



## **ST. JOHNS MIDDLE SCHOOL** **POLICIES & GUIDELINES FOR SCHOLASTIC &** **EXTRACURRICULAR ACTIVITIES**

### **A. SCHOLASTIC ELIGIBILITY FOR EXTRACURRICULAR** **"NO PASS...NO PLAY"**

St. Johns Middle School believes that student activities are an important element of the total school curriculum. Student activities provide students with avenues for relevant expression and experience. Coaches should always encourage students to do their best, promoting excellent sportsmanship. We want the students to be able to participate, but we want them to see the whole picture as well.

Extracurricular activities are defined as all activities for which no credit is earned (including interscholastic competition). We offer the following activities:

<b><u>SPORTS</u></b>	<b><u>WHEN OFFERED</u></b>	<b><u>STUDENTS THAT CAN PARTICIPATE</u></b>
<b>SOFTBALL</b>	FIRST 9 WEEK GRADING PERIOD	7 <sup>TH</sup> & 8 <sup>TH</sup> GRADE GIRLS
<b>FOOTBALL</b>	FIRST 9 WEEK GRADING PERIOD	7 <sup>TH</sup> & 8 <sup>TH</sup> GRADE BOYS
<b>VOLLEYBALL</b>	SECOND 9 WEEK GRADING PERIOD	7 <sup>TH</sup> & 8 <sup>TH</sup> GRADE GIRLS
<b>WRESTLING</b>	SECOND 9 WEEK GRADING PERIOD	4 <sup>TH</sup> THROUGH 8 <sup>TH</sup> GRADERS
<b>BASKETBALL</b>	THIRD 9 WEEK GRADING PERIOD	7 <sup>TH</sup> & 8 <sup>TH</sup> GRADE GIRLS AND BOYS
<b>TRACK</b>	FOURTH 9 WEEK GRADING PERIOD	4 <sup>TH</sup> THROUGH 8 <sup>TH</sup> GRADERS

### **Scholastic eligibility criteria to determine student participation is as follows:**

1. If a student has a failing grade in any subject they will be ineligible to participate in any extracurricular activity. They will be allowed to practice but may not wear their uniforms to school on game day, travel with the team or participate in the game. If at the next grade check they have all passing grades they are

restored to full eligibility. The first grade check of the year will be on the third Monday of the Beginning of the School Year and a grade check will be conducted each week thereafter.

All teachers are required to keep their grades updated and have all necessary grades entered into the computer before grades are printed each Monday morning. Every Monday the respective coaches will be given a list of ineligible players. It is the coach's responsibility to inform their players of their eligibility status.

NOTE: The purpose of the eligibility process is to ensure that all our students have a greater opportunity to maintain scholastic eligibility! We want them to succeed on and off the court, mat or playing field!

2. The principal or designee will certify a student's eligibility status. The student becomes ineligible to participate in any extracurricular activity by the end of the school day on which the ineligibility is certified by the administrator. An ineligible student may NOT travel with the club or team.
  3. Students participating in the St. Johns Middle School Interscholastic Athletics are required to submit evidence of being physically fit as verified by a physician. A physical exam form must be presented to the office and be on file before a student is permitted to practice with the team.
  4. It is also noted that to be able to participate in *extracurricular athletics*, a student must have on file a *copy of his/her birth certificate, proof of insurance, waiver of liability and signed code of conduct.*
  5. If a student is absent from school, the student will not be allowed to participate in any extracurricular function the evening or the day the excused or unexcused absence occurred. A student must be in attendance for at least one-half of the school day of an activity/game or on the day prior if a game is on Saturday, holiday, or vacation. Also, participation in weeknight games is not an excuse for absence the day following the game. (St. Johns Middle School Athletic Rule: If the student is absent from practice the day before a game, the student will not be allowed to start that next day!)
- The responsibility for the enforcement of this rule rests with the coach in charge of the activity. If it is felt that a justifiable reason exists to make an exception to the rule, the final decision will be made by the principal in accordance with A.I.A. regulations.
6. Any student whose general behavior prevents a problem or jeopardizes general school discipline will be restrained from participation in extracurricular activities until such time his/her behavior warrants reinstatement.
  7. St. Johns Middle School will adhere to and support the White Mountain League Handbook.



# White Mountain League Handbook

## 2011-2012

Adopted on October 6, 1977 by the Apache-Navajo Administration Association.

Revised or reprinted on the following dates:

May 4, 1978	October 9, 1979
February 12, 1980	November 8, 1983
May 12, 1987	April 9, 1991
March 12, 1992	April 14, 1992
May 28, 1992	May 13, 1993
April 25, 1994	July 22, 1995
August 10, 1996	August 16, 1997
August 13, 1998	May 18, 1999
May 22, 2000	13, 2003
August 26, 2004	March 10, 2006
May 5, 2006	October 10, 2010

### ADMINISTRATION:

The Apache-Navajo Administrators Association, under the auspices of their governing boards, is the governing body of the White Mountain League (WML). The Association will set policies, and make recommendations to the White Mountain League Administrators. The White Mountain League Administrators will administer the actual operation of the WML. The Association may set policy or make recommendations as necessary. The WML will work within the policy given or debate and return their recommendations on any issue, other than adopted policy that the Association communicates to the WML. Also, the WML will submit recommendations to the Association for recommended policy changes.

# White Mountain League

## PHILOSOPHY:

1. In participation, the White Mountain League (WML) encourages coaches to allow each player on the roster to play during each event.
2. Each School will encourage sportsmanship; each coach must take the initiative for teaching good sportsmanship to his/her student athletes.
3. The WML recommends that member schools determine that each participant is physically fit to participate.
4. Each school in the WML will have equal opportunities for girls and boys.
5. The WML believes that wholesome competition and participation enhances and supports the educational process.
6. In review of Title IX: Since it has been a longstanding policy of the WML to provide equal opportunities for both sexes, we see no need at this time to alter our programs or policies.
7. Dues for participating schools in the WML will be \$300 per school per year.

## **POLICIES:**

### 1. Memberships, Mascots and Colors:

#### **LEAGUE MEMBERS**

Blue Ridge  
Holbrook  
Joseph City  
Mogollon  
Rim Country  
Round Valley  
St. Johns  
Show Low  
Snowflake  
Canyon Day  
Winslow  
Sequoia

#### **MASCOT**

Yellow Jackets  
Roadrunners  
Wildcats  
Mustangs  
Longhorns  
Elks  
Redskins  
Cougars  
Lobos  
Rough Riders  
Bull Pups  
Panther

#### **COLORS**

Purple/Gold  
Red/White/Blue  
Royal Blue/Gold  
Red/Grey/Black  
Purple/Gold  
Black/Gold  
Red/White  
Forest Green/Gold  
Blue/White  
Maroon/Gold  
Maroon/White  
Purple/Black

### 2. LEAGUE SPORTS

#### **GIRLS**

Softball  
Volleyball  
Basketball  
Track

#### **BOYS**

Football  
Wrestling  
Basketball  
Track

3. The League will schedule both 7<sup>th</sup> and 8<sup>th</sup> Grade teams in Football, Softball, Volleyball and Basketball. Only one team will be scheduled for Wrestling and Track.
4. The individual school administrator will determine membership (K-8) on teams.
5. The regular playing day will be on Thursday, exception being Tuesday also for Basketball. If for some unforeseen reason a game must be rescheduled for a different day of the week, it is to be by mutual agreement of the schools involved.
6. All events will start at 3:30 PM unless mutually agreed upon by the schools involved; Basketball will start at 4:00 PM. All Track events will begin at 1:00 PM. (Weigh-ins at 12:00 PM)
7. With the administrators approval, a member school may:
  - A. Play additional sports, such as Baseball, Golf, Skiing, etc.
  - B. Individually schedule games with other schools.

8. The league schools will sponsor two tournaments for each grade level in Softball, Volleyball, and Wrestling. A school may attend one league-sponsored tournament per sport.
9. If a school chooses to attend another tournament in place of a league scheduled tournament, whether it is a 7<sup>th</sup> or 8<sup>th</sup> grade tournament, they will forfeit their opportunity to compete in the WMLF tournament.
10. The Association encourages the practice of determining White Mountain League Champions, but leaves the determination of said Champions to the league.
11. The Association encourages strong intramural programs at the local school level.
12. The eleven participations schools will elect the President of the Association. The President elect shall be elected at the May meeting each year. The league will also have a Secretary. The President will receive \$500.00 per year and the Secretary will receive \$100.00 per year for the work that is to be done in the Leagues behalf.
13. Each member school will be assessed \$300.00 for yearly dues.
14. Any changes from the set schedules or other problems will be resolved by mutual agreement of the schools involved. All make-up games must be held before the last league scheduled game to be counted for tournament seeding.
15. White Mountain League member schools are required to participate in all sports.
16. Each White Mountain League School will have eligibility rosters in their respective offices.
17. The official score book will be kept by the home team.
18. All referees should be adults when possible.
19. Individual Code:
  - A. Participants in the White Mountain League cannot have reached their fifteenth birthday before September 1<sup>st</sup> of that year
  - B. White Mountain League players may not participate with any other school sponsored team during the same season of that sport.
  - C. Each Administrator and Coach will be responsible for the sportsmanship of the participants and fans.
20. Coaches may attend Administrative Meetings by invitation.
21. The first meeting will be held on the last Monday of August with subsequent meetings scheduled as needed.

22. Each school will have one vote at the League Meeting.
23. When any item is brought to a League vote, the President will vote only in the case of a tie, so the tie may be broken.
24. Each member school is to determine the participation of cheerleaders and pom poms at games.
25. As trophies and rule books are needed, the President of the League will purchase, distribute or award them. Rule books will be distributed to the school prior to the first league game of the school year.
26. For final tournament seeding only: When two schools played in the regular season, the team or player that won the regular season game or match will be seeded ahead of the other team or player. Regular season tournament meetings in which the same format was used as in the regular season may be used as a tiebreaker when a team or player did not meet in the regular season. In case of a three or four way tie, a coin toss will be used for the seeding.
27. Regular season trophies will be awarded based on the same formula as tournament seeding. In the event of a tie between two teams that have not played both will be awarded league champion.
28. Maximum admission of Softball, Wrestling, Volleyball, and Basketball tournaments will be: Adults \$3.00 and students \$2.00. Admission to regular league events may be charged: Adults \$2.00 and students \$1.00.

29. League Schedules:

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|-----------|--|
| January:  | Final date to apply for readmission of initial application for the following school year. Application is made to the League President.                   |
| February: | Review of application received.  |
| March:    | Tentative schedule drawn up by League  |
| April:    | League Members will verify their intent to honor the schedule or be excluded from the league. Final adoption will take place if there are no exclusions. |
| May:      | Committee meeting, if needed, to revise the schedule to allow for exclusions.<br>Election of President and Secretary                                     |

30. PROBLEM SOLVING PROCEDURES:

A phone call must be made to the administrator involved, followed by a letter to the administrator and the League President. Both of these actions must be taken within five (5) school days. The letter should state the nature of the problem and whether

or not the administrators feel the problem was resolved or, if not resolved, the League President will contact all schools for opinions of the matter. The letter should also state whether or not league action should be taken at the next meeting. All letters received by the league President should be briefly summarized at the next league meeting. If a letter requires league action, letters from both schools will be read and discussed by the league members and action will be taken.

31. Eighth graders may play only on eighth grade teams or varsity.

32. Schools hosting WML Finals will receive the following funds:

- Football- \$50 for Trophies
- Softball- \$360 + \$100 for trophies
- Wrestling- \$540 + \$150 for trophies/medals
- Volleyball- \$540 + \$100 for trophies
- Boys Basketball- \$360 + \$100 for trophies
- Girls Basketball- \$360 + \$100 for trophies
- Track and Field- \$180 + \$100 for trophies

### **WHITE MOUNTAIN LEAGUE SPORTS**

<u>SEASON</u>	<u>GIRLS</u>	<u>BOYS</u>	<u>NUMBER OF</u>
<u>EVENTS</u>			
August-October	Softball	Football	6
October- December	Volleyball	Wrestling	6
January-March	Basketball	Basketball	10
March-May	Track	Track	5

Number of events will not change with the number of membership schools

The league has been directed by Superintendents to admit as a member of the League any school wishing to be admitted and able to meet League standards. The League schedule will not be lengthened regardless of the increase in the number of League Schools.

# WHITE MOUNTAIN LEAGUE BYLAWS

## FAST PITCH SOFTBALL:

1. The National Federation Rules for fast pitch softball is the official rule book.
2. A starter is entitled to reenter the game one time and be taken out twice. The substitute must take the batting order of the person for whom she substitutes.
3. The length of a softball game is five (5) innings or ninety (90) minute time limit. The ten (10) run rule at the end of three (3) innings is in effect at all White Mountain League softball games and tournaments.
4. The pitching distance for the pitchers rubber to home plate is forty-three (43') feet.
5. White Mountain League has adopted and will use a twelve (12) inch softball for both the seventh and eighth grade teams (1999). The home team has the option of playing with an optic yellow ball (2001).
6. The first round of play for the final tournament will be played on a Thursday at the site of the higher seed. Eight teams will play at the host site in the final tournament.
7. Teams will be allowed unlimited substitutions until the final tournament.

# **WHITE MOUNTAIN LEAGUE BYLAWS**

## **TACKLE FOOTBALL:**

1. The league will use the National Federation rule book.
2. The game will consist of four (4) eight (8) minute quarters.
3. The first day practice may begin three (3) weeks prior to the first league game.
4. The White Mountain League will use the approved intermediate size football.
5. All 8<sup>th</sup> grade games only use play-off procedures in the National Federation rule book. (No 8<sup>th</sup> grade ties).

# WHITE MOUNTAIN LEAGUE BYLAWS

## **VOLLEYBALL:**

1. The official rule book will be the National Federation Volleyball rule book.
2. Order of Play: All matches will be played with the 7<sup>th</sup> grade game first followed by the 8<sup>th</sup> grade game.
3. The top eight teams from season play will be invited to WML finals, seeding will be as follows: 1- overall record from scheduled season play. 2- Head-to-head results. 3- Tournament wins. 4- Flip a coin.
4. First round of WML finals will be hosted by the 4 top seeded schools. Seed 1 will host seed 8, seed 2 will host seed 7, seed 3 will host seed 6, and seed 4 will host seed 5. The final 4 teams will then advance to the Championship tournament. (Adopted Mar 2011)

# WHITE MOUNTAIN LEAGUE BYLAWS

## WRESTLING:

1. The National Federation Wrestling Rulebook is the official rule book with the following changes.
2. Weight Classes:
  - a. 63    68    73    78    83    88    93    98    104    111    118    125    133  
          142    154    167    180
  - b. HWT. (Min.170-Max.245)
3. Uniforms may vary from the rule book; however, headgear is required.
4. The time will be two (2) minutes for the first period and one (1) minute each for the second and third periods.
5. Wrestle-offs in the qualifying bracket will not receive any points. The number four (4) and five (5) place brackets will not receive any points.
6. At the final league tournament, a wrestler may only compete in that weight class where he has had the majority of his WML weigh-ins. In case of an even number of matches in two (2) weight classes, he shall be placed in the weight class where he weighed-in last or the higher of the two weights. A wrestler must have at least five (5) matches in his given weight class to be eligible for seeding. (adopted Dec. 2010)
7. In seeding wrestlers in each weight class for the WML tournament, all WML matches will count. Seeding criteria is as follows:
  - a. Record/head to head
  - b. Common opponent(s)
  - c. Known wrestlers must have 2 matches in a weight class. This includes his/her last match.
  - d. Winner of required coin toss gets higher seed-not coach's choice.
  - e. All matches with league opponents will count for seeding.
8. Wrestlers are given a one (1) pound gain after Thanksgiving.
9. In-season tournament format will be a team tournament (dual meet).

## **WHITE MOUNTAIN LEAGUE BYLAWS**

### **BASKETBALL:**

1. The official rule book will be the National Federation Basketball rule book.
2. Order of Play: During regular league season games the 7<sup>th</sup> grade team will play first followed by the 8<sup>th</sup> grade team.
3. On the Tuesday prior to the Saturday WML Final Tournament, the first round of WML finals will be hosted by the 4 top seeded schools. Seed 1 will host seed 8, seed 2 will host seed 7, seed 3 will host seed 6, and seed 4 will host seed 5. The final 4 teams will then advance to the Championship tournament. (Adopted Mar 2011). The following Saturday the final rounds will be played at the Host site.
4. Practice may begin at the individual schools discretion.

## WHITE MOUNTAIN LEAGUE BYLAWS

### TRACK:

1. The official rules for each event and scoring will be the National Federation Track rule book. Team points are received as stated in the rule book, determined by the number of teams involved. Only six (6) places will be scored in the league final meet. (Adopted 1995).
2. Classifications are figured by using this formula: one half (1/2) the athletes weight plus the athletes height in inches.

#### 3. Field Events

##### A. High Jump minimum heights

For the WML Finals	Girls	Boys
Class "A"	4'0"	4'4"
Class "B"	3'10"	4'0"
Class "C"	3'6"	3'8"

Starting heights for all girls at all track meets except finals:

Class "A"	3'10"
Class "B"	3'8"
Class "C"	3'4"

##### B. Long Jump

- C. Shot Put (8 lbs. for classes "A" and "B", 6 lbs. for class "C" and all girls' classes.

#### 4. Running Events All Classes ("A", "B", "C")

- A. Dashes 100 Meters  
200 Meters
- B. Middle Distance 400 Meters
- C. Distance 800 Meters
- D. Relay 4 X 100 Meter Relay

## **Long Distance    1600 Meter Run**

5. In all running events the starter will assign and rotate the lane for each race.
6. An individual may participate in three events and a relay.
7. All relays will be the oval pursuit type.
8. Three (3) participants from each school may enter each track or field event in all meets with the exception of the WML Final Meet. The top four qualifiers in each event from the qualifying meets will go to the final track meet.
9. There can be no ties in the qualifying meet. The meet director will decide how the tie will be broken.

Protests should be made immediately after the event or prior to the next event; otherwise, any protest is void.

10. All relays will be 400 meters and will be run in lanes.
11. An individual may participate in only one weight class per track meet.
12. In all running events, if any false starts occur, it is at the sole discretion of the starter whether or not it was intentional. The starter may either allow the runner to run or to disqualify the runner.
13. All weigh-ins are to be done by the individual schools one (1) day prior to the qualifying meet. Each team will be required to present a spreadsheet, with weigh-in certifications signed by their WML Athletic Director, to the host school tournament director.
14. Teams will be seeded to the qualifying meets. Seeds 1,4,5,8 and 9 will be at one site. Seeds 2, 3, 6,7,10 and 11 will be at another site. (Boys at two sites, girls at two sites). Some seeding may change due to location of hosting sites.
15. Shoes are required as part of the uniform for track.
16. Starting time for track meets is 1:00 P.M.