

VIRGINIA BEACH MIDDLE SCHOOL LEAGUE

2025-26

*** BAYSIDE * * BRANDON ***

*** CORPORATE LANDING * * GREAT NECK ***

*** INDEPENDENCE * * KEMPSVILLE ***

*** LANDSTOWN * * LARKSPUR * * LYNNHAVEN ***

*** OLD DONATION SCHOOL * * PLAZA ***

*** PRINCESS ANNE * * RENAISSANCE ACADEMY ***

*** SALEM * * VIRGINIA BEACH ***



**VIRGINIA BEACH CITY PUBLIC SCHOOLS
CHARTING THE COURSE**

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VIRGINIA BEACH MIDDLE SCHOOL LEAGUE

PREFACE

The Virginia Beach Middle School League is an organization of the public middle schools of the Virginia Beach City Public Schools. The League seeks to encourage student participation in sponsored activities by conducting and supporting programs in academic challenge, forensics, debate, one-act play and athletics.

This Handbook is the result of many years of development of various rules, regulations, procedures, and philosophies of many persons involved in the program. It is intended to be a valuable resource for member principals, coaches, sponsors, and advisers. The Handbook contains official information concerning the organization, membership, and structure of the League.

It is the intention of the Virginia Beach Middle School League to annually publish the Handbook as a guide to the successful administration of the program. In addition to the League Handbook, rule books, as published by the National Federation of State High School Associations, will become the official guide to athletics unless specific local rules are enacted.

The Virginia High School League has been the parent organization and the contributions of the VHSL are greatly appreciated.

MISSION STATEMENT

The mission of the Virginia Beach City Public Schools, in partnership with our entire community, is to ensure that each student is empowered with the knowledge and skills necessary to meet the challenges of the future.

NON-DISCRIMINATION STATEMENT

Alternative formats of this publication, which may include taped, Braille, or large print materials are available upon request for individuals with disabilities. Call or write Rhonda Ogden, Office of Student Leadership, 641 Carriage Hill Rd Ste. 200, Virginia Beach, Virginia 23452, Telephone (757) 263-2030(Voice): (757) 263-1240 (TDD)

**VIRGINIA BEACH MIDDLE SCHOOL LEAGUE
CONSTITUTION**

ARTICLE I. NAME

The name of this organization shall be the Virginia Beach Middle School League.

ARTICLE II. PURPOSE

The purpose of this organization shall be to administer and coordinate League sponsored athletic and academic activities in the middle schools of Virginia Beach.

ARTICLE III. MEMBERSHIP

Section 1. The membership of this organization is limited to the public middle schools under the jurisdiction of the Virginia Beach School Board.

Section 2. Schools shall be represented at all meetings of this organization by the principal or a designee. In matters requiring voting, each school shall be entitled to one (1) vote by the principal or designee.

ARTICLE IV. OFFICERS

Section 1. The officers of this organization shall be Chairperson, Vice-Chairperson, and Secretary-Treasurer elected from the principals' group.

Section 2. The terms of office shall be for two (2) years beginning in June. An officer may not succeed himself for more than one term.

ARTICLE V. COMMITTEES

Section 1. Standing Committees:

The following standing committees shall exist:

- a. Baseball
- b. Basketball
- c. Cheerleaders
- d. Debate
- e. One-Act Play
- f. Field Hockey
- g. Football
- h. Hardship
- i. Scholastic Bowl
- j. Soccer
- k. Softball
- l. Speech

- m. Track
- n. Volleyball
- o. Wrestling

Section 2. Standing Committee Chairpersons:

The League Chairperson shall appoint standing committee chairpersons. Those eligible for appointment must come from the middle school student activities coordinators.

Section 3. Standing Committee Chairpersons Responsibilities:

The chairperson of each standing committee shall assume the following responsibilities:

- a. Serve as the liaison for the coaches and the League by establishing appropriate communications. All requests shall be channeled through the committee chairpersons.
- b. Standing committee reports shall be submitted for consideration at the close of the activity season. These program reports shall be reviewed at the regular scheduled principals' meeting following the conclusion of the activity. Changes will be reflected in the Handbook to be published in August.
- c. Serve as interpreter of National Federation rules or special local rules in effect. Appeals will be referred to the League chairperson who in turn will provide for appropriate resolutions with the consensus of the League principals.

Section 4. Special Committees:

Special committees shall be appointed by the League chairperson as the need arises.

ARTICLE VI. MEETINGS

Section 1. Meeting times shall be established by the principals. Principals may designate certain meetings, as meetings to include student activity coordinators, and standing committee chairpersons. Time and place of the meetings shall be selected by the League.

Section 2. There will be one (1) social meeting per year. The chairperson will set the place and time for this meeting.

Section 3. The number of school voting representatives needed to conduct business is ten (10).

ARTICLE VII. RULES OF PROCEDURE

An annual handbook shall be published by the organization which shall be available to all administrators and coaches in August of each year. The content of this handbook shall include the following:

- Section 1. a. League Rules and Regulations
- b. Individual Program Procedures
- c. League Constitution

- Section 2. All sports activities shall be governed by the National Federation of State High School Associations' Rule Books unless special local rules have been specifically established and published in the Handbook. Appropriate current copies of rule books shall be made available to each school.

- Section 3. Parliamentary authority will be Robert's Rules of Order, Revised edition.

- Section 4. In each activity a city champion and runner-up will be determined. Each member school enters its one-act play in the league festival. Except for one-act play, league champions and runners-up will be determined by one of two culminating events: a championship tournament involving the top four seeds, or a city-wide meet/tournament involving all member schools (see "Tournament," "Championship Tournament," or "City Meet" for each activity). Old Donation School will participate in Scholastic Bowl, Debate, Speech, and One-Act Play only.

ARTICLE VIII. AMENDMENTS

This constitution may be amended by ten (10) votes of eligible schools.

VIRGINIA BEACH MIDDLE SCHOOL LEAGUE - Member Schools

Bayside Middle School

965 Newtown Road
Virginia Beach, VA 23462
Telephone: 648-4400

Principal: Ms. Shampriest S. Bevel
Student Activities Coordinator: Mr. Floyd Carter
Nickname: "Raiders"
Colors: Red and White

Brandon Middle School

1700 Pope Street
Virginia Beach, VA 23464
Telephone: 648-4450

Principal: Mr. Kenneth D. Vaughan
Student Activities Coordinator: Mr. Patrick Mackey
Nickname: "Chargers"
Colors: Columbia Blue, Gold, and White

Corporate Landing Middle School

1597 Corporate Landing Parkway
Virginia Beach, VA 23454
Telephone: 648-4500

Principal: Mr. Robert V. Yoshida
Student Activities Coordinator: Ms. Lola LaPier
Nickname: "Jets"
Colors: Columbia Blue, Navy, and White

Great Neck Middle School

1848 Great Neck Road
Virginia Beach, VA 23454
Telephone: 648-4550

Principal: Ms. Paige Scherr
Student Activities Coordinator: Ms. Leah Lambson
Nickname: "Stingrays"
Colors: Cardinal, White, and Silver Gray

Independence Middle School 1370

Dunstan Lane
Virginia Beach, VA 23455
Telephone: 648-4600

Principal: Ms. Christy E. McQueeney
Student Activities Coordinator: Mr. Justin Shaw
Nickname: "Eagles"
Colors: Red, White, and Blue

Kempsville Middle School

860 Churchill Drive
Virginia Beach, VA 23464
Telephone: 648-4700

Principal: Dr. Tamara D. Cornick
Student Activities Coordinator: Mrs. Sherry White
Nickname: "Braves"
Colors: Royal Blue and Gold

Landstown Middle School

2204 Recreation Drive
Virginia Beach, VA 23456
Telephone: 648-4750

Principal: Dr. Mark G. Makovec
Student Activities Coordinator: Mr. Corey Langston
Nickname: "Lancers"
Colors: Cardinal Red, Black and Gold

Larkspur Middle School

4696 Princess Anne Road
Virginia Beach, VA 23462
Telephone: 648-4800

Principal: Dr. Whitney Szoke
Student Activities Coordinator: Mr. Derek Buckley
Nickname: "Lions"
Colors: Purple, Teal, Gold, and Silver

Lynnhaven Middle School
1250 Bayne Drive
Virginia Beach, VA 23454
Telephone: 648-4850

Principal: Dr. Dawn L. Kramer
Student Activities Coordinator: Mr. Brad Nelson
Nickname: "Blues"
Colors: Navy Blue and Orange

Old Donation School
4633 Honeygrove Road
Virginia Beach, VA 23455
Telephone: 648-3240

Principal: Mr. Joel P. Guldenschuh
Student Activities Coordinator: Ms. Sara Wade
Nickname: "Rising Tides"
Colors: Navy Blue, White, and Grey

Plaza Middle School
3080 South Lynnhaven Road
Virginia Beach, VA 23452
Telephone: 648-4900

Principal: Dr. Andria Chambers
Student Activities Coordinator: Ms. Rowena Gescik
Nickname: "Trojans"
Colors: Orange and Blue

Princess Anne Middle School
2509 Seaboard Rd.
Virginia Beach, VA 23456
Telephone: 648-4950

Principal: Mr. Andrew R. Filipowicz
Student Activities Coordinator: Mr. Zeb Clark
Nickname: "Panthers"
Colors: Navy Blue, Gold, and White

The Renaissance Academy
525 Kempsville Road
Virginia Beach, VA 23464
Telephone: 473-5038

Director: Mr. Anthony Smith
Student Activities Coordinator: Ms. Nicole Beymer
Nickname: "Gryphon"
Colors: Hunter Green, White, Black, and Silver

Salem Middle School
2380 Lynnhaven Parkway
Virginia Beach, VA 23464
Telephone: 648-5000

Principal: Ms. Amanda L. Fredrickson
Student Activities Coordinator: Mr. Randy Sparling
Nickname: "Sharks" Colors: Royal, Silver, and White

Virginia Beach Middle School
600 25th Street
Virginia Beach, VA 23451
Telephone: 648-5050

Principal: Dr. Shana Remian
Student Activities Coordinator: Mr. John Fox
Nickname: "Seahawks"
Colors: Green and Gold

Officers:

Chairman – Ms. Paige Scherr
Vice-Chairman – Mr. Robert Yoshida
Secretary/Treasurer – Mr. Joel Guldenschuh

Standing Committee Chairpersons:

Scholastic Bowl -	Mr. Corey Langston, Landstown Middle School
Baseball -	Mr. Patrick Mackey, Brandon Middle School
Basketball -	Mr. Zeb Clark, Princess Anne Middle School
Cheerleaders -	Mr. Justin Shaw, Independence Middle School
Debate -	Ms. Sara Wade, Old Donation School
Field Hockey -	Mrs. Sherry White, Kempsville Middle School
Football -	Mr. Brad Nelson, Lynnhaven MS, Mr. Randy Sparling, Salem MS
Speech -	Ms. Leah Lambson, Great Neck Middle School
One-Act Play -	Mrs. Sara Wade, Old Donation School
Soccer -	Ms. Lola LaPier, Corporate Landing Middle School
Softball -	Mr. Zeb Clark, Princess Anne Middle School
Track -	Mr. Derek Buckley, Larkspur Middle School Ms. Rowena Gescik, Plaza Middle School Mr. Floyd Carter, Bayside Middle School
Volleyball -	Mrs. Sherry White, Kempsville Middle School
Wrestling -	Mr. Brad Nelson, Lynnhaven Middle School Mr. Randy Sparling, Salem Middle School Mr. Patrick Mackey, Brandon Middle School

Special Committees:

League -	Ms. Paige Scherr, Mr. Robert Yoshida and Mr. John Cosimano
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**VIRGINIA BEACH MIDDLE SCHOOL LEAGUE
RULES AND REGULATIONS**

Section 1: SCHOOL REGULATIONS

Member schools shall observe the following regulations in all interschool contests, including those not sponsored by the League:

- A. PRINCIPAL'S RESPONSIBILITY RULE** - Final authority and ultimate responsibility in all matters pertaining to interscholastic activities of each school, both athletic and non-athletic, shall be vested in the principal, who acts under authority granted by the division superintendent of schools. The principal's responsibilities shall include, but shall not be limited to, the following:

Control:

- (1) The principal shall exercise control over all interscholastic contests in which his/her school engages. It is his/her responsibility, as well as that of his/her coaches, faculty members, and all representatives of his/her school, to practice the highest principles of sportsmanship in all interscholastic relationships with visiting coaches and official representatives, contest officials, visiting contestants, and the general public, as well as to inculcate a sportsmanlike attitude toward visitors on the part of his/her school and community.
- (2) The principal shall seek by every reasonable means at his/her command to prevent the development of riots, fights, pilfering, defacement, or destruction of property, or any other unsportsmanlike conduct in connection with contests with other schools, on the part of his/her students or the supporters or partisans of his/her school.
- (3) Each school of this organization is responsible for the eligibility of its own students in carrying on an interscholastic program. If the principal of a member school has a question about the eligibility of a student of another school, he/she shall direct it to the principal of the other school. In taking such action, the first principal is not casting reflection upon the other school's adherence to eligibility regulations, but is acting in the best interest of the League. If a principal has knowledge of an ineligible athlete, he/she is obligated to report it.

Finances: The principal shall exercise control over all finances involved in the interscholastic activities program and not otherwise controlled by the school board.

Contests: The principal shall approve all contests in which representatives of his/her school participate. Any agreement to engage in any contest not approved by the principal shall not be binding.

Eligibility List: The principal shall certify on the Master Eligibility List the eligibility of all contestants representing his/her school. Certification becomes effective upon the signing of the eligibility list by the principal or his/her designee. Master Eligibility Lists will be maintained and kept on file in the Student Activities Office at each League school. Additionally, each student activities coordinator is required to send a copy of the MEL to each respective activity chairperson's school no later than the day that any League competition is scheduled to begin in that activity. A separate list shall be prepared for each activity and kept on file in the Student Activities Office of each school. Any transfer student, who is to be certified for participation, must

have an official transcript of records or other evidence on file in the school office. The principal shall, when so requested, furnish such additional information as may be required to determine the eligibility or ineligibility of a student in his/her school.

Excluding Injured Students: The principal shall exclude from athletic participation any student who has suffered serious illness or injury, until such time as that student has been pronounced physically fit to participate by a physician.

Local Rules: The principal shall be authorized to make and enforce any local rule supplementary to League rules and regulations, but not inconsistent with them. The authority of the principal to impose and enforce such local rules is absolute and will not be subject to League review. The League will not question the right of any principal to exclude any student in the school from participation in any League activity at any time.

Interpretations:

- (1) The 'day of the first contest' is the day on which a team representing the school plays another team. Whether or not the game counts in League competition is not a factor in making this determination.
- (2) The date of birth and the date of entry, as reported on the Master Eligibility List on which a student appears for the first time, will be considered controlling and may not be changed in later lists for the same year or later years except when specifically authorized to correct an error. It is recommended that a new principal, before certifying a Mater Eligibility List, verify the information given by checking it with lists previously submitted.
- (3) The principal may designate the exercise of his/her responsibilities under this rule to one or more representatives, but he/she will be held responsible (by the League) for the observance of all provisions of this rule.
- (4) The word 'principal', as used in this rule, refers to the middle school principal, or the Division Superintendent in those cases in which the superintendent performs the duties of the principal.

B. COACHES RULE – Whenever possible all coaches and sponsors of interscholastic League activities, both athletic and nonathletic, should be employed by the school board and responsible to the school principal. All coaches and sponsors of athletic and nonathletic activities not employed by the school board shall be authorized by Human Resources and approved by the Division Superintendent.

C. PRESEASON AND OUT-OF-SEASON PRACTICE RULE - No member school shall engage in any form of preseason or post-season practice or in any preseason or post-season competition in any sport. Each school's sports season ends with the League's last regularly scheduled game or its last tournament, play-off contest, or rescheduled contest.

Interpretations:

- (1) Practice is defined as the involvement of individuals or group of individuals from a member school in any organized program of demonstration, instruction or participation conducted in part or in entirety by a person or group of people who are involved in the coaching of any of these athletes for pay or other remuneration. The spirit of the practice rule shall be that every school and participant shall have the same opportunities to practice prior to the first game of the season. The foregoing provision does not apply to recreation programs sponsored by

governmental agencies and civic organizations when approved by a member school. In approving a program, schools shall insist that the program be open to everyone in the community or area served.

NOTE: A member of the school's coaching staff may be employed to assist a school-approved community recreation program without violating this rule provided the coach does not cause such a program to become, for all practical purposes, a middle school squad practice scheme. A great responsibility rests upon the coaches engaged in such a recreation program to make certain that the spirit and the letter of the Preseason and Out-of-Season Rule are observed.

- (2) A member school is permitted to organize and supervise conditioning programs to include weight lifting, running, and exercising as long as the program is general in nature and includes only exercises designed to promote physical fitness. No school may issue equipment designed for a specific sport for this type of program. These conditioning programs must be open to all members of the student body. The same intramural sport may not be offered by the coach(es) of that sport in the nine weeks immediately preceding the interscholastic activity sponsored by the Virginia Beach Middle School League. (Exception: coaches of fall activities may conduct intramural programs during the spring season.)
- (3) A candidate for a school's athletic team may attend a specialized camp, school clinic or other similar program involving coaching and instruction as long as the school does not provide the fee for the specialized sports camp. Attendance at a summer recreation type camp at which a variety of recreational and sports activities are treated equally is not considered a specialized sports camp.
- (4) A student may participate as an individual and in a manner that is in no way connected with his/her school.
- (5) A student shall not be provided nor may he/she use any uniform belonging to a school. A student may use shoes provided by his school.

Penalty: Any school adjudged guilty of violating the Out-of-Season Practice Rule shall be subject to such disciplinary action, including ineligibility for League Championships, as the appropriate committee may impose.

D. PROSELYTIZING RULE - No member school or group of individuals representing the school shall subject a student from another school to undue influence by encouraging him/her to transfer from one school to another for League activities.

Interpretations: The League shall decide what constitutes undue influence on the basis of the evidence presented in each case. Undue influence has generally been interpreted to mean an act by any person or group connected with a school or not connected with a school to persuade a student to enroll in a school outside the area in which he/she resides or persuade his/her parents or guardian to move to the area of another school. Some specific examples of undue influence are:

- (1) Being asked to move by a member of the school faculty.
- (2) Being asked to move by a booster organization or a member of such an organization.
- (3) Any other evidence that a transfer or enrollment was made because of athletic ability.

Penalty: Any school adjudged guilty of bringing such undue influence to bear upon a student through any individual connected with the school, either directly or indirectly, shall be subject to disciplinary action.

E. ATHLETIC/NON-ATHLETIC PRACTICE RULE - Practice is defined as the involvement of a student or of students from a member school in any organized program of demonstration, instruction or participation conducted in part or in entirety by a person or group of people who are involved in the coaching of any of these athletes for pay or other remuneration.

(1) Practice time is limited to one and one half hours per day, except during the first week of each sports season where schools have the option to practice for two hours per day. This time is exclusive of preparation time. Preparation time is defined as the time needed to properly prepare team members for participation in an actual practice session.

(2) Weekend/Holiday, Staff Day, or Adjusted Dismissal Rule - No member school may issue equipment, hold team meetings, schedule or play a contest or engage in practice on Saturday or Sunday, when schools are not in session, or when the date has been designated either a Staff Day, or Adjusted Dismissal Day without prior approval of the League.

F. SPORTSMANSHIP RULE - Member schools are required to conduct all their relations with other schools in a spirit of good sportsmanship. Acts which are prima facie evidence of failure to abide by this rule are those which are noted below and others of a similar nature which transgress the usually accepted code for good sportsmanship:

Failure of any team or competitor to stay in a contest until its normal end when the failure to do so is related to dissatisfaction with the officiating of the contest, unless the physical safety of the team or competitor would have been endangered by continuing the contest.

Harassment of game officials, timers, scorekeepers, and other contest personnel by a coach: Going on the floor or field to interrupt a contest while the ball is "alive" in protest of a decision by an official, conduct which invokes a penalty against the team because of the conduct of a coach or team member of any individual in the official party of a team, continued and visible actions on the part of a coach which will indicate to team members and/or to spectators that the coach believes the game is being improperly officiated, public demonstrations with game officials which indicate to others extreme dissatisfaction with officiating, and such related actions when exhibited in aggravated form are evidence of poor sportsmanship.

Failure of a school to use every means at its disposal to impress upon its faculty, student body, team members, coaching staff, and officials the values of sportsmanship in the preparation for, and the conduct and management of, interscholastic contests. School personnel must take every effort to insure that substitute players and bench personnel do not enter the playing field/court to engage in an altercation, fight or other unsportsmanlike conduct; such action is a violation of the Sportsmanship Rule.

Penalty - Players and coaches who are ejected from a contest for unsportsmanlike conduct and are ineligible for the team's next contest must be reported to the chairperson of that respective activity who will notify the team's next contest opponent. A player or coach who engages in fighting,

biting, or aggressive physical contact shall be ineligible for the team's next two contests. Coaches ejected for unsportsmanlike conduct will not be physically present or communicate in any way with the team at that next contest. (For the purposes of this rule, a basketball player who collects five personal fouls and must therefore leave the game is not considered ejected and is not automatically guilty of a sportsmanship violation.) Any player assessed two technical fouls is considered to have committed a sportsmanship violation and must sit out the next contest. The decision to eject and therefore suspend from the next game(s) may be appealed. The principals from the two schools involved in the contest, and the commissioner of the officials association must agree that the ejection was not warranted upon written appeal on behalf of the player or by the suspended coach. Only then will the appeal be sustained and the player or coach reinstated for the next contest. If the disqualification occurs in the final contest of the season (including playoffs and tournaments), the penalty shall carry over to the next sports season for students who are in their last year of eligibility or to the next school year for returning students and coaches. A second violation in the same sport shall carry a minimum two-contest suspension. Spectators removed from an interscholastic event may be banned from attending school functions for the remainder of the school year.

CODE FOR INTERSCHOLASTIC COMPETITION

THE SCHOOL ADMINISTRATOR SHOULD:

- (1) Encourage and promote friendly relationships and good sportsmanship throughout the school by requiring courtesy and proper decorum at all times, by acquainting students and others in the community with ideals of good sportsmanship, and by so publicizing these concepts and attitudes that all members of the school community will understand and appreciate their meaning.
- (2) Insist upon implicit compliance with all rules and regulations of the League.
- (3) Secure qualified officials for all contests.
- (4) Insist upon adequate safety provisions for all activities, for both participants and spectators.
- (5) Approve only those activities and schedules which are educationally and physically sound for the school pupil.
- (6) Encourage all to judge the success of the athletic program on the basis of the attitude of the participants and spectators, rather than on the basis of the number of games won or lost.
- (7) Insist that the school cheerleaders exemplify the highest standards of good sportsmanship, as a means of inculcating desirable spectator attitudes.
- (8) Provide adequate hygienic, sanitary, and attractive facilities for the dressing and housing of visiting teams and officials.
- (9) Provide for the efficient handling of all athletic funds, with such safeguards as audits, insurance, and proper bookkeeping, in order that maximum benefits may be had from available funds.
- (10) Review the Sportsmanship Rule with staff.

THE SPECTATOR SHOULD:

- (1) Realize that he/she represents the school just as definitely as does the member of a team, and therefore, has an obligation to be a true sportsman, encouraging through this behavior the practice of good sportsmanship by others.
- (2) Recognize that good sportsmanship is more important than victory, by approving and applauding good team play, individual skill, and outstanding examples of sportsmanship and fair play exhibited by either team.

- (3) Recognize that, since the primary purpose of interscholastic athletics is to promote the physical, mental, moral, social, and emotional well-being of the players through the medium of contests, victory or defeat, is in reality of secondary importance.
- (4) Treat visiting teams and officials as guests, extending to them every courtesy.
- (5) Be modest in victory and gracious in defeat.
- (6) Respect the judgment and integrity of officials, realizing that their decisions are based upon game conditions as they observe them.

THE PARTICIPANT SHOULD:

- (1) Be courteous to visiting teams and officials.
- (2) Play hard and to the limit of his/her ability, regardless of discouragement. The true athlete does not give up, nor does he/she quarrel, cheat, bet, or grandstand.
- (3) Retain his/her composure at all times and never leave the bench or enter the playing field/court to engage in a fight.
- (4) Be modest when successful and be gracious in defeat. A true sportsman does not offer excuses for failures.
- (5) Maintain a high degree of physical fitness by observing team and training rules conscientiously.
- (6) Demonstrate loyalty to the school by maintaining a satisfactory scholastic standing and by participating in or supporting other school activities.
- (7) Play for the love of the game.
- (8) Understand and observe the rules of the game and the standards of eligibility.
- (9) Set a high standard of personal cleanliness.
- (10) Respect the integrity and judgment of officials, and accept their decisions without questions.
- (11) Respect the facilities of host schools and the trust entailed in being a guest.

THE COACH SHOULD:

- (1) Exemplify behavior that is representative of the educational staff of the school and a credit to the teaching profession.
- (2) Demonstrate high ideals, good habits, and desirable attitudes in personal behavior, and demand the same standards of the players.
- (3) Emphasize to his/her players and bench personnel the importance of proper sideline behavior and the necessity of restraining from entering the playing field/court to engage in a fight.
- (4) Recognize that the purpose of competition is to promote the physical, mental, social, and emotional well-being of the individual players and that the most important values of competition are derived from playing the game fairly.
- (5) Be a modest winner and a gracious loser.
- (6) Maintain self-control at all times, accepting adverse decisions without public display of emotion or of dissatisfaction with the officials.
- (7) Cooperate with the school principal in the planning, scheduling, and conduct of sport activities.
- (8) Employ accepted educational methods in coaching, giving all players an opportunity to use and develop initiative, leadership, and judgment.
- (9) Pay close attention to the physical condition and well-being of players, refusing to jeopardize the health of an individual for the sake of improving his/her team's chance to win.
- (10) Teach athletes that it is better to lose fairly than win unfairly.

- (11) Discourage gambling, profanity, abusive language, and similar violations of the true sportsman's code.
- (12) Refuse to disparage an opponent, an official, or others associated with sports activities, and discourage gossip and questionable rumors concerning them.
- (13) Properly supervise student athletes under his/her immediate care and specifically observe a coach's responsibilities in conjunction with district and state contests.

THE OFFICIAL SHOULD:

- (1) Know the rules and their interpretations, and be thoroughly trained to administer them. Maintain self-control under all conditions.
- (2) Report to duty well in advance of game time, in rested condition and with an alert mind, and dressed appropriately in the specified uniform.
- (3) Make clear all interpretations and rulings during the progress of a game, yet conduct the game in an unobtrusive manner.
- (4) Be impartial and fair, yet firm, in all decisions. A good official does not attempt to compensate later for an unpopular decision.
- (5) Refrain from commenting upon or discussing a team, play, or game situation with those immediately concerned.
- (6) So conduct the game as to enlist the cooperation of all players, coaches, and spectators in the interest of good sportsmanship.
- (7) Honor all commitments and abide by all school and League regulations in a professional manner.

Uniformed security/police available for control will be provided at all home athletic contests. It is expected that the home school shall have taken reasonable and proper steps that would be expected to assure proper control of spectators under any foreseeable condition. It is expected that a school administrator from the home school will attend and remain in attendance until the conclusion of the contest.

Protection, Facilities and Assistance - The home team will furnish adequate uniformed security/police where the number of spectators is projected to be large, the rivalry intense, and where the game is expected to be close and highly contested. (The playing field should be separated from the stands by a restraining barrier fence, wire, rope, etc.) (Officials should be provided with private dressing facilities not accessible to unauthorized personnel.) The use of trained, competent, adult "support personnel" i.e., scorers, timers, chain and down marker crews, etc., is strongly recommended.

Section 2: INDIVIDUAL ELIGIBILITY REGULATIONS

GENERAL RULES APPLICABLE TO ALL STUDENTS

To be eligible to represent the school in any interscholastic contest, a student shall meet the following requirements:

- A. **BONA FIDE STUDENT RULE** - The student shall be a regular bona fide sixth, seventh, or eighth grade student in good standing of the school which he/she represents.

Interpretations:

- (1) A "regular" student is considered a full-time student who is in regular attendance and is carrying a schedule of subjects which, if successfully completed, will render him/her scholastically eligible for League participation the ensuing grading period.
- (2) Any student who is under the penalty of suspension, or whose character or conduct is such as to reflect discredit upon his/her school, is not considered in good standing. (see Uniform Discipline Policy – approved May 2012 – in Appendix page A-12)
- (3) Any student in good standing otherwise eligible may represent the "home" middle school serving his/her district, provided that he/she is voluntarily pursuing a middle school course or alternative program of study, regardless of whether or not he/she is enrolled in the building, which is under the supervision of the middle school principal. However, in all cases, the principals shall be responsible for his/her eligibility.

B. GRADE RULE - The student shall be enrolled in grade six, seven, or eight to participate in interscholastic events. Students enrolled in sixth grade for the first time, who meet all other eligibility requirements, are automatically eligible for the first semester. The student for the first semester shall be currently enrolled in not fewer than five subjects or their equivalent, and have passed five subjects, or the equivalent, the immediately preceding year. For the second semester the student shall be currently enrolled in not fewer than five subjects, or equivalent, and have passed five subjects or their equivalent the immediately preceding semester. In such cases when the student receives a passing grade for the years work - including the spring semester in that subject - he/she is considered to have passed work within the intent of the rule. On the other hand, where passing grades are made at the end of the spring semester, but due to a failing grade at the end of the fall semester on a subject and he/she fails for the year, he/she is considered not to have passed within the intent of the rule.

Student must have had a 2.0 grade point average in the preceding semester. Each student may use a one-time waiver of the 2.0 grade point average rule during their middle school years.

Final grades earned in courses taken during summer school will be averaged with the semester grades the student earned in courses taken during the second semester to determine the student's second semester grade point average.

Classes expunged the previous semester will not count toward the 2.0 grade point average requirement. Classes expunged the previous semester will count toward the Grade Rule requirement if the student earned a passing grade.

Grades from classes that have been repeated by the student after being expunged will count toward the Grade Rule requirement and the 2.0 grade point average requirement.

Grades from two quarter courses taken during the same semester will be averaged together to determine an overall semester grade. A quarter grade received in a semester or year-long course that cannot be completed due to the student's withdrawal and subsequent placement in a pass/fail remediation course (i.e. Academic Support) will count half the value of other full semester grades when determining athletic eligibility. Pass/Fail courses and ungraded courses, including remediation opportunities, will each count as a passed course for the Grade Rule requirement.

Exceptions:

- (1) Any student who has been forced to withdraw from school (a) because of confining illness, (b) because of unavoidable circumstances or (c) because no formal school was reasonably available, upon re-entry in the school at the opening of the subsequent semester, may be exempt from the provision of this rule. If the withdrawal from school was because of confining illness, a written request for the exemption must be made by his/her principal to the Hardship Committee with an attached affidavit from the attending physician stating that the illness on the part of the student was of such a nature and duration as to make it impossible for him/her to earn credit for a grading periods work. If the forced withdrawal was because of the unavoidable circumstances or because no formal education was reasonably available, a statement verifying the condition shall accompany the request. In making application for such exemption the principal shall indicate the grades of the student at the time of his/her withdrawal from school. These shall be taken into consideration by the Hardship Committee in each such case. The exemption shall be available only to a student who has been forced to withdraw from school for more reasons set forth in the first sentence of this exception.
- (2) Students with disabilities, in order to participate in interscholastic activities, must (a) make standard progress, as determined by the IEP team, toward the goals and objectives in their IEP in special education courses, and (b) pass five or more classes (counting all special education and non-special education classes) with a 2.0 or higher grade point average. Students with disabilities who are taking less than five subjects, due to an IEP team determination that a reduced course load is appropriate, must pass all of their classes with a 2.0 or higher grade point average to be eligible to participate in interscholastic activities.

Interpretations:

- (1) For purposes of this rule, the student's eligibility or ineligibility shall be determined on the first day of the grading period following the end of the previous semester.
- (2) "Equivalent" means that a course of less than one unit equals one subject and a course of more than one unit equals two subjects, etc.
- (3) A student who is suspended or expelled from school and, as a result of this, does not finish a semester is ineligible throughout the following semester since his/her record is "incomplete."
- (4) The scholastic eligibility of a student who attended another school during the preceding semester may be established only by an official certificate or transcript from that school.
- (5) Incomplete work at the end of a semester must be completed before being eligible for the next semester.

- C. AGE RULE** - The student shall not have reached the age of 15 on or before the first day of August of the school year in which he/she wishes to compete.

NOTES:

- (1) In case of doubt as to age, the following evidence may be accepted as proof thereof: Birth certificates from the State Bureau of Vital Statistics, Affidavit of the physician attending at birth, and documentary evidence such as the family record of birth in the Bible, official school record, and the affidavit or parent or guardian. Documentary proof of age other than a birth certificate will be accepted in cases of doubt only when the Bureau of Vital Statistics in the state of birth reports no record exists.

- (2) If there is a discrepancy in the age record on the Master Eligibility List, the earliest date shall be considered correct until proof otherwise has been submitted and accepted.

D. TRANSFER RULE - The student shall not have enrolled in one middle school and subsequently transferred to and enrolled in another middle school without a corresponding change in the residence of his parents, parent, or guardian:

Exceptions:

- (1) A student, whose transfer from one league school to another has been authorized by both the receiving and zoned principals, is immediately eligible provided all other eligibility requirements are met.
- (2) A student transferring from a school closed by executive or administrative order to the school serving the district in which his/her parent, parents, guardian reside.
- (3) When a student transfers, under Exception (1) above and is approved to live outside the school's attendance zone, the student is eligible to participate provided he/she is residing with a parent or guardian that has physical custody of the student.
- (4) A student under the care and guidance of any department of welfare, any department of corrections, an orphanage, who is required to change residence by court order, or who is legally adopted is eligible to participate in League activities in the school district in which he/she is placed.
- (5) A foreign exchange student becomes immediately eligible in the school in which he/she is placed regardless of his/her residence status; however, all other eligibility requirements shall be met.

NOTE: The provisions of the Transfer Rule apply to students transferring from one school to another, including transfers from a private school to a public school as well as transfers from one public school to another. For the purposes of this rule only, the phrase "middle school" is defined as a school providing instruction at the 6th, 7th or 8th grade level(s).

E. PARTICIPATION LIMITATIONS

- (1) The student shall not have been enrolled in middle school for a period of more than six consecutive semesters, beginning with the semester in which he/she was enrolled for the first time in the sixth grade. The six consecutive semesters shall be counted continuously from that point, regardless of whether or not he/she remains continuously enrolled.
- (2) Participation Limitation - If a school maintains separate teams in the same sport for girls and boys during the school year, regardless of sports season, girls may not compete on boys' teams and boys may not compete on girls' teams. If a school maintains only a boys' team in a sport, girls may compete on the boys' team. Boys may not compete on a girls' team in any sport other than cheerleading.
- (3) The student may not participate in more than four (4) regular season middle school contests in track, six (6) regular season middle school contests in football, or eight (8) regular season middle school contests in any other activity in a school year. This rule applies to transfer students as well. No transfer student is permitted to participate in multiple playoff or championship competitions in any sport or activity in a school year.
- (4) Middle school students may not participate in high school VHSL conditioning programs, practices, or contests, including academic competitions.

- (5) Any student who receives In-School Suspension during the season will be suspended from participation in VBMSL activities on the day(s) the penalty is served. Any student who receives Out-of-School Suspension or two In-School Suspensions during the same season will be removed from participation on the team for the remainder of the season and will not be permitted to participate in any post-season awards ceremonies or receive a participation letter or pin.

REGULATIONS GOVERNING ATHLETES ONLY

In addition to the foregoing individual eligibility requirements, a student shall meet the following additional requirements to be eligible to represent the school in any interscholastic athletic contest:

- A. AMATEUR RULE** - The student shall be an amateur. An amateur is one who engages in Middle School League athletics solely for the educational, physical, mental, and social benefits he derives there from, and to whom Middle School League athletics are nothing more than an avocation.

Exceptions:

- (1) A student who is employed as a caddie, coach, game official, instructor or as a worker for a recreation agency or camp employer.

Interpretations:

- (1) An athlete shall be ineligible for participation in all League sports if he/she has directly or indirectly used his/her athletic reputation in a League sport(s) for pay in any form.
- (2) An amateur athlete shall not dispose of prizes for personal gain.
- (3) An individual may accept reimbursement for his/her expenses which he/she incurred in transportation to and from a contest and in reasonable meals and lodging on athletic trips without jeopardizing his/her amateur standing. However, he/she may not at any time accept any portion of a livelihood in return for this participation in League athletics without violating this regulation.
- (4) Any student may play with any baseball team which is not classed by the commissioner of baseball as a part of professional baseball without loss of his/her amateur standing.
- (5) Any student who violates his/her amateur status in any sport sponsored by the League shall be considered ineligible in all sports.

Penalty: A pupil who had lost his/her amateur standing through violation of this rule shall be ineligible for interscholastic athletic competition. Such student may be reinstated as an amateur by the League, provided his/her principal requests in writing his/her reinstatement as an amateur and certifies that the student has not during that one year period violated this rule, and that the student is not now under contract to, or owned by, any professional athletic organization.

- B. PARTICIPATION FORM** - Prior to becoming a member of any school athletic squad or team, the student shall have submitted the Virginia Beach Middle School League Athletic Participation/Parental Consent form to the principal of his/her school, completely filled in and properly signed, attesting that he/she has been examined and found to be physically fit for athletic competition and that his/her parents' consent to his/her participation.

NOTES:

- (1) The physical examination shall be required before any student is accepted as a squad member or is permitted to tryout or engage in practice. Examinations may be made by any licensed physician or licensed nurse practitioner. The Virginia Beach Middle School League Athletic Participation/Parental Consent form must be used for the physical.
- (2) Students who have been examined once during the period May 1 of the current year through June 30 of the succeeding year (14 months) do not have to be examined again during the period unless they have had a serious injury or illness. In case of a serious illness or serious injury, the physician treating the pupil may specify in his/her release of the patient that the student is approved for athletic participation for the remainder of the school year.

Penalty: A student who has failed to fulfill the requirement of this rule shall be ineligible for practice or competition until such time as the requirements have been met. Schools failing to require strict adherence to this regulation may be subject to disciplinary action as the League may impose.

- C. AWARDS RULE** - The student shall not accept or have accepted from any source whatsoever, in recognition of or as a reward for his athletic skill, any award other than letters, medals, charms, cups, plaques, letter sweater, or similar trophies, or any award of value other than intrinsic value. These listed awards may be accepted only when earned in sanctioned meets or tournaments. *The League does not sanction all-city team selections.*

Interpretation: It is intended by this rule that control of awards to school athletics be in the hands of the school principal. Outside agencies or organizations which desire to present awards or recognition to students for achievement in some phase of the school's activities program should first secure the concurrence of the school principal.

NOTES:

- (1) The entire proposal must be presented in writing to the school principal.
- (2) The proposed award must be approved before the particular activity season begins or before the beginning of the school year in case of an award proposed for activities generally extending throughout one school year.
- (3) The award must not bear the name of any commercial enterprise nor be associated with any commercial enterprise, with the exception of newspapers, radio stations, and television stations that regularly publish and broadcast.

Penalty: A student who accepts an award in violation of this regulation shall be ineligible in the specific sport for the remainder of that sports season.

SPECIFIC RULES APPLICABLE TO ALL STUDENTS

DUE PROCESS RULE - Whenever a principal/designee has information that a student who wants to represent the school in a League-sponsored activity may be ineligible to do so because of failure to qualify under one or more of the individual eligibility regulations, he/she shall promptly investigate. If, subsequent to the investigation, the principal determines that the student is ineligible, he/she shall inform the student of his/her ineligibility and the specific individual eligibility regulations involved. The student/family shall be entitled to due process by meeting with the principal/designee to offer information about his/her eligibility and possible hardship. After such meeting, the Principal/student/family may appeal the school's declaration of ineligibility by writing to the Chairman. The decision of the League Committee in such cases shall be final.

- (1) Upon receipt of information the student may be ineligible, the principal may temporarily suspend the student's participation in League activities until the required meeting has been completed and question resolved. If the principal permits the student to continue participation until the hearing, and the student is subsequently found to have been ineligible, forfeiture and disqualification will result.
- (2) The League committee shall meet within five (5) working days of receipt of notice of the appeal to decide all cases that have been filed with the committee for action. In deciding appeals under the rule, the League Committee is not required to conduct another meeting but may decide on the basis of written presentations by the concerned parties. The committee shall have full power and authority to make all exceptions and to grant such further relief in Due Process cases as authorized under the Due Process Rule.

Section 3: REPORTING VIOLATIONS

The principal of each member school is obligated to report any violation of League rules and regulations to the League Chairperson.

Section 4: PENALTIES

For participation of an ineligible student or students in any interscholastic contest or contests: forfeiture of the contest or contests in which the ineligible student or students participated, and disqualification of ineligible student or students until such times as he/she or they become eligible under League rules.

Falsification of Eligibility - If a student or his/her parent(s) or guardian(s) gives false information, written or verbal, that affects his/her eligibility upon entering and/or during his/her years of eligibility, the student shall become ineligible at any Virginia Beach Middle School League school for a period of one year from the date the information is certified as being false.

NOTE:

If an ineligible student participated in any interscholastic contest without the knowledge of his/her principal, the principal should report such participation to the principals of all schools against which the ineligible student participated and to the League Chairperson.

Section 5: PROTESTS

- A. FILING** – Protests or complaints growing out of interscholastic competitions, such as those dealing with the eligibility of participants or with alleged violations of rules and regulations, shall ultimately be filed with the League Chairperson for adjudication or settlement by the principals. No protests will be considered which are based on the real or alleged failure of contest officials to interpret or apply game or contest rules properly or to render correct decisions in matters of judgment. Games may not be played “under protest” for later review by the League or a committee of the League. Differences of opinion which arise during the progress of the contest must be considered on the spot, and the decision of the contest official shall be final unless it can be determined that game officials incorrectly permitted a contest to be suspended, a tie to be broken, or a tie to stand in contradiction to Virginia Beach Middle School League rules. In any of these cases, if determined by the League principals, the outcome of the contest may change through the resumption of a suspended contest, the breaking of a tie, or the reversion back to a tied final score.
- B. PROCEDURES** – Principals only may initiate a protest. The protest, in writing addressed to the principal of the school sponsoring the activity, shall contain a digest of all the facts pertinent to the case. It shall be delivered or postmarked no later than two working days after the contest or receipt of the information on which the protest is based. The protest shall then be filed with the League Chairperson by the principal of the school sponsoring the activity. The principals shall meet to consider and act upon each protest properly filed with the League Chairperson.

GENERAL RULES

APPLICABLE TO ALL ACTIVITIES OR CONTESTS

1. *The National Federation of State High Schools Association Rule Books* and the *Virginia High School League Handbook* shall determine the rules and standards for competition unless specifically written exceptions are provided for by the Virginia Beach Middle School League.
2. Admission rates to athletic events are as follows: regular season – adult \$3.00 online and cash and students \$2.00 online and cash; tournaments – adults \$5.00 online and cash (except \$7.00 online for wrestling) and students \$3.00 online and cash. Passes bearing the name of the holder including faculty passes from participating schools, the superintendent’s pass, and the Virginia High School Coaches’ Association pass will permit entry into the event at no charge for the bearer plus one guest.
3. Officials’ associations to be used for the various contests will be selected each year by the Virginia Beach Middle School League principals. The officials’ fees shall be determined by the principals prior to the regular season. No member of an officials’ association may coach a Middle School League sponsored activity in the sport in which he or she officiates.
4. City championships shall be determined as specific for each activity. Schools’ teams winning city championships and runners-up shall be awarded plaques.
5. In matters pertaining to a particular sport, coaches should work through their principals.
6. The chairperson of each activity will meet with coaches prior to the season to review existing rules, note changes, discuss sportsmanship expectations, and clarify any questions. Following the completion of each season, coaches will be afforded the opportunity to evaluate their respective activities, and individual chairmen will secure proposals or recommendations from the coaches. The chairperson of each activity will summarize written reports from each coach for consideration by the principals. Changes in the programs shall be reflected in the handbook for the next year. If a post season meeting is held, minutes shall be recorded, including a list of those present.
7. In order to participate in practice or a contest, the student must have been in school for at least three (3) hours of the school day. No disciplinary action may be taken against a student participant who misses practice or scheduled activity due to:
 - A. Religious holiday
 - B. A legitimate parental excuse
 - C. Exam days
8. A student or school team may not represent the school in non-League sponsored athletic activities.

9. With the exception of football there will be no scrimmages.
10. Any voluntary date/site change to the league schedule (exception of inclement weather or field conditions) must be agreed upon by both schools, with all schools and the Student Activities Office being notified. In the event of a transportation problem preventing a school from arriving to a regular season contest, the event will be postponed to the next available playing date. If only a small minority of schools experience transportation problems and the VBMSL Activity Chairman determines that the tournament cannot be expediently postponed, the tournament will be played as scheduled.
11. Schools may not allow students to use athletic equipment for non-school system sponsored activities.
12. Activity schedules will be rotated every year. Home and away sites will be reversed.
13. The following procedure should be followed in instances when contest officials fail to arrive by game time. The SAC or his/her designee should make an effort to contact the appropriate officials association to determine the cause for the delay. Schools shall wait no less than thirty minutes after the contest starting time to postpone should no assigned official arrive. To avoid any perceived conflict of interest, only certified officials assigned by the appropriate officials association shall referee Virginia Beach Middle School League contests.
14. City-Wide Championship

As noted on page 5 under constitution, Article VII, Section 4, except for Boys' and Girls' Track, Speech, Cheerleading, and Wrestling, which will have a city-wide meet/tournament format, the top four seeds will compete in a 4 team championship tournament. Individual performances are not ranked in the One-Act Play.

 - A. The top four seeds will be determined by the teams receiving the most points, with 3 points being awarded for a win, 1 point for a tie, and 0 points for a loss (all contests count).
 - B. The top four seeds will participate in a post-season championship tournament. The #1 seed will host the #4 seed, and the #2 seed will host the #3 in the first round of the championship tournament. The winning teams from the first round of the championship tournament will play in the championship game and the winner will be designated the city-wide champion. The championship game will be played at a neutral or predetermined site. The home team will be the higher seeded team in each post season contest.
 - C. If at the end of the regular season, two or more teams are tied for any of the top four seeds, teams have the same number of points (all competitions count), the tie breaking procedure will be used to determine seeding for the championship tournament. The criteria will be as follows:
 1. Head-to-head competition. If two or more teams are tied at the end of the regular season, head-to-head competition will be used as the first criterion (greatest number of points advances; 3pts for each win, 1 pt. for each tie, 0 pts. for each loss)
 2. Record against common opponents. (greatest number of points advances; 3pts for each win, 1 pt. for each tie, 0 pts. for each loss)

3. Strength of schedule determined by record of all opponents. (greatest number of points advances; 3pts for each win, 1 pt. for each tie, 0 pts. for each loss)
4. Seeding will be determined by random draw of remaining tied teams.

*If more than two teams are tied, and as a result of using the tie breaking procedure, the number of tied teams is reduced, the procedure will then revert back to step 1 in breaking the tie for all remaining teams.

Chairman:

Mr. Patrick Mackey, Student Activities Coordinator

School:

Brandon Middle School

Season:

Beginning Date – April 15, 2026

Ending Date – May 21, 2026

Contests:

Number – Eight (8) games

Officials – Two (2) umpires – umpire-in-chief (home plate) @ \$60.00. 1 field umpire @ \$60.00.

Eastern Virginia Officials' Association

Time – Seven (7) innings

City Championship:

As noted on page 5 under constitution, Article VII, Section 4, except for Boys' and Girls' Track, Speech, Cheerleading, and Wrestling, which will have a city-wide meet/tournament format, the top four seeds will compete in a 4 team championship tournament. Individual performances are not ranked in the One-Act Play Festivals.

- A. The top four seeds will be determined by the teams receiving the most points, with 3 points being awarded for a win, 1 point for a tie, and 0 points for a loss (all contests count).
- B. The top four seeds will participate in a post-season championship tournament. The #1 seed will host the #4 seed, and the #2 seed will host the #3 in the first round of the championship tournament. The winning teams from the first round of the championship tournament will play in the championship game and the winner will be designated the city-wide champion. The championship game will be played at a neutral or predetermined site. The home team will be the higher seeded team in each post season contest.
- C. If at the end of the regular season, two or more teams are tied for any of the top four seeds, teams have the same number of points (all competitions count), the tie breaking procedure will be used to determine seeding for the championship tournament. The criteria will be as follows:
 1. Head-to-head competition. If two or more teams are tied at the end of the regular season, head-to-head competition will be used as the first criterion (greatest number of points advances; 3pts for each win, 1 pt. for each tie, 0 pts. for each loss)
 2. Record against common opponents. (greatest number of points advances; 3pts for each win, 1 pt. for each tie, 0 pts. for each loss)

3. Strength of schedule determined by record of all opponents. (greatest number of points advances; 3pts for each win, 1 pt. for each tie, 0 pts. for each loss)
4. Seeding will be determined by random draw of remaining tied teams.

*If more than two teams are tied, and as a result of using the tie breaking procedure, the number of tied teams is reduced, the procedure will then revert back to step 1 in breaking the tie for all remaining teams.

Special Rules

- A. The game shall end when the visiting team is behind by 10 or more runs after 3-1/2 innings, or after the fifth inning, if either team is 10 runs behind and both teams have had an equal number of times at bat.
- B. In the event of a tie at the end of 7 innings of play, extra innings will be played as necessary to break the tie. In extra innings, each team starts their half inning with the player who completed the last official at bat, as a base runner on second base. Each subsequent half-inning will start the same until a winner has been determined.
- C. If the game is called because of darkness or weather, it is a regulation game if 5 full innings have been played or if the home team is winning in the bottom of the 5th when the game is called. If 5 full innings of play have not been completed it will be considered a suspended game and will be resumed at the point of interruption on the next available date. If play has gone beyond 5 full innings, and the game is called before both teams have had an equal number of completed terms at bat, the final score shall be the same as it was at the end of the last completed inning. However, if the home team in its half of the incomplete inning scores a run(s) to take the lead, the final score shall be recorded when the game is called. Games may end in a tie if 5 full innings of play have been completed.
- D. Two strap bases or Hollywood bases will be mandatory
- E. Players must be equipped with a helmet which meets the NOCSAE Standard. The helmet must either have the visible embossed seal, or sticker signifying that it meets the standard.
- F. Schools are to reschedule games on the earliest possible, mutually agreeable date.
- G. **Pitching Regulations (Revised 1/24/19)**-For the purposes of this rule, the pitch count is based on pitches thrown to the batters during their time at bat, including foul balls. Warm up pitches allowed before each inning or warm up pitches allowed by the umpire in case of injury or game delay do not count. A dead ball pitch will not be considered as a pitch for the purposes of pitch count. (e.g., a pitch thrown when time is called, a balk, illegal pitch, intentional walk, etc.) Warm up pitches allowed before each inning or warm up pitches allowed by the umpire in case of injury or game delay do not count.

A pitcher who reaches the maximum pitch count limitation allowed per day during an inning will be afforded the opportunity to finish pitching to the current batter at bat. The following provisions apply to regular season as well as post season play.

MAXIMUM PITCHES ALLOWED PER DAY – 90

The rest periods required during regular season and post season play are listed below:

*If a pitcher throws 76 or more pitches in a day, four (4) calendar days of rest must be observed.

*If a pitcher throws 61-75 pitches in a day, three (3) calendar days of rest must be observed.

*If a pitcher throws 46-60 pitches in a day, two (2) calendar days of rest must be observed.

*If a pitcher throws 31-45 pitches in a day, one (1) calendar day of rest must be observed.
*If a pitcher throws 1-30 pitches in a day no calendar day of rest is required before pitching again.

No pitcher may throw more than two consecutive days without a day of rest.

Schools shall document each player's pitch count. The home score book and pitch count accounting is official but, opposing teams will compare information at the completion of each inning. Umpires will not be a part of the process.

Penalty-Violation of this rule will result in a game forfeiture.

- H. Wooden, metal, graphite, or ceramic bats manufactured specifically for baseball play, which are round and not more than $2\frac{3}{4}$ inches in diameter at the thickest part, not more than 42 inches (106.7 cm) in length, are acceptable. The maximum drop ratio for bats for league play is a minus ten (-10), which is the length of the bat minus the weight. Bats manufactured specifically for use in T-ball play, shall not be used when the ball is pitched by a player, coach, or pitching machine.
- I. The field dimensions for middle school baseball are ninety (90) feet from base to base and the distance from the pitcher's mound to home plate is sixty (60) feet.
- J. Baseball coaches that are on the field of play at the first base and third base coaching boxes are required to wear baseball attire provided by VBMSL or their teams uniforms during games.
- K. There is no time limit in baseball.
- L. Coaches must verify all equipment is properly certified.
- M. The catcher must wear a one piece mask.
- N. The pitcher's compression arm sleeves must be solid in color and may not be grey or white.

BASKETBALL

Chairperson:

Mr. Zeb Clark, Student Activities Coordinator

School:

Princess Anne Middle School

Season:

Beginning Date – November 24, 2025

Ending Date – January 22, 2026

Contests:

Number – Eight (8) games

Officials – Two (2) @ \$50.00 to be paid by Office of Student Activities

Southeast Virginia Basketball Officials' Association

Time – Four (4) six (6) minute quarters Starting Time: 5:15 p.m. (First game)

Ten (10) minute half-time

Overtime Procedures:

If the score is tied at the end of the fourth quarter, play shall continue without changing baskets for one or more extra periods with a one-minute intermission before each extra period. The length of each extra period shall be three minutes. As many such periods as are necessary to break the tie shall be played. The game ends if, at the end of any extra period, the score is not tied.

City Championship:

As noted on page 5 under constitution, Article VII, Section 4, except for Boys' and Girls' Track, Speech, Cheerleading, and Wrestling, which will have a city-wide meet/tournament format, the top four seeds will compete in a 4 team championship tournament. Individual performances are not ranked in the One-Act Play Festivals.

- A. The top four seeds will be determined by the teams receiving the most points, with 3 points being awarded for a win, 1 point for a tie, and 0 points for a loss (all contests count).
- B. The top four seeds will participate in a post-season championship tournament. The #1 seed will host the #4 seed, and the #2 seed will host the #3 in the first round of the championship tournament. The winning teams from the first round of the championship tournament will play in the championship game and the winner will be designated the city-wide champion. The championship game will be played at a neutral or predetermined site. The home team will be the higher seeded team in each post season contest.

- C. If at the end of the regular season, two or more teams are tied for any of the top four seeds, teams have the same number of points (all competitions count), the tie breaking procedure will be used to determine seeding for the championship tournament. The criteria will be as follows:
1. Head-to-head competition. If two or more teams are tied at the end of the regular season, head-to-head competition will be used as the first criterion (greatest number of points advances; 3pts for each win, 1 pt. for each tie, 0 pts. for each loss)
 2. Record against common opponents. (greatest number of points advances; 3pts for each win, 1 pt. for each tie, 0 pts. for each loss)
 3. Strength of schedule determined by record of all opponents. (greatest number of points advances; 3pts for each win, 1 pt. for each tie, 0 pts. for each loss)
 4. Seeding will be determined by random draw of remaining tied teams.
- *If more than two teams are tied, and as a result of using the tie breaking procedure, the number of tied teams is reduced, the procedure will then revert back to step 1 in breaking the tie for all remaining teams.
- D. Beginning with the 1999 season, the VBMSL uses the coaches' box as adopted by the Virginia High School League.

CHEERLEADERS

Chairman:

Mr. Justin Shaw, Student Activities

Coordinator School:

Independence Middle School

Season

Beginning Dates – August 13, 2025

Ending Date – January 17, 2026

Team Membership

No more than 16 cheerleaders may appear on the Master Eligibility List (MEL) and participate in regular or post-season events. The entire team of 16 cheerleaders may cheer for football. For basketball, a maximum of sixteen (16) cheerleaders will be allowed on the playing court at any one time during regular season games. During playoff and championship games, all sixteen (16) may cheer at halftime. Cheerleaders will only participate in home events during the regular season. Both home and away teams may participate in post-season events.

Contests

Cheering, as an activity with organized group cheers and required participation, is limited to the following sports: football and basketball. Every school that fields a cheerleading squad will participate in the festival.

Time

The length of the sporting event will determine the length of participation. Halftime routines will be performed based upon an equal division of the allocated time to each cheering squad.

League Rules

Each school shall comply with the regulations published in the NFHS (National Federation of High Schools) Spirit Rules Book. In response to safety concerns, the VBMSL has outlined additional restrictions on stunting appropriate to the age and experience level of Virginia Beach middle school cheerleaders. (Refer to the NFHS Stunt Progressions guidelines on pages A-15-A16 in the Appendix) Students selected to be cheerleaders shall meet all other eligibility requirements of the VBMSL. Eligibility lists are required to be filed for cheerleaders.

- A. No summer practice as a team is allowed.
- B. Squad practice may occur on days when sporting events have been cancelled.
- C. Squads will be notified of game cancellation along with team participants.
- D. Donations by cheerleaders of edible items to other teams are not allowed.

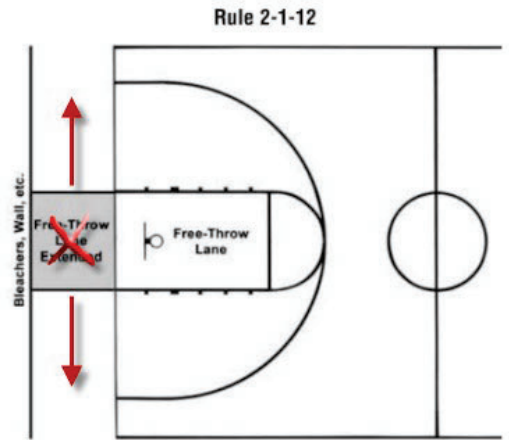
- E. The squad may design and post signs of support for teams for whom the squad does not cheer with administrative approval.
- F. Uniforms should only be worn at athletic events, school, and functions at which the cheerleader is to serve in an official capacity for the school.
- G. For basketball games the visiting team may cheer between the 1st and 2nd period and the home team may cheer between the 3rd and 4th period. They may not interrupt the flow of the game.
- H. Good sportsmanship should be assumed as a major responsibility of the cheerleaders in their goals and objectives for the year. Examples include:
 - 1. Encouraging good sportsmanship at events
 - 2. Implementing a good sportsmanship campaign in the school
 - 3. Thanking officials, tournament directors, etc.
 - 4. Helping visitors in the school attending the events
 - 5. Congratulating 'good play' on the part of opponents
 - 6. Cheering positively and in good taste
 - 7. Showing hospitality to other teams and cheerleaders
- I. All students trying out for the squad must be enrolled or pre-registered in the school where they wish to participate at the time of the tryouts.
- J. VHSL rules for safety violations will be in effect for cheerleading competition festival.

General Safety Guidelines

While some of the NFHS Rules are highlighted within these guidelines, coaches are expected to have a copy of and be familiar with all the rules in the 2018-2019 NFHS Spirit Rule Book.

- A. An appropriate warm-up must precede all physical activities
- B. Performance surfaces must be suitable for spirit activities.
 - 1. Reasonably free from objects and/or impediments
 - 2. Stunts and tumbling must be modified to be appropriate for the surface and/or area and in relation to other participants
 - 3. When discarding props that are made of hard material, or have corners or sharp edges, team members must gently toss or place props.
- C. Use of any height-increasing apparatuses is illegal during performances/competitions.
- D. Stunting or tumbling on concrete is not permitted.
- E. Participants must not chew gum or have candy in their mouths during practice or performance.

- F. Participants must not stunt or tumble during basketball or volleyball games when the ball is in play, including free throws in basketball and just prior to the serve in volleyball.
- G. Participants must not warm-up stunts or tumbling on the court or sideline area during player warm-up if an alternative area is available. If no appropriate alternative is available, the coach must take reasonable precautions to minimize risk to participants.
- H. Participants must remain outside the playing area during a 30-second or less time-out in basketball
- I. Artificial noise makers must not be used at indoor athletic contests except during pre-game, post-game, or half-time performances. EXCEPTION: Megaphones
- J. Participants must not stand behind the free-throw lane extended during a basketball game.



Apparel

- A. Jewelry of any kind is prohibited except for the following: A religious medal without a chain is allowed and must be taped and worn under the uniform. A medical alert medal must be taped and may be visible.
- B. Fingernails, including artificial nails, must be kept short, near the end of the fingertips.
- C. Hair must be worn in a manner that is appropriate for the activity involved. Hair devices and accessories must be secure.
- D. Apparel and accessories must be appropriate for the activity involved. Cheerleaders must wear athletic shoes (not gymnastic slippers).
- E. Glitter that does not readily adhere to the hair, face, body, uniform or costume is illegal.

Restrictions and modifications of NFHS Spirit Guidelines for the VBMSL

The NFHS Spirit Guidelines for stunting can be found in Rule 3 of the Spirit Rules Book. Below, listed in accordance with the sections in the NFHS Spirit Book, are additional restrictions added by the VBMSL that should be followed to minimize risk to participants.

A. Section 2: Stunting Personnel

- 1. A spotter is required in every stunt with the following exceptions:
 - Double base stunts at or below waist level
 - Shoulder sits
 - Double base vertical T-lifts

B. Section 3: Inversions

- 1. Inversions are only permitted on a mat.
- 2. With the exception of braced inversions, all inversions must originate from the performance surface.

3. During all braced flips and braced inversions, the top person must maintain contact with two bracers in multi-base preps with a spotter.
4. Braced rolls and inversions may not originate from an extended position.
5. Braced flips should originate from a load position.
6. Fold-over stunts originating at any level are not permitted.

C. **Section 4: Non-release Stunts**

1. Moving the top person from a vertical position to a horizontal (straight body) position must be initial at a prep level.
2. The top person must not rotate more than 180 degrees during any stunt transition.

D. **Section 5: Release Stunts/Tosses**

1. Basket tosses are not permitted.
2. Quick tosses are only permitted in a pyramid with at least one bracer in a multi-base prep with a spotter.
3. Helicopter stunts are not permitted.
4. Switch liberties taking place at the prep level are only permitted when the top person maintains contact with at least one bracer.
5. Low-to-high switch liberties ending in an extended position require at least one bracer in a multi-base prep with a spotter.

E. **Section 6: Suspended Stunts**

*No additional restrictions necessary.

F. **Section 7: Dismounts**

1. All cradle dismounts must include at least two bases/catchers and an additional spotter who is responsible for the head and shoulders of the top person.
2. A twist to a cradle may not exceed 1 rotation by the top person and are only permitted from a prep.
3. Other skills to cradle (e.g. toe-touch) are not permitted.

Chairman:

Ms. Sara Wade, Student Activities Coordinator

School:

Old Donation School

Season:

Beginning Date – February 11, 2026

Ending Date – March 18, 2026

Purposes:

The purposes of the debate program include training in research analysis, sound argument, quick thinking, effective extemporaneous speaking, and effective use of questioning and cross-examinations.

City Championship:

As noted on page 5 under constitution, Article VII, Section 4, except for Boys' and Girls' Track, Speech, Cheerleading, and Wrestling, which will have a city-wide meet/tournament format, the top four seeds will compete in a 4 team championship tournament. Individual performances are not ranked in the One-Act Play Festivals.

- A. The top four seeds will be determined by the teams receiving the most points, with 3 points being awarded for a win, 1 point for a tie, and 0 points for a loss (all contests count).
- B. The top four seeds will participate in a post-season championship tournament. The #1 seed will host the #4 seed, and the #2 seed will host the #3 in the first round of the championship tournament. The winning teams from the first round of the championship tournament will play in the championship game and the winner will be designated the city-wide champion. The championship game will be played at a neutral or predetermined site. The home team will be the higher seeded team in each post season contest.
- C. If at the end of the regular season, two or more teams are tied for any of the top four seeds, teams have the same number of points (all competitions count), the tie breaking procedure will be used to determine seeding for the championship tournament. The criteria will be as follows:
 - 1. Head-to-head competition. If two or more teams are tied at the end of the regular season, head-to-head competition will be used as the first criterion (greatest number of points advances; 3pts for each win, 1 pt. for each tie, 0 pts. for each loss)

2. Record against common opponents. (greatest number of points advances; 3pts for each win, 1 pt. for each tie, 0 pts. for each loss)
3. Strength of schedule determined by record of all opponents. (greatest number of points advances; 3pts for each win, 1 pt. for each tie, 0 pts. for each loss)
4. Seeding will be determined by random draw of remaining tied teams.

*If more than two teams are tied, and as a result of using the tie breaking procedure, the number of tied teams is reduced, the procedure will then revert back to step 1 in breaking the tie for all remaining teams.

Source Materials:

Coaches are encouraged to have team members conduct supervised research on the Internet. The use of the library is encouraged to help the debaters strengthen their research skills.

Debate Topic:

The debate topic will be voted on by the coaches at the preseason meeting.

Preparation:

Coaches of debate are encouraged to charge participating students with full responsibility for the collection of facts and materials in preparation for debates. Students should make maximum use of their school and community libraries, as well as other sources available to them, including the Internet. Newspapers, magazines, radio, and television offer excellent source materials.

Form of Debate:

The Coin Flip

The round starts with a coin toss; the winning team selects either:

- The side (pro or con) they will argue
- The speaker order (begin the debate or give the last speech).

The team that loses the toss will then decide their preference from the option not selected by the winner (i.e., if the winning team decides to speak last, then the losing team may decide which side they will argue). The debate therefore may begin with the con side, arguing against the topic.

Speeches and Time Limits

Speaker 1 (Team A, 1st speaker)	4 min.
Speaker 2 (Team B, 1st speaker)	4 min.
Crossfire (between speakers 1 & 2).....	3 min.
Speaker 3 (Team A, 2nd speaker).....	4 min.
Speaker 4 (Team B, 2nd speaker).....	4 min.
Crossfire (between speakers 3 & 4).....	3 min.

Speaker 1 Summary2 min.
Speaker 2 Summary2 min.

Grand Crossfire (all speakers).....3 min.

Speaker 3 Final Focus.....2 min.

Speaker 4 Final Focus.....2 min.

Each team may use up to two minutes of prep time

Suggestions:

First Pro Speech

This speech constructs arguments advocating the resolution’s worthiness. The key analysis will be to present major reasons why there is a problem. An underlying concept will always be the risk of change versus the risk of not *changing*. This speech should have a brief introduction to frame the team’s case for the judge. If a definition is important to understanding the case, it should be presented from the most appropriate source. A few reasons for adopting the topic should be presented with accompanying evidence. Each reason should be an independent reason to vote for the resolution, and should explain why it is pertinent. The speech should conclude with a summary of the arguments covered.

First Con Speech

This speech constructs arguments showing disadvantages of the resolution and why it should not be adopted. If the pro speech has the advantage of a changing future, the con speech has a *track record of experience* (status quo) and why change is ill-advised. The rest of the speech elements will be the same as the pro speech.

Third & Fourth Constructive Speeches

Both of these debaters have the primary burden of refuting the other team’s arguments by analyzing and explaining flaws in the opponent’s position. The debater should identify the opposition’s key arguments and attack their legitimacy by: turning the analysis to the other side; presenting evidence that destroys or reduces the opposing position; presenting alternate causes that are not accounted for by the opposition argument; exposing argument inconsistencies between the speakers or between the opponents and their statements during crossfire. To best accomplish refutation, both members of a team should have a consistent approach and a unified view of what is important and less important. An argument format could be an introduction that links the team’s second speech to the first speech, followed by an overview of the issue, which is frequently the opponent’s argument, followed by reasons/evidence why the opponent is wrong, followed by what this argument clash now means for your side in the debate. In addition, some time in either of these speeches should be allocated to rebuilding the original case. It is important to have clarity that is seldom attained by an intricate outline. Speeches should conclude with a summary.

Summary Speeches

These are complicated speeches because each debater has to find a way to explain issues in the light of all that has happened so far – in just two minutes – without speaking too rapidly. New evidence, but not new *arguments* may be presented, except responses

(refutation). This means that a limited number of issues can be addressed. For example, perhaps develop one to two issues from the debater's side on the resolution and one from the opponent's side of the resolution. The speech should have a brief overview. On each key argument, try to add a short original quotation, anecdote, or fact. Wrap up each argument by stressing its importance in arriving at a fair decision.

The Final Focus

This frames, with clarity, why your team has won the debate. Again, no new arguments may be presented, however, new *evidence* may be introduced to support an argument made earlier in the debate.

Crossfire

Questioning periods give debate *interactivity* and a change to build *clash*. In crossfire, both debaters have equal access to the floor, but the first question must be asked to the debater who just finished speaking by a debater from the other team. After the initial question and answer, either debater may question or answer. A debater who attempts to dominate or be rude to his opponent will lose points.

Good questions are brief and good answers must meet the question. In the first two crossfires, only the corresponding speakers may participate, and they stand next to each other.

Grand Crossfire

Seated, all debaters interact with one another. The first question is asked to the team that just ended its summary by the other team. After the initial question and answer, any debater may question or answer, and *all should participate*. The same guidelines for rudeness and stalling apply to the grand crossfire. Resist rushing questions or answers, or trying to do too much in crossfire; desperation is not persuasive.

Debate Contest Rules and Regulations:

Each school will have an "A" Team that will count towards that matches official result and a "B" team that will not count towards the official result of the match. The "A" team match will take place before the "B" team match and both matches will be judged.

* Only "A" teams will participate in the post-season tournament.

Judges and Match Monitors:

Judges for these matches will be provided by each participating school. Coaches, teachers, and spectators will not address or communicate with the judges in any way, unless initiated by the judge: all communications from coaches should be directed to the Site Coordinator (Mrs. Wade). Any spectator who makes inappropriate comments towards judges will be asked to leave the match and school grounds until the end of the competition.

Basis for Judges' Decisions:

Judges evaluate teams on the quality of the arguments actually made, not on their own personal beliefs, and not on issues they think a particular side *should have covered*. Judges

should assess the bearing of each argument on the truth or falsehood of the assigned resolution. The pro should prove that the resolution is true, and the con should prove that the resolution is not true. When deciding the round, judges should ask, “If I had no prior beliefs about this resolution, would the round as a whole have made me more likely to believe the resolution was true or not true?” Teams should strive to provide a straightforward perspective on the resolution; judges should discount unfair, obscure interpretations that only serve to confuse the opposing team. Plans (formalized, comprehensive proposals for implementation), counterplans and kritiks (off-topic arguments) are not allowed. Generalized, practical solutions should support a position of advocacy.

Quality, well-explained arguments should trump a mere quantity thereof. Debaters should use quoted evidence to support their claims, and well-chosen, relevant evidence may strengthen – *but not replace* – arguments.

Clear communication is a major consideration. Judges weigh arguments only to the extent that they are clearly explained, and they will discount arguments that are too fast, too garbled, or too jargon-laden to be understood by an intelligent high school student or a well-informed citizen. A team should not be penalized for failing to understand his or her opponent’s unclear arguments.

Each judge will give their own independent decision. Each judge’s decision will count a win or loss and the team with the most wins will get the overall win for the match.

General Notes:

- A. The use of laptop computers, tablet computers, and other electronic devices is prohibited by the debaters unless the student’s IEP mandates it for note taking.
- B. Each home school is responsible for providing a timer and a timing device for their matches
- C. VBCPS teachers and staff members are used as judges. \$25 per judge per round will be paid to the judge.
- D. Teammates may not exchange notes or documents during regular crossfire rounds. During the Grand Crossfire, teammates may exchange notes or documents if they chose to do so as long as it does not interrupt the round.
- E. Students must be supervised at all times by their coach. Students are only allowed to watch debates in which their own school is participating. Students are not allowed to watch debates of other competing schools. Any instances of this happening should be reported to the match coordinator and may result in students being disqualified from participation in further competition.

**Virginia Beach Middle School League
Public Forum Debate Ballot**

Date: _____ **Judge:** _____

Scores should fall within one of these four ranges: 28-30 for **superior** debating; 25-27 for **excellent** debating; 22-24 for **average** debating; and 19-21 for **below average** debating.

Pro Team	Con Team
School:	School:
Team Points:	Team Points:
1st Debater Name:	1st Debater Name
2nd Debater Name:	2nd Debater Name:
TEAM POINTS: Superior – 28-30; Excellent – 25-27; Average – 22-24; Below Average – 19-21	
The team that won this debate is _____ representing the PRO / CON (circle one). No Low Point Wins!	
Judge Signature:	

COMMENTS FOR DEBATERS:

REASONS FOR MY DECISION:
(Oral critiques are not permitted)

Public Forum

Information for Judges

Public Forum is a team event that supports or rejects a position posed by the resolution topic. The clash of ideas must be communicated in a persuasive manner. The debate should:

- Display solid logic, lucid reasoning and depth of analysis
- Utilize evidence without being driven by it
- Present a clash of ideas by countering/refuting arguments of the opposing team (rebuttal)
- Communicate ideas with clarity, organization, eloquence and professional decorum

What to Expect

Crossfire – two previous speakers stand and ask questions in a polite, but argumentative exchange. Both speakers may question each other, however, the first question of the crossfire period is asked to the speaker who just finished.

Summary – these speeches are rebuttals that extend earlier arguments or answer opposing refutations and may incorporate new evidence but not new arguments.

Grand Crossfire – all four speakers may remain seated as they ask and answer questions. The first question is asked by the team that had the first summary to the team which had the last summary. After that, any debater may question or answer.

Final Focus – this will be a restatement of why the judge should vote pro or con using the speaker's most compelling arguments. No new arguments are accepted at this time.

Evaluation

Judges should evaluate teams on the quality of arguments made, not on their own personal beliefs, and not on issues they think a particular side *should* have argued. Quality and well-explained arguments should win over mere quantity thereof. Debaters should use quoted evidence to support their claims, and well-chosen, relevant evidence may strengthen, but not replace arguments.

Clear communication is an important consideration. Judges will discount arguments that are too fast, too garbled or too full of technical terminology that is unable to be understood by an intelligent high school student or well-informed citizen.

Speakers should appeal to the widest possible audience through sound reasoning, succinct organization, credible evidence and clear delivery.

The pro should prove that the resolution is true, and the con should prove that the resolution is not true.

Write constructive, thorough comments to each debater. Give reasons why you voted for one side and state what the losing team needed to do to win.

FIELD HOCKEY

Chairperson:

Mrs. Sherry White, Student Activities

Coordinator School:

Kempsville Middle School

Season:

Beginning Date – April 15, 2026

Ending Date – May 20, 2026

Contests:

Number – Eight (8) games

Officials – Two (2) @ \$90 each to be paid by the Student Activities Office

Time – Four (4) Twelve and a half (12.5) minute quarters

Interval of two (2) minutes between quarters one and two and between quarters three and four.

Maximum ten (10) minute half time

Starting time – 5:00 P.M.

City Championship:

As noted on page 5 under constitution, Article VII, Section 4, except for Boys' and Girls' Track, Speech, Cheerleading, and Wrestling, which will have a city-wide meet/tournament format, the top four seeds will compete in a 4 team championship tournament. Individual performances are not ranked in the One-Act Play Festivals.

- A. The top four seeds will be determined by the teams receiving the most points, with 3 points being awarded for a win, 1 point for a tie, and 0 points for a loss (all contests count).
- B. The top four seeds will participate in a post-season championship tournament. The #1 seed will host the #4 seed, and the #2 seed will host the #3 in the first round of the championship tournament. The winning teams from the first round of the championship tournament will play in the championship game and the winner will be designated the city-wide champion. The championship game will be played at a neutral or predetermined site. The home team will be the higher seeded team in each post season contest.
- C. If at the end of the regular season, two or more teams are tied for any of the top four seeds, teams have the same number of points (all competitions count), the tie breaking procedure will be used to determine seeding for the championship tournament. The criteria will be as follows:
 1. Head-to-head competition. If two or more teams are tied at the end of the regular season, head-to-head competition will be used as the first criterion

- (greatest number of points advances; 3pts for each win, 1 pt. for each tie, 0 pts. for each loss)
2. Record against common opponents. (greatest number of points advances; 3pts for each win, 1 pt. for each tie, 0 pts. for each loss)
 3. Strength of schedule determined by record of all opponents. (greatest number of points advances; 3pts for each win, 1 pt. for each tie, 0 pts. for each loss)
 4. Seeding will be determined by random draw of remaining tied teams.

*If more than two teams are tied, and as a result of using the tie breaking procedure, the number of tied teams is reduced, the procedure will then revert back to step 1 in breaking the tie for all remaining teams.

Special Rules:

A. Overtime Procedures

- 5 minute intermission
- Captains meet with officials.
- Visiting Team Captain calls the coin toss.
- Winner of coin toss chooses possession or direction.
- Begin 10 minute, Reduced Player (7), sudden victory overtime procedure.
- Teams will change ends of the field at the first stoppage of play at or after the 5 mark.
- Any “eligible” player may participate in overtime.
- All rules governing the 11-player game will be used EXCEPT: A maximum of 4 defenders may be behind the end line on penalty corners.
- Neither team may request a timeout during the overtime.
- Substitutions are allowed during the 10 minute overtime period.
- If after the completion of the overtime period, the game is still tied, the procedure described below will be followed:

ONE-ON-ONE

- A series of five shots on goal shall be taken by individual players in a one-on-one situation (attacker vs. goalkeeper). To begin this procedure, the attacker stands on the 25 yard line and the goalkeeper stands on the goal line. Play continues for 10 seconds with follow up shots permitted.
- The procedure ends when:
 - a goal is scored.
 - the 10 seconds has elapsed.
 - the attacker commits an offense.
 - the ball goes out of play over the end line, sideline or outside the circle.
- If the GK commits an unintentional offense:
 - the shoot-out is re-taken by the same player.
- If the GK commits an intentional offense:
 - a penalty stroke is awarded and taken.
 - Any eligible player on the roster may take the penalty stroke.

- The penalty stroke will take place before the next available shoot-out takes place.
- Each coach will present a list of 5 players to the official and the shots will be taken by the players in the order they are listed. The team attempting the first shot will be decided by a coin toss, with the visiting captain calling the toss. If a player participates out of order, that one-on-one is over and no goal is awarded. The next correct player is to play the team's next one-on-one.
- The five players listed for each team will attempt the shots on goal on an alternating basis and the team scoring the most goals is declared the winner.
- During the regular season, if the game is still tied, the contest will be deemed a tie.
- During the post-season, if the game is still tied, each team will attempt "sudden victory" shots on an alternating basis. This procedure will continue until the tie is broken. You may allow a repeat of the first 5 players. The order of the players may be changed at this time.

B. Mercy Rule

- 6-Goal rule is in effect for all middle school league games. The game will end after the mid-point of the second half if a team leads by 6 or more goals.

C. Safety Goggles

- Safety goggles may be worn by all players.

FOOTBALL

Chairperson: Mr. Brad Nelson and Mr. Randy Sparling, Student Activities Coordinator

School: Lynnhaven Middle School and Salem Middle School

Season:

Beginning Date – September 9, 2025 Ending Date – November 6, 2025

Restrictions -

- A. Each team will practice a minimum of fifteen (15 days) [Scrimmage included] prior to the first game. Total practice time, exclusive of preparation time, is limited to a total of ninety (90) minutes, except during the first two weeks of Fall sports (teacher in-service week and first week of school plus the following Monday) when schools have the option (Principal's Choice) to practice for two hours per day.
- B. Equipment: Teams must follow the progression of equipment distribution listed below. The progression begins on the actual first day a student reports for practice.
 - 1. Days 1 – 3 of practice – player's protective equipment shall be limited to helmets and shoes (cleats). No shoulder pads or pants with pads.
 - 2. Days 4 – 5 of practice – players protective equipment shall be limited to helmets, shoulder pads, and shoes (cleats). No pants with pads – players may wear shorts or pants without pads.
 - 3. Day 6 – beyond – players may practice in full gear (including helmets, shoulder pads, shoes (cleats), and pants with pads).
- C. Each school will be given a two hour (2) hour equipment distribution during the first 10 days of practice at the discretion of the principal. During this time period teams may ONLY distribute equipment – no practice, conditioning, or drills may be performed. The two hours may be broken up over a period of days during this time period.
- D. With consideration for safety, schools with less than 25 football players consistently available and healthy during the preseason acclimation period should alert the league of their season status as soon as possible. Final decisions on the season is needed with 15 practice days remaining before the third scheduled game date.

Contests:

Number – Six (6)

Officials – Five (5) officials @ \$50.00 per official

Time – Four (4) eight (8) minute quarters – Ten (10) minute half-time.

Game Ball – Each offensive team shall have the choice of using either the approved leather or optional rubber ball. It is the responsibility of the home team to have available a leather ball; however, if either team wishes to use the rubber ball (Wilson F1522 TR Intercollegiate), it must provide its own. The ball size must conform to National Federation standards for youth in eighth grade and below (see *National Federation Football Rule Book.*)

Home Team Dress – It is the home team’s responsibility to wear dark colored jerseys. In the event this is not possible, the home team should notify the opposing team.

Special Rules:

- A. Tie Breaker Procedure for Games – 10-Yard Line Overtime Procedure published in the NFHS 2006 Rules Book. If at the end of the 4th quarter the teams have identical scores, the tie WILL be resolved by the same method approved by the state high school association. The plan has proved successful in resolving ties.
- B. If a team is up by 28 points at any point after the first half is completed, a running clock will be used for the remainder of the contest. (Revised 9/19/19)

City Championship:

As noted on page 5 under constitution, Article VII, Section 4, except for Boys’ and Girls’ Track, Speech, Cheerleading, and Wrestling, which will have a city-wide meet/tournament format, the top four seeds will compete in a 4 team championship tournament. Individual performances are not ranked in the One-Act Play Festivals.

- A. The top four seeds will be determined by the teams receiving the most points, with 3 points being awarded for a win, 1 point for a tie, and 0 points for a loss (all contests count).
- B. The top four seeds will participate in a post-season championship tournament. The #1 seed will host the #4 seed, and the #2 seed will host the #3 in the first round of the championship tournament. The winning teams from the first round of the championship tournament will play in the championship game and the winner will be designated the city-wide champion. The championship game will be played at a neutral or predetermined site. The home team will be the higher seeded team in each post season contest.
- C. If at the end of the regular season, two or more teams are tied for any of the top four seeds, teams have the same number of points (all competitions count), the tie breaking procedure will be used to determine seeding for the championship tournament. The criteria will be as follows:
 - 1. Head-to-head competition. If two or more teams are tied at the end of the regular season, head-to-head competition will be used as the first criterion (greatest number of points advances; 3pts for each win, 1 pt. for each tie, 0 pts. for each loss)
 - 2. Record against common opponents. (greatest number of points advances; 3pts for each win, 1 pt. for each tie, 0 pts. for each loss)
 - 3. Strength of schedule determined by record of all opponents. (greatest number of points advances; 3pts for each win, 1 pt. for each tie, 0 pts. for each loss)
 - 4. Seeding will be determined by random draw of remaining tied teams.

*If more than two teams are tied, and as a result of using the tie breaking procedure, the number of tied teams is reduced, the procedure will then revert back to step 1 in breaking the tie for all remaining teams.

Game Postponement:

Any game postponed on Tuesday due to emergency reasons (i.e., inclement weather, national day of mourning, etc.) should be made-up on the Wednesday following that Tuesday. Any game postponed on Wednesday should be made up on the Thursday (if not possible, then Friday) following that Wednesday if the field can be secured. It is the responsibility of the home school to make those arrangements.

ONE-ACT PLAY

Chairman:

Mrs. Sara Wade, Student Activities Coordinator

School:

Old Donation School

Season:

Beginning Date – August 18, 2025

Ending Date – October 17-18, 2025

Program:

The Virginia Beach Middle School League theatre program consists of a one-act play festival. Each participating school selects a play in accordance with the regulations.

Selection of the Play:

Any one-act play may be selected and used in the festival, provided it does not exceed 35 minutes in playing length. The choice of the play, with reference to its intrinsic merit and its suitability to the cast, constitutes one of the bases of the evaluation. It is recommended that directors allow ample time to read and to consider a number of plays before making a final festival selection. In general, it is recommended that schools select plays which are honest in their fundamental concept, which are suited to the emotional development of the case, and which are handled with taste and restraint.

Presentation:

The order in which plays shall be presented shall be determined by lottery. Elaborate stage sets shall not be used, and only such incidental scenery as is essential to the production shall be authorized. Such incidental scenery shall be provided by the participating school. Participating schools shall provide their own costumes, make-up, and all properties. Care should be taken to present the play in the allotted time frame.

Critiques:

Plays shall be critiqued by a panel of critics to provide feedback to the cast and crew. Each critic will receive a stipend. No more than three critics will be paid for the festival.

SCHOLASTIC BOWL

Chairman:

Mr. Corey Langston, Student Activities Coordinator

School:

Landstown Middle School

Season:

Beginning Date – November 24, 2025

Ending Date – January 20, 2026

Contests:

Number – Eight (8) matches

Officials

- A. Home Coach – runs meet; is responsible for organization of room; begins match.
- B. Moderator – reads questions (home team provides the moderator; he or she may be an assistant principal, teacher, or member of the community; determines if the questions have been answered correctly).
- C. Scorers (2 per school) – One student from the home team and one student from the visiting school will keep score for each school; teams may use alternate members for the scorers.
- D. Timer/Judge – Keeps time for meet; announces to the moderator who has rung in first.
- E. Questions – A representative from the Home Team’s school is responsible for printing out 3 copies of each match packet; this person may not be the SB coach. One copy will go to each SB coach and one copy will go to the moderator. The question packets cannot be given to the coaches until the start of each match. The visiting team should not arrive with a copy of the match questions. Each coach should receive their questions at the same time.

Format (meets and tournament levels)

The following statement should be read by the administrator/student activities coordinator responsible before the competition begins: “The moderator is the official of the contest and the moderator’s decision is final. Students and spectators may not challenge the moderator’s decision. Coaches may challenge at the end of each round.”

- No more than four people may play at a time.
- Tossup questions are worth 10 points. However, a correct answer given at or before the "power mark" - indicated by an asterisk - earns 15 points.
- A correct answer to a tossup (except in overtimes) earns a bonus question: three parts worth 10 points each.
- A player may signal ("buzz") to answer a tossup at any point after the moderator has begun reading it. The moderator will stop reading when a player buzzes. Only one player per team may buzz on each tossup, and only the player who buzzed may give an answer. Players must begin answering within 3 seconds after being recognized. Teammates may not engage in verbal or written conferral during tossup questions.
- If a player's answer to a tossup is incorrect or the 3-second period has expired, the moderator will (if necessary) finish reading the question for the other team. Conferral is still not allowed. If a player on the second team buzzes and answers correctly, the second team earns the bonus. Otherwise, the tossup goes "dead"; the moderator will provide the correct answer and move on to the next tossup.
- After the moderator has finished reading a tossup, players have 3 seconds in which to buzz. If one team answers incorrectly at this point, the other team has another 3 seconds in which to buzz. The exception to this rule is for computation tossups, for which 10 seconds are allotted. Computation questions are prompted with "Pencil and paper ready."
- There is a 5-point penalty ("neg" or "interrupt") if the first team to attempt answering a tossup gives an incorrect answer before the question has been completely read. If the power mark has not yet been reached (which will not be known to the players), the second team still has the opportunity to earn 15 points. There is no penalty for an incorrect answer after a tossup has been completely read, nor for a second incorrect answer.
- A bonus question will have three parts, each with a separate clue for a separate answer. Occasionally a bonus will ask for multiple answers within a single part. Teams may confer on each part. The captain, or a player designated by the captain, should give the team's answer. After the clue for a part has been read, teams have 5 seconds in which to answer; the moderator will ask for a response after 4 seconds. Bonus parts do not "bounce Back"; if the team who controls the bonus (i.e., the team whose player answered the tossup) answers a part incorrectly, the non-controlling team has no opportunity to answer. All three bonus question parts will be asked following a correctly answered tossup, whether the first or second part of the bonus is answered correctly.
- The moderator may ask for more information (also called a "prompt") if an answer is correct but incomplete. Generally, for people, last names or other common names ("Moses," "Madonna") suffice. Title of works must usually be exact.
- A game consists 21 tossup questions and their accompanying bonus questions. The game is separated into three rounds of seven tossup questions. Between rounds there should be enough time for any possible challenges from coaches to be heard. There is no minimum time between rounds, and the moderator is able to start the next round when all participants are ready.

- If the score is tied at the end of the game, tossups (with no bonuses) will be played. If the score is still tied, more tossups will be read until the score changes.
- Any team final score that ends as a negative number will be reported as a zero for the final score.

Tie Scores

Toss-up competition (+10)

Head-to-head.

Use buzzer to ring in.

In the event of a tie, a “sudden death” competition will determine the winner.

Team members may not confer. Normal Tossup rules apply.

Questions will be asked until the score changes. Negative scores can occur and will end the game with a change in score.

Winner – Team with higher score wins match.

City Championship:

As noted on page 5 under constitution, Article VII, Section 4, except for Boys’ and Girls’ Track, Speech, Cheerleading, and Wrestling, which will have a city-wide meet/tournament format, the top four seeds will compete in a 4 team championship tournament. Individual performances are not ranked in the One-Act Play Festivals.

- A. The top four seeds will be determined by the teams receiving the most points, with 3 points being awarded for a win, 1 point for a tie, and 0 points for a loss (all contests count).
- B. The top four seeds will participate in a post-season championship tournament. The #1 seed will host the #4 seed, and the #2 seed will host the #3 in the first round of the championship tournament. The winning teams from the first round of the championship tournament will play in the championship game and the winner will be designated the city-wide champion. The championship game will be played at a neutral or predetermined site. The home team will be the higher seeded team in each post season contest.
- C. If at the end of the regular season, two or more teams are tied for any of the top four seeds, teams have the same number of points (all competitions count), the tie breaking procedure will be used to determine seeding for the championship tournament. The criteria will be as follows:
 1. Head-to-head competition. If two or more teams are tied at the end of the regular season, head-to-head competition will be used as the first criterion (greatest number of points advances; 3pts for each win, 1 pt. for each tie, 0 pts. for each loss)
 2. Record against common opponents. (greatest number of points advances; 3pts for each win, 1 pt. for each tie, 0 pts. for each loss)
 3. Strength of schedule determined by record of all opponents. (greatest number of points advances; 3pts for each win, 1 pt. for each tie, 0 pts. for each loss)
 4. Seeding will be determined by random draw of remaining tied teams.

*If more than two teams are tied, and as a result of using the tie breaking procedure, the number of tied teams is reduced, the procedure will then revert back to step 1 in breaking the tie for all remaining teams.

Special Rules:

- A. There are no restrictions on the number of members each school can have on its Scholastic Bowl Team.
- B. The score should be tabulated using the NAQT Excel sheet provided to teams. The score should be projected during the match for both teams to see.
- C. Each school will field two different teams for each regular season meet, an “A” team and a “B” team. At the beginning of each match, the “B” teams from each school will compete in a preliminary match, through the 21 tossups; then, the “A” teams will compete through the 21 tossups. Wins/losses for the matches will be determined by the “A” teams’ match.
 - 1. The “A” team will have four (4) students per team. The “B” team will have no more than four (4) members. The “B” team competition will use the same format as “A” team.
 - 2. On any particular day, no one can compete on both team A and team B unless agreed upon by the coaches before the match.
- D. An answer given may not be changed once it is completed.
- E. Time begins once the moderator has completed reading the question. In the event of a student buzzing in before the question has been completely read, the time will begin once the moderator has called on that school to answer the question.
- F. Any challenges should be registered with the moderator at the end of the round in which the challenge occurs so the bonus questions may be given and answered if appropriate. The moderator is the person that decides the challenge.
- G. Questions will not be repeated unless the moderator determines that he/she has made an error.
- H. Only “A” teams will participate in the post-season tournament.

Chairperson:

Ms. Lola LaPier, Student Activities

Coordinator **School:**

Corporate Landing Middle School

Season:

Beginning Date – September 8, 2025

Ending Date – October 27, 2025

Contests:

Number – Eight (8) games

Officials – Two (2) referees @ 60.00 each to be paid by the Office of Student Activities.
Tidewater Soccer Referees' Association

Time – Two (2) Thirty (30) minute halves
Five (5) minute half-time

City Championship:

As noted on page 5 under constitution, Article VII, Section 4, except for Boys' and Girls' Track, Speech, Cheerleading, and Wrestling, which will have a city-wide meet/tournament format, the top four seeds will compete in a 4 team championship tournament. Individual performances are not ranked in the One-Act Play Festivals.

- A. The top four seeds will be determined by the teams receiving the most points, with 3 points being awarded for a win, 1 point for a tie, and 0 points for a loss (all contests count).
- B. The top four seeds will participate in a post-season championship tournament. The #1 seed will host the #4 seed, and the #2 seed will host the #3 in the first round of the championship tournament. The winning teams from the first round of the championship tournament will play in the championship game and the winner will be designated the city-wide champion. The championship game will be played at a neutral or predetermined site. The home team will be the higher seeded team in each post season contest.
- C. If at the end of the regular season, two or more teams are tied for any of the top four seeds, teams have the same number of points (all competitions count), the tie breaking procedure will be used to determine seeding for the championship tournament. The criteria will be as follows:
 - 1. Head-to-head competition. If two or more teams are tied at the end of the regular season, head-to-head competition will be used as the first criterion

(greatest number of points advances; 3pts for each win, 1 pt. for each tie, 0 pts. for each loss)

2. Record against common opponents. (greatest number of points advances; 3pts for each win, 1 pt. for each tie, 0 pts. for each loss)
3. Strength of schedule determined by record of all opponents. (greatest number of points advances; 3pts for each win, 1 pt. for each tie, 0 pts. for each loss)
4. Seeding will be determined by random draw of remaining tied teams.

*If more than two teams are tied, and as a result of using the tie breaking procedure, the number of tied teams is reduced, the procedure will then revert back to step 1 in breaking the tie for all remaining teams.

Special Rules:

- A. If a tie exists at the end of regulation play during a regular season contest, the teams shall play two 5-minute overtime periods. Both periods must be played even if the tie is broken at the end of the first overtime period. Substitutions may be made during the overtime periods. Teams change ends of the field after the first overtime period. If at the end of the second overtime period the score is still tied, penalty kicks will be taken to break the tie. Coaches choose 5 players to take a kick. Teams alternate kickers. The game ends if one team has a goal advantage that cannot be overcome. If the first round of penalty kicks does not produce a winner, a second round of sudden victory penalty kicks will take place. Coaches will once again choose 5 players to take a kick. Players used in the first round of penalty kicks may or may not be used again in the sudden victory round. If the second round of penalty kicks does not produce a winner, continue with subsequent rounds of penalty kicks as outlined above until a winner is determined.
- B. Goal rule is in effect for all middle school league regular season and post-season games. The game will end after the mid-point of the second half if a team leads by 8 or more goals.

In the event a regular season game must be suspended by the head referee because of conditions that make it impossible to continue play, the game shall be declared official if one complete half or more of the game has been played and one team is ahead. If less than one half of the game has been played, it must be rescheduled from the start.

SOFTBALL

Chairperson:

Mr. Zeb Clark, Student Activities Coordinator

School:

Princess Anne Middle School

Season:

Beginning Date – April 15, 2026

Ending Date – May 20, 2026

Contests:

Number – Eight (8) games

Officials – Two (2) umpires – 1 umpire-in-chief (home plate) @\$50.00 1 field umpire @\$50.00 to be paid by the Student Activities Office.

Eastern Virginia Official's Association

Time – Seven (7) innings

City Championship:

As noted on page 5 under constitution, Article VII, Section 4, except for Boys' and Girls' Track, Forensics, Cheerleading, and Wrestling, which will have a city-wide meet/tournament format, the top four seeds will compete in a 4 team championship tournament. Individual performances are not ranked in the One-Act Play Festivals.

- A. The top four seeds will be determined by the teams receiving the most points, with 3 points being awarded for a win, 1 point for a tie, and 0 points for a loss (all contests count).
- B. The top four seeds will participate in a post-season championship tournament. The #1 seed will host the #4 seed, and the #2 seed will host the #3 in the first round of the championship tournament. The winning teams from the first round of the championship tournament will play in the championship game and the winner will be designated the city-wide champion. The championship game will be played at a neutral or predetermined site. The home team will be the higher seeded team in each post season contest.
- C. If at the end of the regular season, two or more teams are tied for any of the top four seeds, teams have the same number of points (all competitions count), the tie breaking procedure will be used to determine seeding for the championship tournament. The criteria will be as follows:
 1. Head-to-head competition. If two or more teams are tied at the end of the regular season, head-to-head competition will be used as the first criterion (greatest number of points advances; 3pts for each win, 1 pt. for each tie, 0 pts. for each loss)

2. Record against common opponents. (greatest number of points advances; 3pts for each win, 1 pt. for each tie, 0 pts. for each loss)
3. Strength of schedule determined by record of all opponents. (greatest number of points advances; 3pts for each win, 1 pt. for each tie, 0 pts. for each loss)
4. Seeding will be determined by random draw of remaining tied teams.

*If more than two teams are tied, and as a result of using the tie breaking procedure, the number of tied teams is reduced, the procedure will then revert back to step 1 in breaking the tie for all remaining teams.

Special Rules:

- A. The game shall end when the visiting team is behind by 10 or more runs after 3-1/2 innings, or after the fourth inning, if either team is 10 runs behind and both teams have had an equal number of times at bat.
- B. In the event of a tie at the end of 7 innings of play, extra innings will be played as necessary to break the tie. In extra innings, each team starts their half inning with the player who completed the last official at bat, as a base runner on second base. Each subsequent half-inning will start the same until a winner has been determined.
- C. If the game is called because of darkness or weather, it is a regulation game if 5 full innings have been played or if the home team is winning in the bottom of the 5th when the game is called. If 5 full innings of play have not been completed it will be considered a suspended game and will be resumed at the point of interruption on the next available date. If play has gone beyond 5 full innings, and the game is called before both teams have had an equal number of completed terms at bat, the final score shall be the same as it was at the end of the last completed inning. However, if the home team in its half of the incomplete inning scores a run(s) to take the lead, the final score shall be recorded when the game is called. Games may end in a tie if 5 full innings of play have been completed.
- D. The catcher's helmet and mask combination must meet the NOCSAE standard, have full ear protection, and a face guard.
- E. Batters must be equipped with a helmet with a face guard which meets the NOCSAE Standard. The helmet must either have the visible embossed seal or a sticker signifying that it meets the standard.
- F. Schools are to reschedule games on the earliest possible, mutually agreeable date.
- G. With the exception of medical alert information, no jewelry may be worn during competitions.
- H. Visiting teams should be given 20 minutes of warm-up time once they arrive to the softball field. Home teams should be warmed-up prior to the visiting team arriving.
- I. There is no time limit on softball games.
- J. Coaches must verify all equipment is properly certified.
- K. The field dimensions for middle school softball are sixty (60) feet from base to base and the distance from the pitcher's mound to home plate is forty three (43) feet.

SPEECH

Chairman:

Ms. Leah Lambson, Student Activities Coordinator

School:

Great Neck Middle School

Season:

Beginning Date –April 15, 2026
City-Wide Meet – May 14, 2026

Introduction:

The Middle School League sponsors a program of forensics that shall include the following activities:

1. Extemporaneous Speaking
2. Original Oratory
3. Oral Interpretation
4. Storytelling
5. Impromptu Speaking

Meet Contests:

Judges for the Championship are to be paid \$25.00 each.

Speech meets consist of individual contests in extemporaneous speaking, original oratory, oral interpretation, and storytelling.

Special Rules:

Competitors who violate the rules concerning allowed materials, required materials, and allowed movement will be assessed a 5 point penalty.

Tournament:

The tournament shall be held using two groups, whether at one site or split between two sites, to determine Co-City Champions in each forensic activity. Schools will be randomly selected for either Group A or Group B. Each school is limited to one entry in each of the contests comprising the tournament. No student shall represent his/her school in more than one contest. The Middle School League shall designate a chairperson(s) who shall have the responsibility of coordinating the forensic program.

A. Extemporaneous Speaking Regulations:

Purpose

The purpose of the extemporaneous speaking event is to encourage students to combine clear thinking, good extempore, conversational speaking and interesting presentation in establishing a definite thought with respect to current fact and opinion on a designated topic as presented by contemporary sources.

Contest Regulations

Topics will be selected from these periodicals, dated no earlier than the beginning of the season. Each contestant is allowed to bring his/her own periodicals and a topic file to locate information on the day of the contest. No other previously prepared notes are permitted (see example on page 56). These topics are to be phrased as questions and are not to be made known to the contestants before the event. The speech may not exceed five minutes in length. There is no minimum time requirement so long as the topic is adequately covered.

Extemporaneous Speaking Example

Each contestant is allowed to bring his/her own periodicals and a topic file to locate information on the day of the forensics meet. No other previously prepared notes are permitted.

Example of a Topic File:

Mexico Time, January 30, p. 45 Time, March 6, p. 67

Preparation

Speeches should have as their purpose either to stimulate, to convince, to persuade or to influence action. In preparing his speech, the contestant should concentrate on originality of his theme, relevance of his content to his topic, depth and logic of thought in his content, a fresh and challenging approach, clarity of organization and adequate evidence. When delivering his speech, the contestant should keep in mind the conversational style of delivery, earnestness and concerned delivery (sincerity and ardor), simplicity, accurateness and vividness of language and manner, pleasing and varied vocal qualities, posture and bodily movement that are neither stiff nor slovenly, and gestures that are felt as necessary. Above all, he should concentrate more on quality of content than on quality of delivery even though the latter is important in the process of communication.

Contest Procedures

Contestants shall report to an area where each shall draw a number to determine his place in the order of speaking. One set of judges hears all the speeches in a division contest. Contestants shall then, in order, draw three topics each. From these selections, he is to choose

one topic and return the other two. After the first speaker has chosen his topic the second speaker will draw his topics five minutes later, and so on, in five minute intervals for each speaker. Each contestant shall have 20 minutes from the time he chooses his topic to prepare his speech before he is to speak. During this preparation period, he should not consult with anyone to make use of previously prepared notes. Reference books, newspapers, and magazines shall be permitted. His notes will be restricted to two 4 x 6 note cards. The student may use both sides of the cards for notes as he wishes. At the end of the 20-minute preparation period, it shall be the responsibility of the student to report immediately to the speaking area. Either before beginning the speech or as part of the introduction, the contestant is to read his topic in the exact words or phrasing as it appears on the paper he selected. Visual aids while speaking are permitted. The contestant is free to use the chalkboard, but any other visual aid would have to be prepared during the preparation period and may handicap time needed for preparation for the speech itself. Timekeepers will assist the speaker and the judge by displaying a time card as the contestant speaks. The timekeeper will begin holding up the time card at the beginning of the third minute of the speech. He shall show the progression of minutes, and at the end of the fifth minute, the timekeeper will raise his hand. The speaker will be allowed a 30-second grace period, and the speaker will receive a 5-point deduction if he/she exceeds the 30-second grace period. At the conclusion of the speech the judge may, at his discretion, ask one or more relevant questions to verify, clarify, or amplify the speech.

Basis of Judges' Decisions

Criteria followed by judges in determining winners are relevance of theme to topic, thought content (logic, freshness, depth), clarity of organization, sincerity of speaker, adequacy and concreteness of supporting detail, use of language (vividness, simplicity, and comprehension), voice and diction (variety, acceptable pronunciation, clear enunciation), and control and use of body. All contestants are rated Superior, Excellent, or Good. Judges shall write a criticism for each speaker. Any contestant who exceeds the established time limit shall automatically be penalized five points.

B. Original Oratory Regulations

Purpose

The purpose of the original oratory contest is to train and encourage students in speaking by presenting intelligently and truthfully (in an interesting and original manner, direct and conversational in delivery, clear in arrangement and presentation, and with some profit to an audience) any worthwhile topic suitable for a public speech.

Contest Regulations

A speaker may not use a speech he has delivered in any previous year's contest. Each contestant shall deliver an original speech not to exceed eight minutes in length. There is no minimum time requirement. The speaker will be allowed a 30-second grace period, and the speaker will receive a 5-point deduction if he/she exceeds the 30-second grace period. The oration shall not contain in excess of 150 words of quoted material, either directly or indirectly. The speaker shall clearly acknowledge the sources of any quotation used. Speeches shall have been thoroughly prepared. The speaker will be allowed to use both sides of three standard 4 x

6 note cards during the delivery of his speech. Each speaker is to prepare a manuscript of his speech, and a bibliography of sources to be available for consideration by the judges.

Preparation

The original oration should have as its purpose to persuade. Therefore, one might wish to speak in order to convince, to stimulate or to inspire. Any idea might become a subject for an oration, provided it “bothers” a speaker and interests and audience. In preparing his speech the contestant should concentrate on originality and worthwhileness of content and theme, soundness of thinking, excellence of organization, adequacy and concreteness of developmental or supporting details and illustrations and vividness of style. In rehearsing his speech, the contestant should keep in mind the conversational style of delivery, earnestness and concerned delivery (sincerity plus ardor), simplicity, accurateness and vividness of language and manner, pleasing and varied vocal qualities, posture and bodily movement that are neither stiff nor slovenly, gestures that are felt as necessary, and general effectiveness as a persuasive, convincing, stimulating, or inspirational speaker whose speaking gives prominence to imaginative or emotional elements. (“Soundness of thinking and weight of content are supplement by a degree of eloquence in delivery by a speaker who is stirred, aroused, and challenged by his subject and audience.”) Above all, the speaker should predominately concentrate on quality of content rather than on quality of delivery even though the latter is important in the process of communication.

Contest Procedures

The order in which contestants speak is determined by lot. One set of judges hears all the speeches in a division contest. At the conclusion of the speech, at the discretion of each judge, questioning by the judge of the speaker’s source of materials, choice of topic, or basis for conclusion may take place.

Basis for Judges’ Decisions

Criteria followed by judges in determining winners are originality and worthwhileness of subject, thought content (logic, freshness, depth), clarity of organization, sincerity of speaker, voice and diction (variety, acceptable pronunciation, clear enunciation and control), and use of body. Judges’ rating forms are supplied by the League office. All contestants are rated Superior, Excellent, or Good. Judges write a criticism for each speaker. Any contestant who exceeds the established time limit shall automatically be penalized five points.

C. Oral Interpretation Regulations

Introduction

The League sponsors contests in prose interpretation, poetry interpretation, serious dramatic interpretation, humorous dramatic interpretation, and duo interpretation to encourage appreciation of the full meaning of the printed page and the oral communication of that meaning to others with apparent spontaneity, directness, simplicity, and sincerity, without distracting the hearer through faulty pronunciation or indistinct enunciation. Only published materials may be used according to library standards for publication.

Prose Interpretation Contest Regulations

Each contestant shall read one prepared prose selection of his own choice with a total reading time of not more than five minutes. The contestant may preface his reading with an introductory statement that will give the audience a better understanding of the selection read, provided his total time does not exceed five minutes. The speaker will be allowed a 30-second grace period, and the speaker will receive a 5-point deduction if he/she exceeds the 30-second grace period. No contestant may use a prepared prose selection that he/she has read in a previous city-wide Middle School League Forensics Meet.

Poetry Interpretation Contest Regulations

Each contestant shall read one prepared poem or poetic group of his own choice with a total reading time of not more than five minutes. The contestant may preface his reading with an introductory statement that will give the audience a better understanding of the selection read, provided his total time does not exceed five minutes. The speaker will be allowed a 30-second grace period, and the speaker will receive a 5-point deduction if he/she exceeds the 30-second grace period. No contestant may use a poetry selection that he/she has read in a previous city-wide Middle School League forensics meet.

Serious Dramatic Interpretation Contest Regulations

Each contestant shall present a selection of a serious nature chosen from published novels, short stories, plays or poetry. The selection should emphasize character development through consistent use of distinct voices, focal points and postures. Adaptations may be for the purpose of continuity only. The contestant should preface the selection with an introductory statement that will give the audience a better understanding of the selection, provided the total time does not exceed five minutes. The speaker will be allowed a 30-second grace period, and the speaker will receive a 5-point deduction if he/she exceeds the 30-second grace period. The use of a manuscript is optional. No contestant may use a selection, adaptation or cutting that he/she has used in a previous city-wide Middle School League forensics meet. Properties or costumes are not permitted. Movement is allowed, but such movement should be restricted to bending (knees and/or waist); leaning, twisting or swiveling; and no walking. Use of body (gestures, appropriate audience/eye contact, etc.) to suggest character is permitted.

Humorous Dramatic Interpretation Contest Regulations

Each contestant shall present a selection of a humorous nature chosen from published novels, short stories, plays or poetry. The selection should emphasize character development through consistent use of distinct voices, focal points and postures. Adaptations may be for the purpose of continuity only. The contestant should preface the selection with an introductory statement that will give the audience a better understanding of the selection, provided the total time does not exceed five minutes. The speaker will be allowed a 30-second grace period, and the speaker will receive a 5-point deduction if he/she exceeds the 30-second grace period. The use of a manuscript is optional. No contestant may use a selection, adaptation or cutting that he/she has used in a previous city-wide Middle School League forensics meet. Properties or costumes are not permitted. Movement is allowed, but such movement should be restricted to bending (knees

and/or waist); leaning, twisting or swiveling; and no walking. Use of body (gestures, appropriate audience/eye contact, etc.) to suggest character is permitted.

Duo Interpretation of Literature Contest Regulations

This two-person reading must be from a single published play, fictional or non-fictional work, or a poem. The material may be humorous or dramatic or combine both tones, depending upon the work selected. If the speakers read from a play, they must each present only one character. If they read prose or poetry, the performers may each present one character, with one performer presenting any narration. A selection must maintain the author's intent, characters and words as written, except for minor use in transitions, unless written permission is granted by the author or publisher for modification and/or adaptation of the published work. No contestant may use a selection, adaptation or cutting that either member of the duo team has used in a previous city-wide Middle School League speech meet. The contestants should preface the selection with an introductory statement that will give the audience a better understanding of the selection. The use of a manuscript is optional. The performers may not have eye contact with each other, but should focus off stage. The performers may stand, swivel from side to side, or turn around. No properties or costumes are permitted. The timing for this event shall be a maximum of eight minutes, with no minimum time requirement. The duo will be allowed a 30-second grace period, and they will receive a 5-point deduction if they exceed the 30-second grace period.

Preparation

In preparing for the contest, the following definition of good oral interpretation should be carefully considered: The prime requisite of good interpretation is intelligibility, and to that end the reader himself must have an intelligent comprehension of what he read and a due appreciation of its values, as well as the ability to communicate them to his hearer. A pleasant voice, an acceptable accent, and clear enunciation are first of all desirable. Monotony of time or of pace and overemphasis or acting are to be avoided. Through modulation, proper stress, and timing not only must the meaning of the passage be brought out, but also its mood – whether of humor, pathos, earnestness, excitement, satire, or whatever. The audience must be given an opportunity to hear, to understand, and to feel what the author is striving to convey.

Contest Procedures

The contests are conducted in an informal atmosphere. A 10 to 15 minute preliminary period is devoted to introductions and informal discussions. The order in which contestants read is determined by lot. One set of judges hears all the readings in a division contest.

Bases for Judges' Decisions

Criteria followed by judges in determining winners are understanding (25%), emotional response (25%), and delivery (50%). Understanding includes comprehension of plan and structure. Emotional response includes appreciation of the dominant mood. Delivery includes sense of communication, voice qualities, pronunciation, enunciation, stress, timing, and gesture. All contestants are rated Superior, Excellent, or Good. Any contestant who exceeds time limit shall automatically be penalized five points.

D. Storytelling

Contest Regulations

A contestant will present a children's story, not exceeding eight minutes in length including an introduction. The speaker will be allowed a 30-second grace period, and the speaker will receive a 5-point deduction if he/she exceeds the 30-second grace period. No notes or manuscript may be used and a contestant may not use a story that he/she has presented in a previous city-wide Middle School League Forensics Meet. Each contestant is to work alone without costume or props since he/she will be judged only on storytelling ability. Gestures are encouraged; however, movement must be restricted to movement in place, no walking. The contestant should assume that the audience consists of a group of children. The contestant may differentiate characters by the use of different voices, focal points and body postures.

Bases for Judges' Decisions

Criteria followed by judges in determining winners are choice of selection, interpretation, pronunciation, timing, enunciation, eye contact, posture, gestures, voice, poise, appearance, energy level, coherence of story cutting, vocal expression, facial expression, characterization, appeal to children and impact of message and performance. All contestants are ranked and scored. Judges shall write a criticism for each speaker.

E. Impromptu Speaking

Topics

Impromptu topics will include proverbs, ordinary objects, events, quotations and famous people. All students, in each section, will draw from the same list of topics.

Drawing

Students will be assigned to a room with an adjudicator present. All students assigned to the room will check in with the adjudicator and then wait outside the room until they are called for their turn to speak. When the student is asked to speak, he/she will be brought into the room, given three topics and asked to choose one. All students will choose from the same three topics.

Preparation

As soon as the topic is chosen, the contestant shall prepare a speech without consultation and without reference to prepared notes or research materials. The student may make limited notes on one note card provided by the adjudicator.

Time

There is NO minimum time requirement, but the contestant must cover the subject adequately. The maximum time for preparation and speaking is five minutes. The student may divide this time in any way he/she see fit. The adjudicator is expected to provide the student with oral

time signals, indicating the amount of time remaining until the student begins speaking. The adjudicator should then provide the student with visual time signals of time remaining until the five-minute period has expired. The speaker will be allowed a 30-second grace period, and the speaker will receive a 5-point deduction if he/she exceeds the 30-second grace period.

Bases for Judges' Decisions

Criteria followed by judges in determining winners are relevance of theme to topic, thought content, freshness, depth, clarity of organization, sincerity of speaker, adequacy of support and development, use of language, voice and diction and control and use of body. Judges' rating forms are supplied by the League office. All contestants are ranked and scored. Judges shall write a criticism for each speaker.

TRACK

Chairperson:

Mr. Derek Buckley, Ms. Rowena Gescik and Mr. Floyd Carter,
Student Activities Coordinators

School:

Larkspur, Plaza, and Bayside Middle Schools

Season:

Beginning Date – April 16, 2026, Ending Date - May 16, 2026

Start Time:

Meets will begin at 5:15 PM or 10 minutes after the last school arrives.

Contests:

4 dates, each with 3 sites consisting of 4 or 5 competing teams at each site

Scoring:

All team members, who compete in a running event, will receive a qualifying time; team members who compete in the field event will receive a qualifying score.

Events:

Running events must be completed in the order shown. Girls' events are conducted before Boys' events.

Individual Events:

- 1) Girls Long Jump and Girls 1600 meter run
Boys Long Jump and Boys 1600 meter run
*These two events will take place at the same time
- 2) Girls 100 meter dash
Boys 100 meter dash
- 3) Girls 400 meter dash
Boys 400 meter dash
- 4) Girls 400 meter relay
Boys 400 meter relay
- 5) Girls 800 meter run
Boys 800 meter run
- 6) Girls 200 meter dash
Boys 200 meter dash
- 7) Girls 1600 meter relay
Boys 1600 meter relay

Officials:

Starter provided by the Timing Company and Student Activities Office.

School Responsibilities:

Each SAC/school will be assigned meet job responsibilities including workers for: girls long jump, boys long jump, clerk, and finish line.

Track Meet Guidelines:

A. Participation in running events is restricted as follows:

1. An athlete who runs either the 800 meter or 1600 meter run may compete in only one other running event.
2. If an athlete competes in the 400 meters or less he/she may compete in two other running events at that distance (or less).

B. Meets should begin no later than 10 minutes after the arrival of the last school.

C. There are 2 heats for each event with the exception of the 800 and 1600. Each school has three (3) official entries in each event, with the exception of the 800 and 1600 meter events which allow up to six (6) runners per school.

D. Each school has three (3) official entries for the long jump.

E. Each school has one (1) official entry for each relay (4x100 and 4x400).

F. A runner will be allowed one (1) false start in an event. He/she will be eliminated from competition for a second false start.

G. There are no make up dates. In the event a meet is interrupted due to inclement weather/daylight, the meet will be considered official, and times will be official, at the point of interruption.

H. Entry Deadlines: All entries for the regular season must be entered on milestat by 9:00 p.m. on Tuesday before the Thursday meet.

Wheelchair Athlete Guidelines:

A. SAC should inform Track Chairs of any wheelchair athletes at the start of the season, prior to the first meet.

B. Wheelchair athletes may participate in all events, in compliance with *Track Meet Guidelines A 1 and 2*, with the exception of the long jump and relays.

C. The wheelchair athlete(s), whether male or female, will compete in their event prior to the girls' running the same event.

D. If there is a male and a female wheelchair athlete competing in the same event, they will compete together.

E. Wheelchair athlete(s) will compete against other wheelchair athletes and the clock.

F. City Meet: Prior to the seed meeting, coaches of wheelchair athletes will inform track chairs of the events athletes will compete in. The wheelchair athlete(s), whether male or female, will compete in their event during the 15 minute break between the 100m semifinals and 100m finals.

City Track Meet:

Coaches will meet for a seed meeting on a designated date. For the purpose of seeding, competition will be limited to the top 16 entries as listed by the computer. If an athlete qualifies in more than four events, the coach must determine in which four events he/she may compete (in accordance with *Track Meeting Guidelines Rule A*). The next student in line, as listed on the computer, will fill the vacancy created by the choice not to enter the athlete in that particular event. Runners will not be added after the seed meeting. If there is a tie at the seed meeting for 16th place, the runners' next fastest times would be used for breaking the tie and seed placement. If they have the same fastest times, the runner will be chosen by a flip of a coin by the coaches.

Participation:

A. Teams – All middle schools

B. Individuals – The top 16 in each event will qualify as determined in the seed meeting, in compliance with *Track Meet Guidelines A*.

C. Tournament Meet Scoring: Points will be accumulated by the following individual event places awarded.

D. Places: 1st 2nd 3rd 4th 5th 6th 7th 8th
10 8 6 5 4 3 2 1

E. Equipment: Each school will furnish its own starting blocks and batons. If the track surface is an all-weather composite, only flats or 1/8” needle spikes are permitted.

F. Facilities: There will be no dressing room facilities at the meet site.

G. Rules Committee: A committee composed of the starter, head finish line judge, and meet director(s) will rule on any rule-violation decision.

Awards:

A. Team - A plaque will be awarded to both the boys’ and girls’ team winners in the tournament meet.

B. Individual – Medals will be awarded to the top three (3) places in each event. Ribbons will be awarded to the fourth through eighth places.

Order of events:

Finals: Girls Long Jump
Boys Long Jump

Semifinals: Girls 100 meter dash
Boys 100 meter dash

Wheelchair Athlete Events

Finals: Girls 100 meter dash
Boys 100 meter dash
Girls 1600 meter run
Boys 1600 meter run
Girls 400 meter relay (sections)
Boys 400 meter relay (sections)
Girls 400 meter dash (sections)
Boys 400 meter dash (sections)
Girls 800 meter run
Boys 800 meter run
Girls 200 meter dash
Boys 200 meter dash
Girls 1600 meter relay (sections)
Boys 1600 meter relay (sections)

City Meet Special Rules:

A. *Track Meet Guidelines Rule A* is applicable.

B. Meet must start by designated time or no later than 10 minutes after the arrival of the last team.

C. Semifinals will be done in two (2) heats with the top two heat winners, plus the six fastest times, advancing to the finals.

D. In the long jump, each competitor will be allowed three (3) attempts.

E. In running events that are run in sections, the best eight times overall will determine the top eight finishers.

VOLLEYBALL

Chairperson:

Mrs. Sherry White, Student Activities Coordinator

School:

Kempsville Middle School

Season:

Beginning Date – February 10, 2026

Ending Date – March 19, 2026

Contests:

Number – Eight (8) matches

Officials – Two (2) officials (up and down)

Three out of five games, rally scoring

General Rules:

- A. Twenty-five points determines a game; fifth game only is fifteen points (must win by 2 points)
- B. Six persons to a team
- C. Three minute intermission between games
- D. Rotate sides after each game
- E. A team is allowed a maximum of eighteen (18) substitutes per game
- F. Beginning of match determined by flip of coin (Revised 1/21/14)
 - 1. winner gets choice of service or receive
 - 2. shared warm-up – 8 minutes
 - 3. visiting team warm-up – 6 minutes
 - 4. home team warm-up – 6 minutes

(Home team should forfeit its 6 minutes when the visiting team arrives within a half hour of the match start time.)

City Championship:

As noted on page 5 under constitution, Article VII, Section 4, except for Boys' and Girls' Track, Speech, Cheerleading, and Wrestling, which will have a city-wide meet/tournament format, the top four seeds will compete in a 4 team championship tournament. Individual performances are not ranked in the One-Act Play Festivals.

- A. The top four seeds will be determined by the teams receiving the most points, with 3 points being awarded for a win, 1 point for a tie, and 0 points for a loss (all contests count).
- B. The top four seeds will participate in a post-season championship tournament. The #1 seed will host the #4 seed, and the #2 seed will host the #3 in the first round of the championship tournament. The winning teams from the first round of the championship tournament will play in the championship game and the winner will be designated the city-wide champion. The championship game will be played at a neutral or predetermined site. The home team will be the higher seeded team in each post season contest.
- C. If at the end of the regular season, two or more teams are tied for any of the top four seeds, teams have the same number of points (all competitions count), the tie breaking procedure will be used to determine seeding for the championship tournament. The criteria will be as follows:
 - 1. Head-to-head competition. If two or more teams are tied at the end of the regular season, head-to-head competition will be used as the first criterion (greatest number of points advances; 3pts for each win, 1 pt. for each tie, 0 pts. for each loss)
 - 2. Record against common opponents. (greatest number of points advances; 3pts for each win, 1 pt. for each tie, 0 pts. for each loss)
 - 3. Strength of schedule determined by record of all opponents. (greatest number of points advances; 3pts for each win, 1 pt. for each tie, 0 pts. for each loss)
 - 4. Seeding will be determined by random draw of remaining tied teams.

*If more than two teams are tied, and as a result of using the tie breaking procedure, the number of tied teams is reduced, the procedure will then revert back to step 1 in breaking the tie for all remaining teams.

Special Rules:

- A. All contests will consist of three out of five games.
- B. Home team will provide warm-up balls for both teams.

WRESTLING

Chairperson:

Mr. Patrick Mackey, Mr. Brad Nelson and Mr. Randy Sparling,
Student Activities Coordinators

School:

Brandon, Lynnhaven and Salem Middle Schools

Season:

Beginning Date – February 10, 2026
Ending Date – March 21, 2026

Contests:

Number – Eight (8) matches

Individual Events – Sixteen (16) weight classifications

75 lbs.	113 lbs.	145 lbs.	Heavyweight
81 lbs.	120 lbs.	155 lbs.	- minimum of 190 lbs. and maximum
88 lbs.	126 lbs.	165 lbs.	of 235 lbs.
98 lbs.	132 lbs.	175 lbs.	
106 lbs.	138 lbs.	190 lbs.	

Officials – Tournament rate 7 Officials at \$215.00. Southeast Virginia Wrestling Officials' Association.

Time – One (1) period of one (1) minute and two (2) periods of one and one-half (1 ½) minutes each. (Exception – tournament consolation periods: three (3) periods of one (1) minute each)

Special Rules:

A. Coaches

1. During regular season matches, no more than two coaches from a school may stay between the team bench and the mat.
2. During tournament matches, no more than two coaches from a school may stay in the mat corner. Schools will be required to register their official wrestling coaches prior to the tournament. Only registered coaches will be given credentials to access the competition area.
 - Although there will not be a limit placed on the number of coaches a school may register, schools must comply with the requirements above during regular season and tournament matches.

- B. Braces - Any wrestler who wears braces on his/her teeth must also wear a mouth guard.
- C. Weight Control Program – The lowest allowable weight class in which a wrestler may participate will be determined from calculations based on the wrestler’s weight and skinfold measurements. The weight from the “Coaches Measurer Report” tab will be used. A copy of the results will be sent to the wrestling chairperson within three days after the administration of the WCP. Each wrestler must go through the Weight Control Program before participating in any practices or matches.
1. Weight Control Program Appeals Process: In an effort to provide the athlete with an opportunity to appeal the results of the Virginia Beach Middle School League’s Wrestling Weight Control Program, the following procedure will be implemented in an appeal situation.
 2. If an athlete does not agree with the results of his/her minimum weight class determination, an appeal must be requested in writing to the school’s Student Activities Coordinator within three (3) school days after he/she receives notification of that minimum weight class. The Student Activities Coordinator will send this appeal to the Wrestling Chairperson.
 3. A retest would then be scheduled to take place within one week after receipt of the written appeal.
 4. If the athlete still does not agree with the results, a second appeal may be made in writing to the school’s Student Activities Coordinator within three (3) school days after the retest. The Student Activities Coordinator will send this appeal to the Wrestling Chairperson.
 5. The Athletic Trainer assigned by the VBMSL would then conduct a retest on the athlete within one week. In all scenarios, the appealed results will prevail even if it is less desirable for the wrestler.
- D. Certification – Certification of all wrestlers on the team will be conducted and verified by an administrator or SAC for each wrestler prior to his/her first regular season match. An athlete who transfers from one Virginia Beach Middle School League school to another during the season does not need to recertify if he/she was already certified at his/her previous school. All initial weight requirements allow for a two (2) pound gain during the season as follows:
1. One (1) pound on the League’s third match date.
 2. One (1) pound on the League’s fifth match date
 3. Wrestlers who fail to certify prior to the League’s second match date of the season forfeit the first growth pound allowance.
 4. Wrestlers who fail to certify prior to the fourth match date of the season forfeit the first and second growth pound allowances.
 5. Each school shall send its certification form to the chairperson of wrestling.
 6. Weigh-in - The weight of each participant will be certified by the administrator at each school by 11:00AM on the day of the match. (Weigh-ins will not be a head-to-head at the match site.)
 - The weight verification sheet will be sent to the wrestling chairperson NO LATER THAN 11AM on the day of the match with required signatures and exchanged at the match.
 - After certification, a wrestler may compete at one weight class above his certified weight with the following stipulations (but may never compete below the certified weight):
 - If the wrestler desires to return to his/her certified weight after wrestling up a weight class, he/she may do so at any time during the season. At no time

may a wrestler compete in a weight class lower than his/her certified weight class.

- E. Exhibition Matches – Exhibition matches are permitted. However, scheduled matches must begin no later than 5:30 p.m. The student activities coordinator must be notified one day prior to the match.
- F. Tournament
 1. Double Elimination
 2. All schools represented
- G. Individual – one (1) student from each school in each of the sixteen (16) weight classes.
 1. Medals awarded to the first three places in each weight class. Ribbons will be awarded to fourth, fifth, and sixth places.
- H. Seeding – Shall be determined in a meeting of coaches prior to the tournament. The seeding meeting will be conducted by the wrestling chairman and tournament director.
 1. Up to the top Eight (8) eligible wrestlers with winning records shall be seeded. All others will be randomly placed into the bracket at the seed meeting.
 2. Beginning with the #1 seed and proceeding until up to Eight (8) wrestlers with winning records are seeded, (Must have a minimum of 3 wins at weight class to be seeded), the following criteria shall be applied:
 - Total #Wins (All Matches at Designated Tournament Weight Count)
 - Head to Head Competition (All Matches at Designated Tournament Weight Count) (w/Sub-Criteria)
 - Overall Win Percentage
 - Most Pins
 - Most Technical Falls
 - Most Major Decisions
 - Coin flip
 3. Sub-Criteria for Seeding Committee
 - In the case of two tied wrestlers, if wrestler “A” has defeated wrestler “B,” then wrestler “A” is determined to be the higher seed.
 - In the case of three tied wrestlers, if wrestler “A” and wrestler “B” have both defeated wrestler “C,” wrestler “C” should be named the lowest of these three seeds, and the head to head criteria should be re-applied for wrestler “A” and wrestler “B” to determine the highest and second highest seed of these two wrestlers. If wrestler “A” and wrestler “B” did not wrestle, the next criterion should be applied to these two wrestlers ONLY and wrestler “C” should remain as the lowest seed of these three wrestlers.
 - In the case of four or more tied wrestlers, if two or more wrestlers are simultaneously removed by applying the above criteria, the criteria should then be reapplied from the top (beginning with head to head) to separate these two or more wrestlers.
 4. Wrestlers are seeded according to the criteria at the weight class in which they wrestled a majority of their matches during the regular season. If the wrestler participated in an equal number of matches at different weight classes during the regular season, the wrestler may enter the tournament at any of those weight classes; the coach must determine which weight class they will wrestle in the tournament the day after the final regular season match by notifying the wrestling chairman.

- A student must complete the weight control program and be properly certified by the fourth match date in order to participate.
- Record Notes:

Dual match forfeits are included in record for seeding.

5. The Exception Option (coaches' vote) - may be invoked solely as an effort to acknowledge and separate the best wrestlers in any weight class so as to arrange for the best two wrestlers to meet in the final round of competition. The Exception Option may only be invoked for the following reasons:
 - if a wrestler has not achieved at least three wins in the seeded weight class and has established himself or herself (upon majority decision of the coaches) as a strong or exceptional competitor, and/or
 - if a wrestler who has an exceptional record against acknowledged strong opposition, or an exceptional record that reflects a lack of strong opposition, and/or
 - if an exceptional wrestler has been injured for part of the season.
 6. Tournament Weigh-in – To be held on the day of the tournament with weight gain as specified. Wrestlers must be dressed in a singlet when weighing in. Tournament Seeding – Substitutions are allowed up to the scratch deadline. If, after the scratch deadline, a seeded wrestler forfeits, is injured, or fails to make weight or if a condition exists where a “bye” or “forfeit” would advance in the bracket, the bracket shall be redrawn. No substitutions will be allowed after the scratch deadline. Any failure to perform after the scratch deadline will be considered a forfeit. An alternate 9th seed shall be established for each weight class at the seed meeting to expedite bracket redrawing on tournament day.
- I. Team will be limited to 35 participants at away matches and the city-wide tournament.

APPENDIX

**VIRGINIA BEACH MIDDLE SCHOOL LEAGUE
ANNUAL SPORTSMANSHIP AWARD
1ST QUARTER ACTIVITIES**

SCHOOL: _____

I. ADMINISTRATION/STUDENT ACTIVITY COORDINATOR – Our administration/student activity coordinator does the following:

	SAC	TOTAL
1	<input type="checkbox"/>	
2	<input type="checkbox"/>	
3	<input type="checkbox"/>	
4	<input type="checkbox"/>	
5	<input type="checkbox"/>	
6	<input type="checkbox"/>	
7	<input type="checkbox"/>	
8	<input type="checkbox"/>	
9	<input type="checkbox"/>	
10	<input type="checkbox"/>	
11	<input type="checkbox"/>	
12	<input type="checkbox"/>	
13	<input type="checkbox"/>	
14	<input type="checkbox"/>	
15	<input type="checkbox"/>	

Models good citizenship/sportsmanship for coaches, students and parents.
Stresses the importance of citizenship and sportsmanship with coaches.
Discusses the importance of good sportsmanship with coaches during the pre-season coaches meeting.
Requests that each coach include a section addressing sportsmanship in his/her expectations or team rules/policies. *(Attach copy of expectations)
Requires all coaches to complete a self-evaluation form.
Discusses sportsmanship expectations with each team.
Provides/discusses sportsmanship expectations with parents/guardians.
Recognizes student participants who earn sportsmanship awards.
Communicates the components of good sportsmanship with student support/performance groups.
Provides a hospitable atmosphere for visiting teams and officials.
Provides appropriate personnel at each interscholastic event.
Provides scripts and/or announcements for public address announcers that promote ideals of sportsmanship.* (Attach copy)
Adheres to designated time allotments for warm-ups, starting time and half time.
Ensures an accurate VBMSL Master Eligibility List is submitted by the League’s first match date.
Works with the SCA to develop a committee to promote positive sportsmanship among the student body.

II. COACHES – Our coaches consistently do the following:

	FBALL	B SCR	G SCR	ONE-ACT	CHEER	TOTAL
16	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
17	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
18	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
19	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
20	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
21	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
22	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
23	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
24	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
25	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
26	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Adhere to NFHS and VBMSL rules.
Adhere to the school’s operating and emergency procedures.
Serve as positive role models for sportsmanship.
Appropriately address players who exhibit unsportsmanlike behavior.
Display respect for the integrity and judgment of officials.
Treat players, coaches, opponents and officials with respect.
Publicly shake hands with opposing players and coaches before and/or after contests.
Help student participants develop a positive self-image and keep a healthy perspective of activities in relation to the overall picture of academics and life.
Discuss the components of good sportsmanship with student-participants and parents during pre-season meeting.
Attend or send designee to required pre-season coaches’ meeting.
Coach submits VBMSL end of season evaluation.

III. STUDENT PARTICIPANTS – Our student participants consistently do the following:

	FBALL	B SCR	G SCR	ONE-ACT	TOTAL
27	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
28	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
29	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
30	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
31	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
32	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
33	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

- Compete with integrity, perseverance and a sense of fair play.
- Promote a friendly and welcoming atmosphere for opposing schools.
- Treat teammates, opponents, coaches, officials and spectators with respect.
- Exercise self-control in accepting officials' decisions.
- Shake hands with opponents before and/or after each contest.
- Serve as positive role models for other students.
- Respects the facilities and equipment of the school (home and away)

IV. CHEERLEADERS – Our cheerleaders consistently do the following:

	FBALL	TOTAL
34	<input type="checkbox"/>	
35	<input type="checkbox"/>	
36	<input type="checkbox"/>	
37	<input type="checkbox"/>	
38	<input type="checkbox"/>	
39	<input type="checkbox"/>	
40	<input type="checkbox"/>	
41	<input type="checkbox"/>	

- Encourage spectators to cheer at appropriate times in a positive manner.
- Function as role models for sportsmanship/citizenship/leadership.
- Promote a friendly and welcoming atmosphere for opposing schools.
- Respect the judgment of contest officials.
- Recognize outstanding performances of both teams and give encouragement to injured players.
- Display only signs that welcome opponents or that are positive towards their school/team.
- Lead only positive cheers that boost their own school spirit without antagonizing opponents or the officials.
- Respects and adheres to the tumbling guidelines of the home school's gym.

V. PARENT/STUDENT SPECTATORS – Our parent/student spectators consistently do the following:

	FBALL	B SCR	G SCR	ONE-ACT	TOTAL
42	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
43	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
44	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
45	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
46	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
47	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

- Demonstrate respect for all players, coaches, officials and other spectators.
- Give positive support and encouragement to all student participants and performing groups.
- Recognize outstanding performances by either team with applause.
- Follow the direction from cheerleaders regarding appropriate cheers.
- Refrain from entering or throwing objects onto the playing area.
- Behave in a manner that supports our team in appropriate ways at appropriate times.

TOTAL POINTS

Completed form due one week after the final championship events

**VIRGINIA BEACH MIDDLE SCHOOL LEAGUE
ANNUAL SPORTSMANSHIP AWARD
2nd QUARTER ACTIVITIES**

SCHOOL: _____

I. ADMINISTRATION/STUDENT ACTIVITY COORDINATOR – Our administration/student activity coordinator does the following:

	SAC	TOTAL
1	<input type="checkbox"/>	
2	<input type="checkbox"/>	
3	<input type="checkbox"/>	
4	<input type="checkbox"/>	
5	<input type="checkbox"/>	
6	<input type="checkbox"/>	
7	<input type="checkbox"/>	
8	<input type="checkbox"/>	
9	<input type="checkbox"/>	
10	<input type="checkbox"/>	
11	<input type="checkbox"/>	
12	<input type="checkbox"/>	
13	<input type="checkbox"/>	
14	<input type="checkbox"/>	
15	<input type="checkbox"/>	

Models good citizenship/sportsmanship for coaches, students and parents.
Stresses the importance of citizenship and sportsmanship with coaches.
Discusses the importance of good sportsmanship with coaches during the pre-season coaches meeting.
Requests that each coach include a section addressing sportsmanship in his/her expectations or team rules/policies. *(Attach copy of expectations)
Requires all coaches to complete a self-evaluation form.
Discusses sportsmanship expectations with each team.
Provides/discusses sportsmanship expectations with parents/guardians.
Recognizes student participants who earn sportsmanship awards.
Communicates the components of good sportsmanship with student support/performance groups.
Provides a hospitable atmosphere for visiting teams and officials.
Provides appropriate personnel at each interscholastic event.
Provides scripts and/or announcements for public address announcers that promote ideals of sportsmanship. *(Attach copy)
Adheres to designated time allotments for warm-ups, starting time and half time.
Ensures an accurate VBMSL Master Eligibility List is submitted by the League’s first match date.
Works with the SCA to develop a committee to promote positive sportsmanship among the student body.

II. COACHES – Our coaches consistently do the following:

	B BALL	G BALL	A.C.	CHEER	TOTAL
16	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
17	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
18	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
19	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
20	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
21	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
22	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
23	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
24	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
25	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
26	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Adhere to NFHS and VBMSL rules.
Adhere to the school’s operating and emergency procedures.
Serve as positive role models for sportsmanship.
Appropriately address players who exhibit unsportsmanlike behavior.
Display respect for the integrity and judgment of officials.
Treat players, coaches, opponents and officials with respect.
Publicly shake hands with opposing players and coaches before and/or after contests.
Help student participants develop a positive self-image and keep a healthy perspective of activities in relation to the overall picture of academics and life.
Discuss the components of good sportsmanship with student-participants and parents during pre-season meeting.
Attend or send designee to required pre-season coaches’ meeting.
Coach submits VBMSL end of season evaluation.

III. STUDENT PARTICIPANTS – Our student participants consistently do the following:

	B BALL	G BALL	A.C.	TOTAL
27	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- Compete with integrity, perseverance and a sense of fair play.
- Promote a friendly and welcoming atmosphere for opposing schools.
- Treat teammates, opponents, coaches, officials and spectators with respect.
- Exercise self-control in accepting officials' decisions.
- Shake hands with opponents before and/or after each contest.
- Serve as positive role models for other students.
- Respects the facilities and equipment of the school (home and away)

IV. CHEERLEADERS – Our cheerleaders consistently do the following:

	B BALL	G BALL	TOTAL
34	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
36	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
37	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
38	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
39	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
40	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
41	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- Encourage spectators to cheer at appropriate times in a positive manner.
- Function as role models for sportsmanship/citizenship/leadership.
- Promote a friendly and welcoming atmosphere for opposing schools.
- Respect the judgment of contest officials.
- Recognize outstanding performances of both teams and give encouragement to injured players.
- Display only signs that welcome opponents or that are positive towards their school/team.
- Lead only positive cheers that boost their own school spirit without antagonizing opponents or the officials.
- Respects and adheres to the tumbling guidelines of the home school's gym.

V. PARENT/STUDENT SPECTATORS – Our parent/student spectators consistently do the following:

	B BALL	G BALL	A.C.	TOTAL
42	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
43	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
44	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
45	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
46	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
47	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- Demonstrate respect for all players, coaches, officials and other spectators.
- Give positive support and encouragement to all student participants and performing groups.
- Recognize outstanding performances by either team with applause.
- Follow the direction from cheerleaders regarding appropriate cheers.
- Refrain from entering or throwing objects onto the playing area.
- Behave in a manner that supports our team in appropriate ways at appropriate times.

TOTAL POINTS

Form due one week after the final championship events

**VIRGINIA BEACH MIDDLE SCHOOL LEAGUE
ANNUAL SPORTSMANSHIP AWARD
3rd QUARTER ACTIVITIES**

SCHOOL: _____

I. ADMINISTRATION/STUDENT ACTIVITY COORDINATOR – Our administration/student activity coordinator does the following:

	SAC	TOTAL
1	<input type="checkbox"/>	
2	<input type="checkbox"/>	
3	<input type="checkbox"/>	
4	<input type="checkbox"/>	
5	<input type="checkbox"/>	
6	<input type="checkbox"/>	
7	<input type="checkbox"/>	
8	<input type="checkbox"/>	
9	<input type="checkbox"/>	
10	<input type="checkbox"/>	
11	<input type="checkbox"/>	
12	<input type="checkbox"/>	
13	<input type="checkbox"/>	
14	<input type="checkbox"/>	
15	<input type="checkbox"/>	

- 1 Models good citizenship/sportsmanship for coaches, students and parents.
- 2 Stresses the importance of citizenship and sportsmanship with coaches.
- 3 Discusses the importance of good sportsmanship with coaches during the pre-season coaches meeting.
- 4 Requests that each coach include a section addressing sportsmanship in his/her expectations or team rules/policies. *(Attach copy of expectations)
- 5 Requires all coaches to complete a self-evaluation form.
- 6 Discusses sportsmanship expectations with each team.
- 7 Provides/discusses sportsmanship expectations with parents/guardians.
- 8 Recognizes student participants who earn sportsmanship awards.
- 9 Communicates the components of good sportsmanship with student support/performance groups.
- 10 Provides a hospitable atmosphere for visiting teams and officials.
- 11 Provides appropriate personnel at each interscholastic event.
- 12 Provides scripts and/or announcements for public address announcers that promote ideals of sportsmanship.* (Attach copy)
- 13 Adheres to designated time allotments for warm-ups, starting time and half time.
- 14 Ensures an accurate VBMSL Master Eligibility List is submitted by the League’s first match date.
- 15 Works with the SCA to develop a committee to promote positive sportsmanship among the student body.

II. COACHES – Our coaches consistently do the following:

	V BALL	WREST	DEBATE	TOTAL
16	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
17	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
18	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
19	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
20	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
21	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
22	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
23	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
24	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
25	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
26	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

- 16 Adhere to NFHS and VBMSL rules.
- 17 Adhere to the school’s operating and emergency procedures.
- 18 Serve as positive role models for sportsmanship.
- 19 Appropriately address players who exhibit unsportsmanlike behavior.
- 20 Display respect for the integrity and judgment of officials.
- 21 Treat players, coaches, opponents and officials with respect.
- 22 Publicly shake hands with opposing players and coaches before and/or after contests.
- 23 Help student participants develop a positive self-image and keep a healthy perspective of activities in relation to the overall picture of academics and life.
- 24 Discuss the components of good sportsmanship with student-participants and parents during pre-season meeting.
- 25 Attend or send designee to required pre-season coaches’ meeting.
- 26 Coach submits VBMSL end of season evaluation.

III. STUDENT PARTICIPANTS – Our student participants consistently do the following:

	V/BALL	WREST	DEBATE	TOTAL
27	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
28	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
29	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
30	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
31	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
32	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
33	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

- Compete with integrity, perseverance and a sense of fair play.
- Promote a friendly and welcoming atmosphere for opposing schools.
- Treat teammates, opponents, coaches, officials and spectators with respect.
- Exercise self-control in accepting officials' decisions.
- Shake hands with opponents before and/or after each contest.
- Serve as positive role models for other students.
- Respects the facilities and equipment of the school (home and away)

IV. PARENT/STUDENT SPECTATORS – Our parent/student spectators consistently do the following:

	V/BALL	WREST	DEBATE	TOTAL
34	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
35	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
36	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
37	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
38	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

- Demonstrate respect for all players, coaches, officials and other spectators.
- Give positive support and encouragement to all student participants and performing groups.
- Recognize outstanding performances by either team with applause.
- Refrain from entering or throwing objects onto the playing area.
- Behave in a manner that supports our team in appropriate ways at appropriate times.

TOTAL POINTS

Form due one week after the final championship events

**VIRGINIA BEACH MIDDLE SCHOOL LEAGUE
ANNUAL SPORTSMANSHIP AWARD
4th QUARTER ACTIVITIES**

SCHOOL: _____

I. ADMINISTRATION/STUDENT ACTIVITY COORDINATOR – Our administration/student activity coordinator does the following:

	SAC	TOTAL
1	<input type="checkbox"/>	
2	<input type="checkbox"/>	
3	<input type="checkbox"/>	
4	<input type="checkbox"/>	
5	<input type="checkbox"/>	
6	<input type="checkbox"/>	
7	<input type="checkbox"/>	
8	<input type="checkbox"/>	
9	<input type="checkbox"/>	
10	<input type="checkbox"/>	
11	<input type="checkbox"/>	
12	<input type="checkbox"/>	
13	<input type="checkbox"/>	
14	<input type="checkbox"/>	
15	<input type="checkbox"/>	

Models good citizenship/sportsmanship for coaches, students and parents.
Stresses the importance of citizenship and sportsmanship with coaches.
Discusses the importance of good sportsmanship with coaches during the pre-season coaches meeting.
Requests that each coach include a section addressing sportsmanship in his/her expectations or team rules/policies. *(Attach copy of expectations)
Requires all coaches to complete a self-evaluation form.
Discusses sportsmanship expectations with each team.
Provides/discusses sportsmanship expectations with parents/guardians.
Recognizes student participants who earn sportsmanship awards.
Communicates the components of good sportsmanship with student support/performance groups.
Provides a hospitable atmosphere for visiting teams and officials.
Provides appropriate personnel at each interscholastic event.
Provides scripts and/or announcements for public address announcers that promote ideals of sportsmanship.* (Attach copy)
Adheres to designated time allotments for warm-ups, starting time and half time.
Ensures an accurate VBMSL Master Eligibility List is submitted by the League’s first match date.
Works with the SCA to develop a committee to promote positive sportsmanship among the student body.

II. COACHES – Our coaches consistently do the following:

	B BALL	S BALL	F HCKY	B TRCK	G TRCK	FRNSC	TOTAL
16	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
17	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
18	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
19	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
20	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
21	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
22	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
23	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
24	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
25	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
26	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Adhere to NFHS and VBMSL rules.
Adhere to the school’s operating and emergency procedures.
Serve as positive role models for sportsmanship.
Appropriately address players who exhibit unsportsmanlike behavior.
Display respect for the integrity and judgment of officials.
Treat players, coaches, opponents and officials with respect.
Publicly shake hands with opposing players and coaches before and/or after contests.
Help student participants develop a positive self-image and keep a healthy perspective of activities in relation to the overall picture of academics and life.
Discuss the components of good sportsmanship with student-participants and parents during pre-season meeting.
Attend or send designee to required pre-season coaches’ meeting.
Coach submits VBMSL end of season evaluation.

III. STUDENT PARTICIPANTS – Our student participants consistently do the following:

	B BALL	S BALL	F HCKY	B TRCK	G TRCK	FRNSC	TOTAL
27	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
28	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
29	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
30	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
31	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
32	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
33	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

- Compete with integrity, perseverance and a sense of fair play.
- Promote a friendly and welcoming atmosphere for opposing schools.
- Treat teammates, opponents, coaches, officials and spectators with respect.
- Exercise self-control in accepting officials' decisions.
- Shake hands with opponents before and/or after each contest.
- Serve as positive role models for other students.
- Respects the facilities and equipment of the school (home and away)

IV. PARENT/STUDENT SPECTATORS – Our parent/student spectators consistently do the following:

	B BALL	S BALL	F HCKY	B TRCK	G TRCK	FRNSC	TOTAL
34	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
35	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
36	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
37	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
38	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

- Demonstrate respect for all players, coaches, officials and other spectators.
- Give positive support and encouragement to all student participants and performing groups.
- Recognize outstanding performances by either team with applause.
- Refrain from entering or throwing objects onto the playing area.
- Behave in a manner that supports our team in appropriate ways at appropriate times.

TOTAL POINTS

Form due one week after the final championship events



VIRGINIA BEACH CITY PUBLIC SCHOOLS
CHARTING THE COURSE

VIRGINIA BEACH MIDDLE SCHOOL LEAGUE
ANNUAL SPORTSMANSHIP AWARD

Middle School Score Calculation Form
DUE – One week after the final championship events

Name of School: _____

A school must score 95% (total of 173 out of 182 points) or better to qualify!

	Total Points Received	Total Possible Points
Evidence of Sportsmanship Program (attach copy)		6
Submit form on time		4
Quarter 1 - checklist		47
Quarter 2 - checklist		47
Quarter 3 - checklist		39
Quarter 4 - checklist		39
Total		182
Deductions (see below)		
Final Score		

Principal Signature: _____

Date: _____

SAC Signature: _____

Date: _____

VBMSL Adjustment of Unsportsmanlike Behavior

Please be advised that the following adjustments will be made to the above score in the event of unsportsmanlike ejections. All ejections will result in the following deductions. Note: Red card will be counted as an ejection.

Student-Participant Ejections -2.5 points per ejection

Coach Ejections -5 points per ejection

Middle School League of Virginia Beach

Officials' Contract

This contract between the _____
(Officials' Association)
and the Virginia Beach Middle School is to provide game officials for _____
(sport)
during the _____ season(s). It is understood that the League will provide a
(year)
schedule to the officials' association well in advance of the season. The schedule will contain dates, sites, and times of all contests. League members will notify the association's commissioner should a contest be canceled for any reason. Should the officials report to the event site without being notified, the school in question will be responsible for pay a _____ travel fee
(rate)
to each official involved. However, if the League member notified the association's commissioner _____ minutes prior to the contests, the school will not be subject to pay
(no.)
the fee.

The terms and conditions are as follows:

1. **Fees** - _____ (rate) per official _____ (no.) officials per contest.
2. **Payment/billing procedures** – List method and to whom payment is to be made.
3. **Additional Terms/Conditions** – List specific terms/conditions.

Note: Please complete, sign, and return original. Keep duplicate for your records.

Commissioner

Middle School League Representative

Date

**Virginia Beach Middle School League
Bona Fide Student Rule
Uniform Discipline Policy**

<u>School-Time Discipline</u>	<u>After-School Discipline</u>
Out-of-School Suspension	Removal from participation for the rest of the season.*
In-School Suspension (First Offense)	Suspension from participation in any activity on the day(s) the ISS is served.
In-School Suspension (Second Offense During Season)	Removal from participation for the rest of the season.*
Detention	No associated punishment.
Referral	No associated punishment.

*If the student is removed from an activity for the remainder of the season for out-of-school suspension or for a second in-school suspension in the same season, the student will not be allowed to receive any individual awards or recognitions for that season nor attend a post season athletic awards program.

Ancillary items and interpretations:

- The measures above are considered minimum standards. Schools may choose to assess additional discipline if the situation warrants it.
- Discipline measures shall be confined within the given activity season. All students would begin the following season or school year with a clean slate. For purposes of this rule, the cheerleading season spans the first two academic quarters.
- A student assigned multiple days of ISS could possibly miss more than one game if the games are scheduled on the days when the ISS is served.
- A student might receive one day of ISS for a relatively minor offense yet be forced to miss a championship contest due to the timing of the offense.
- This proposal is meant to apply to Virginia Beach Middle School League competitions, festivals, practices and tryouts. Schools may choose to apply it to other non-League activities such as dances, musical and dramatic performances, and other school-wide or club activities.

Approved: May 17, 2012

Corrected: May 22, 2012

Virginia Beach Middle School League Social Media Position Statement

Social Media has become engrained in today's society. The wide variety of social networking tools presently available provides students easy access to share important news and events with each other. Social media technologies such as Twitter, Facebook, Internet forums, weblogs, social blogs, micro blogging, Wikis, podcasts, photographs, video rating, social bookmarking, and others have many benefits in our world; however, they can also be disruptive when inappropriate social media postings occur. Using these communication tools in an inappropriate manner can have negative consequences, especially if unkind words or threats are used with intent to hurt others.

The Virginia Beach Middle School League (VBMSL) recognizes and supports its student-athletes' and coaches' rights to freedom of speech, expression, and association, including the use of social networks. In this context, each student-athlete and coach must remember that participating and competing for the VBMSL is a privilege, not a right. The student-athlete and coach represent his or her middle school and the VBMSL; and therefore, they are expected to portray themselves, their team, and their middle school in a positive manner at all times. Any online postings must be consistent with federal and state laws, as well as team, school, school division and VBMSL rules and regulations (including those listed below).

Specifically prohibited behaviors include but are not limited to:

- Sexually explicit, profane, lewd, indecent, illegal, or defamatory language/actions.
- Derogatory language regarding school personnel or other students.
- Comments designed to harass or bully students and/or school personnel.
- Nude, sexually-oriented, or indecent photos, images or altered pictures.

Also prohibited are all on-campus connections to off-campus violations of the policy.

- Use of school computers to view off-campus postings.
- Students accessing posts at school on their own devices.
- Distribution of hard copies of posts on school property.
- Re-communication on campus of the content of the posts.

Any authorized or unauthorized use in school or out of school of computer software, computer networks, telecommunications devices, information technology, and related technologies, which disrupts or interferes with the educational process in any manner is prohibited and may result in removal from the team or activity and a recommendation for expulsion.

Virginia Code Ann. Sec. 18.2-60 states that any person who knowingly communicates in writing, including an electronically transmitted communication, a threat to kill or do bodily injury to a person or a member of his/her family is guilty of a Class 6 felony. Further, any person who communicates, in writing, including an electronically transmitted communication, a threat to kill or do bodily harm to another person on school grounds or premises, on a school bus or at a school sponsored event is guilty of a Class 6 felony.

Virginia Code Ann. Sec. 18.2-152.7 states that "A person is guilty of a crime of personal trespass by computer when he uses a computer or computer network to cause physical injury to an individual."

Virginia Code Ann. Sec. 18.2-152.7:1 states that "If any person, with the intent to coerce, intimidate, or harass any person, shall use a computer or computer network to communicate obscene, vulgar, profane, lewd, lascivious, or indecent language, or make any suggestion or proposal of an obscene nature, or threaten any illegal or immoral act, he shall be guilty of a Class 1 misdemeanor."

[S.B. Policies 6-62 and 6-64] [S.B. Regulations 6-62.1 and 6-64.1] [Virginia Code Ann. Secs. 18.2-152.7; 18.2-152.7:1.] [Virginia Code Ann. Sec. 18.2-60]

Social Media Guidelines for Student-Athletes

1. Be careful with how much and what kind of identifying information you post on social networking sites. It is unwise to make available information such as full date of birth, social security number, address, phone number, cell phone numbers, class schedules, bank account information, or details about your daily routine. All of these can facilitate identity theft or stalking. Remember - once posted the information becomes the property of the website.
2. Be aware that potential current and future employers and college admissions offices often access information you place on online social networking sites. Realize that any information you post will provide an image of you to prospective employers and/or schools. The posting is considered public information. Protect yourself by maintaining a self-image that you can be proud of years from now.
3. Be careful in responding to unsolicited emails asking for passwords or PIN numbers. Reputable businesses do not ask for this information online.
4. Do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited. Social networking sites are NOT a place where you can say and do whatever you want without repercussions.
5. Remember that photos once put on the social network site's server become the property of the site. You may delete the photo from your profile, but it still stays in their server. Internet search engines like Google or Yahoo may still find that image long after you have deleted it from your profile. Think long and hard about what type of photo you want to represent you.

One of the biggest lessons social networking users can learn is that anything you post online enters the public record. Middle school students should carefully consider their profiles and ask themselves how they would look to a future college admissions officer or potential employer.

Information contained in this document:

- Lee E. Green, J.D. – Baker University, Baldwin City, Kansas.
- Virginia Beach City Public Schools – Code of Student Conduct – Social Networking <http://www.vbschools.com/students/conduct/code.asp>
- St. Thomas Aquinas High School – Social Networking and Athletes – www.stalux.org/podium/default.aspx?t=141671

St. Thomas Aquinas High School - 197 Dover Point Rd, Dover, NH 03820 - Phone: 603-742-3206 - Fax: 603-749-7822

(Adopted 8-25-2016 by the Virginia Beach Middle School League Principals' Association)



Stunt Progressions

PROGRESSIONS - As with any athletic activity, it is the coach's responsibility to ensure that team members demonstrate proficiency with lower level skills before progressing to more advanced skills. Just as the prudent football, field hockey or volleyball coach does not allow a player to take the field without adequate skills and preparation, the prudent spirit coach **will not allow** her/his participants to perform skills for which they are **not** adequately trained. These progressions are general in nature, and do not attempt to list every skill. All spirit stunts should be learned according to accepted progressions which means from **lower to higher** from **easy to more complex**.

Please note that the performance and safe execution of specific stunts, tosses and tumbling requires that they are limited to mats, grass or rubberized tracks as stated in the NFHS rules book. You should review this area and become very familiar with these specific performance skills and the appropriate surfaces on which they are allowed.

Partner Stunt Progression:

1. Step-up drills
2. Double-base thigh stand
3. Double-base shoulder stand
4. Single-base shoulder stand
5. Extension prep, step off dismount
6. Cradle drills
7. Extension prep, cradle dismount
8. Press extension, return to shoulders, cradle dismount
9. Press extension, cradle dismount
10. Full extension Step-up Liberty
11. Ground-up Liberty
12. Braced liberty tick-tock
13. Skills to cradles (i.e. toe touches and twists)
14. Basket toss drills ("rides")
15. Basket toss skill execution (i.e. toe touches and twists)

NOTE: No partner stunt should be attempted until each individual skill in the progression is mastered.

Tumbling Skill Levels

Level 1 - Basic rolls, bridges, handstands, cartwheel, round-off handstand forward roll, back walkover, front walkover

Level 2 – Standing back handspring, round-off back handspring, standing back handspring series, aerial cartwheel

Level 3 – Round-off back handspring series, standing back tuck, round-off back tuck, round-off back handspring back tuck, layouts from round-off back handspring, whip backs, half twists, full twists.

Transitional Stunts and Inversions:

Transitional stunts and inversions are the fastest evolving and creative areas in modern spirit programs. The coach and students must master the individual building block skills before attempting these stunts. Most transitions and inversions are considered advanced stunts and should only be performed by well trained, skillful teams that are taught and supervised by a well-qualified coach.

TRAINING/SAFETY EQUIPMENT

As with other athletics, training aids may be made available to a spirit program. Training aids for spirit programs may include various types of matting, spotting belts, handspring trainers and spring-assisted equipment such as spring floors, mini-trampolines, and springboards. While some of these devices, such as the spring-assisted apparatuses, may not be used for competition or performance, they may assist with the learning of a skill or allow for repetitive skill practice with less strain. Regardless of their use, it is the coach's responsibility to ensure that these aids are being used under properly trained supervision and that they are kept in proper condition.