodian and make sure correct procedures are followed in disposal of the body fluids. Our custodians are trained to correctly dispose of the fluids.
3. The administrator on duty at the time of the incident should also be notified in order to help secure custodial help.

### **CARING FOR PARTICIPANTS (PATIENTS):**

1. All trainers and coaches should routinely use appropriate barrier precautions to prevent skin and mucous membrane exposure when contact with blood/body fluids of any patients is anticipated. Gloves should be worn for touching blood/body fluids, mucous membranes, or non-contact skin of all patients, for handling items or surfaces soiled with blood or body fluids. Vomit is considered a body fluid. Gloves should be changed after contact with each patient. Masks and protective eye or face shields should be worn by all trainers during procedures that are likely to generate droplets of blood or other body fluids to prevent exposure of mucous membranes of the mouth, nose, and eyes. Gowns and aprons should be worn by all trainers during procedures that are likely to generate splashes of blood or other body fluids.

2. Hand and other skin surfaces should be washed immediately and thoroughly if contaminated with blood or body fluids. Hands should be washed immediately after gloves are removed.



3. Instruments used for treating open wounds must be cleaned and disinfected before and after use.

4. Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use in areas in which the need for resuscitation is predictable.

5. Trainers and coaches who have open sores/wounds or weeping dermatitis should refrain from all direct patient care and from handling patient care equipment until the condition resolves.

6. Pregnant coaches are not known to be a greater risk of contracting HIV infection than coaches who are not pregnant; however, if a coach develops HIV infection during pregnancy, the infant is at risk of infection resulting from prenatal transmission. Because of this risk, coaches should be especially familiar with and strictly adhere to precautions to minimize the risk of HIV transmission.

### CARING FOR EQUIPMENT/CLOTHING:

1. Gloves and other materials used for direct contact with blood/body fluids should be put in a plastic bag or lined trashcan. Plastic bags should be changed daily and disposed of routinely. Double bagging can be used when there is a high risk of contamination.

2. Clothing items that are soaked through to the skin should be removed and placed in a separate container for laundering. Items laundered for school use should be washed with detergent in hot water cycle (160°F) before using. If low temperature (158°F) laundry cycles are used, chemicals suitable for low temperature washing at proper use concentration should be used. Uniforms with blood should be separated and washed separately. Anyone handling soiled equipment should wear protective gloves.

3. Contaminated disposable items (tissues, paper towels) should be handled with rubber gloves.

4. Maintenance responsibilities should include daily cleaning with bleach/germicide as in (a) particularly areas where contact with body fluids (such as locker rooms, locker room toilets, sinks, student and staff lockers, etc.) is likely. Plastic bags should also be changed daily and disposed of routinely; rubber gloves should be worn.

5. Various classes of disinfectants are listed: (hypo chlorite solution (bleach) is preferred for objects that may be put in the mouth.)

a. Ethyl or isopropyl alcohol (70%) should be used on all materials or goods such as uniforms, etc:

b. Lysol

c. 1/2 cup household bleach in one gallon of water, needing to be freshly prepared each time it is used, should be used on all hard surfaces such as tables, counter, shoulder pads, helmets, etc.

## Insurance Options

Injuries happen in sports. Unfortunately without insurance major injuries can get expensive. We would like you to be prepared for when your child gets injured and needs medical attention.

The school district does not purchase insurance for school injuries or athletic injuries. You assume all liability by allowing your student athlete to participate and by signing the required Emergency Information sheet. There are options though! Below is information about insurance policies available for you to purchase.

### Student Accident Insurance – The Hartford Group

- Available to all students enrolled in BISD.
- Available options (one time payments, prices may vary. Please contact the company for exact costs)

School Time Coverage - \$40.00

Optional Football Coverage - \$230.00

24 hour Coverage - \$125.00

Extended Dental Benefit - \$8.00

- Brochures are available in the school office
- For more information please contact:

**Bene-Marc, Inc**

**6301 Southwest Blvd, Suite 101**

**Fort Worth, TX 76132**

**817-738-6899**

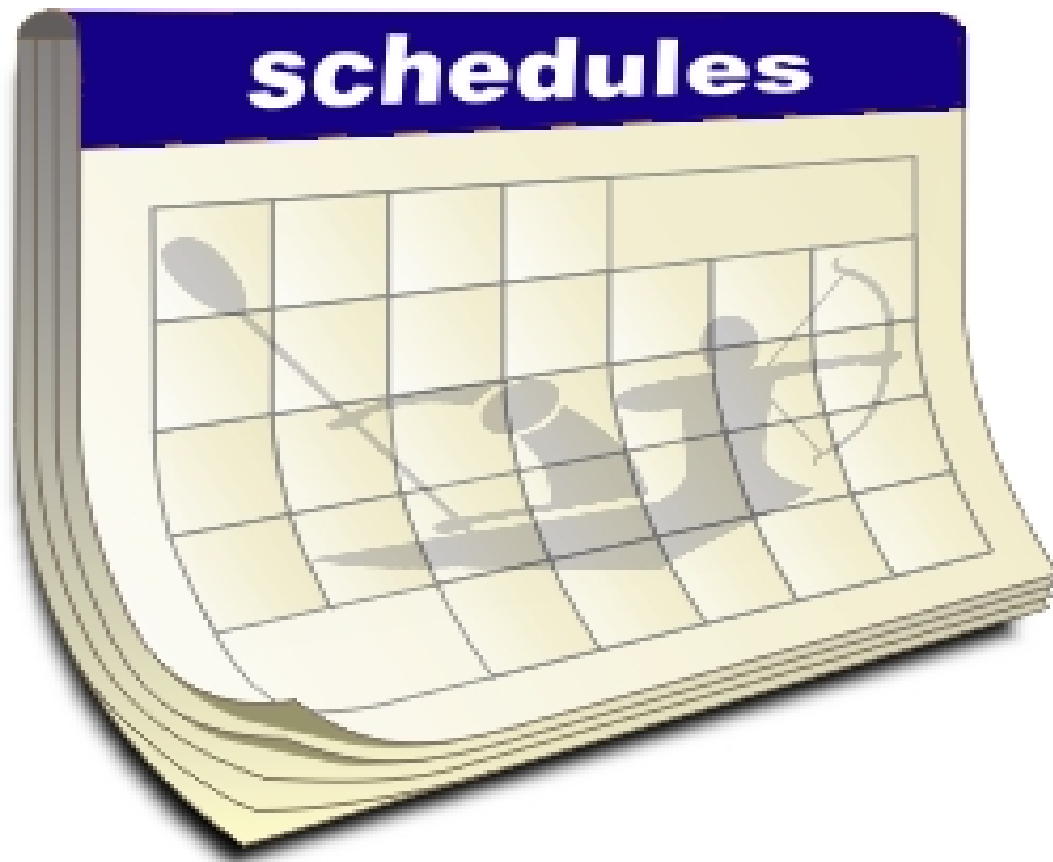
### Cook Children's Health Plan

- toll free 1-866-971-COOK (2665)
- [www.cookchp.org](http://www.cookchp.org)

### CHIP/ Children's Medicaid / Texas Star Program

- toll free 1-877-KIDS-NOW (1-877-543-7669)

# MASTER SCHEDULES



# Big 12 Master Athletic Calendar 2013-2014

4/29/13	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
S	2 <b>Classes Begin</b>	3	4	5	6	7
S	9 7&8VB-1	10 8FB-1	11	12	13	14
S	16 7&8VB-2/7FB-1	17 8FB-2	18	19	20	21
S	23 7&8VB-3/7FB-2	24 8FB-3	25	26	27	28
S/O	30 7&8VB-4/7FB-3	1 8FB-4	2	3	4	5
O	7 7&8VB-5/7FB-4	8 8FB-5	9	10	11	12 7&8AVB Tourn.
O	14 7&8VB-6/7FB-5	15 8FB-6	16	17	18	19 7&8BVB Tourn.
O	21 7&8VB-7/7FB-6	22 8FB-7	23	24	25	26
O/N	28 7&8VB-8/7FB-7	29 8FB-8	30	31	1	2
N	4 7&8VB-9/7FB-8	5	6	7	8 7&8VB Dist. Tourn.	9 7&8VB/8FB
N	11	12 7&8CC-1	13	14	15	16
N	18 7BB-1	19 7&8CC-2	20	21 8BB-1	22	23
N	25	26	27	28	29	30
D	2 7BB-2	3 7&8CC Zone Meet	4	5 8BB-2	6	7
D	9 7BB-3	10 7&8CC Dist. Meet	11	12 8BB-3	13	14
D	16 7BB-4	17	18	19 8BB-4	20	21
D	23	24	25	26	27	28
D/J	30	31	1	2	3	4
J	6 7BB-5	7	8	9 8BB-5	10 7&8ABB Tourn.	11 7&8ABB Tourn.
J	13 7BB-6	14 8BB-6	15	16 <b>Exams</b>	17 <b>Exams</b>	18
J	20	21 7BB-7	22	23 8BB-7	24 7&8BBB Tourn.	25 7&8BBB Tourn.
J/F	27 7BB-8	28	29	30 8BB-8	31	1
F	3 7BB-9	4	5	6 8BB-9	7	8
F	10 7BB Dist. Tourn.	11	12	13 8BB Dist. Tourn.	14 7&8BB Dist. Tourn.	15 7&8BB Dist. Tourn.
F	17	18	19	20	21	22
F/M	24 7TR-1	25 8TR-1	26	27 <b>HS Meet (BISD)</b>	28	1
M	3 7TR-2	4 8TR-1	5	6 <b>HS Meet (HEB)</b>	7	8
M	10	11	12	13	14	15
M	17 7TR-3	18 8TR-3	19	20	21	22
M	24 7TR Zone Meet	25 8TR Zone Meet	26	27	28	29
M/A	31	1 7&8 STAAR	2 7&8 STAAR	3 7&8TR Makeup Day	4	5
A	7 7TR District Meet	8 8TR District Meet	9	10 7&8TR Makeup Day	11	12
A	14	15	16	17	18	19
A	21	22 7 STAAR	23 7&8 STAAR	24 8 STAAR	25	26
A/M	28	29	30	1	2	3
M	5	6	7	8	9	10
M	12	13	14	15	16	17
M	19	20	21	22	23	24
M	26	27	28	29 <b>HEB Classes End</b>	30	31
J	2	3 <b>BISD Classes End</b>	4	5	6	7

## Big 12 Tournament and Meet Assignments 2013-2014

Event	Date	HEB Host	BISD Host
7A VB	Sat. 10/12	Central	Richland
8A VB	Sat. 10/12	Hurst	North Ridge
7B VB	Sat. 10/19	Bedford	North Oaks
8B VB	Sat. 10/19	Harwood	Haltom
7 Dist. VB	Fri.-Sat. 11/8-9		Smithfield
8 Dist. VB	Fri.-Sat. 11/8-9		North Richland
7/8 CC-1	Tues. 11/12	Harwood	Richland
7/8 CC-2	Tues. 11/19	Bedford	Smithfield
7/8 CC-Zone	Tues. 12/3	Hurst	North Richland
7/8 CC-District	Tues. 12/10	Eules	
7A GBB	Fri.-Sat. 1/10-11	Eules	North Ridge
7A BBB	Fri.-Sat. 1/10-11	Hurst	Richland
8A GBB	Fri.-Sat. 1/10-11	Bedford	Watauga
8A BBB	Fri.-Sat. 1/10-11	Harwood	North Richland
7B GBB	Fri.-Sat. 1/24-25	Hurst	North Richland
7B BBB	Fri.-Sat. 1/24-25	Eules	Smithfield
8B GBB	Fri.-Sat. 1/24-25	Harwood	Richland
8B BBB	Fri.-Sat. 1/24-25	Bedford	North Ridge
7 Dist. GBB	Mon., Fri., Sat. 2/10,14-15		Smithfield
7 Dist. BBB	Mon., Fri., Sat. 2/10,14-15		North Oaks
8 Dist. GBB	Thurs., Fri., Sat. 2/13-15		Haltom
8 Dist. BBB	Thurs., Fri., Sat. 2/13-15		Watauga
7 TR-Dual Meets	Mon. 2/24	Central	Haltom
8 TR-Dual Meets	Tues. 2/25	Eules	North Ridge
			Richland
			Smithfield
7 TR-2	Mon. 3/3	Bedford	North Richland
8 TR-2	Tues. 3/4	Bedford	North Richland
7 TR-3	Mon. 3/17	Hurst	North Oaks
8 TR-3	Tues. 3/18	Hurst	North Oaks
7 TR-Zone	Mon. 3/24	Harwood	North Ridge
8 TR-Zone	Tues. 3/25	Harwood	North Ridge
7 TR-District	Mon. 4/7	Central	
8 TR-District	Tues. 4/8	Central	

## 2013 BISD VARSITY FOOTBALL SCHEDULE

### BIRDVILLE HIGH SCHOOL

DATE	TIME	OPPONENT	SITE
Fri., Aug. 30	7:30pm	Arlington Heights	Away
Fri., Sept. 6	7:30pm	Richland(RHS-home)	FAAC
Fri., Sept. 13	7:30pm	Boswell	FAAC
Fri., Sept. 20	7:30pm	Dunbar	Away
Thurs., Sept. 26	7:00pm	Carter Riverside	FAAC
Sat., Oct. 5	1:00pm	Northside	Farrington
Thurs., Oct. 10	7:00pm	Eastern Hills	FAAC
Fri., Oct. 18	7:30pm	Saginaw	Away
Fri., Oct. 25	7:30pm	Chisholm Trail	FAAC
Fri., Nov. 1		BYE	
Fri., Nov. 8	7:30pm	Polytechnic	Away

### HALTOM HIGH SCHOOL

DATE	TIME	OPPONENT	SITE
Fri., Aug. 30	7:30pm	Boswell	Birdville Stadium
Fri., Sept. 6	7:30pm	Burleson	Birdville Stadium
Fri., Sept. 13	7:30pm	MacArthur	Irving Stadium
Fri., Sept. 20		BYE	
Fri., Sept. 27*	7:30pm	Timbercreek	FAAC
Fri., Oct. 4	7:30pm	Richland (HHS-home)	FAAC
Fri., Oct. 11	7:30pm	Northwest	Birdville Stadium
Thurs., Oct. 17	7:00pm	Keller	Keller ISD Stadium
Fri., Oct. 25	7:30pm	Fossil Ridge	Birdville Stadium
Fri., Nov. 1	7:30pm	Keller Central	Birdville Stadium
Fri., Nov. 8	7:30pm	Carroll	Away

### RICHLAND HIGH SCHOOL

DATE	TIME	OPPONENT	SITE
Fri., Aug. 30	7:30pm	Weatherford	FAAC
Fri., Sept. 6	7:30pm	Birdville (RHS-home)	FAAC
Fri., Sept. 13	7:30pm	Rockwall Heath	Away
Fri., Sept. 20		BYE	
Fri., Sept. 27	7:30pm	Fossil Ridge	Away
Fri., Oct. 4	7:30pm	Haltom HS (HHS -home)	FAAC
Fri., Oct. 11	7:30pm	Carroll	FAAC
Fri., Oct. 18*	7:30pm	Timbercreek	FAAC
Fri., Oct. 25	7:30pm	Keller Central	Away
Fri., Nov. 1	7:30pm	Northwest	Away
Fri., Nov. 8	7:30pm	Keller	FAAC

\*Homecoming

**FAAC = Fine Arts/Athletics Complex**

## **ADMISSION POLICY TO CONTESTS**

### **BIRDVILLE ATHLETIC DEPARTMENT**

Admission will be charged at athletic events held in Birdville Stadium, Fine Arts/Athletics Complex, W.G. Thomas Coliseum and/or individual campuses regardless of level.

Admission may be charged for tournament play on any campus (**Maximum:** \$4 Adults, \$2 Students).

# FORMS





# PREPARTICIPATION PHYSICAL EVALUATION -- MEDICAL HISTORY

REVISED 1-6-09

This **MEDICAL HISTORY FORM** must be completed **annually** by parent (or guardian) and student in order for the student to participate in athletic activities. These questions are designed to determine if the student has developed any condition which would make it hazardous to participate in an athletic event.

Student's Name: (print) \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 Address \_\_\_\_\_ Phone \_\_\_\_\_  
 Grade \_\_\_\_\_ School \_\_\_\_\_  
 Personal Physician \_\_\_\_\_ Phone \_\_\_\_\_

In case of emergency, contact:

Name \_\_\_\_\_ Relationship \_\_\_\_\_ Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_

**Explain "Yes" answers in the box below\*\*. Circle questions you don't know the answers to. Any Yes answer to questions 1, 2, 3, 4, 5, or 6 requires further medical evaluation which may include a physical examination. Written clearance from a physician, physician assistant, chiropractor, or nurse practitioner is required before any participation in UIL practices, games or matches**

	Yes	No		Yes	No
1. Have you had a medical illness or injury since your last check up or sports physical?	<input type="checkbox"/>	<input type="checkbox"/>	13. Have you ever gotten unexpectedly short of breath with exercise?	<input type="checkbox"/>	<input type="checkbox"/>
2. Have you been hospitalized overnight in the past year?	<input type="checkbox"/>	<input type="checkbox"/>	Do you have asthma?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had surgery?	<input type="checkbox"/>	<input type="checkbox"/>	Do you have seasonal allergies that require medical treatment?	<input type="checkbox"/>	<input type="checkbox"/>
3. Have you ever passed out during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>	14. Do you use any special protective or corrective equipment or devices that aren't usually used for your sport or position (for example, knee brace, special neck roll, foot orthotics, retainer on your teeth, hearing aid)?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had chest pain during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>	15. Have you ever had a sprain, strain, or swelling after injury?	<input type="checkbox"/>	<input type="checkbox"/>
Do you get tired more quickly than your friends do during exercise?	<input type="checkbox"/>	<input type="checkbox"/>	Have you broken or fractured any bones or dislocated any joints?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had racing of your heart or skipped heartbeats?	<input type="checkbox"/>	<input type="checkbox"/>	Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints?	<input type="checkbox"/>	<input type="checkbox"/>
Have you had high blood pressure or high cholesterol?	<input type="checkbox"/>	<input type="checkbox"/>	If yes, check appropriate box and explain below.		
Have you ever been told you have a heart murmur?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Head <input type="checkbox"/> Elbow <input type="checkbox"/> Hip		
Has any family member or relative died of heart problems or of sudden unexpected death before age 50?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Neck <input type="checkbox"/> Forearm <input type="checkbox"/> Thigh		
Has any family member been diagnosed with enlarged heart, (dilated cardiomyopathy), hypertrophic cardiomyopathy, long QT syndrome or other ion channelopathy (Brugada syndrome, etc), Marfan's syndrome, or abnormal heart rhythm?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Back <input type="checkbox"/> Wrist <input type="checkbox"/> Knee		
Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Chest <input type="checkbox"/> Hand <input type="checkbox"/> Shin/Calf		
Has a physician ever denied or restricted your participation in sports for any heart problems?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Shoulder <input type="checkbox"/> Finger <input type="checkbox"/> Ankle		
4. Have you ever had a head injury or concussion?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Upper Arm <input type="checkbox"/> Foot		
Have you ever been knocked out, become unconscious, or lost your memory?	<input type="checkbox"/>	<input type="checkbox"/>	16. Do you want to weigh more or less than you do now?	<input type="checkbox"/>	<input type="checkbox"/>
If yes, how many _____ When was the last _____			Do you lose weight regularly to meet weight requirements for your sport?	<input type="checkbox"/>	<input type="checkbox"/>
times? _____ concussion?			17. Do you feel stressed out?	<input type="checkbox"/>	<input type="checkbox"/>
How severe was each one? (Explain below)			18. Have you ever been diagnosed with or treated for sickle cell trait or sickle cell disease?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had a seizure?	<input type="checkbox"/>	<input type="checkbox"/>	<b>Females Only</b>		
Do you have frequent or severe headaches?	<input type="checkbox"/>	<input type="checkbox"/>	19. When was your first menstrual period?	_____	
Have you ever had numbness or tingling in your arms, hands, legs, or feet?	<input type="checkbox"/>	<input type="checkbox"/>	When was your most recent menstrual period?	_____	
Have you ever had a stinger, burner, or pinched nerve?	<input type="checkbox"/>	<input type="checkbox"/>	How much time do you usually have from the start of one period to the start of another?	_____	
5. Are you missing any paired organs?	<input type="checkbox"/>	<input type="checkbox"/>	How many periods have you had in the last year?	_____	
6. Are you under a doctor's care?	<input type="checkbox"/>	<input type="checkbox"/>	What was the longest time between periods in the last year?	_____	
7. Are you currently taking any prescription or non-prescription (over-the-counter) medication or pills or using an inhaler?	<input type="checkbox"/>	<input type="checkbox"/>	<b>An individual answering in the affirmative to any question relating to a possible cardiovascular health issue (question three above), as identified on the form, should be restricted from further participation until the individual is examined and cleared by a physician, physician assistant, chiropractor, or nurse practitioner.</b>		
8. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)?	<input type="checkbox"/>	<input type="checkbox"/>	<b>**EXPLAIN 'YES' ANSWERS IN THE BOX BELOW (attach another sheet if necessary):</b>		
9. Have you ever been dizzy during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>	_____		
10. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)?	<input type="checkbox"/>	<input type="checkbox"/>	_____		
11. Have you ever become ill from exercising in the heat?	<input type="checkbox"/>	<input type="checkbox"/>	_____		
12. Have you had any problems with your eyes or vision?	<input type="checkbox"/>	<input type="checkbox"/>			

It is understood that even though protective equipment is worn by the athlete, whenever needed, the possibility of an accident still remains. Neither the University Interscholastic League nor the school assumes any responsibility in case an accident occurs.

If, in the judgment of any representative of the school, the above student should need immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given said student by any physician, athletic trainer, nurse or school representative. I do hereby agree to indemnify and save harmless the school and any school or hospital representative from any claim by any person on account of such care and treatment of said student.

If, between this date and the beginning of athletic competition, any illness or injury should occur that may limit this student's participation, I agree to notify the school authorities of such illness or injury.

**I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct. Failure to provide truthful responses could subject the student in question to penalties determined by the UIL**

Student Signature: \_\_\_\_\_ Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**THIS FORM MUST BE ON FILE PRIOR TO PARTICIPATION IN ANY PRACTICE, SCRIMMAGE OR CONTEST BEFORE, DURING OR AFTER SCHOOL.**

**For School Use Only:**

This Medical History Form was reviewed by: Printed Name \_\_\_\_\_ Date \_\_\_\_\_ Signature \_\_\_\_\_

# PREPARTICIPATION PHYSICAL EVALUATION -- PHYSICAL EXAMINATION

Student's Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ % Body fat (optional) \_\_\_\_\_ Pulse \_\_\_\_\_ BP \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_ (\_\_\_\_\_/\_\_\_\_\_, \_\_\_\_/\_\_\_\_\_)  
brachial blood pressure while sitting

Vision R 20/\_\_\_\_\_ L 20/\_\_\_\_\_ Corrected: ☐ Y ☐ N Pupils: ☐ Equal ☐ Unequal

As a minimum requirement, this **Physical Examination Form** must be completed prior to junior high athletic participation and again prior to first and third years of high school athletic participation. It ***must*** be completed if there are yes answers to specific questions on the student's MEDICAL HISTORY FORM on the reverse side. ***\* Local district policy may require an annual physical exam.***

	NORMAL	ABNORMAL FINDINGS	INITIALS*
<b>MEDICAL</b>			
Appearance			
Eyes/Ears/Nose/Throat			
Lymph Nodes			
Heart-Auscultation of the heart in the supine position.			
Heart-Auscultation of the heart in the standing position.			
Heart-Lower extremity pulses			
Pulses			
Lungs			
Abdomen			
Genitalia (males only)			
Skin			
Marfan's stigmata (arachnodactyly, pectus excavatum, joint hypermobility, scoliosis)			

## MUSCULOSKELETAL

Neck			
Back			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hand			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot			

\*station-based examination only

## CLEARANCE

- ☐ Cleared
- ☐ Cleared after completing evaluation/rehabilitation for: \_\_\_\_\_

☐ Not cleared for: \_\_\_\_\_ Reason: \_\_\_\_\_

Recommendations: \_\_\_\_\_

*The following information must be filled in and signed by either a Physician, a Physician Assistant licensed by a State Board of Physician Assistant Examiners, a Registered Nurse recognized as an Advanced Practice Nurse by the Board of Nurse Examiners, or a Doctor of Chiropractic. Examination forms signed by any other health care practitioner, will not be accepted.*

Name (print/type) \_\_\_\_\_ Date of Examination: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Signature: \_\_\_\_\_

Must be completed before a student participates in any practice, before, during or after school, (both in-season and out-of-season) or games/matches.

# ACKNOWLEDGEMENT OF RULES

*Attention School Authorities:* This form must be signed yearly by both the student and parent/guardian and be on file at your school before the student may participate in any practice session, scrimmage, or contest. A copy of the student's medical history and physical examination form signed by a physician or medical history form signed by a parent must also be on file at your school.

Student's Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Current School \_\_\_\_\_

## Parent or Guardian's Permit

I hereby give my consent for the above student to compete in University Interscholastic League approved sports, and travel with the coach or other representative of the school on any trips.

It is understood that even though protective equipment is worn by the athlete whenever needed, the possibility of an accident still remains. Neither the University Interscholastic League nor the high school assumes any responsibility in case an accident occurs.

I have read and understand the University Interscholastic League rules on the reverse side of this form and agree that my son/daughter will abide by all of the University Interscholastic League rules.

The undersigned agrees to be responsible for the safe return of all athletic equipment issued by the school to the above named student.

If, in the judgement of any representatives of the school, the above student needs immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given to said student by any physician, licensed athletic trainer, nurse, hospital, or school representative; and I do hereby agree to indemnify and save harmless the school and any school representative from any claim by any person whomsoever on account of such care and treatment of said student.

I have been provided the UIL Parent Information Manual regarding health and safety issues including concussions and my responsibilities as a parent/guardian. I understand that failure to provide accurate and truthful information on UIL forms could subject the student in question to penalties determined by the UIL.

The UIL Parent Information Manual is located at [www.uil texas.org/files/athletics/manuals/parent-information-manual.pdf](http://www.uil texas.org/files/athletics/manuals/parent-information-manual.pdf).

Your signature below gives authorization that is necessary for the school district, its licensed athletic trainers, coaches, associated physicians and student insurance personnel to share information concerning medical diagnosis and treatment for your student.

To the Parent: Check any activity in which this student is allowed to participate.

- |  |                                   |  |  |
|--|-----------------------------------|--|--|
| <input type="checkbox"/> Baseball      | <input type="checkbox"/> Football | <input type="checkbox"/> Softball          | <input type="checkbox"/> Tennis        |
| <input type="checkbox"/> Basketball    | <input type="checkbox"/> Golf     | <input type="checkbox"/> Swimming & Diving | <input type="checkbox"/> Track & Field |
| <input type="checkbox"/> Cross Country | <input type="checkbox"/> Soccer   | <input type="checkbox"/> Team Tennis       | <input type="checkbox"/> Volleyball    |
| <input type="checkbox"/> Wrestling     |                                   |  |  |

Date \_\_\_\_\_

Signature of parent or guardian \_\_\_\_\_

Street address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Business Phone \_\_\_\_\_

## GENERAL INFORMATION

School coaches may not:

- Transport, register, or instruct students in grades 7-12 from their attendance zone in non-school baseball, basketball, football, soccer, softball, or volleyball camps (exception: See Section 1209 of the Constitution and Contest Rules).
- Give any instruction or schedule any practice for an individual or a team during the off-season except during the one in school day athletic period in baseball, basketball, football, soccer, softball, or volleyball
- Schools and school booster clubs may not provide funds, fees, or transportation for non-school activities.

## GENERAL ELIGIBILITY RULES

According to UIL standards, students could be eligible to represent their school in interscholastic activities if they:

- are not 19 years of age or older on or before September 1 of the current scholastic year. (See Section 446 of the Constitution and Contest Rules for exception).
- have not graduated from high school.
- are enrolled by the sixth class day of the current school year or have been in attendance for fifteen calendar days immediately preceding a varsity contest.
- are full-time students in the participant high school they wish to represent.
- initially enrolled in the ninth grade not more than four years ago.
- are meeting academic standards required by state law.
- live with their parents inside the school district attendance zone their first year of attendance. (Parent residence applies to varsity athletic eligibility only.) When the parents do not reside inside the district attendance zone the student could be eligible if: the student has been in continuous attendance for at least one calendar year and has not enrolled at another school; no inducement is given to the student to attend the school (for example: students or their parents must pay their room and board when they do not live with a relative; students driving back into the district should pay their own transportation costs); and it is not a violation of local school or TEA policies for the student to continue attending the school. Students placed by the Texas Youth Commission are covered under Custodial Residence (see Section 442 of the Constitution and Contest Rules).
- have observed all provisions of the Awards Rule.
- have not been recruited. (Does not apply to college recruiting as permitted by rule.)
- have not violated any provision of the summer camp rule. Incoming 10-12 grade students shall not attend a baseball, basketball, football, soccer, or volleyball camp in which a seventh through twelfth grade coach from their school district attendance zone, works with, instructs, transports or registers that student in the camp. Students who will be in grades 7, 8, and 9 may attend one baseball, one basketball, one football, one soccer, one softball, and one volleyball camp in which a coach from their school district attendance zone is employed, for no more than six consecutive days each summer in each type of sports camp. Baseball, Basketball, Football, Soccer, Softball, and Volleyball camps where school personnel work with their own students may be held in May, after the last day of school, June, July and August prior to the second Monday in August. If such camps are sponsored by school district personnel, they must be held within the boundaries of the school district and the superintendent or his designee shall approve the schedule of fees.
- have observed all provisions of the Athletic Amateur Rule. Students may not accept money or other valuable consideration (tangible or intangible property or service including anything that is usable, wearable, salable or consumable) for participating in any athletic sport during any part of the year. Athletes shall not receive valuable consideration for allowing their names to be used for the promotion of any product, plan or service. Students who inadvertently violate the amateur rule by accepting valuable consideration may regain athletic eligibility by returning the valuable consideration. If individuals return the valuable consideration within 30 days after they are informed of the rule violation, they regain their athletic eligibility when they return it. If they fail to return it within 30 days, they remain ineligible for one year from when they accepted it. During the period of time from when students receive valuable consideration until they return it, they are ineligible for varsity athletic competition in the sport in which the violation occurred. Minimum penalty for participating in a contest while ineligible is forfeiture of the contest.
- did not change schools for athletic purposes.

**I understand that failure to provide accurate and truthful information on UIL forms could subject the student in question to penalties determined by the UIL.**

I have read the regulations cited above and agree to follow the rules.

---

Date

---

Signature of student

**EMERGENCY INFORMATION**

<b>Athlete's Name</b>		<b>Grade</b>	<b>Age</b>	<b>Sex</b>
<b>Student ID#</b>	<b>DOB</b>	<b>Athlete's phone #</b>		
<b>Address:</b>		<b>City</b>	<b>Zip</b>	
<b>Parent/Guard.</b>			<b>Relation</b>	
<b>Home #</b>	<b>Cell#</b>	<b>Work #</b>		
<b>Parent/Guard.</b>			<b>Relation</b>	
<b>Home#</b>	<b>Cell#</b>	<b>Work#</b>		
<b>Emergency Contact Name:</b>			<b>Relation</b>	
<b>Home / Cell# :</b>		<b>Language Spoken:</b>		
<b>Heath Insurance Company Name:</b>			<b>HMO</b>	<b>PPO</b>
			<b>(Circle one)</b>	
<b>Allergies:</b>		<b>Medications take regularly:</b>		
<b>ALL Medical Conditions/ Limitations:</b>				

-If, in the judgment of any representative of the school, the above student should need immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given said student by any physician, athletic trainer, nurse, or school representative. I do hereby agree to indemnify and save harmless the school and any school or hospital representative from any claim by any person on account of such care and treatment of said student.

**PARENT/ GUARDIAN CONSENT TO ATHLETIC PARTICIPATION FOR A MINOR****The undersigned person individually acknowledges the following:**

- I am a parent or guardian of the above named minor, who is a student at Birdville Independent School District.
- I consent to his/her participation in extracurricular sport activities including but not limited to team sports such as football, basketball, soccer, softball, baseball, wrestling, and track and field.
- I am aware that there are inherent risks and dangers of injury for those involved in such sports activities. I recognize that such sport activities are strenuous and may involve intense physical contact. I am also familiar with the general physical conditions of the above named student. In addition, I have reviewed the results of the physical examinations of the student including any examination of a physician required by Birdville ISD for participation in a sport.
- I know of no reason to limit such student's participation in such sports activities except those listed in Medical Conditions/Limitations, on the Medical History, or on the Physical Examination.
- I hereby give my consent for the above student to compete in University Interscholastic League (UIL) approved sports and travel with the coach or other representative of the school on any trips.
- I agree that Birdville ISD may rely on my statements and representations made here and that they shall constitute a bar to claim against Birdville ISD or its employees arising out of the student's participation in such sport activities. I hereby expressly assume the risk of loss resulting from the negligence of the student or from the risks of incident to participation in sports activities.
- I agree to be responsible for the safe return of all athletic equipment issued by the school to the above named student.
- I have read and understand all the University Interscholastic League (UIL) rules and Birdville ISD regulations and agree to follow the rules. By signing this document you also agree to be responsible for the Birdville ISD Honor Code and Code of Conduct found in the Student Handbook. By signing this document I also understand that I am stating that all information given is true to the best of my knowledge.

**ALL ATHLETES INVOLVED IN ANY/ALL UIL SPORTS AND THEIR PARENT/GUARDIAN MUST SIGN THIS PAGE!!**

Please sign to signify that you have read and understand the information on this page:

**Student Signature:** \_\_\_\_\_ **Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**Parent/Guard. Signature:** \_\_\_\_\_ **Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**STANDARD RELEASE FOR FOOTBALL** (this paragraph applies to football only)

- This is to certify that I have carefully read and fully understand the warning label(s) attached inside and/or outside of the football helmet that I have checked out from Birdville ISD Athletic Department. The label reads:  
WARNING: Do not use this helmet to butt, ram, or spear an opposing player. This is in violation of the football rules and can result in severe head, brain, or neck injury; and paralysis or death to you or to your opponent.
- NO HELMET CAN PREVENT ALL SUCH INJURIES
- There is a risk there injuries may also occur as a result of accidental contact without intent to butt, ram, or spear
- I also understand that football is a potentially injurious sport and agree to accept the risk of injury associated with competition in this sport

**INHALER FORMATION \*\*\*\* ONLY required for inhaler\*\*\*\***

**Dear Parent/Guardian:**

For your son/daughter please indicate if your child needs to carry an inhaler: \_\_\_\_\_ yes \_\_\_\_\_ no

- A Physician's signature is required for your child to carry an inhaler

**Physician's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_



**Parent and Student Agreement/Acknowledgement Form  
Anabolic Steroid Use and Random Steroid Testing**

- Texas state law prohibits possessing, dispensing, delivering or administering a steroid in a manner not allowed by state law.
- Texas state law also provides that body building, muscle enhancement or the increase in muscle bulk or strength through the use of a steroid by a person who is in good health is not a valid medical purpose.
- Texas state law requires that only a licensed practitioner with prescriptive authority may prescribe a steroid for a person.
- Any violation of state law concerning steroids is a criminal offense punishable by confinement in jail or imprisonment in the Texas Department of Criminal Justice.

**STUDENT ACKNOWLEDGEMENT AND AGREEMENT**

As a prerequisite to participation in UIL athletic activities, I agree that I will not use anabolic steroids as defined in the UIL Anabolic Steroid Testing Program Protocol. I have read this form and understand that I may be asked to submit to testing for the presence of anabolic steroids in my body, and I do hereby agree to submit to such testing and analysis by a certified laboratory. I further understand and agree that the results of the steroid testing may be provided to certain individuals in my high school as specified in the UIL Anabolic Steroid Testing Program Protocol which is available on the UIL website at [www.uil texas.org](http://www.uil texas.org). I understand and agree that the results of steroid testing will be held confidential to the extent required by law. I understand that failure to provide accurate and truthful information could subject me to penalties as determined by UIL.

Student Name (Print): \_\_\_\_\_ Grade (9-12) \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**PARENT/GUARDIAN CERTIFICATION AND ACKNOWLEDGEMENT**

As a prerequisite to participation by my student in UIL athletic activities, I certify and acknowledge that I have read this form and understand that my student must refrain from anabolic steroid use and may be asked to submit to testing for the presence of anabolic steroids in his/her body. I do hereby agree to submit my child to such testing and analysis by a certified laboratory. I further understand and agree that the results of the steroid testing may be provided to certain individuals in my student's high school as specified in the UIL Anabolic Steroid Testing Program Protocol which is available on the UIL website at [www.uil texas.org](http://www.uil texas.org). I understand and agree that the results of steroid testing will be held confidential to the extent required by law. I understand that failure to provide accurate and truthful information could subject my student to penalties as determined by UIL.

Name (Print): \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Relationship to student: \_\_\_\_\_

# BISD Concussion Management Program

## Academic Accommodation Recommendations

The following academic accommodations may help in reducing the cognitive (thinking) load, thereby minimizing post-concussion symptoms and allowing the student to better participate in the academic process during the injury period. Needed accommodations may vary by course. This information and recommendations are from the ImPACT<sup>®</sup> Concussion Testing Program being used by BISD.

**Note taking:** Allow student to obtain class notes or outlines ahead of time to aid organization and reduce multi-tasking demands. If this is not possible, allow the student photocopied notes from another student.

***Note taking may be difficult due to impaired multitasking abilities and increased symptoms.***

**Workload Reduction:** Reduce overall amount of make-up work, class work, and homework (we typically recommend 50-75%, though may vary by class), shorten tests and projects. Examples: reduce the length of essays, have student do every other problem in a homework assignment, or highlight key concept areas for testing while eliminating testing on less important topics.

***It takes a concussed student much longer to complete assignments due to the increased memory problems and decreased speed of learning. Recovery can be delayed when a student “pushes through” symptoms. Therefore, it is recommended that “thinking” or cognitive load be reduced, just like physical exertion is reduced.***

**Breaks:** Take breaks as needed to control symptom levels. Example: student may lay head on the desk to rest. For worse symptoms, the student may need to leave class and go to the nurse. The nurse will inform the Athletic Trainers. The student may also be allowed to call the training room directly from your class room if he or she has permission and you allow.

**Extra time:** Allow student to turn in assignments late

***Students may experience severe symptoms some day/nights and not others. With increased symptoms, students are advised to rest, and therefore may need to turn in assignments late on occasion.***

**Testing:** extra time to complete tests, testing in a quiet environment, allow testing in multiple sessions, reduce length of tests, and eliminate tests when possible

***Students with concussions have increased memory and attention problems. They will not be able to learn as effectively or quickly as before. Furthermore, highly demanding activities like testing can significantly raise symptoms (e.g. headache, fatigue) which can in turn make testing more difficult.***

If at any time you feel that the student is abusing their privileges please let one of the Coaches know immediately.

If the doctor prescribes specific accommodations from this list you will receive a copy.



## BISD Concussion Management Program

### Physician Protocol Information Sheet

Patient Name: \_\_\_\_\_

Date of Injury: \_\_\_\_\_

Name of Doctor: \_\_\_\_\_

Date of Evaluation: \_\_\_\_\_

Once the athlete is cleared by a physician to return to physical activity the athlete will be put through the following exertional levels by the Athletic Trainer before returning to play. Once the athlete has completed all 3 levels with no returning post-concussion symptoms the Athletic Trainer will allow the athlete to participate.

#### Return To Play Protocol - Examples of Exertional Levels

**Light Levels (day 1):** walking, light jogging, light-intensity stationary bike, light-intensity weightlifting (lower weight, higher reps, no bench no squat)

**Moderate Levels (day 2):** moderate jogging/brief running, moderate-intensity stationary biking, moderate-intensity weightlifting (reduced time and/or reduced weight from typical routine), moderate-intensity swimming

**Heavy Levels (day 3):** sprinting/running, high-intensity stationary biking, regular weightlifting routine, non-contact sport-specific drills (in 3 planes of movement), high- intensity swimming

**\*\*\* CAUTION:** If the athlete experiences a reoccurrence of ANY post-concussion symptoms during or after exercising, he or she will cease activity immediately and rest. He or she may resume activity at a lower level the following day if symptom-free, beginning the progression again.

#### Parent :

Printed name: \_\_\_\_\_ signature: \_\_\_\_\_ date: \_\_\_\_\_

#### Physician:

Printed name: \_\_\_\_\_ signature: \_\_\_\_\_ date: \_\_\_\_\_

**\*\*\*** A separate note from the physician's office clearing the athlete for participation is required before the athlete may begin the Return To Play Protocol - Exertional Levels.



# BISD Concussion Management Program

## Middle School Check List

Student's Name: \_\_\_\_\_ Date of Injury: \_\_\_\_\_

Injury Description: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Insurance Co.: \_\_\_\_\_

School: \_\_\_\_\_ Sport: \_\_\_\_\_

☐ Informed Athletic Trainer, \_\_\_\_\_, within 24 hours of injury

☐ Student's teachers, school counselor, school nurse, and Administration have been informed of classroom adjustments if needed

☐ Student has been evaluated by **Jason F. Wander, DO** or **Dr. Michele Kirk, MD** (circle one), and

☐ The treating physician's completed form is on file

☐ Student has been evaluated by a different physician, **name:** \_\_\_\_\_, and

☐ BISD Concussion Management Form has been completed by the parent and the treating physician

☐ The treating physician's completed form is on file

☐ Student has successfully completed the Return to Play protocol

☐ UIL Concussion Management Protocol Return to Play Form has been completed

Return to Play Date: \_\_\_\_\_

Supervising Coach: \_\_\_\_\_

POST-CONCUSSION SYMPTOM SCALE

Please use the following scale to rate each symptom:

NONE                      MILD                      MODERATE                      SEVERE

0                      1                      2                      3                      4                      5                      6

SYMPTOMS	SEVERITY RATING											
	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
Headache												
Nausea												
Vomiting												
Balance Problems												
Dizziness (spinning or movement sensation)												
Lightheadedness												
Fatigue												
Trouble falling asleep												
Sleeping more than usual												
Sleeping less than usual												
Drowsiness												
Sensitivity to light												
Sensitivity to noise												
Irritability												
Sadness												
Nervous/Anxious												
Feeling more emotional												
Numbness or tingling												
Feeling slowed down												
Feeling like "in a fog"												
Difficulty concentrating												
Difficulty remembering												
Visual problems												
Other												
TOTAL												



# Concussion Management Protocol Return to Play Form

*This form must be completed and submitted to the athletic trainer or other person (who is not a coach) responsible for compliance with the Return to Play protocol established by the school district Concussion Oversight Team, as determined by the superintendent or their designee (see Section 38.157 (c) of the Texas Education Code).*

\_\_\_\_\_  
*Student Name (Please Print)*

\_\_\_\_\_  
*School Name (Please Print)*

## **Designated school district official verifies:**

*Please Check*

- ☐ The student has been evaluated by a treating physician selected by the student, their parent or other person with legal authority to make medical decisions for the student.
- ☐ The student has completed the Return to Play protocol established by the school district Concussion Oversight Team.
- ☐ The school has received a written statement from the treating physician indicating, that in the physician's professional judgment, it is safe for the student to return to play.

\_\_\_\_\_  
*School Individual Signature*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*School Individual Name (Please Print)*

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## **Parent, or other person with legal authority to make medical decisions for the student signs and certifies that he/she:**

*Please Check*

- ☐ Has been informed concerning and consents to the student participating in returning to play in accordance with the return to play protocol established by the Concussion Oversight Team.
- ☐ Understands the risks associated with the student returning to play and will comply with any ongoing requirements in the return to play protocol.
- ☐ Consents to the disclosure to appropriate persons, consistent with the Health Insurance Portability and Accountability Act of 1996 (Pub. L. No. 104-191), of the treating physician's written statement under Subdivision (3) and, if any, the return to play recommendations of the treating physician.
- ☐ Understands the immunity provisions under Section 38.159 of the Texas Education Code.

\_\_\_\_\_  
*Parent/Responsible Decision-Maker Signature*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Parent/Responsible Decision-Maker Name (Please Print)*



# CONCUSSION ACKNOWLEDGEMENT FORM

Name of Student \_\_\_\_\_

**Definition of Concussion** - means a complex pathophysiological process affecting the brain caused by a traumatic physical force or impact to the head or body, which may: (A) include temporary or prolonged altered brain function resulting in physical, cognitive, or emotional symptoms or altered sleep patterns; and (B) involve loss of consciousness.

**Prevention** – Teach and practice safe play & proper technique.

- Follow the rules of play.
- Make sure the required protective equipment is worn for all practices and games.
- Protective equipment must fit properly and be inspected on a regular basis.

**Signs and Symptoms of Concussion** – The signs and symptoms of concussion may include but are not limited to: Head ache, appears to be dazed or stunned, tinnitus (ringing in the ears), fatigue, slurred speech, nausea or vomiting, dizziness, loss of balance, blurry vision, sensitive to light or noise, feel foggy or groggy, memory loss, or confusion.

**Oversight** - Each district shall appoint and approve a Concussion Oversight Team (COT). The COT shall include at least one physician and an athletic trainer if one is employed by the school district. Other members may include: Advanced Practice Nurse, neuropsychologist or a physician's assistant. The COT is charged with developing the Return to Play protocol based on peer reviewed scientific evidence.

**Treatment of Concussion** - The student-athlete shall be removed from practice or competition immediately if suspected to have sustained a concussion. Every student-athlete suspected of sustaining a concussion shall be seen by a physician before they may return to athletic participation. The treatment for concussion is cognitive rest. Students should limit external stimulation such as watching television, playing video games, sending text messages, use of computer, and bright lights. When all signs and symptoms of concussion have cleared and the student has received written clearance from a physician, the student-athlete may begin their district's Return to Play protocol as determined by the Concussion Oversight Team.

**Return to Play** - According to the Texas Education Code, Section 38.157:

A student removed from an interscholastic athletics practice or competition under Section 38.156 may not be permitted to practice or compete again following the force or impact believed to have caused the concussion until:

- (1) the student has been evaluated, using established medical protocols based on peer-reviewed scientific evidence, by a treating physician chosen by the student or the student's parent or guardian or another person with legal authority to make medical decisions for the student;
- (2) the student has successfully completed each requirement of the return-to-play protocol established under Section 38.153 necessary for the student to return to play;
- (3) the treating physician has provided a written statement indicating that, in the physician's professional judgment, it is safe for the student to return to play; and
- (4) the student and the student's parent or guardian or another person with legal authority to make medical decisions for the student:
  - (A) have acknowledged that the student has completed the requirements of the return-to-play protocol necessary for the student to return to play;
  - (B) have provided the treating physician's written statement under Subdivision (3) to the person responsible for compliance with the return-to-play protocol under Subsection (c) and the person who has supervisory responsibilities under Subsection (c); and
  - (C) have signed a consent form indicating that the person signing:
    - (i) has been informed concerning and consents to the student participating in returning to play in accordance with the return-to-play protocol;
    - (ii) understands the risks associated with the student returning to play and will comply with any ongoing requirements in the return-to-play protocol;
    - (iii) consents to the disclosure to appropriate persons, consistent with the Health Insurance Portability and Accountability Act of 1996 (Pub. L. No. 104-191), of the treating physician's written statement under Subdivision (3) and, if any, the return-to-play recommendations of the treating physician; and
    - (iv) understands the immunity provisions under Section 38.159.

\_\_\_\_\_  
Parent or Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

# SAMPLE

## BIRDVILLE INDEPENDENT SCHOOL DISTRICT ATHLETIC PAY VOUCHER

**JOB # 52802**

(PLEASE PRINT)

GAME DATE \_\_\_\_\_

NAME \_\_\_\_\_

SOCIAL SECURITY # \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE # \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

EMPLOYEE ID # \_\_\_\_\_

(Check One)	JOB DESCRIPTION	
<input type="checkbox"/> Official	<input type="checkbox"/> Spotter	<input type="checkbox"/> Car Parker Mgr.
<input type="checkbox"/> Clock/Scoreboard	<input type="checkbox"/> Ticket Mgr.	<input type="checkbox"/> Car Parker
<input type="checkbox"/> Matrix	<input type="checkbox"/> Ticket Seller	<input type="checkbox"/> Linesperson
<input type="checkbox"/> Asst. Matrix	<input type="checkbox"/> Gate	
<input type="checkbox"/> Message Center	<input type="checkbox"/> Security	<input type="checkbox"/> Other _____
<input type="checkbox"/> Announcer	<input type="checkbox"/> Chain Crew	

(Check One)	SPORT
<input type="checkbox"/> Football	<input type="checkbox"/> Baseball
<input type="checkbox"/> Volleyball	<input type="checkbox"/> Softball
<input type="checkbox"/> Basketball	<input type="checkbox"/> Track
<input type="checkbox"/> Soccer	<input type="checkbox"/> Gymnastics
<input type="checkbox"/> Wrestling	<input type="checkbox"/> Tennis

\*\*\*\*\*OFFICE USE ONLY\*\*\*\*\*

REQ. # \_\_\_\_\_

VENDOR # \_\_\_\_\_

ACCOUNT # \_\_\_\_\_

AMOUNT \$ \_\_\_\_\_

**MUST BE COMPLETED FOR PAYMENT**

GRADE LEVEL \_\_\_\_\_ #GAMES \_\_\_\_\_

\_\_\_\_\_ vs. \_\_\_\_\_  
(Home Team) (Opponent)

MILEAGE \_\_\_\_\_ HOURS \_\_\_\_\_

COACH'S SIGNATURE \_\_\_\_\_

WHITE COPY: Business Office

YELLOW COPY: Athletic Office

PINK COPY: Payee



B I R D V I L L E   I N D E P E N D E N T   S C H O O L   D I S T R I C T

## Athletics Injury and Treatment Report

Date \_\_\_\_\_ Campus \_\_\_\_\_

Coach \_\_\_\_\_ Sport \_\_\_\_\_

Athlete's Name \_\_\_\_\_

Classification (Check One) ☐ 7 ☐ 8 ☐ 9 ☐ 10 ☐ 11 ☐ 12

Parent(s) Name \_\_\_\_\_ Address \_\_\_\_\_

Parent(s) Phone # \_\_\_\_\_ Date of Injury \_\_\_\_\_

Site of Injury \_\_\_\_\_ Time \_\_\_\_\_ ☐ am ☐ pm

Describe Injury \_\_\_\_\_

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FIRST AID GIVEN AT TIME OF INJURY (Check): ☐ Ice ☐ Compression ☐ Splinted ☐ Dressing  
☐ Stretcher ☐ Other \_\_\_\_\_

REFERRED TO DOCTOR ☐ Yes ☐ No BY WHOM? ☐ Parent ☐ Coach ☐ Not at this time

WAS PARENT NOTIFIED? ☐ Yes ☐ No

NAME OF COACH REPORTING \_\_\_\_\_



BIRDVILLE INDEPENDENT SCHOOL DISTRICT

# Athletic Equipment Inventory

DATE \_\_\_\_\_

**HEAD COACH** \_\_\_\_\_

**COACH** \_\_\_\_\_

**SCHOOL** \_\_\_\_\_

## SPORT

[illegible]



# *Middle School*

## GAME REPORT FORM

**TO BE FILLED OUT AFTER EACH CONTEST  
BY BOTH HOME TEAM AND VISITING TEAM.**

**Date of Contest:** \_\_\_\_\_ **Location:** \_\_\_\_\_

**Sport:** \_\_\_\_\_

**Grade:** \_\_\_\_\_

☐ Boys

☐ Girls

**Home Team:** \_\_\_\_\_

**Visiting Team:** \_\_\_\_\_

**Who Won?** \_\_\_\_\_ **Score:** \_\_\_\_\_

**Did everyone play?** ☐ Yes ☐ No

**Coach's Name Reporting:** \_\_\_\_\_

**Check type of game:** ☐ Metroplex ☐ Mid-City ☐ District ☐ Tournament Championship

**Comments/Notes:**





# *Middle School*

## FINAL TEAM REPORT

Year \_\_\_\_\_

School: \_\_\_\_\_

Sport: \_\_\_\_\_ ☐ Boys ☐ Girls

Home Team: \_\_\_\_\_

### Number of Participants

8<sup>th</sup> Grade \_\_\_\_\_

7<sup>th</sup> Grade \_\_\_\_\_

**TOTAL:** \_\_\_\_\_

Number of athletes in program at beginning of season. \_\_\_\_\_

Estimate of the number that will continue in this sport next year. \_\_\_\_\_

**RECORD** Won \_\_\_\_\_ Lost \_\_\_\_\_



B I R D V I L L E   I N D E P E N D E N T   S C H O O L   D I S T R I C T

## Beginning of Season Participation Record

Year \_\_\_\_\_

School: \_\_\_\_\_

Sport: \_\_\_\_\_ ☐ Boys ☐ Girls

Home Team: \_\_\_\_\_

### Number of Participants

**VARSITY**

\_\_\_\_\_

**JV**

\_\_\_\_\_

**9<sup>th</sup>**

\_\_\_\_\_

**8<sup>th</sup>**

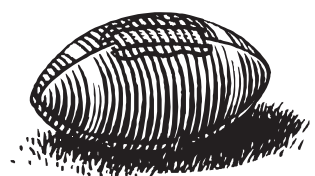
\_\_\_\_\_

**7<sup>th</sup>**

\_\_\_\_\_

Submit Form

Clear Form





B I R D V I L L E   I N D E P E N D E N T   S C H O O L   D I S T R I C T

## End of Season Participation Record

Year \_\_\_\_\_

School: \_\_\_\_\_

Sport: \_\_\_\_\_

### Number of Participants

	Boys	Girls
VARSITY	_____	_____
JV	_____	_____
9 <sup>th</sup>	_____	_____
TOTAL	_____	_____

Number of athletes in program at beginning season. \_\_\_\_\_

Estimate of the number that will continue in this sport next year. \_\_\_\_\_

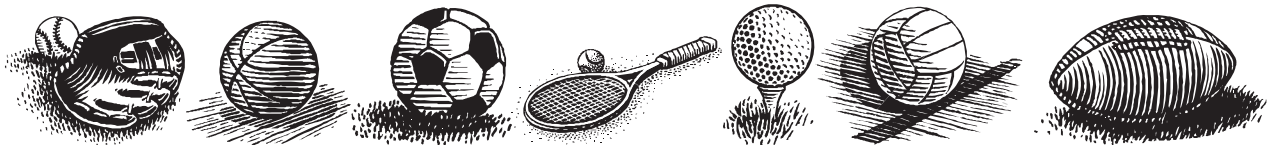




**SCHOOL** \_\_\_\_\_ **YEAR** \_\_\_\_\_

**SPORT** \_\_\_\_\_ **GRADE** \_\_\_\_\_

**COACH** \_\_\_\_\_

[illegible]



B I R D V I L L E   I N D E P E N D E N T   S C H O O L   D I S T R I C T

## Scouting Report

The following expenses were incurred by \_\_\_\_\_

Name

while scouting for \_\_\_\_\_ on \_\_\_\_\_

School

Date

### Expenses

#### Transportation Mileage

\_\_\_\_\_ X \$ \_\_\_\_\_ /mile = \$ \_\_\_\_\_

Total miles traveled

Current Rate per mile

#### Misc. transportation

(taxi, etc. other than plane fare - submit receipts) \$ \_\_\_\_\_

**Transportation Subtotal:** \$ \_\_\_\_\_

#### Meals

(Must include receipts and be 60 miles or more outside Metroplex)

**Meals Subtotal:** \$ \_\_\_\_\_

#### Lodging

(If applicable, must attach itemized receipts)

**Lodging Subtotal:** \$ \_\_\_\_\_

#### Other expenditures

(Must include itemized receipts with this form)

**Other Expenditures Subtotal:** \$ \_\_\_\_\_

**Total Travel Expenses:** \$ \_\_\_\_\_

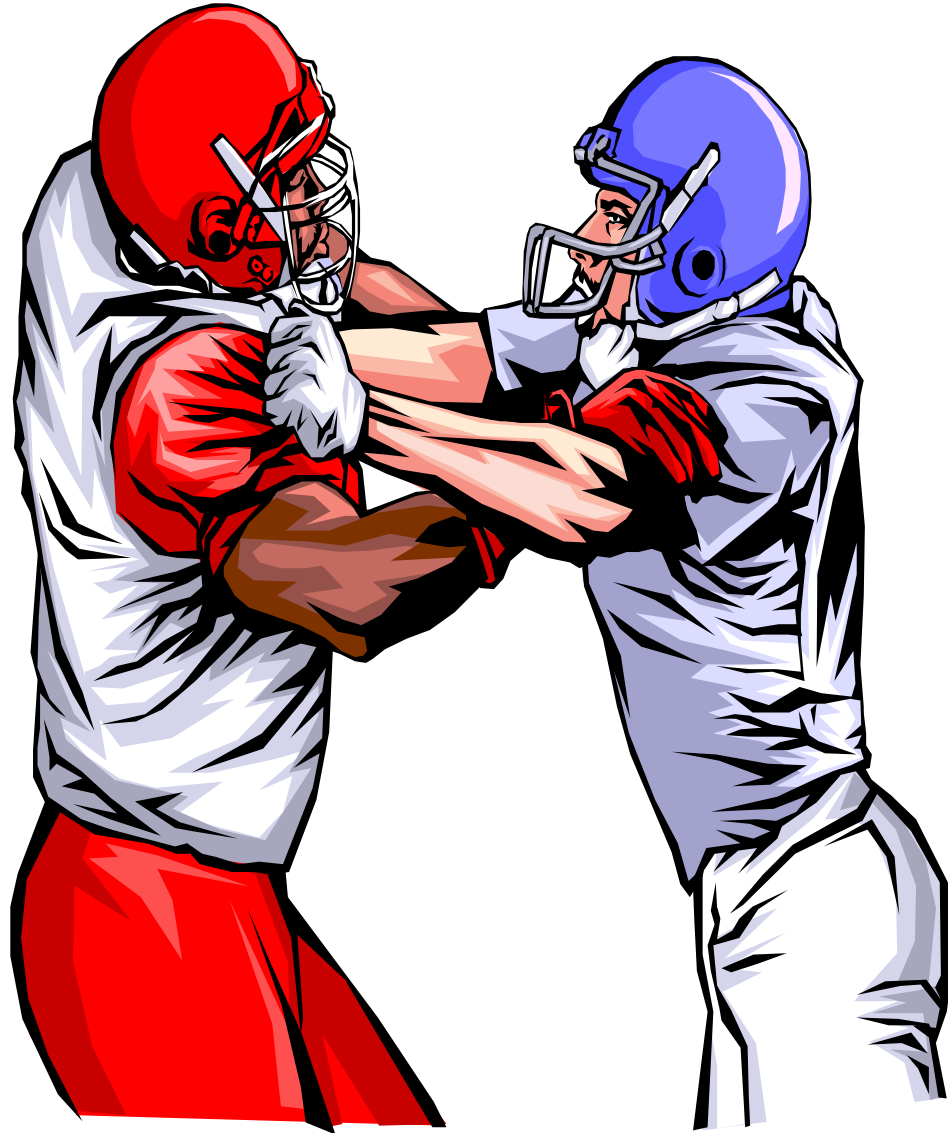
**Names of all persons accompanying you on trip:**

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**Notes/Comments:**

# *FOOTBALL*



## **Middle School Guidelines for “no cut policy”**

We believe that all middle school athletes should have the opportunity to participate in athletics. We also believe that due to our physical and personnel resources, we must be creative when providing the opportunity. We also realize that some of you have large numbers in your programs; therefore, we would like to give you the following guidelines to ensure all athletes have an opportunity to participate:

- 1) Implement a rotating “B” team so that athletes have an opportunity to play in half of the scheduled games.
- 2) Implement a “C” or “D” team so that student athletes will have an opportunity to play in a competitive setting. (Coaches will officiate the games held prior to the “B” games. The games can be abbreviated)
- 3) Implement a game day once a week one day after practice for those students not on the “A” or “B” team. The games can occur on a non-game day and parents can attend.

As we work to engage and encourage all student-athletes, we believe the above-mentioned suggestions can help you in your unique situation. It is our job to develop young, inexperienced middle school athletes so that they can experience success as they move into high school athletics.

Thanks for your cooperation.

## Big 12 Football Rules 2013

1. Each game shall be played according to University Interscholastic League rules and the National Federation football rules.
2. 7<sup>th</sup> and 8<sup>th</sup> grade Big 12 teams shall be organized with "A" being stronger than "B". The "A" teams shall play first; the "B" teams shall play second.
3. For HEB schools, 7<sup>th</sup> grade American 1 & 2 teams shall be balanced.
4. The first game of a double-header shall begin at 5:00pm. At the minimum, the visiting team shall have a 5-minute warm-up. At the maximum, games shall begin within twenty minutes of the completion of the previous game.
5. 7<sup>th</sup> and 8<sup>th</sup> grade "A" & "B" teams shall play 8-minute quarters. 7<sup>th</sup> grade American 1 & 2 teams shall play 6-minute quarters.
6. No continuous clock shall be used except by mutual agreement by both coaches.
7. The home team shall wear colored jerseys for the "A" game and white jerseys for the "B" game.
8. The home team shall furnish a game ball that is approved by the National Federation. While on offense, teams may use their own approved football.
9. Admission of \$1 for students and \$2 for adults may be charged.
10. Officials' pay forms shall be provided by the home team and turned in to the athletic office for payment.
11. Games are official upon reaching halftime. If a game is suspended before reaching halftime, it shall be recorded as a 0-0 tie.
12. The following system will be used to break ties in the final standings:
  1. Head-to-head in district season
  2. Total points allowed in district season
  3. Coin flip (two teams) or blind draw (three or more teams)



# FOOTBALL PROGRAM FUNDAMENTALS

In order to have time to teach fundamentals, we recommend that coaching staffs be split on game days, so that two coaches are assigned game duties and two coaches are handling eighth grade workouts. All teams should have workouts four times a week. An example is as follows:

## **7th Grade Workouts:**

Monday -	work on kicking game in the A.M., game in the afternoon
Tuesday-	10 minutes for cal., 1 hour for defense, kicking game
Wednesday -	10 minutes for cal., 1 hour for offense, kicking game
Thursday -	10 minutes for cal., 1 hour for defense, kicking game
Friday -	10 minutes for cal., 1 hour for offense, kicking game

## **8th Grade Workouts:**

Monday -	10 minutes for cal., 50 minutes defense, 50 minutes offense, 10 minutes kicking game
Tuesday -	Game
Wednesday -	10 minutes for cal., 50 minutes defense, 50 minutes offense, 10 minutes kicking game
Thursday -	10 minutes for cal., 50 minutes defense, 50 minutes offense, 10 minutes kicking game
Friday -	10 minutes for cal., 50 minutes defense, 50 minutes offense, 10 minutes kicking game

## **Rules for 8th Grade:**

Eighth Grade will run the same basic defense and offense of the high school they feed. Any adjustment must be endorsed by their parent school.

## Big 12 8th Grade Football schedule 2013

DATE	HOME	VISITOR	SITE	TIME
<b>Tuesday, September 10</b>	Watauga	Bedford	Watauga	A - 5:00 / B - 6:15
	North Richland	Central	North Richland	A - 5:00 / B - 6:15
<b>1</b>	Richland	Harwood	Richland	A - 5:00 / B - 6:15
	Euless	Smithfield	Pennington Field	A - 5:00 / B - 6:15
	Haltom	North Ridge	Birdville Stadium	A - 5:00 / B - 6:15
	North Oaks	Hurst	FAAC	A - 5:00 / B - 6:15
<b>Tuesday, September 17</b>	Harwood	North Richland	Harwood	A - 5:00 / B - 6:15
	Bedford	Central	Pennington Field	A - 5:00 / B - 6:15
<b>2</b>	Hurst	Euless	Hurst	A - 5:00 / B - 6:15
	Smithfield	Haltom	Birdville Stadium	A - 5:00 / B - 6:15
	Watauga	North Oaks	Haltom High School	A - 5:00 / B - 6:15
	North Ridge	Richland	FAAC	A - 5:00 / B - 6:15
<b>Tuesday, September 24</b>	Euless	Bedford	Pennington Field	A - 5:00 / B - 6:15
	Hurst	Smithfield	Hurst	A - 5:00 / B - 6:15
<b>3</b>	Harwood	Watauga	Harwood	A - 5:00 / B - 6:15
	Central	North Ridge	Central Field	A - 5:00 / B - 6:15
	North Richland	Richland	Birdville Stadium	A - 5:00 / B - 6:15
	North Oaks	Haltom	FAAC	A - 5:00 / B - 6:15
<b>Tuesday, October 1</b>	Central	Euless	Central Field	A - 5:00 / B - 6:15
	Haltom	Harwood	Haltom High School	A - 5:00 / B - 6:15
<b>4</b>	Bedford	Hurst	Pennington Field	A - 5:00 / B - 6:15
	North Ridge	Smithfield	Birdville Stadium	A - 5:00 / B - 6:15
	Richland	North Oaks	Richland	A - 5:00 / B - 6:15
	Watauga	North Richland	FAAC	A - 5:00 / B - 6:15
<b>Tuesday, October 8</b>	Hurst	North Ridge	Hurst	A - 5:00 / B - 6:15
	Harwood	Central	Pennington Field	A - 5:00 / B - 6:15
<b>5</b>	North Richland	Bedford	North Richland	A - 5:00 / B - 6:15
	North Oaks	Euless	North Oaks	A - 5:00 / B - 6:15
	Haltom	Watauga	Birdville Stadium	A - 5:00 / B - 6:15
	Smithfield	Richland	FAAC	A - 5:00 / B - 6:15
<b>Tuesday, October 15</b>	Bedford	Harwood	Bedford	A - 5:00 / B - 6:15
	Euless	Watauga	Euless	A - 5:00 / B - 6:15
<b>6</b>	Central	Hurst	Pennington Field	A - 5:00 / B - 6:15
	Smithfield	North Richland	Birdville Stadium	A - 5:00 / B - 6:15
	North Ridge	North Oaks	North Ridge	A - 5:00 / B - 6:15
	Richland	Haltom	FAAC	A - 5:00 / B - 6:15
<b>Tuesday, October 22</b>	North Oaks	Bedford	North Oaks	A - 5:00 / B - 6:15
	Central	Smithfield	Central Field	A - 5:00 / B - 6:15
<b>7</b>	Hurst	Harwood	Hurst	A - 5:00 / B - 6:15
	Euless	Haltom	Euless	A - 5:00 / B - 6:15
	Watauga	Richland	Birdville Stadium	A - 5:00 / B - 6:15
	North Ridge	North Richland	FAAC	A - 5:00 / B - 6:15
<b>Tuesday, October 29</b>	Haltom	Central	Haltom	A - 5:00 / B - 6:15
	Bedford	North Ridge	Central Field	A - 5:00 / B - 6:15
<b>8</b>	Richland	Hurst	Richland	A - 5:00 / B - 6:15
	Harwood	Euless	Pennington Field	A - 5:00 / B - 6:15
	North Richland	North Oaks	Birdville Stadium	A - 5:00 / B - 6:15
	Smithfield	Watauga	FAAC	A - 5:00 / B - 6:15
<b>Tuesday, November 5</b>	#11	#12	Showcase games	5:00
	#9	#10	will be played	6:30
<b>9</b>	#7	#8	at the Birdville FAAC,	5:00
	#5	#6	Birdville Stadium, and	6:30
	#3	#4	Pennington Field as	5:00
	#1	#2	determined by seeding.	6:30

## Big 12 7th Grade Football Schedule 2013

DATE	HOME	VISITOR	SITE	TIME
<b>Monday, September 16</b>	North Richland	Harwood	North Richland	A - 5:00 / B - 6:15
	Central	Bedford	Central Field	A - 5:00 / B - 6:15
<b>1</b>	Euless	Hurst	Euless	A - 5:00 / B - 6:15
	Haltom	Smithfield	Haltom	A - 5:00 / B - 6:15
	North Oaks	Watauga	Birdville Stadium	A - 5:00 / B - 6:15
	Richland	North Ridge	Richland	A - 5:00 / B - 6:15
<b>Monday, September 23</b>	Bedford	Euless	Pennington	A - 5:00 / B - 6:15
	Smithfield	Hurst	Smithfield	A - 5:00 / B - 6:15
<b>2</b>	Watauga	Harwood	Watauga	A - 5:00 / B - 6:15
	North Ridge	Central	North Ridge	A - 5:00 / B - 6:15
	Richland	North Richland	Birdville Stadium	A - 5:00 / B - 6:15
	Haltom	North Oaks	Haltom	A - 5:00 / B - 6:15
<b>Monday, September 30</b>	Euless	Central	Euless	A - 5:00 / B - 6:15
	Harwood	Haltom	Harwood	A - 5:00 / B - 6:15
<b>3</b>	Hurst	Bedford	Pennington	A - 5:00 / B - 6:15
	Smithfield	North Ridge	Birdville Stadium	A - 5:00 / B - 6:15
	North Oaks	Richland	North Oaks	A - 5:00 / B - 6:15
	North Richland	Watauga	North Richland	A - 5:00 / B - 6:15
<b>Monday, October 7</b>	North Ridge	Hurst	North Ridge	A - 5:00 / B - 6:15
	Central	Harwood	Pennington	A - 5:00 / B - 6:15
<b>4</b>	Bedford	North Richland	Bedford	A - 5:00 / B - 6:15
	Euless	North Oaks	Euless	A - 5:00 / B - 6:15
	Richland	Smithfield	Richland	A - 5:00 / B - 6:15
	Watauga	Haltom	Birdville Stadium	A - 5:00 / B - 6:15
<b>Monday, October 14</b>	Harwood	Bedford	Harwood	A - 5:00 / B - 6:15
	Watauga	Euless	Watauga	A - 5:00 / B - 6:15
<b>5</b>	Hurst	Central	Pennington	A - 5:00 / B - 6:15
	North Richland	Smithfield	North Richland	A - 5:00 / B - 6:15
	North Oaks	North Ridge	North Oaks	A - 5:00 / B - 6:15
	Haltom	Richland	Birdville Stadium	A - 5:00 / B - 6:15
<b>Monday, October 21</b>	Bedford	North Oaks	Bedford	A - 5:00 / B - 6:15
	Smithfield	Central	Smithfield	A - 5:00 / B - 6:15
<b>6</b>	Harwood	Hurst	Harwood	A - 5:00 / B - 6:15
	Haltom	Euless	Haltom	A - 5:00 / B - 6:15
	Richland	Watauga	Birdville Stadium	A - 5:00 / B - 6:15
	North Richland	North Ridge	North Richland	A - 5:00 / B - 6:15
<b>Monday, October 28</b>	Central	Haltom	Central Field	A - 5:00 / B - 6:15
	North Ridge	Bedford	North Ridge	A - 5:00 / B - 6:15
<b>7</b>	Hurst	Richland	Hurst	A - 5:00 / B - 6:15
	Euless	Harwood	Pennington	A - 5:00 / B - 6:15
	North Oaks	North Richland	Birdville Stadium	A - 5:00 / B - 6:15
	Watauga	Smithfield	Watauga	A - 5:00 / B - 6:15
<b>Monday, November 4</b>	Bedford	Watauga	Bedford	A - 5:00 / B - 6:15
	Central	North Richland	Central Field	A - 5:00 / B - 6:15
<b>8</b>	Harwood	Richland	Harwood	A - 5:00 / B - 6:15
	Smithfield	Euless	Smithfield	A - 5:00 / B - 6:15
	North Ridge	Haltom	Birdville Stadium	A - 5:00 / B - 6:15
	Hurst	North Oaks	Hurst	A - 5:00 / B - 6:15

# Volleyball



## Big 12 Volleyball Rules 2013

1. Each game shall be played according to University Interscholastic League rules and the National Federation volleyball rules.
2. 7<sup>th</sup> and 8<sup>th</sup> grade Big 12 teams shall be organized with "A" being stronger than "B". The "B" teams shall play first; the "A" teams shall play second.
3. The first match of a double-header shall begin at 5:00pm. At the minimum, the visiting team shall have a 5-minute warm-up. At the maximum, matches shall begin within twenty minutes of the completion of the previous match.
4. The home team shall furnish a game ball that is approved by the National Federation.
5. Admission of \$1 for students and \$2 for adults may be charged for district and tournament matches.
6. Officials' pay forms shall be provided by the home team and turned in to the athletic office for payment.
7. Tournament hosts and tournament participants shall be assigned (see schedule).
8. Tournament hosts shall seed invitational tournament brackets. Brackets shall be sent to the athletic office and all participating schools. The athletic office will seed district tournament brackets.
9. No player shall participate in both the "A" team and the "B" team Big 12 invitational tournaments.
10. Rally Scoring format shall be:
  - 2 out of 3 to 25 (cap at 30).
  - The 'let' serve shall be allowed.
  - Each team shall be allowed two time-outs per game.
  - 7<sup>th</sup> and 8<sup>th</sup> grade teams shall not play a third game unless it is a match deciding game. If it is a match deciding game, teams shall play to 25 with cap at 30.
  - Warm-up format shall be 5-5-5-2.
11. Each coach shall submit match scores no later than 9:00am the morning following the match. Scores shall be submitted in the form of games won/games lost within the match.  
Example email: 8<sup>th</sup> grade: A-School defeated B-School 2-1.  
Do not submit final scores of each game. i.e.) A-School defeated B-School 25-21, 23-25, 25-19.
12. For the district tournament, seeding shall be based upon the final district standings. The top six teams shall be placed into the Gold Bracket, and the next six teams into the Silver Bracket. The following system will be used to break ties in the final standings:
  1. Head-to-head in district season
  2. Most games won in district season (see Rule #11)
  3. Fewest games lost in district season (see Rule #11)
  4. Coin flip (two teams) or blind draw (three or more teams)
13. At the seventh grade "B" level, the serving line may be moved inward five feet but the serve shall be overhand.
14. At the 7<sup>th</sup> and 8<sup>th</sup> grade levels, a libero may be used. The libero player shall be designated prior to the game. The libero player may serve.

## Big 12 8th Grade Volleyball Schedule 2013

DATE	HOME	VISITOR	SITE	TIME
<b>Monday, September 9</b>	Watauga	Bedford	Watauga	B - 5:00 / A - 6:00
	North Richland	Central	North Richland	B - 5:00 / A - 6:00
<b>1</b>	Richland	Harwood	Richland	B - 5:00 / A - 6:00
	Euless	Smithfield	Euless	B - 5:00 / A - 6:00
	Haltom	North Ridge	Haltom	B - 5:00 / A - 6:00
	North Oaks	Hurst	North Oaks	B - 5:00 / A - 6:00
<b>Monday, September 16</b>	Harwood	North Richland	Harwood	B - 5:00 / A - 6:00
	Bedford	Central	Bedford	B - 5:00 / A - 6:00
<b>2</b>	Hurst	Euless	Hurst	B - 5:00 / A - 6:00
	Smithfield	Haltom	Smithfield	B - 5:00 / A - 6:00
	Watauga	North Oaks	Watauga	B - 5:00 / A - 6:00
	North Ridge	Richland	North Ridge	B - 5:00 / A - 6:00
<b>Monday, September 23</b>	Euless	Bedford	Euless	B - 5:00 / A - 6:00
	Hurst	Smithfield	Hurst	B - 5:00 / A - 6:00
<b>3</b>	Harwood	Watauga	Harwood	B - 5:00 / A - 6:00
	Central	North Ridge	Central	B - 5:00 / A - 6:00
	North Richland	Richland	North Richland	B - 5:00 / A - 6:00
	North Oaks	Haltom	North Oaks	B - 5:00 / A - 6:00
<b>Monday, September 30</b>	Central	Euless	Central	B - 5:00 / A - 6:00
	Haltom	Harwood	Haltom	B - 5:00 / A - 6:00
<b>4</b>	Bedford	Hurst	Bedford	B - 5:00 / A - 6:00
	North Ridge	Smithfield	North Ridge	B - 5:00 / A - 6:00
	Richland	North Oaks	Richland	B - 5:00 / A - 6:00
	Watauga	North Richland	Watauga	B - 5:00 / A - 6:00
<b>Monday, October 7</b>	Hurst	North Ridge	Hurst	B - 5:00 / A - 6:00
	Harwood	Central	Harwood	B - 5:00 / A - 6:00
<b>5</b>	North Richland	Bedford	North Richland	B - 5:00 / A - 6:00
	North Oaks	Euless	North Oaks	B - 5:00 / A - 6:00
	Smithfield	Richland	Smithfield	B - 5:00 / A - 6:00
	Haltom	Watauga	Haltom	B - 5:00 / A - 6:00
<b>Monday, October 14</b>	Bedford	Harwood	Bedford	B - 5:00 / A - 6:00
	Euless	Watauga	Euless	B - 5:00 / A - 6:00
<b>6</b>	Central	Hurst	Central	B - 5:00 / A - 6:00
	Smithfield	North Richland	Smithfield	B - 5:00 / A - 6:00
	North Ridge	North Oaks	North Ridge	B - 5:00 / A - 6:00
	Richland	Haltom	Richland	B - 5:00 / A - 6:00
<b>Monday, October 21</b>	North Oaks	Bedford	North Oaks	B - 5:00 / A - 6:00
	Central	Smithfield	Central	B - 5:00 / A - 6:00
<b>7</b>	Hurst	Harwood	Hurst	B - 5:00 / A - 6:00
	Euless	Haltom	Euless	B - 5:00 / A - 6:00
	Watauga	Richland	Watauga	B - 5:00 / A - 6:00
	North Ridge	North Richland	North Ridge	B - 5:00 / A - 6:00
<b>Monday, October 28</b>	Haltom	Central	Haltom	B - 5:00 / A - 6:00
	Bedford	North Ridge	Bedford	B - 5:00 / A - 6:00
<b>8</b>	Richland	Hurst	Richland	B - 5:00 / A - 6:00
	Harwood	Euless	Harwood	B - 5:00 / A - 6:00
	North Richland	North Oaks	North Richland	B - 5:00 / A - 6:00
	Smithfield	Watauga	Smithfield	B - 5:00 / A - 6:00
<b>Monday, November 4</b>	Euless	North Richland	Euless	B - 5:00 / A - 6:00
	North Oaks	Harwood	North Oaks	B - 5:00 / A - 6:00
<b>9</b>	Bedford	Smithfield	Bedford	B - 5:00 / A - 6:00
	Haltom	Hurst	Haltom	B - 5:00 / A - 6:00
	Central	Richland	Central	B - 5:00 / A - 6:00
	North Ridge	Watauga	North Ridge	B - 5:00 / A - 6:00

## Big 12 7th Grade Volleyball Schedule 2013

DATE	HOME	VISITOR	SITE	TIME
<b>Monday, September 9</b>	Bedford	Watauga	Bedford	B - 5:00 / A - 6:00
	Central	North Richland	Central	B - 5:00 / A - 6:00
<b>1</b>	Harwood	Richland	Harwood	B - 5:00 / A - 6:00
	Smithfield	Euless	Smithfield	B - 5:00 / A - 6:00
	North Ridge	Haltom	North Ridge	B - 5:00 / A - 6:00
	Hurst	North Oaks	Hurst	B - 5:00 / A - 6:00
<b>Monday, September 16</b>	North Richland	Harwood	North Richland	B - 5:00 / A - 6:00
	Central	Bedford	Central	B - 5:00 / A - 6:00
<b>2</b>	Euless	Hurst	Euless	B - 5:00 / A - 6:00
	Haltom	Smithfield	Haltom	B - 5:00 / A - 6:00
	North Oaks	Watauga	North Oaks	B - 5:00 / A - 6:00
	Richland	North Ridge	Richland	B - 5:00 / A - 6:00
<b>Monday, September 23</b>	Bedford	Euless	Bedford	B - 5:00 / A - 6:00
	Smithfield	Hurst	Smithfield	B - 5:00 / A - 6:00
<b>3</b>	Watauga	Harwood	Watauga	B - 5:00 / A - 6:00
	North Ridge	Central	North Ridge	B - 5:00 / A - 6:00
	Richland	North Richland	Richland	B - 5:00 / A - 6:00
	Haltom	North Oaks	Haltom	B - 5:00 / A - 6:00
<b>Monday, September 30</b>	Euless	Central	Euless	B - 5:00 / A - 6:00
	Harwood	Haltom	Harwood	B - 5:00 / A - 6:00
<b>4</b>	Hurst	Bedford	Hurst	B - 5:00 / A - 6:00
	Smithfield	North Ridge	Smithfield	B - 5:00 / A - 6:00
	North Oaks	Richland	North Oaks	B - 5:00 / A - 6:00
	North Richland	Watauga	North Richland	B - 5:00 / A - 6:00
<b>Monday, October 7</b>	North Ridge	Hurst	North Ridge	B - 5:00 / A - 6:00
	Central	Harwood	Central	B - 5:00 / A - 6:00
<b>5</b>	Bedford	North Richland	Bedford	B - 5:00 / A - 6:00
	Euless	North Oaks	Euless	B - 5:00 / A - 6:00
	Richland	Smithfield	Richland	B - 5:00 / A - 6:00
	Watauga	Haltom	Watauga	B - 5:00 / A - 6:00
<b>Monday, October 14</b>	Harwood	Bedford	Harwood	B - 5:00 / A - 6:00
	Watauga	Euless	Watauga	B - 5:00 / A - 6:00
<b>6</b>	Hurst	Central	Hurst	B - 5:00 / A - 6:00
	North Richland	Smithfield	North Richland	B - 5:00 / A - 6:00
	North Oaks	North Ridge	North Oaks	B - 5:00 / A - 6:00
	Haltom	Richland	Haltom	B - 5:00 / A - 6:00
<b>Monday, October 21</b>	Bedford	North Oaks	Bedford	B - 5:00 / A - 6:00
	Smithfield	Central	Smithfield	B - 5:00 / A - 6:00
<b>7</b>	Harwood	Hurst	Harwood	B - 5:00 / A - 6:00
	Haltom	Euless	Haltom	B - 5:00 / A - 6:00
	Richland	Watauga	Richland	B - 5:00 / A - 6:00
	North Richland	North Ridge	North Richland	B - 5:00 / A - 6:00
<b>Monday, October 28</b>	Central	Haltom	Central	B - 5:00 / A - 6:00
	North Ridge	Bedford	North Ridge	B - 5:00 / A - 6:00
<b>8</b>	Hurst	Richland	Hurst	B - 5:00 / A - 6:00
	Euless	Harwood	Euless	B - 5:00 / A - 6:00
	North Oaks	North Richland	North Oaks	B - 5:00 / A - 6:00
	Watauga	Smithfield	Watauga	B - 5:00 / A - 6:00
<b>Monday, November 4</b>	North Richland	Euless	North Richland	B - 5:00 / A - 6:00
	Harwood	North Oaks	Harwood	B - 5:00 / A - 6:00
<b>9</b>	Smithfield	Bedford	Smithfield	B - 5:00 / A - 6:00
	Hurst	Haltom	Hurst	B - 5:00 / A - 6:00
	Richland	Central	Richland	B - 5:00 / A - 6:00
	Watauga	North Ridge	Watauga	B - 5:00 / A - 6:00

# Big 12 Volleyball Tournament Rules 2013

Tournaments shall be held according to the University Interscholastic League rules.

No team trophies shall be awarded.

Ribbons shall be provided by the athletic office. Host schools shall pick up ribbons in the local athletic office.

Tournament hosts shall award ribbons for 1st, 2nd, 3rd, and Consolation.

Admission of \$1 for students and \$2 for adults may be charged.

If possible, sister-schools shall not compete head-to-head in first-round matches.

Host schools shall distribute brackets two weeks before tournament. A copy shall be forwarded to the athletic office.

Volleyball Guidelines:

- Pool play shall consist of two rally scored games to 15 (cap at 20).
- Pool play games shall start at 0-0.
- Bracket play shall use the appropriate scoring format based on the level of play.
- 7<sup>th</sup> and 8<sup>th</sup> grade teams shall play 2 out of 3 to 25 (cap at 30) with the possible deciding 3<sup>rd</sup> game being played to 25 (cap at 30).
- Each team shall play at least two games.



## Big 12 8<sup>th</sup> Grade Volleyball Tournaments 2013

DATE	SCHOOLS	SCHOOLS	SCHOOLS
Saturday, October 12	*Hurst	Bedford	Eules
8 <sup>th</sup> Grade "A"	Haltom	North Oaks	Watauga
Saturday, October 12	*North Ridge	North Richland	Richland
8 <sup>th</sup> Grade "A"	Smithfield	Central	Harwood
Saturday, October 19	*Harwood	Bedford	Central
8 <sup>th</sup> Grade "B"	North Oaks	Richland	Watauga
Saturday, October 19	*Haltom	North Richland	North Ridge
8 <sup>th</sup> Grade "B"	Smithfield	Eules	Hurst
Fri.-Sat.	*North Richland	Haltom	North Oaks
November 8-9	North Ridge	Richland	Smithfield
8 <sup>th</sup> Grade "A"	Watauga	Bedford	Central
Big 12 District Tournament	Eules	Harwood	Hurst

## Big 12 7<sup>th</sup> Grade Volleyball Tournaments 2013

DATE	SCHOOLS	SCHOOLS	SCHOOLS
Saturday, October 12	*Central	Bedford	Eules
7 <sup>th</sup> Grade "A"	North Oaks	North Ridge	Watauga
Saturday, October 12	*Richland	Haltom	North Richland
7 <sup>th</sup> Grade "A"	Smithfield	Harwood	Hurst
Saturday, October 19	*Bedford	Central	Harwood
7 <sup>th</sup> Grade "B"	Haltom	North Ridge	Watauga
Saturday, October 19	*North Oaks	North Richland	Richland
7 <sup>th</sup> Grade "B"	Smithfield	Eules	Hurst
Fri.-Sat.	*Smithfield	Haltom	North Oaks
November 8-9	North Richland	North Ridge	Richland
7 <sup>th</sup> Grade "A"	Watauga	Bedford	Central
Big 12 District Tournament	Eules	Harwood	Hurst

# *BASKETBALL*



## Big 12 Basketball Rules 2013-2014

1. Each game shall be played according to University Interscholastic League rules and the National Federation basketball rules.
2. 7<sup>th</sup> and 8<sup>th</sup> grade Big 12 teams shall be organized with "A" being stronger than "B". The "B" teams shall play first; the "A" teams shall play second.
3. The first game of a double-header shall begin at 5:00pm. At the minimum, the visiting team shall have a 5-minute warm-up. At the maximum, games shall begin within twenty minutes of the completion of the previous game.
4. 7<sup>th</sup> grade "A" teams shall play 8-minute quarters. 7<sup>th</sup> grade "B" teams shall play 6-minute quarters. 8<sup>th</sup> grade "A" & "B" teams shall play 8-minute quarters.
5. No continuous clock shall be used except by mutual agreement by both coaches.
6. The home team shall wear white jerseys.
7. The home team shall furnish a game ball that is approved by the National Federation.
8. If a Big 12 basketball game is tied after regulation:
  - "A" team games: 3-minute overtime periods until there is a winner; no ties.
  - "B" team games: One 3-minute overtime period; if still tied after one 3-minute overtime period, the game ends in a tie.
  - "A" team and "B" team tournament games must have a winner (see "A" team guideline).
  - For all overtime periods, each team is awarded one additional timeout. Unused timeouts shall accumulate and may also be used in overtime.
9. Admission of \$1 for students and \$2 for adults may be charged for district and tournament games.
10. Officials' pay forms shall be provided by the home team and turned in to the athletic office for payment.
11. Tournament hosts and tournament participants shall be assigned (see schedule).
12. Tournament hosts shall seed invitational tournament brackets. Brackets shall be sent to the athletic office and all participating schools. The athletic office will seed district tournament brackets.
13. No player shall participate in both the "A" team and the "B" team Big 12 invitational tournaments.
14. For the district tournament, seeding shall be based upon the final district standings. The top six teams shall be placed into the Gold Bracket, and the next six teams into the Silver Bracket. The following system will be used to break ties in the final standings:
  1. Head-to-head in district season
  2. Total points allowed in district season
  3. Coin flip (two teams) or blind draw (three or more teams)
15. Any type of full-court pressure may be used.
16. Teams shall not full-court press if winning by 20 or more points.
17. Teams shall play man-to-man defense the majority of the game; therefore, during a 32-minute game, man-to-man defense shall be played more the 16:00 minutes of the game.

## Big 12 8th Grade Boys' Basketball Schedule 2013-14

DATE	HOME	VISITOR	SITE	TIME
<b>Thursday, November 21</b>	Bedford	Watauga	Bedford	B - 5:00 / A - 6:15
	Central	North Richland	Central	B - 5:00 / A - 6:15
<b>1</b>	Harwood	Richland	Harwood	B - 5:00 / A - 6:15
	Smithfield	Euless	Smithfield	B - 5:00 / A - 6:15
	North Ridge	Haltom	North Ridge	B - 5:00 / A - 6:15
	Hurst	North Oaks	Hurst	B - 5:00 / A - 6:15
<b>Thursday, December 5</b>	North Richland	Harwood	North Richland	B - 5:00 / A - 6:15
	Central	Bedford	Central	B - 5:00 / A - 6:15
<b>2</b>	Euless	Hurst	Euless	B - 5:00 / A - 6:15
	Haltom	Smithfield	Haltom	B - 5:00 / A - 6:15
	North Oaks	Watauga	North Oaks	B - 5:00 / A - 6:15
	Richland	North Ridge	Richland	B - 5:00 / A - 6:15
<b>Thursday, December 12</b>	Bedford	Euless	Bedford	B - 5:00 / A - 6:15
	Smithfield	Hurst	Smithfield	B - 5:00 / A - 6:15
<b>3</b>	Watauga	Harwood	Watauga	B - 5:00 / A - 6:15
	North Ridge	Central	North Ridge	B - 5:00 / A - 6:15
	Richland	North Richland	Richland	B - 5:00 / A - 6:15
	Haltom	North Oaks	Haltom	B - 5:00 / A - 6:15
<b>Thursday, December 19</b>	Euless	Central	Euless	B - 5:00 / A - 6:15
	Harwood	Haltom	Harwood	B - 5:00 / A - 6:15
<b>4</b>	Hurst	Bedford	Hurst	B - 5:00 / A - 6:15
	Smithfield	North Ridge	Smithfield	B - 5:00 / A - 6:15
	North Oaks	Richland	North Oaks	B - 5:00 / A - 6:15
	North Richland	Watauga	North Richland	B - 5:00 / A - 6:15
<b>Thursday, January 9</b>	North Ridge	Hurst	North Ridge	B - 5:00 / A - 6:15
	Central	Harwood	Central	B - 5:00 / A - 6:15
<b>5</b>	Bedford	North Richland	Bedford	B - 5:00 / A - 6:15
	Euless	North Oaks	Euless	B - 5:00 / A - 6:15
	Richland	Smithfield	Richland	B - 5:00 / A - 6:15
	Watauga	Haltom	Watauga	B - 5:00 / A - 6:15
<b>Tuesday, January 14</b>	Harwood	Bedford	Harwood	B - 5:00 / A - 6:15
	Watauga	Euless	Watauga	B - 5:00 / A - 6:15
<b>6</b>	Hurst	Central	Hurst	B - 5:00 / A - 6:15
	North Richland	Smithfield	North Richland	B - 5:00 / A - 6:15
	North Oaks	North Ridge	North Oaks	B - 5:00 / A - 6:15
	Haltom	Richland	Haltom	B - 5:00 / A - 6:15
<b>Thursday, January 23</b>	Bedford	North Oaks	Bedford	B - 5:00 / A - 6:15
	Smithfield	Central	Smithfield	B - 5:00 / A - 6:15
<b>7</b>	Harwood	Hurst	Harwood	B - 5:00 / A - 6:15
	Haltom	Euless	Haltom	B - 5:00 / A - 6:15
	Richland	Watauga	Richland	B - 5:00 / A - 6:15
	North Richland	North Ridge	North Richland	B - 5:00 / A - 6:15
<b>Thursday, January 30</b>	Central	Haltom	Central	B - 5:00 / A - 6:15
	North Ridge	Bedford	North Ridge	B - 5:00 / A - 6:15
<b>8</b>	Hurst	Richland	Hurst	B - 5:00 / A - 6:15
	Euless	Harwood	Euless	B - 5:00 / A - 6:15
	North Oaks	North Richland	North Oaks	B - 5:00 / A - 6:15
	Watauga	Smithfield	Watauga	B - 5:00 / A - 6:15
<b>Thursday, February 6</b>	North Richland	Euless	North Richland	B - 5:00 / A - 6:15
	Harwood	North Oaks	Harwood	B - 5:00 / A - 6:15
<b>9</b>	Smithfield	Bedford	Smithfield	B - 5:00 / A - 6:15
	Hurst	Haltom	Hurst	B - 5:00 / A - 6:15
	Richland	Central	Richland	B - 5:00 / A - 6:15
	Watauga	North Ridge	Watauga	B - 5:00 / A - 6:15

## Big 12 8th Grade Girls' Basketball Schedule 2013-14

DATE	HOME	VISITOR	SITE	TIME
<b>Thursday, November 21</b>	Watauga	Bedford	Watauga	B - 5:00 / A - 6:15
	North Richland	Central	North Richland	B - 5:00 / A - 6:15
<b>1</b>	Richland	Harwood	Richland	B - 5:00 / A - 6:15
	Euless	Smithfield	Euless	B - 5:00 / A - 6:15
	Haltom	North Ridge	Haltom	B - 5:00 / A - 6:15
	North Oaks	Hurst	North Oaks	B - 5:00 / A - 6:15
<b>Thursday, December 5</b>	Harwood	North Richland	Harwood	B - 5:00 / A - 6:15
	Bedford	Central	Bedford	B - 5:00 / A - 6:15
<b>2</b>	Hurst	Euless	Hurst	B - 5:00 / A - 6:15
	Smithfield	Haltom	Smithfield	B - 5:00 / A - 6:15
	Watauga	North Oaks	Watauga	B - 5:00 / A - 6:15
	North Ridge	Richland	North Ridge	B - 5:00 / A - 6:15
<b>Thursday, December 12</b>	Euless	Bedford	Euless	B - 5:00 / A - 6:15
	Hurst	Smithfield	Hurst	B - 5:00 / A - 6:15
<b>3</b>	Harwood	Watauga	Harwood	B - 5:00 / A - 6:15
	Central	North Ridge	Central	B - 5:00 / A - 6:15
	North Richland	Richland	North Richland	B - 5:00 / A - 6:15
	North Oaks	Haltom	North Oaks	B - 5:00 / A - 6:15
<b>Thursday, December 19</b>	Central	Euless	Central	B - 5:00 / A - 6:15
	Haltom	Harwood	Haltom	B - 5:00 / A - 6:15
<b>4</b>	Bedford	Hurst	Bedford	B - 5:00 / A - 6:15
	North Ridge	Smithfield	North Ridge	B - 5:00 / A - 6:15
	Richland	North Oaks	Richland	B - 5:00 / A - 6:15
	Watauga	North Richland	Watauga	B - 5:00 / A - 6:15
<b>Thursday, January 9</b>	Hurst	North Ridge	Hurst	B - 5:00 / A - 6:15
	Harwood	Central	Harwood	B - 5:00 / A - 6:15
<b>5</b>	North Richland	Bedford	North Richland	B - 5:00 / A - 6:15
	North Oaks	Euless	North Oaks	B - 5:00 / A - 6:15
	Smithfield	Richland	Smithfield	B - 5:00 / A - 6:15
	Haltom	Watauga	Haltom	B - 5:00 / A - 6:15
<b>Tuesday, January 14</b>	Bedford	Harwood	Bedford	B - 5:00 / A - 6:15
	Euless	Watauga	Euless	B - 5:00 / A - 6:15
<b>6</b>	Central	Hurst	Central	B - 5:00 / A - 6:15
	Smithfield	North Richland	Smithfield	B - 5:00 / A - 6:15
	North Ridge	North Oaks	North Ridge	B - 5:00 / A - 6:15
	Richland	Haltom	Richland	B - 5:00 / A - 6:15
<b>Thursday, January 23</b>	North Oaks	Bedford	North Oaks	B - 5:00 / A - 6:15
	Central	Smithfield	Central	B - 5:00 / A - 6:15
<b>7</b>	Hurst	Harwood	Hurst	B - 5:00 / A - 6:15
	Euless	Haltom	Euless	B - 5:00 / A - 6:15
	Watauga	Richland	Watauga	B - 5:00 / A - 6:15
	North Ridge	North Richland	North Ridge	B - 5:00 / A - 6:15
<b>Thursday, January 30</b>	Haltom	Central	Haltom	B - 5:00 / A - 6:15
	Bedford	North Ridge	Bedford	B - 5:00 / A - 6:15
<b>8</b>	Richland	Hurst	Richland	B - 5:00 / A - 6:15
	Harwood	Euless	Harwood	B - 5:00 / A - 6:15
	North Richland	North Oaks	North Richland	B - 5:00 / A - 6:15
	Smithfield	Watauga	Smithfield	B - 5:00 / A - 6:15
<b>Thursday, February 6</b>	Euless	North Richland	Euless	B - 5:00 / A - 6:15
	North Oaks	Harwood	North Oaks	B - 5:00 / A - 6:15
<b>9</b>	Bedford	Smithfield	Bedford	B - 5:00 / A - 6:15
	Haltom	Hurst	Haltom	B - 5:00 / A - 6:15
	Central	Richland	Central	B - 5:00 / A - 6:15
	North Ridge	Watauga	North Ridge	B - 5:00 / A - 6:15

## Big 12 7th Grade Boys' Basketball Schedule 2013-14

DATE	HOME	VISITOR	SITE	TIME
<b>Monday, November 18</b>	Watauga	Bedford	Watauga	B - 5:00 / A - 6:00
	North Richland	Central	North Richland	B - 5:00 / A - 6:00
1	Richland	Harwood	Richland	B - 5:00 / A - 6:00
	Euless	Smithfield	Euless	B - 5:00 / A - 6:00
	Haltom	North Ridge	Haltom	B - 5:00 / A - 6:00
	North Oaks	Hurst	North Oaks	B - 5:00 / A - 6:00
<b>Monday, December 2</b>	Harwood	North Richland	Harwood	B - 5:00 / A - 6:00
	Bedford	Central	Bedford	B - 5:00 / A - 6:00
2	Hurst	Euless	Hurst	B - 5:00 / A - 6:00
	Smithfield	Haltom	Smithfield	B - 5:00 / A - 6:00
	Watauga	North Oaks	Watauga	B - 5:00 / A - 6:00
	North Ridge	Richland	North Ridge	B - 5:00 / A - 6:00
<b>Monday, December 9</b>	Euless	Bedford	Euless	B - 5:00 / A - 6:00
	Hurst	Smithfield	Hurst	B - 5:00 / A - 6:00
3	Harwood	Watauga	Harwood	B - 5:00 / A - 6:00
	Central	North Ridge	Central	B - 5:00 / A - 6:00
	North Richland	Richland	North Richland	B - 5:00 / A - 6:00
	North Oaks	Haltom	North Oaks	B - 5:00 / A - 6:00
<b>Monday, December 16</b>	Central	Euless	Central	B - 5:00 / A - 6:00
	Haltom	Harwood	Haltom	B - 5:00 / A - 6:00
4	Bedford	Hurst	Bedford	B - 5:00 / A - 6:00
	North Ridge	Smithfield	North Ridge	B - 5:00 / A - 6:00
	Richland	North Oaks	Richland	B - 5:00 / A - 6:00
	Watauga	North Richland	Watauga	B - 5:00 / A - 6:00
<b>Monday, January 6</b>	Hurst	North Ridge	Hurst	B - 5:00 / A - 6:00
	Harwood	Central	Harwood	B - 5:00 / A - 6:00
5	North Richland	Bedford	North Richland	B - 5:00 / A - 6:00
	North Oaks	Euless	North Oaks	B - 5:00 / A - 6:00
	Smithfield	Richland	Smithfield	B - 5:00 / A - 6:00
	Haltom	Watauga	Haltom	B - 5:00 / A - 6:00
<b>Monday, January 13</b>	Bedford	Harwood	Bedford	B - 5:00 / A - 6:00
	Euless	Watauga	Euless	B - 5:00 / A - 6:00
6	Central	Hurst	Central	B - 5:00 / A - 6:00
	Smithfield	North Richland	Smithfield	B - 5:00 / A - 6:00
	North Ridge	North Oaks	North Ridge	B - 5:00 / A - 6:00
	Richland	Haltom	Richland	B - 5:00 / A - 6:00
<b>Tuesday, January 21</b>	North Oaks	Bedford	North Oaks	B - 5:00 / A - 6:00
	Central	Smithfield	Central	B - 5:00 / A - 6:00
7	Hurst	Harwood	Hurst	B - 5:00 / A - 6:00
	Euless	Haltom	Euless	B - 5:00 / A - 6:00
	Watauga	Richland	Watauga	B - 5:00 / A - 6:00
	North Ridge	North Richland	North Ridge	B - 5:00 / A - 6:00
<b>Monday, January 27</b>	Haltom	Central	Haltom	B - 5:00 / A - 6:00
	Bedford	North Ridge	Bedford	B - 5:00 / A - 6:00
8	Richland	Hurst	Richland	B - 5:00 / A - 6:00
	Harwood	Euless	Harwood	B - 5:00 / A - 6:00
	North Richland	North Oaks	North Richland	B - 5:00 / A - 6:00
	Smithfield	Watauga	Smithfield	B - 5:00 / A - 6:00
<b>Monday, February 3</b>	Euless	North Richland	Euless	B - 5:00 / A - 6:00
	North Oaks	Harwood	North Oaks	B - 5:00 / A - 6:00
9	Bedford	Smithfield	Bedford	B - 5:00 / A - 6:00
	Haltom	Hurst	Haltom	B - 5:00 / A - 6:00
	Central	Richland	Central	B - 5:00 / A - 6:00
	North Ridge	Watauga	North Ridge	B - 5:00 / A - 6:00

## Big 12 7th Grade Girls' Basketball Schiedule 2013-14

DATE	HOME	VISITOR	SITE	TIME
<b>Monday, November 18</b>	Bedford	Watauga	Bedford	B - 5:00 / A - 6:00
	Central	North Richland	Central	B - 5:00 / A - 6:00
1	Harwood	Richland	Harwood	B - 5:00 / A - 6:00
	Smithfield	Euless	Smithfield	B - 5:00 / A - 6:00
	North Ridge	Haltom	North Ridge	B - 5:00 / A - 6:00
	Hurst	North Oaks	Hurst	B - 5:00 / A - 6:00
<b>Monday, December 2</b>	North Richland	Harwood	North Richland	B - 5:00 / A - 6:00
	Central	Bedford	Central	B - 5:00 / A - 6:00
2	Euless	Hurst	Euless	B - 5:00 / A - 6:00
	Haltom	Smithfield	Haltom	B - 5:00 / A - 6:00
	North Oaks	Watauga	North Oaks	B - 5:00 / A - 6:00
	Richland	North Ridge	Richland	B - 5:00 / A - 6:00
<b>Monday, December 9</b>	Bedford	Euless	Bedford	B - 5:00 / A - 6:00
	Smithfield	Hurst	Smithfield	B - 5:00 / A - 6:00
3	Watauga	Harwood	Watauga	B - 5:00 / A - 6:00
	North Ridge	Central	North Ridge	B - 5:00 / A - 6:00
	Richland	North Richland	Richland	B - 5:00 / A - 6:00
	Haltom	North Oaks	Haltom	B - 5:00 / A - 6:00
<b>Monday, December 16</b>	Euless	Central	Euless	B - 5:00 / A - 6:00
	Harwood	Haltom	Harwood	B - 5:00 / A - 6:00
4	Hurst	Bedford	Hurst	B - 5:00 / A - 6:00
	Smithfield	North Ridge	Smithfield	B - 5:00 / A - 6:00
	North Oaks	Richland	North Oaks	B - 5:00 / A - 6:00
	North Richland	Watauga	North Richland	B - 5:00 / A - 6:00
<b>Monday, January 6</b>	North Ridge	Hurst	North Ridge	B - 5:00 / A - 6:00
	Central	Harwood	Central	B - 5:00 / A - 6:00
5	Bedford	North Richland	Bedford	B - 5:00 / A - 6:00
	Euless	North Oaks	Euless	B - 5:00 / A - 6:00
	Richland	Smithfield	Richland	B - 5:00 / A - 6:00
	Watauga	Haltom	Watauga	B - 5:00 / A - 6:00
<b>Monday, January 13</b>	Harwood	Bedford	Harwood	B - 5:00 / A - 6:00
	Watauga	Euless	Watauga	B - 5:00 / A - 6:00
6	Hurst	Central	Hurst	B - 5:00 / A - 6:00
	North Richland	Smithfield	North Richland	B - 5:00 / A - 6:00
	North Oaks	North Ridge	North Oaks	B - 5:00 / A - 6:00
	Haltom	Richland	Haltom	B - 5:00 / A - 6:00
<b>Tuesday, January 21</b>	Bedford	North Oaks	Bedford	B - 5:00 / A - 6:00
	Smithfield	Central	Smithfield	B - 5:00 / A - 6:00
7	Harwood	Hurst	Harwood	B - 5:00 / A - 6:00
	Haltom	Euless	Haltom	B - 5:00 / A - 6:00
	Richland	Watauga	Richland	B - 5:00 / A - 6:00
	North Richland	North Ridge	North Richland	B - 5:00 / A - 6:00
<b>Monday, January 27</b>	Central	Haltom	Central	B - 5:00 / A - 6:00
	North Ridge	Bedford	North Ridge	B - 5:00 / A - 6:00
8	Hurst	Richland	Hurst	B - 5:00 / A - 6:00
	Euless	Harwood	Euless	B - 5:00 / A - 6:00
	North Oaks	North Richland	North Oaks	B - 5:00 / A - 6:00
	Watauga	Smithfield	Watauga	B - 5:00 / A - 6:00
<b>Monday, February 3</b>	North Richland	Euless	North Richland	B - 5:00 / A - 6:00
	Harwood	North Oaks	Harwood	B - 5:00 / A - 6:00
9	Smithfield	Bedford	Smithfield	B - 5:00 / A - 6:00
	Hurst	Haltom	Hurst	B - 5:00 / A - 6:00
	Richland	Central	Richland	B - 5:00 / A - 6:00
	Watauga	North Ridge	Watauga	B - 5:00 / A - 6:00



# **Big 12 Basketball Tournament Rules 2013-2014**

Tournaments shall be held according to the University Interscholastic League rules.

No team trophies shall be awarded.

Ribbons shall be provided by the athletic office. Host schools shall pick up ribbons in the local athletic office.

Tournament hosts shall award ribbons for 1st, 2nd, 3rd, and Consolation.

Admission of \$1 for students and \$2 for adults may be charged.

If possible, sister-schools shall not compete head-to-head in first-round games.

Host schools shall distribute brackets two weeks before tournament. A copy shall be forwarded to the athletic office.

## Big 12 8<sup>th</sup> Grade Basketball Tournaments 2013-2014

DATE	SCHOOLS	SCHOOLS	SCHOOLS
Fri.-Sat., January 10-11	*Bedford	Central	Harwood
8 <sup>th</sup> Grade "A" Girls	Haltom	North Oaks	North Richland
Fri.-Sat., January 10-11	*Watauga	North Ridge	Richland
8 <sup>th</sup> Grade "A" Girls	Smithfield	Eules	Hurst
Fri.-Sat., January 10-11	*Harwood	Central	Eules
8 <sup>th</sup> Grade "A" Boys	North Ridge	North Oaks	Richland
Fri.-Sat., January 10-11	*North Richland	Haltom	Smithfield
8 <sup>th</sup> Grade "A" Boys	Watauga	Bedford	Hurst
Fri.-Sat., January 24-25	*Harwood	Central	Hurst
8 <sup>th</sup> Grade "B" Girls	North Richland	Smithfield	Watauga
Fri.-Sat., January 24-25	*Richland	Haltom	North Oaks
8 <sup>th</sup> Grade "B" Girls	North Ridge	Bedford	Eules
Fri.-Sat., January 24-25	*Bedford	Central	Harwood
8 <sup>th</sup> Grade "B" Boys	Haltom	North Oaks	Smithfield
Fri.-Sat., January 24-25	*North Ridge	North Richland	Richland
8 <sup>th</sup> Grade "B" Boys	Watauga	Eules	Hurst
Thurs., Fri., Sat.,	*Haltom (Girls)	*Watauga (Boys)	North Oaks
February 13-15	North Richland	North Ridge	Richland
8 <sup>th</sup> Grade "A"	Smithfield	Bedford	Central
Big 12 District Tournament	Eules	Harwood	Hurst

## Big 12 7<sup>th</sup> Grade Basketball Tournaments 2013-2014

DATE	SCHOOLS	SCHOOLS	SCHOOLS
Fri.-Sat., January 10-11	*Euleless	Central	Hurst
7 <sup>th</sup> Grade "A" Girls	North Oaks	North Richland	Smithfield
Fri.-Sat., January 10-11	*North Ridge	Haltom	Richland
7 <sup>th</sup> Grade "A" Girls	Watauga	Bedford	Harwood
Fri.-Sat., January 10-11	*Hurst	Euleless	Central
7 <sup>th</sup> Grade "A" Boys	North Richland	North Ridge	Watauga
Fri.-Sat., January 10-11	*Richland	Haltom	North Oaks
7 <sup>th</sup> Grade "A" Boys	Smithfield	Bedford	Harwood
Fri.-Sat., January 24-25	*Hurst	Euleless	Harwood
7 <sup>th</sup> Grade "B" Girls	North Oaks	Richland	Smithfield
Fri.-Sat., January 24-25	*North Richland	North Ridge	Haltom
7 <sup>th</sup> Grade "B" Girls	Watauga	Bedford	Central
Fri.-Sat., January 24-25	*Euleless	Bedford	Hurst
7 <sup>th</sup> Grade "B" Boys	North Oaks	North Richland	North Ridge
Fri.-Sat., January 24-25	*Smithfield	Haltom	Richland
7 <sup>th</sup> Grade "B" Boys	Watauga	Central	Harwood
Mon., Fri., Sat.,	*Smithfield (Girls)	*North Oaks (Boys)	Haltom
February 10,14-15	North Richland	North Ridge	Richland
7 <sup>th</sup> Grade "A"	Watauga	Bedford	Central
Big 12 District Tournament	Euleless	Harwood	Hurst

# *CROSS COUNTRY*

## *& TRACK*



## Big 12 Cross Country Rules 2013

1. Meets shall be held according to the University Interscholastic League rules.
2. Meets shall begin as close to 4:00pm as possible. Teams arriving late due to transportation issues shall have a 5-minute warm-up.
3. Boys shall not compete on girls' teams or against girls' teams and vice versa.
4. Order of Races:

8 <sup>th</sup> Grade "A" Girls – 1-1/2 miles	<u>Division A</u> - runs for
8 <sup>th</sup> Grade "A" Boys – 2 miles	team championship.
8 <sup>th</sup> Grade "B" Girls – 1-1/2 miles	Top 5 runners determine
8 <sup>th</sup> Grade "B" Boys – 1-1/2 miles	team score.
7 <sup>th</sup> Grade "A" Girls – 1 mile	
7 <sup>th</sup> Grade "A" Boys – 1-1/2 miles	<u>Division B</u> - runs for
7 <sup>th</sup> Grade "B" Girls – 1 mile	team championship.
7 <sup>th</sup> Grade "B" Boys – 1-1/2 miles	Top 5 runners determine
	team score.
5. Entries:

Division A  
A minimum of five participants and a maximum of seven participants shall constitute a team. The first five finishers on each team will count for the total score. A school may enter less than five; however, it cannot compete for the team title.

Division B  
No limit on the number of participants. The first five finishers on each team shall count for the total score.
6. Ribbons shall be provided by the athletic office. Host schools shall pick up ribbons in the local athletic office.
7. The first 25 individual finishers in each classification shall receive ribbons. No team trophies shall be awarded.
8. Each host school shall set up a starting line, finish line shoot, and mark a course that is easy to follow. Each host school shall provide a starter, two timers, a time checker, a shoot controller, and two workers to keep score and handle awards. To ensure finishing the meet before dark, the races may be over-lapped by starting the next race while the previous race is on the course.
9. UIL allows 7th and 8th grade students to participate in six (6) meets.

## Big 12 7<sup>th</sup> and 8<sup>th</sup> Grade Cross Country Schedule 2013

DATE	SCHOOLS	SCHOOLS	SCHOOLS
Invitational Meets			
Tuesday, November 12	*Harwood	Bedford	Eules
	North Oaks	Smithfield	Watauga
Tuesday, November 12	*Richland	Haltom	North Richland
	North Ridge	Central	Hurst
Invitational Meets			
Tuesday, November 19	*Bedford	Central	Hurst
	North Richland	North Ridge	Watauga
Tuesday, November 19	*Smithfield	Haltom	North Oaks
	Richland	Eules	Harwood
HEB Zone Meet			
Tuesday, December 3	*Hurst	Bedford	Central
	Eules	Harwood	
Birdville Zone Meet			
Tuesday, December 3	*North Richland	Haltom	North Oaks
	North Ridge	Richland	Smithfield
	Watauga		
Big 12 District Meet			
Tuesday, December 10	*Eules	Bedford	Central
at Meadow Park	Harwood	Hurst	Haltom
	North Oaks	North Richland	North Ridge
	Richland	Smithfield	Watauga

# Big 12 Track Rules 2014

1. Meets shall be held according to the University Interscholastic League rules.
2. Meets shall begin as close to 4:00pm as possible. Teams arriving late due to transportation issues shall have a 5-minute warm-up.
3. Each member school may be represented at these meets by 7<sup>th</sup> and 8<sup>th</sup> grade boys and girls subject to the following rules:
  - No school shall be allowed more than three participants in each event except the relays, which require four.
  - No participant shall be allowed to participate in more than three track running events. No participant shall be allowed to participate in more than five total events. A participant may enter five field events provided he/she is not participating in any running event; and no contestant shall be allowed to enter more than two of the following:
    - 400 meter dash
    - 800 meter run
    - 1600 meter run
    - 2400 meter run
  - The number of events in which an athlete participates at the preliminary level shall determine a participant's total number of events. Participation at the preliminary level shall count toward participation in an event.
  - No more than one relay team per school per event may be entered.

## 4. Order of Events

### Running:

Girls	-	2400 Meter Run
Boys	-	2400 Meter Run
Girls	-	400 Relay
Boys	-	400 Relay
Girls	-	800 Run
Boys	-	800 Run
Girls	-	100 Meter Hurdles
Boys	-	110 Meter Hurdles
Girls	-	100 Meter Dash
Boys	-	100 Meter Dash
Girls	-	800 Relay
Boys	-	800 Relay
Girls	-	400 Dash
Boys	-	400 Dash
Girls	-	300 Meter Hurdles
Boys	-	300 Meter Hurdles
Girls	-	200 Dash
Boys	-	200 Dash
Girls	-	1600 Meter Run
Boys	-	1600 Meter Run
Girls	-	1600 Meter Relay
Boys	-	1600 Meter Relay

### Field Events:

Pole Vault  
High Jump  
Long Jump  
Shot Put  
Discuss Throw  
Triple Jump

In any field event where distance (linear) is the determining factor (shot, discus, long jump, triple jump), each contestant shall be allowed three trials. No finals shall be given in the field events where distance is the determining factor. Each fair trial shall be measured.

## 5. Metric Measurements

- 2400 Meter Run - waterfall stagger for each lane - runners may break when they have at least a two-stride clearance.
- 400 Meter Relay - 4 x 100 (on full stagger for each lane exchange zone is 20 meters - international zone is 10 meters).
- 800 Meter Run - one-half stagger for each lane - runners may break after running the first full turn.
- 100 Meter Hurdles - 10 hurdles (7<sup>th</sup> & 8<sup>th</sup> grade girls - 30").  
Distance from start to first hurdle - 13m  
Distance between each hurdle - 8.5m  
Distance from last hurdle to finish - 10.5m
- 110 Meter Hurdles - 10 hurdles (7<sup>th</sup> grade boys - 33", 8<sup>th</sup> grade boys - 36").  
Distance from start to first hurdle - 13.72m  
Distance between each hurdle - 9.14m  
Distance from last hurdle to finish - 14.02m
- 100 Meter Dash - 100 meters
- 800 Meter Relay (4 x 200m)  
Each runner will run 200 meters  
Each runner will run in his/her lane the entire distance  
There will be a double stagger for each team.
- 400 Meter Dash  
Each runner will be given a full stagger and will run in his/her lane the entire distance.  
Each runner shall use blocks at the start.
- 300 Meter Hurdles - 8 hurdles (7<sup>th</sup> & 8<sup>th</sup> grade boys & girls - 30")  
Distance from start to first hurdle - 45m  
Distance between other hurdles - 35m  
Distance from last hurdle to finish - 10m
- 200 Meter Dash  
One-half stagger around/turn - runners stay in his/her lane the entire race.
- 1600 Meter Run  
Waterfall stagger for each lane - runners may break when they have at least a two-stride clearance.
- 1600 Meter Relay - 4 x 400m (one and one-half stagger)  
First runner runs in his/her lane the entire distance.  
Second runner stays in his/her lane for the first full turn of their lap.  
Third and fourth runners line up on the track according to where his/her teammate comes off the last turn and may break when they have at least a two-stride clearance.

## 6. Points

The point system in scoring middle school track meets shall be the same in all meets. Points shall be awarded as follows:

- Individual events      10 – 8 – 6 – 4 – 2 – 1
- Relay events              20 – 16 – 12 – 8 – 4 – 2

If less than seven participate in the events, points shall be awarded for last place.

## 7. Awards

Ribbons shall be given for the first six places in all meets. No trophies for team or relay winners shall be awarded. All awards shall be purchased by the Athletic Office and given to the track meet officials prior to each meet. Medals shall be awarded for the first three places at the district meet.

## 8. False Starts

A runner who commits a false start shall be disqualified. National Federation Rules shall be followed, subject to local committee.

## 9. Suggested Starting Heights

<u>High Jump</u>	
Boys - 7 <sup>th</sup>	4'2"
8 <sup>th</sup>	4'6"
Girls - 7 <sup>th</sup>	3'8"
8 <sup>th</sup>	4'0"

<u>Pole Vault</u>	
Boys - 7 <sup>th</sup>	6'6"
8 <sup>th</sup>	7'6"
Girls - 7 <sup>th</sup>	5'6"
8 <sup>th</sup>	6'0"



10. Shot Put

When all schools do not have the same weight shot put, the lighter shot put shall be available to all throwers.

- Boys - 4-kilo (8.8 lb.)
- Girls - 6 lb.

11. Discus

Any wood or rubber discus that is the proper size and weight may be used.

12. Starting Blocks

Track athletes shall use starting blocks for all sprints and sprint relays of 400m and below (100m, 110h, 100h, 200m, 300h, 400m).

13. Jewelry

Jewelry shall not be worn except for religious or medical medals. A religious medal shall be taped and worn under the uniform. A medical alert shall be taped and may be visible.

14. Uniforms

Any visible garment(s) worn by two or more relay team members underneath the uniform top and/or bottom shall be unadorned (not decorated; simple and plain) and of the same single, solid color, but not necessarily the same length. For an illegal uniform, the competitor shall be disqualified from the event.

15. Protest Procedure

An oral protest/appeal shall be made to the meet director (Athletic Coordinator of the host school of the meet) within 30 minutes of the completion of the event. The rules committee, made up of seven campus coordinators, shall hear the appeal. Any coordinators whose teams are directly affected by the appeal shall not participate in the vote but shall be involved in the discussion regarding the appeal. The decision of the remaining coordinators (rules committee) shall be final.

Non-appealable situations:

- Judgment decisions pertaining to violations of the rules.
- Decisions by the finish judges and timers not involving misapplication of rules.
- Whether a start was fair and legal

16. Records

District and/or Big 12 records may be set in prelims or finals.

17. Qualifying for the District Meet

- The top four (4) runners from each zone meet will qualify for the Big12 district meet.
- The top six (6) jumpers and throwers from each zone meet will qualify for the Big 12 district meet.
- No school shall be allowed more than three participants in each event except the relays, which require four participants.
- No participant shall be allowed to participate in more than three track running events. No participant shall be allowed to participate in more than five total events. A participant may enter five field events provided he/she is not participating in any running event; and no contestant shall be allowed to enter more than two of the following:
  - 400 meter dash
  - 800 meter run
  - 1600 meter run
  - 2400 meter run



# RUNNING A TRACK MEET 2014

- I. **Track Equipment Bag** - may be checked out from the Athletic Office in good condition on Monday before the meet. Bag must be inventoried and signed for at check out and inventoried and initialed upon return.
- II. **Entry Forms** - send out two weeks prior to meet. Have a place for name, time/distance for each event. Have the entry returned at least three days prior to meet. Take entry sheets and assign lanes for each running event either according to times sent in or by an arbitrarily. Work up sheet showing each event, school, place for time, and results. You also make up field event meet sheets by just listing school, name, distance, height, and result. The field event can be listed by schools alphabetically or any other order you choose.
- III. **Workers** - you should have two score keepers and award workers, one starter, one back up starter, one heating clerk, one finish line clerk, six times, six pickers, ten hurdle setters, three block setters, two finish line string holders, and three workers at each field event (one clerk, two measure rakers, etc.). All workers should be at their station ten minutes before their scheduled time to begin to make sure all is in order - equipment, paper work and participants check in.
- IV. **Scratch Meeting** - 30 minutes prior to first event - allow each coach to scratch or replace any entry in any running event, pick up heat packages and be informed on order of events, time schedule, etc. Field event scratches should be made at the field event with clerk of each particular event. A district scratch meeting will be held prior to the district meet.
- V. **Field Events**- should be started at least 45 minutes before first running event to allow as many participants as possible to be able to compete in their field event before they have to run. Once the running events start while field events are still going on - the rule is that the participant goes to the running event in a reasonable time five to ten minutes). The field event clerk must use common sense in handling a participant who is also involved in a running event, but should never punish the participant by making them hurry their effort after they have been running another event or by disallowing the participant's final effort(s).
  - A. **\*Shot Put** - three workers (one clerk, one marking in the field, and one measuring in the ring). Clerk goes over rules:
    1. Enter and exit back of ring.
    2. Cannot step over toe board or line after throwing.
    3. Must keep shot put in bend of neck - shoulder area.
    4. Must be a push, not a bent arm throw, and check shots making sure all are the same size (weight) - clerk informs participants of throwing order - calls first contestant and telling who is next - watches the contestant put the shot - if NO FOUL, say "MARK" - measure throw from inside of the toe board stretching tape from center of circle to the back divot where the shot landed. Call next contestant - repeats until all contestants have thrown three times. Each contestant is allowed three throws; they may take them in any order. When all contestants have thrown, figure best six places and turn in result sheet to awards clerk in press box.
  - B. **\*Discus** - three workers (one clerk; one marking infield; one measuring in the rings) - clerk goes over rules:
    1. Enter and exit back of ring.
    2. Clerk goes over throwing order - boundaries of discus field and checks the discus of each contestant to make sure they are the same size - call first contestant, measure throw - repeat until all have thrown three times, measuring to the nearest inch. Figure top six places and turn in to awards clerk in press box. Once again, each contestant gets three throws; they may take them in any order. It is more acceptable to measure each throw although stakes may be used.

*Note:* It is the more acceptable practice to measure each of the three throws than to put out stakes, but if you do put out stakes, you need only to put out the best eight throws.

- C. **\*Long Jump** - three workers (one clerk; one raker; one tape-holder). Clerk has contestants check in; goes over jumping order; makes sure jumping board is swept clean; calls first contestant; watches where his/her foot hits on the board; calls "MARK" or "FOUL" according to where foot hits; measure from front of board to furthest back mark in the sand of where contestant landed. Each contestant is allowed three jumps; they may take them in any order. If all jumpers are present, it is most acceptable to jump one at a time until all have jumped going around three times, but it does not have to be that way - you may allow a jumper to jump out of turn if they have other events to compete in. When all have finished, figure top six places and turn in to awards clerk in press box.
- D. **\*High Jump** - three workers (one clerk; two bar-holders). Clerk has contestants check in and goes over jumping order, puts cross-bar on a reasonable height, gives each contestant three jumps at each height until no contestant can clear the bar, figures top six places and turns in to awards clerk in press box.
- E. **\*Pole Vault** - same as high jump

*\*In figuring places in shot, discus, and long jump - further distance wins. In case of ties, second best throw determines winner. In figuring places in high jump and pole vault, highest wins. In case of ties, number of previous misses at lower heights determines winner. All rules should be read over according to NCAA Rule Book and the meet director should make any final decisions on scoring or interpretation.*

- VI. By having the meet well organized and the workers organized knowing their responsibilities, a middle school track meet will run smoothly and the contestants, coaches, and parents will all leave with a good feeling about the contest. Remember to always keep the best interest of the runners in mind when running off the meet. Never try to punish a runner by trying to hurry the meet just to get it over with. However, do not drag the meet out because of inefficiency. Set a fair schedule and try to stick with it.

#### \*\*\*MEET OFFICIALS

Remember that even though an infraction may occur, this may not be grounds for disqualification of an individual or team. Always ask yourself, "Did this infraction give an athlete an advantage that resulted in a change in the final finish order?" For example, a runner coming out of the last turn runs out of his lane but does not impair another runner and returns to his lane after several strides. Has this runner gained an advantage? No, he has actually run farther by not running in a straight line.

Few middle school/junior high meets have a sufficient number of officials to judge the events properly. We must all work cooperatively. When asked to assist at a meet, please try to comply.

## Big 12 7<sup>th</sup> and 8<sup>th</sup> Grade Track Schedule 2014

DATE	SCHOOLS	SCHOOLS	SCHOOLS
Dual Meets			
7 <sup>th</sup> – Monday, February 24	*Central	Hurst	
8 <sup>th</sup> – Tuesday, February 25			
	*Euless	Harwood	
	*Haltom	North Oaks	
	*Richland	North Richland	
	*Smithfield	Bedford	
	*Watauga	North Ridge	
Invitational Meets			
7 <sup>th</sup> – Monday, March 3	*Hurst	Euless	Central
8 <sup>th</sup> – Monday, March 3	North Ridge	Smithfield	Watauga
7 <sup>th</sup> & 8 <sup>th</sup> – Monday, March 3 combined	*North Richland Richland	Haltom Bedford	North Oaks Harwood
Invitational Meets			
7 <sup>th</sup> – Monday, March 17	*Bedford	Harwood	Hurst
8 <sup>th</sup> – Tuesday, March 18	North Richland	Haltom	Richland
7 <sup>th</sup> – Monday, March 17	*North Ridge	North Oaks	Smithfield
8 <sup>th</sup> – Tuesday, March 18	Watauga	Central	Euless
HEB Zone Meet			
7 <sup>th</sup> – Monday, March 24	*Harwood	Bedford	Central
8 <sup>th</sup> – Tuesday, March 25	Euless	Hurst	
BISD Zone Meet			
7 <sup>th</sup> – Monday, March 24	*North Oaks	Haltom	North Richland
8 <sup>th</sup> – Tuesday, March 25	North Ridge	Richland	Smithfield
	Watauga		
Big 12 District Meet			
7 <sup>th</sup> – Monday, April 7	*Central	Bedford	Euless
8 <sup>th</sup> – Tuesday, April 8	Harwood	Hurst	Haltom
at Central Junior High	North Oaks	North Richland	North Ridge
	Richland	Smithfield	Watauga





