

SECTION II

SPECIFIC PROVISIONS FOR EACH
MIDDLE SCHOOL SPORT

1. VOLLEYBALL (Girls)

A. The girls' volleyball representative shall conduct a preseason meeting with coaches to discuss procedures for the season.

B. Season

- i) Beginning Date – Organized practice may begin as early as twenty week days prior to the first day of school for students.
- ii) Ending Date - The schools regular volleyball season ends with the loss of tournament play. NOTE: There shall be no further practice during the remainder of the academic school year. However, middle school students that meet participation requirements at the high school level are eligible to participate at the high school within their attendance area.

C. Schedule of Games and Scrimmages

- i) All **regular season** schedules of the volleyball games shall be prepared by the sport representative with approval by the Athletic Council and the ~~Middle School Director~~ **District Athletic Director**.
- ii) All games and scrimmages shall be played within a 150 mile radius of the school and must be held with any Kentucky Middle School (K-8).
- iii) A team may have two preseason scrimmages, three tournaments and five games during season with any Kentucky Middle School (K-8).

D. Length of Practice

- i) Length of time for practice session shall not exceed two (2) hours excluding the time required for dressing and showering.

E. Number of Players

- i) A volleyball team shall consist of the number of players that the coaching staff can properly supervise, with a maximum of 35. NOTE: A team shall submit one roster to each coach before the first season match with all participants listed by grade level. Student managers need to be listed on rosters.
- ii) ~~NOTE:~~ Age requirement – Any student who reaches the age of 15 prior to August 1st shall not participate in middle school athletics.
- iii) ~~Note:~~ If a grade 6th student attains the age of thirteen (13) prior to August 1st she shall be eligible for grade 7th participation. If a grade 7th student attains the age of fourteen (14) prior to August 1st she shall be eligible for grade 8th participation.

F. Rosters

- i) **Additions made to the roster after the 5th regular season game shall not be permitted to participate in post-season play.**

G. Grade Level Requirements for Players

- i) The participant must be a registered student and enrolled in the school's 6th, 7th or 8th grades in order to play on the school's volleyball team.
- ii) Any player regardless of grade may participate on the "A" team. Only 6th and 7th graders may participate on the "B" team.
- iii) If there are not enough 6th and 7th graders to field a "B" team that game will be counted as a forfeit.

H. Method to Determine Regular Season Champion and Tournament Seedings

- i) The regular season champion shall be the team with the best winning record. In case of ties the team that defeated the other team in regular season play shall be declared the league champion. The same method shall be used for teams tied for 2nd and 3rd place. Trophies shall be awarded to the "A" team winner and runner-up. After head to head competition, a blind draw will determine seed.
- ii) At the end of the regular season, a single elimination "A" and "B" team tournament ~~and a four "B" team tournament~~ shall be played. The volleyball representative using the regular season records shall seed it. The date and location will be set by the volleyball representative.

I. Rules of National Federation of State High School Associations (NFSHSA) Volleyball

- i) NFSHSA Volleyball rules are to govern the playing of volleyball matches unless there are modifications by Fayette County Public Schools action. Such Fayette County Public Schools modifications are noted in Section 7c. Each coach shall be knowledgeable of the NFSHSA Volleyball rules and the head coach shall possess the current copy of the NFSHSA Volleyball/KHSAA rules book.
- ii) The girls' volleyball representative shall review rules annually during the preseason meeting for coaches.
- iii) Fayette County Public Schools Middle School Volleyball rules modifications:
 1. "C" Game – the service line shall be marked ~~three~~ **four** feet into the court from the baseline.
 2. "B" Game – the game shall be played to a score of twenty-one (21) ~~or one hour, whichever circumstance occurs first.~~
 3. Scoring "A" Team Game - 25, cap **of 27**.
 4. Scoring "B" Team Game - 21, cap of 23 each match. 15 no cap.
 5. **Scoring "C" Team** Game - ~~A player may only have three (3) consecutive serves.~~ **15, cap of 17, 3rd set 10, no cap**

J. Eligibility

SPORT	ELIGIBILITY REQUIREMENTS
Football, Volleyball, Girls Basketball, Cheerleading/Dance	These sports will use the last grading period of the prior school year.
Boys Basketball	This sport will use the first grading period of the current school year.
Track	This sport will use the third grading period of the current school year.

K. Volleyball Equipment Furnished by the Player

- i) The items of volleyball equipment furnished by the player are:
 - 1. Shoes
 - 2. Socks
 - 3. Knee pads
- ii) Any student who cannot afford to furnish items of equipment shall not be prohibited from sports participation. The school shall assist the student in acquiring the equipment.

L. Facilities for Practices and Games

- i) School staff members as assigned by the principal shall check facilities used for practices and games daily for safety hazards.

M. Travel for Games

- i) Travel to volleyball games for players, coaches, and student helpers may be by Fayette County Public School bus. The students on the bus shall be under the direct supervision of a team coach. ~~Coaches shall be knowledgeable of Fayette County Public Schools' Board of Education Policies (09.36).~~
 - 1. Coaches must request buses three (3) weeks in advance.
 - 2. Coaches should run a copy of their schedule on the back of the Parent Permission Travel form and it should be signed and kept on file with the head coach.
- ii) When school buses are not used, parents/guardians of the team participants shall be notified by the coach prior to the first scheduled meet, that if transportation for trips away from Lexington is provided, it will be by private vehicle or public transportation not covered by fleet insurance purchased by the Fayette County Board of Education. See Appendix R

N. Provisions for Safety and First Aid Treatment of Injuries

- i) Safety and first aid treatment procedures are found in Section I, #14 of these guidelines.
- ii) Injured athletes shall not participate until released for participation by the attending physician.
- iii) When need for medical services arise, contact the parent/guardian of the players. (See Section I, #14.)

2. FOOTBALL

A. Season

- i) Beginning date - organized practice may begin as early as fifteen week days prior to the first day of school. Every player must have five (5) practices without pads to become acclimated to heat conditions prior to the first day of practice with pads regardless of when conditioning begins.
- ii) Ending date - The school's football season ends at the conclusion of its last regular season game and/or its elimination from the championship playoff competition. NOTE: There shall be no further practice during the remainder of the academic school year.
- iii) NOTE: The first week of school for students shall be used for collecting required forms. Equipment shall not be issued to any student prior to receipt of the required forms.

B. Schedule of Games

- i) Each team will play a total of ten ~~(10)~~ **(8)** regular season games.
- ii) A maximum of ten ~~(10)~~ **(8)** regular season games may be played.
- iii) All games and scrimmages shall be played within a 150 mile radius of the school. Scrimmages – See page 2 (3B).
- iv) There will be a “**B**” league game provided for 6th and 7th Grade non-starters. This will be determined by the head coach, the principal, or the principal’s designee.
- v) Prior to the first scheduled football game a team may have 2 scrimmages. (These may take place on Saturday).
- vi) A team may have two scrimmage dates and must be held with any Kentucky middle school (K-8).
- vii) NOTE: If the need arises, the dates and/or the composition of the football schedule may be changed by the sport representative.

C. Participation

- i) Coaches shall be responsible to insure that each team member shall have the opportunity to play in either the A or B game.

D. Length of Practice

- i) Length of practice sessions shall not exceed two hours (2) excluding the time required for dressing and showering.

E. Number of Players

- i) A football team shall consist of the number of players that the school can adequately, safely equip and that the coaching staff can properly supervise.
- ii) NOTE: The Fayette County Board of Education shall provide NOCSAE approved helmets and shoulder pads for a minimum of forty-four (44) players.

F. Rosters

- i) **Additions made to the roster after the 3rd regular season game shall not be permitted to participate in post-season play.**

G. Age and Size Requirements for Players

- i) The student must be at least eleven years of age by the start of fall football practice.
- ii) A student must be enrolled in grades 6, 7 or 8 in order to play on the school's football team

H. Method Used to Determine Regular Season Champion and Tournament Seedings

- i) ~~All teams will make the playoffs.~~ **Top six teams will make the playoffs with the top two seeds getting a 1st round bye.**
- ii) In the case of a tie the first tie breaker will be regular season record in head-to-head competition in regular season play. The second tie breaker will be the record against common opponents. The third tie breaker will be the number of games won by defeated opponents. The fourth and last tie breaker will be determined by a coin toss.
- iii) The date and location of championship games shall be set by the sports representative in cooperation with the Middle School director or designee.

I. Tie Games

- i) Kentucky High School Athletic Association rule of breaking tie games will be used to determine the outcome of tie games.

J. Rules of National Federation of High School Football

- i) NFHS football rules are to govern the playing of football games. Each coach shall be knowledgeable of the NFHS football rules, and the head coach shall possess the current copy of the NFHS rules book.
- ii) The only modifications to the NFHS rules involve the scoring of the PAT (points after touchdown). They are as follows:
 - 1. 2 points will be awarded if the team **runs** the ball into the end zone.
 - 2. 2 points will be awarded if the team **completes a pass** into the end zone.
 - 3. 1 point will be awarded if a team **kicks** the ball through the goal posts.
- iii) The football representative shall conduct a preseason meeting with coaches to review the rules.

K. Eligibility

SPORT	ELIGIBILITY REQUIREMENTS
Football, Volleyball, Girls Basketball, Cheerleading/Dance	These sports will use the last grading period of the prior school year.
Boys Basketball	This sport will use the first grading period of the current school year.
Track	This sport will use the third grading period of the current school year.

L. Football Equipment Furnished by the School

- i) All football equipment furnished by the school shall meet all safety standards and shall be properly fitted.
- ii) The items of football equipment furnished by the school are:
 - 1. Helmet (NOCSAE approved) Each helmet must meet the NOCSAE standards and bear the NOCSAE emblem.
 - 2. Shoulder pads
 - 3. Practice shirt
 - 4. Thigh pads
 - 5. Practice pants and belt
 - 6. Knee pads
 - 7. Game shirt
 - 8. Hip pads
 - 9. Game pants

M. Football Equipment Furnished by the Player

- i) The items of football equipment furnished by the player are:
 - 1. Shoes
 - 2. Socks
 - 3. Mouthpiece
 - 4. Arm Pads (acceptably safe by game official)
 - 5. Athletic Support and cup (must be worn by males to participate in any practice or contest)
 - 6. Hand pads (acceptably safe by game official)
- ii) Any student who cannot afford to furnish items of equipment shall not be prohibited from sports participation. The school shall assist the student in acquiring the equipment.

N. Facilities for Practice and Game

- i) Facilities used for football practices and games shall be checked daily for safety hazards by school staff members as assigned by the principal.
- ii) The Division of Operations shall provide the maintenance of football facilities including mowing, seeding, and fertilizing the football field. Special maintenance requests for these services shall come from the principal. All other maintenance and care, such as watering grass and marking fields for play is the responsibility of the school.

O. Travel to Games

- i) Travel to football games for players, coaches, and student helpers may be by Fayette County Public School buses. The students on each bus shall be under the direct supervision of a team coach.
 - 1. Coaches must request buses three (3) weeks in advance.
 - 2. Coaches should run a copy of their schedule on the back of the Parent Permission Travel form and it should be signed and kept on file with the head coach.
- ii) When school buses are not used, parents/guardians of the team participants shall be notified by the coach prior to the first scheduled meet, that if transportation for trips away from Lexington is provided, it will be by private vehicle or public transportation not covered by fleet.

P. Provisions for Safety and First-Aid Treatment of Injuries

- i) A paramedic or athletic trainer is required to be in attendance at each football game. The paramedic or athletic trainer shall be contacted and assigned by the football representative.
- ii) Safety and first aid treatment procedures are found in Section I, #14 of these guidelines.
- iii) Procedures for heat related injuries and illness are listed in Appendices F and G.
- iv) Injured athletes shall not participate until released in writing for participation by the attending physician.
- v) When the need for medical services arises, contact the parent/guardian of the players. (Section I, #14 of these guidelines).

Q. Each player, in order to be eligible to participate in a game, shall have taken part in a minimum of ten (10) practice periods extending over a period of ten (10) days during the three weeks of practice preceding his/her first game.

3. **BASKETBALL (Girls)**

A. The girls' basketball representative shall conduct a preseason meeting with coaches to discuss procedures for the season.

B. Season

- i) Beginning Date - Tryouts for girls' basketball may be held the last week of the girls' volleyball season. Organized practice shall begin as soon as tryouts are completed.
- ii) Ending Date - The school's basketball season ends following elimination from the post-season championship playoff. NOTE: There shall be no further practice during the remainder of the academic school year.

C. Schedule of Games

- i) All **regular season** schedules of the girls' basketball games shall be prepared by the sport representative with approval by the Athletic Council and the ~~Middle School Director~~ **District Athletic Director**.
- ii) A season may not exceed 28 games including all tournament games. The FCPS Middle School Tournament games are not included in the 28 game limit.
- iii) All games and scrimmages shall be played within a 150 mile radius of the school and must be held with any Kentucky Middle School (K-8).

D. Rosters and Rules for Playing Games

- i) Coaches will determine playing time for A and B team games.
- ii) A maximum of ~~30~~ **35** players shall be selected to be on the A and B teams combined.
- iii) **Roster**
 - 1. **Additions made to the roster after the 5th regular season game shall not be permitted to participate in post-season play.**
- iv) B team players may play for A teams. (NOTE: B team players may play in both games.)
- v) No team will guard in the backcourt if they have a 20-point lead.

- vi) B teams will not guard in the backcourt during the first half of play.

E. Length of Practice

- i) Length of time for practice session shall not exceed two (2) hours excluding the time required for dressing and showering.

F. Grade Level Requirements for Players

- i) The student must be enrolled in grades 6th, 7th, or 8th in order to play on the school's basketball team.
- ii) Any player regardless of grade may be on the "A" team. Only 6th and 7th graders may be on the "B" team.

G. Method to Determine Regular Season Champion & Tournament Seedings

- i) The regular season champion shall be determined by the team with the best winning record. In case of ties the team that defeated the other team in regular season play shall be declared the champion. In the unusual event that two teams with identical records split regular season head to head matchups then a coin toss will be used to determine a champion and runner-up seeding in the tournament. Trophies shall be awarded to the "A" team and "B" team winner and runner-up of the regular season. Trophies for A and B teams shall be awarded to the champion and runner-up of their respective tournaments.
- ii) At the end of the regular season, a single elimination "A" team tournament shall be played. It shall be seeded by the basketball representative using the regular season records. The first two rounds shall be played at the school with the best winning records. These sites are determined by team records at the end of the regular season. The semifinals and the championship game shall be held on a neutral basketball court. The date and location will be set by the basketball representative.
- iii) At the end of the regular season, a single elimination B team tournament shall be played consisting of the four teams with the best winning records from the regular season. The first round will be played at the schools with the best winning record. The B team championship game shall be played before the A team championship game on a neutral court.

H. Rules of National Federation of High School Basketball

- i) NFHS basketball rules are to govern the playing of basketball games unless there are modifications by Fayette County Public Schools action. Each coach shall be knowledgeable of the NFHS basketball rules and the head coach shall possess the current copy of the NFHS rules book.
- ii) Rules shall be reviewed annually in the preseason meeting for coaches by the girls' basketball representative.
- iii) Coaches will be held responsible for ensuring that all NFHS and Fayette County rules and policies (09.36) are followed.

I. Eligibility

SPORT	ELIGIBILITY REQUIREMENTS
Football, Volleyball, Girls Basketball, Cheerleading/Dance	These sports will use the last grading period of the prior school year.
Girls Basketball	This sport will use the 1st midterm of the current school year.
Boys Basketball	This sport will use the first grading period of the current school year.
Track	This sport will use the third grading period of the current school year.

J. Basketball Equipment Furnished by the Player

- i) The items of basketball equipment furnished by the player are:
 1. Shoes
 2. Socks
- ii) Any student who cannot afford to furnish items of equipment shall not be prohibited from sports participation. The school shall assist the student in acquiring the equipment.

K. Facilities for Practices and Games

- i) Facilities used for practices and games shall be checked daily for safety hazards by school staff members as assigned by the principal.

L. Travel for Games

- i) Travel to weekday basketball games for players, coaches, and student helpers may be by Fayette County Public School bus. The students shall be under direct supervision of a team coach.
 1. Coaches must request buses three (3) weeks in advance.
 2. Coaches should run a copy of their schedule on the back of the Parent Permission Travel form and it should be signed and kept on file with the head coach.
- ii) When school buses are not used, parents/guardians of the team participants shall be notified by the coach prior to the first scheduled meet, that if transportation for trips away from Lexington is provided, it will be by private vehicle or public transportation not covered by fleet insurance purchased by the Fayette County Board of Education. See Appendix R.

M. Provisions for Safety and First Aid Treatment of Injuries

- i) Safety and first aid treatment procedures are found in Section I, #14 of these guidelines.
- ii) Injured athletes shall not participate until released for participation by the attending physician.
- iii) When need for medical services arises, contact the parent/guardian of the players. (See Section I, #14).

4. **BASKETBALL (Boys)**

- A. The boys' basketball representative shall conduct a preseason meeting with coaches to discuss procedures for the season.
- B. **Season**
 - i) **Beginning Date** - Tryouts for boys' basketball shall be held the week prior to winter break. Organized practice shall begin as soon as tryouts are completed.
 - ii) **Ending Date** - The school's basketball season ends following elimination from the post-season championship playoff. NOTE: There shall be no further practice during the remainder of the academic school year.
- C. **Schedule of Games**
 - i) All **regular season** schedules of the boys' basketball games shall be prepared by the sport representative with approval by the Athletic Council and the ~~Middle School Director~~ **District Athletic Director**.
 - ii) A season may not exceed 28 games including all tournament games. The FCPS Middle School Tournament games are not included in the 28 game limit.
 - iii) All games and scrimmages shall be played within a 150 mile radius of the school and must be held with any Kentucky Middle School (K-8).
- D. **Rosters and Rules for Playing Games**
 - i) Coaches will determine playing time for A and B team games.
 - ii) A maximum of ~~30~~ **35** players shall be selected to be on the A and B teams combined.
 - iii) **Roster**
 - 1. **Additions made to the roster after the 5th regular season game shall not be permitted to participate in post-season play.**
 - iv) B team players may play for A teams. (NOTE: B team players may play in both games.)
 - v) No team will guard in the backcourt if they have a 20-point lead.
- E. **Length of Practice**
 - i) Length of time for practice sessions shall not exceed two (2) hours, excluding the time required for dressing and showering.
- F. **Grade Level Requirement for Players**
 - i) The student must be enrolled in grades 6, 7 or 8 in order to play on the school's basketball team.
 - ii) Any player regardless of grade may be on the "A" team. Only 6th and 7th graders may be on the "B" team.
- G. **Method to Determine Regular Season Champion & Tournament Seedings**
 - i) The regular season champion shall be determined shall be the team with the best winning record. In case of ties the team that defeated the other team in regular season play shall be declared the champion. In the unusual event that two teams with identical records split regular season head to head matchups, then a coin toss will be used to determine a champion, runner-up seeding in the tournament. Trophies for A and B teams shall be awarded to the champion and runner-up of their respective tournaments.

- ii) At the end of the regular season, a single elimination "A" team tournament shall be played. It shall be seeded by the basketball representative using the regular season records. The first two rounds shall be played at school with the best winning records. These sites are determined by team records at the end of the regular season. The "Home" team shall be the team with the best winning record. In case of identical records, the team that won the regular season game between the two schools shall be the "Home" team. The semifinals and championship game shall be held on a neutral basketball court. The date and location will be set by the basketball representative.
- iii) At the end of the regular season, a single elimination B team tournament shall be played consisting of the four teams with the best winning records from the regular season. The first round will be played at the schools with the best winning record. The B team championship game shall be played before the A team championship game on a neutral court.

H. Rules of National Federation of High School Basketball

- i) NFHS basketball rules are to govern the playing of basketball games unless there are modifications by Fayette County Public Schools action. Each head coach shall possess the current copy of the NFHS basketball rules book and shall be knowledgeable of the NFHS basketball rules.

I. Eligibility

SPORT	ELIGIBILITY REQUIREMENTS
Football, Volleyball, Girls Basketball, Cheerleading/Dance	These sports will use the last grading period of the prior school year.
Boys Basketball	This sport will use the first grading period of the current school year.
Track	This sport will use the third grading period of the current school year.

- J. Basketball Equipment Furnished by the Player (Any student who cannot afford to furnish items of equipment shall not be prohibited from sports participation. The school shall assist the student in acquiring the equipment).

- 1. Shoes
- 2. Socks
- 3. athletic supported

K. Facilities for Practices and Games

- i) Facilities used for practices and games shall be checked daily for safety hazards by school staff members as assigned by the principal.

L. Travel for Games

- i) Travel to basketball games for players, coaches, and student helpers may be by Fayette County Public Schools' bus. The students on the bus shall be under the direct supervision of a team coach. ~~Coaches shall be knowledgeable of Fayette County Public Schools' Board of Education Policies regarding School Related Trips (09.36) when applying for regular scheduled basketball games.~~
- ii) Coaches must request buses three (3) weeks in advance.

- iii) Coaches should run a copy of their schedule on the back of the Parent Permission Travel form and it should be signed and kept on file with the head coach.
- iv) When school buses are not used, parents/guardians of the team participants shall be notified by the coach prior to the first scheduled meet, that if transportation for trips away from Lexington is provided, it will be by private vehicle or public transportation not covered by fleet insurance purchased by the Fayette County Board of Education. See Appendix R.

M. Provisions for Safety and First Aid Treatment of Injuries

- i) Safety and first aid treatment procedures are found in Section I, #14 of these guidelines.
- ii) Injured athletes shall not participate until released in writing for participation by the attending physician.
- iii) When the need for medical services arises, contact the parent/guardian of the players. (Section I, #14)

5. **CHEERLEADING - DANCE TEAM**

A. The cheerleading representative shall conduct a preseason meeting with coaches to discuss procedures for the season.

B. Season

- i) Tryout Clinics - Tryouts/clinics can be held no longer than five to 6 Saturdays after spring break. If a spring tryout is held a fall clinic/tryout must also be held. Subject to approval by the Principal. **Tryouts must be held at the school.**
- ii) Dance Team season will be at discretion of individual schools.

C. Schedule for Cheerleading

- i) The cheerleading representative, in conjunction with the principal and the cheerleading coach, may coordinate the scheduling of cheerleading participation at the athletic events and the Showcase. (Coordinated by the cheerleading representative).
- ii) Dance Team season will be coordinated by the dance team coach.

D. Practice Sessions

- i) Practice sessions shall be supervised by the cheerleading coach or certified representative.
- ii) Practice sessions shall be held at the school or a site approved by the principal.
- iii) Practice sessions shall not exceed two hours in length, excluding time required for dressing and showering.
- iv) Dance team practice sessions shall be supervised by the Dance Team coach or certified representative.

E. Number of Cheerleaders

- i) Each cheerleading squad shall consist of the number of members that the coach can properly supervise.

- F. Cheerleading Equipment Furnished by the School ~~The items of cheerleading equipment furnished by the school are:~~
- i) Two uniforms with emblems (no other uniforms are permitted)
 - ii) Pom poms
- G. Cheerleading Equipment Furnished by the Cheerleader (Any student who cannot afford to furnish items of equipment shall not be prohibited from sports participation. The school shall assist the student in acquiring the equipment). ~~The items of cheerleading equipment furnished by the cheerleader are:~~
- i) Shoes
 - ii) Socks
 - iii) Hair ribbons/bows
 - iv) Body suit
 - v) Tights
- H. The following activities and equipment are not required nor are they a prerequisite to try out for or participate in middle school cheerleading.
- i) Dance lessons
 - ii) Dance skills
 - iii) Gymnastic lessons
 - iv) Gymnastic skills
 - v) Warm-up suits
- I. Facilities for Cheerleader Practice
- i) Facilities used for cheerleader practices shall be determined by the principal and coach. The facilities shall be checked daily for safety hazards by school staff members as assigned by the principal.
- J. Cheerleading Competition
- i) Competition for middle school cheerleading and dance squads shall be within a 150 mile radius of the school.
 - ii) Cheerleaders are limited to a maximum of three (3) competitions during the school year. Any preliminary competitions that progress to district, region, state and/or national level will be considered as one competition.
 - iii) All middle school cheerleading and dance squads shall participate in the Fayette County Public Middle School Cheerleading Showcase.
- K. Cheerleader Travel to Athletic Events
- i) Travel to any athletic event for cheerleaders and cheerleader coaches may be with the athletic team on Fayette County Public School bus. The cheerleaders on the bus shall be under the direct supervision of the cheerleading coach/or certified personnel. It shall be the responsibility of the principal, the cheerleading coach and the athletic coach to plan cooperatively for transportation to athletic events. ~~The coach shall be knowledgeable of Fayette County Public Schools Board of Education Policies 09.36 School Related Student Trips.~~
 - 1. Coaches must request buses three (3) weeks in advance.
 - 2. Coaches should run a copy of their schedule on the back of the Parent Permission Travel form and it should be signed and kept on file with the head coach.
 - ii) When school buses are not used, parents/guardians of the team

participants shall be notified by the coach prior to the first scheduled game, that if transportation for trips away from Lexington is provided, it will be by private vehicle or public transportation not covered by fleet insurance purchased by the Fayette County Board of Education. See Appendix R.

L. Provisions for Safety and First Aid Treatment of Injuries

- i) Safety and first aid treatment procedures are found in Section I, #14, of these guidelines.
- ii) Procedures for heat related injuries and illnesses are given in Appendices F and G.
- iii) Injured cheerleaders shall not participate until a written release for participation by the attending physician has been given to the coach.
- iv) When the need for medical services arises, contact the parent/guardian of the cheerleader (See Section I, #14).
- v) All coaches are required to attend the KHSAA fall safety cheer clinic.

M. National Federation High School Cheerleading/Spirit Regulations

- i) Each year in all National Federation High School sports regulations, one of the main objectives is risk and safety minimization. Included with the 2013-2014 Spirit Rule Book mailing to all cheer coaches sent on August 27, 2013, was a letter regarding specific regulations for cheerleading involved in the sport of basketball. These regulations were outlined in the risk management section of the rule book as follows:
 - 1. Rule 2-1-8 states: *Stunts must not be performed during a basketball or volleyball game when the ball is in play, including free throws in basketball and just prior to the serve in volleyball*
 - 2. Rule 2-1-9 states: *Spirit participants must not perform warm up stunts on the court or sideline area during player warm-up if an alternate area is available. If no appropriate alternate area is available, the coach must take reasonable precautions to minimize the risk for participants; Note: See suggestions in Coaches Responsibilities;*
 - 3. Rule 2-1-10 states: *Spirit participants must remain outside the playing area during a 30-second or less time-out in a basketball game;*
 - 4. Rule 2-1-13 states: *Spirit participants must not stand behind the free throw lane extended during a basketball game. Rationale: These changes help those schools that have no alternate area/facility/gymnasium to warm up or practice before the game.*
- ii) All middle school and dance must follow NFHS spirit rules.

6. **TRACK AND FIELD** (Boys and Girls)
- A. The track and field representative will conduct a preseason meeting with coaches to discuss procedures for the season.
 - B. Season
 - i) Beginning Date - Organized tryouts may not begin earlier than March 15.
 - ii) Ending Date - The school's track and field season ends with the State Track and Field championship meet or the FCPS meet, depending on which one is last.
 - C. Schedule of Meets
 - i) The season shall consist of a minimum of six (6) with a maximum of fourteen (14) scheduled meets.
 - ii) The first meet shall be scheduled after at least 10 practice sessions. Each participant, in order to be eligible to participate in a meet, shall have taken part in a minimum of (10) practice sessions.
 - iii) All meets shall be held within a 150 mile radius of the school.
 - D. Length of Practice
 - i) Length of time for practice sessions shall not exceed two (2) hours, excluding time required for dressing and showering.
 - E. Number of Players
 - i) Each track and field team shall consist of the number of members the coach can properly supervise.
 - F. Rules of National Federation of High School Track and Field
 - i) NFHS track and field rules are to govern the running of track and field meets. Each coach shall be knowledgeable of the NFHS track and field rules.
 - ii) Rules shall be reviewed annually in the preseason meeting of coaches by the track and field representative.
 - G. Track and Field Equipment Furnished by the School
 - i) The items of track and field equipment furnished by the school shall meet all safety standards. The items of equipment furnished by the school are all apparatus used for practice and competition.
 - H. Eligibility

SPORT	ELIGIBILITY REQUIREMENTS
Football, Volleyball, Girls Basketball, Cheerleading/Dance	These sports will use the last grading period of the prior school year.
Boys Basketball	This sport will use the first grading period of the current school year.
Track	This sport will use the third grading period of the current school year.

- I. Track and Field Equipment Furnished by the Player
 - i) Each team member shall wear the same color and design of shorts and shirts. Any student who cannot afford to furnish items of equipment shall not be prohibited from sports participation. The school shall assist the student in acquiring the equipment.

Facilities for Practice and Meets

~~Facilities and apparatus used for track and field practices and meets shall be determined by the principal and coach, and the facilities and apparatus shall be checked daily for safety hazards by school staff members as assigned by the principal.~~

J. Track and Field Championship

- i) A county-wide track and field championship meet shall be held at the conclusion of the regular season. The championship meet shall be divided between boys and girls competition. The middle school track and field teams, both boys and girls, shall participate in this competition. The date and location of the championship game shall be set by the sport representative. The host school shall handle the expenses and divide any profits to pay for officials. All athletes entered in the FCPS middle school championship meet must have participated in at least four (4) middle school meets during that season. Documentation of participation shall be brought by the coach to the Championship Meet for review.

K. Travel for Meets

- i) Travel to track and field meets for players, coach and student helpers may be by Fayette County Public School bus. The students on the bus shall be under the direct supervision of the team coach. ~~The coach shall be knowledgeable of Fayette County Public Schools Board of Education Policies 09.36 School Related Student Trips when applying for trips to regular scheduled track and field meets.~~
 1. Coaches must request buses three (3) weeks in advance.
 2. Coaches should run a copy of their schedule on the back of the Parent Permission Travel form and it should be signed and kept on file with the head coach.
- ii) When school buses are not used, parent/guardians of the team participants shall be notified by the coach prior to the first scheduled meet, that if transportation for trips away from Lexington is provided, it will be by private vehicle or public transportation not covered by fleet insurance purchased by the Fayette County Board of Education. **See Appendix R.**

L. Provisions for Safety and First Aid Treatment of Injuries

- i) Safety and first aid treatment procedures are found in Section I, #14 of these guidelines.
- ii) Injured athletes shall not participate until released, in writing, for participation by the attending physician.
- iii) When need for medical services arise, contact the parent/guardian of the player (See Section I, #14).

M. EVENTS FOR TRACK AND FIELD

i) Track Events

1. 3200 Meter Relay
2. 100 Meter Low Hurdles (Girls)
3. 110 Meter Low Hurdles (Boys)
4. 100 Meter Dash
5. 800 Meter Relay
6. 1600 Meter Run
7. 400 Meter Relay
8. 400 Meter Dash
9. 300 Meter Low Hurdles
10. 800 Meter Run
11. 200 Meter Dash
12. 3200 Meter Run
13. 1600 Meter Relay

ii) Field Events

1. Long Jump
2. *High Jump
3. Triple Jump
4. Shot Put
5. Discus
6. *Pole Vault
7. *Turbo Javelin

- iii) ~~*Regular season meet with the approval of the building principal and supervision of approved coach. Athletes may participate in these events as a scoring event for any individual. Practice for these events must be approved by the building principal and supervised by a trained and approved coach.~~ **These events will not be scored at the FCPS Championship Meet.**

N. Officials - A licensed KHSAA or USATF official must be on site during a meet.