

SPORTS PROGRAM GUIDELINES

SONORA ELEMENTARY SCHOOL DISTRICT

STATEMENT OF GENERAL PHILOSOPHY

Youth, by inherent nature, are active physically and have a zest for adventure. Most young children are interested in playing games, and have a strong desire to compete.

School athletics are a potential educative force of tremendous power in meeting many of the needs of youth. Competition and cooperation are prized in our California culture, and both are fostered by well-conducted athletic games under competent leadership.

Athletics which are regulated to meet educational objectives can provide a major contribution to fitness of the participant through (1) development of an appreciation for health and physical fitness; (2) learning the "give and take" essential to environmental adjustment and appreciation of the values of sportsmanship and cooperation in good citizenship; (3) acquiring skills, knowledge, and attitudes which can result in life-long recreational values; and (4) gaining self-reliance and understanding the necessity for hard work and self-discipline in order to be prepared for the task ahead.

Historically, California has believed in the value of competition in athletics as part of the educational experience. We are dedicated to pursue this principle by directing and encouraging an athletic program, which will give our youth the best possible chance to benefit in full measure from their participation.

CODE OF ETHICS

1. To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress the values derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a happy relationship between visitors and hosts.
6. To respect the integrity and judgment of sports officials.
7. To encourage leadership, use of initiative, and good judgment by the players on a team.
8. To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players.
9. To remember that an athletic contest is only a game - not a matter of life and death for player, coach, school, officials, community, state, or nation.
10. To insure that opportunities to participate in sports shall be provided equally for both boys and girls.

SONORA SCHOOL DISTRICT SPORTS GUIDELINES

PURPOSE:

To sponsor and govern competitive sports at Sonora Elementary School District.

To foster and sponsor sports to the end that many students, both male and female, may qualify for participation and that Sonora Elementary School District may have a well-balanced program of competition.

PARTICIPATION

Participation will be open to all 6th-8th grade students in Sonora Elementary School District.

ELIGIBILITY OF STUDENT ATHLETES

No student, whose 15th birthday is attained prior to June 15, shall participate or practice on any team in the following school year. A student, whose 15th birthday is on June 14, or before, is eligible.

Students who are not enrolled in programs under the jurisdiction of Sonora Elementary School District are not eligible to participate.

RULES AND REGULATIONS OF SONORA ELEMENTARY SCHOOL DISTRICT ATHLETICS

Sonora School District offers athletic competition for students in the following sports:

6 th /7 th /8 th Girls' Volleyball	6 th /7 th /8 th Girls' Basketball
6 th /7 th /8 th Boys' Basketball	6 th /7 th /8 th Boys' Wrestling
6 th /7 th /8 th Co-Ed Track	6 th /7 th /8 th Co-Ed Cross Country

Games for 6th/7th/8th will normally be played on Tuesdays and Thursdays with games starting 15 minutes after AWAY team arrives. Schools will make every effort to start the first game at 3:45 p.m.

6th grade games must end by 5:00 p.m. 7th grade will start at 5:15 p.m. and will be followed by 8th grade after a 15-minute warm-up.

GIRLS' BASKETBALL

Girls' basketball rules will be governed by the rules set by C.I.F. with the addition of the following:

- No thirty (30) second clock will be used – backcourt violations will be enforced.
- 8th graders will play four (8) minute stop-the-clock quarters with a (5) minute halftime break.
- 7th graders will play four (7) minute stop-the-clock quarters, with (5) minute halftime break.
- 6th graders will play four (6) minute stop-the-clock quarters, with (5) minute halftime break.
- Press is not allowed in the 6th grade and Division II. In 7th/8th grades, effective in the 4th quarter: the press is allowed until a 20 point lead. After a 20 point lead, neither team can use the press or half-court trap for the remainder of the game. The 1st infraction will constitute a warning, 2nd infraction a technical and 3rd infraction a technical and coach removal.

BOYS' WRESTLING

Boys' wrestling rules will be governed by the rules set by C.I.F., with the addition of the following:

- Before participation in any league match or tournament, a wrestler must have 5 days practice not including matches, been officially weighed in, and placed on the team roster. A mandatory weigh-in will be held for all participating schools prior to the season. A second weigh-in will be held a week after for wrestlers who are unable to attend the mandatory weigh-in. Wrestlers may also officially weigh-in at the Novice Tournament or Takedown Tournament provided that the 5 days of practice has been certified by an administrator or coach.
- Wrestlers may only weigh-in wearing their uniform or appropriate undergarment. A weigh-in roster will be compiled and given to athletic directors prior to start of league matches. No wrestler will wrestle lower than their original league weigh-in weight during league matches and can only wrestle one weight class higher during league matches.
- An additional mandatory weigh-in will be held prior to the County Tournament. Wrestlers may only weigh-in wearing their uniform or appropriate undergarment. From this tournament weigh-in a wrestler can only wrestle up one weight class in the tournament. However, from this tournament weigh-in a wrestler can only wrestle down one weight class from the original mandatory league weigh-in.
- *NOVEMBER 15TH IS THE LAST POSSIBLE DATE TO ADD A WRESTLER TO A TEAM ROSTER.*
- **WEIGHT CLASSES:** will be established at the start of the season by the Athletic Directors – not to exceed 13 weight classes. An additional 2 pounds will be allowed after completing the week of November 28.
- **TIME PERIODS:** Three one-minute rounds. Tournament overtimes, three 30- second rounds.
- **SCORING:** Team scores will be kept during dual wrestling matches.
- **UNIFORM:** Head protection is required. Long sleeve shirts, loose fitting T-shirts and long pants, which would hinder opponents grasp, shall not be allowed. Knee pads may or may not be worn, however, if they are used, they must be worn on the knees and not the ankles. Shoes must be worn during matches.
- **CROWD CONTROL:** A team point may be deducted from a team if the coach, spectators or team members yell unfitting remarks, or are exhibiting unsportsmanlike conduct.

BOYS' BASKETBALL

Boys' basketball rules will be governed by the rules set by C.I.F., with addition of the following:

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- 7th graders will play four (7) minute stop-the-clock quarters, with (5) minute halftime break
- 6th graders will play four (6) minute stop-the-clock quarters, with (5) minute halftime break.
- Press – Press is not allowed in the 6th grade and Division II. In 7th/8th grades, effective in the 4th quarter: the press is allowed until a 20 point lead. After a 20 point lead, neither team can use the press or half-

court trap for the remainder of the game. The 1st infraction will constitute a warning, 2nd infraction a technical and 3rd infraction a technical and coach removal.

- No thirty (30) second clock will be used. Backcourt violations will be enforced.

GIRLS' VOLLEYBALL

Girls' volleyball rules will be governed by the rules set by C.I.F., with addition of the following:

- Net height must be at least seven (7) feet high, however, it is preferred that the regulation height of 7 feet 4 1/4" be used whenever possible.
- 5 serve rotate rule - one girl may serve 5 consecutive serves then team rotates to next server or substitute a player.
- The inverted bump is allowed, which is like the locked overhead hit, to be used on the first or second hit if the ball remains on your side. Cannot be used on the third hit to take the ball over
- No libero will be used.

FORFEITS

If a team does not have an adequate number of players to field a team in that event, the coach may substitute players from other teams to play the game; however, said team must forfeit the contest if they elect to bring upper level players down.

- A player is limited to play in one level of competition per game day.
- In an emergency, an athlete can play in two contests in the same day (emergency = not enough players to start a game/match).

OFFICIATING

Referees will be scheduled by the District Athletic Director at the time the schedules are developed.

Payment for officials will be at the following rate:

7th/8th Grade Girls' Basketball (2 officials/game) - \$35.00 each
6th Grade Girls' Basketball (2 officials/game) - \$20.00 each
Boys' Wrestling (1 official/match) - \$45.00 each
7th/8th Grade Boys' Basketball (2 officials/game) - \$35.00 each
6th Grade Boys' Basketball (2 officials/game) - \$20.00 each
7th-8th Grade Girls' Volleyball (1 referee/1 umpire/match) - \$35.00/ref and \$15.00/ump
6th Grade Girls' Volleyball (1 referee/1 umpire per match) - \$25.00/ref and \$10.00/ump

If an official has to work alone, we recommend an additional \$10.00 be added to his/her total.

SUPERVISION

Sonora School District will be responsible for overall supervision of all athletic events being conducted at the school.

Both the “home” and “visiting” team coaches are responsible for supervision of their student athletes from the time their students arrive for competition until they leave.

Both the “home and visiting coaches are responsible for sportsmanship of their fans during games.

COMPLAINTS

If a complaint is lodged during an athletic event, the coaches involved would attempt to resolve the problem during the contest.

If this not possible, then the coaches would contact their respective Athletic Director

Final complaint resolution will be made by the Superintendents of the districts involved.

SEASON START DATE

The season of a sport, including the date when practices, games, or tournaments may begin, will be agreed upon by the Athletic Directors from all of the elementary school districts.

Open gym or tryouts are permitted, but no instruction can be given. Open gyms will be available to anyone who chooses to participate.

If a complaint about a violation of the season start time is made, the following process will take place:

1. The coach making the complaint will go to the Athletic Director.
2. The Athletic Director will notify the other school’s Athletic Director who will investigate and notify his Superintendent.
3. A.D. will notify the other school’s A.D.
4. Athletic Directors at each school have overall responsibility for seeing that # 1-3 are followed.

PENALTIES

The School District’s Superintendent shall institute penalties for infractions of the Rules and Regulations and Code of Ethics.

Tuolumne County Wrestling Tournament
Sponsored By Tuolumne County Office of Education

Rules

Eligibility for tournament

6th – 8th grade boys

Wrestlers must be on official team roster

Format of tournament (Held by the County Schools Office)

Double Elimination

Varsity

Each school will be allowed 2 wrestlers in each weight class – additional wrestlers in weight class will wrestle as unattached and not earn team points.

2 lbs. are added to weight classes after Thanksgiving

Weigh in procedures

Weigh-ins held Thursday prior to tournament

Wear only singlet or appropriate undergarment (give .2 for singlet)

Step on, step off, and step on

No rounding off ounces

Seeding Meeting

Held Thursday prior to the tournament after weigh-ins

Tournament Day

4 coach's bands available per school

Score tables

4 sets of (3) scorekeepers will work all day

Finals - 2 sets of (3) scorekeepers will work finals

Tuolumne County Co-Ed Track Meet
Sponsored By Tuolumne County Office of Education

Rules

The Tuolumne County Schools Office will conduct a county-wide elementary school track meet each year. Athletes in 6th/7th/8th grade are eligible to participate.

Safety: protective shoes are to be worn. **No metal cleats** may be worn. This includes the metal spiked shoes with cleats taken out. **No metal may be showing.** No starting blocks may be used.

The following are the events, which are proposed for the Final Track Meet:

- High Jump
- Triple Jump
- Co-ed 400m relay
- 100 m

- 200m
- 400m
- 1600m – open event
- Shot Put 7TH -8TH grade
- Softball throw 6TH grade only

The following are the events, which are proposed for the Trial Track Meet:

- High Jump
- Long Jump – Final event
- 100m
- 200m
- 400m
- 800m – Final Event
- Co-ed 400m relay if there are 7 or more teams participating.

Other:

- Each school can send 3 athletes per running event with the exception: the 1600m
- Each school can send 4 athletes per field event.
- Each athlete can only participate in 4 final events which includes the co-ed relay.
- The size of the shot put will be 6lbs. for girls & 8 lbs. for boys
- Long Jump and triple jump will jump two times for record
- High Jump will get two misses for record (**Fossberry Flop or scissor kick only**)
- Softball Throwers get 2 throws for record
- Shot Putters get 2 puts for record

Tuolumne County Co-Ed Cross-Country Meet
Sponsored By Tuolumne County Office of Education

Rules

The Tuolumne County Schools Office will conduct a county-wide elementary school Cross Country meet each year.

Athletes in 6th/7th/8th grade are eligible to participate.