

Principals' Committee On Athletics

Grades 6 through 8



Rules and Regulations
(Revised October 2022)

BOARD MEMBERS 2022-2023

Patricia Aull, Executive Director

Newport Public Schools
15 Wickham Road
Newport, RI 02840
(401)
ripcoa@gmail.com

Terry Lynch, Asst. Executive Director

Director of Baseball
South Kingstown School Dept.
215 Columbia Street
Wakefield, RI 02879
(401) 360-1017
tlynch@sksd-ri.net

Jeff Taylor, Asst. Executive Director

Assistant to Track & Field
Warwick Public Schools
69 Draper Ave.
Warwick, RI 02889
(401) 734-3000
jeffrey.taylor@warwickschools.org

Keith Cory

Director of Softball
Director of Boys & Girls Soccer
Johnston High School
345 Cherry Hill Rd.
Johnston, RI 02919
(401) 233-1920 ext. 2122
kcory@johnstonschools.org

Robert Perry

Director of Wrestling
Riverside Middle School
179 Forbes St.
East Providence, RI 02915
(401) 433-6230
rperry@epschoolsri.com

Chris Coleman

Director of Basketball
Hope Highlands Middle School
300 Hope Rd.
Cranston, RI 02921
(401) 270-8148
ccoleman@cpsed.net

Alana Parenteau

Director of Cross Country & Track
De La Salle Middle School
612 Academy Avenue
Providence, RI 02908
(401) 351-7750 x 146
aparenteau@lasalle-academy.org

Michael Millen

Co-Director of Wrestling & Track
AD – Narragansett Public Schools
(401) 218-2606
michaelmillen@hotmail.com

Justin Erickson

Co-Director of Cross Country & Track
AD – Cranston Public Schools
(401) 270-8405
jerickson@cpsed.net

Michael Walsh

Co-Director of Basketball & Baseball
Dean of Students – Bain Middle School
(401) 270-8010
mwalsh@cpsed.net

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ARTICLE I

Rhode Island Principals Committee on Athletics

Mission Statement

Athletic participation helps students grow, learn, and enjoy themselves while they use and develop their personal, physical, and intellectual skills. RIPCOA values the lessons that have long been taught by athletic participation: the pursuit of excellence through personal development and teamwork, ethical and responsible behavior on the field and off, adherence to the spirit of rules as well as to their letter, leadership and strength of character, and sportsmanship – respect for one’s opponents, acceptance of victory with humility and the acknowledgement of defeat with grace. In seeking to teach these lessons to RI middle school students, RIPCOA strives to instill habits that will lead students to better and healthier lives. While winning is not an end in itself, we believe that the efforts of athletes to be their best will lead them to succeed throughout their lives. With these goals in mind, RIPCOA promotes inclusive participation, a sense of community focusing on a shared experience within competition and opportunities for individual holistic development for each participant, coach and fan.

PRINCIPALS' COMMITTEE
ON ATHLETICS
Grades 6 through 8

ARTICLE II

ORGANIZATION AND BY-LAWS

Section 1. The PRINCIPALS' COMMITTEE ON ATHLETICS GRADES 6 THROUGH 8 is an autonomous governing body which shall consist of individuals who are members of RIASP and sports directors who are selected by this committee.

The Principals' Committee on Athletics Grades 6 through 8 (PCA 6-8) will, within its jurisdiction, supervise and control the athletic programs, contests, schedules, and matters relating thereto, in participating junior high/middle schools of the State of Rhode Island. This committee will seek to maintain, improve, and raise the athletic standards in the participating schools of the State of Rhode Island.

The PCA 6-8 shall have power to initiate investigations, (take testimony and demand affidavits) relative to the violations of the rules of the PCA 6-8. If charges are brought against (or are discovered involving) any participating school (or individual) for violation of the rules of the PCA 6-8 or violation of the spirit of fair play and good sportsmanship, the PCA 6-8 shall consider such charges and determine and assess penalties necessary.

Any school (or individual) which/who is charged with the violation of the Rules and Regulations of the PCA 6-8 may appeal as herein set forth within fourteen (14) days of notice of such violation or decision.

The PCA 6-8 is empowered to require any participation school to provide additional administrative staff members to supervise any scheduled athletic activity both home and away if conditions in the judgment of the PCA 6-8 require such administrative supervision. It is assumed that each member school will provide adequate and proper supervision for all athletic events directly involving their individual schools.

The PCA 6-8 reserves to itself the granting of television/film rights. No participating school in the programs of the PCA 6-8 can film, tape, or televise any of its scheduled games without first obtaining permission in writing from the PCA 6-8 through the Chairperson.

Schools, however, are given permission to film or videotape their games provided that no commercial use of any kind is made of the film/videotape and provided that any showing of the film/videotape takes place in the school itself.

Filming, videotaping, or televising the game for commercials use or for showing on cable or regular television requires permission in writing from the PCA 6-8 through the Chairperson as to terms, conditions, and compensation.

The PCA 6-8 shall determine the number of divisions into which the various sports shall be divided and shall be empowered to assign schools to those divisions on whatever basis it sees fit. It shall supervise the schedule and award championships in the following sports: baseball, basketball, cross country, track, wrestling, softball, soccer, tennis, and such other sports as shall from time to

time be added. All rules of the PCA 6-8 shall apply equally to contests participated in by junior high/middle school teams in all sports unless a specific exception is made.

Section 2. The officers shall be a Chairperson, who shall serve as treasurer and secretary, and a Vice-Chairperson, and such other officers as the PCA 6-8 shall deem necessary.

Section 3. The Chairperson shall be the executive officer of the PCA 6-8 and shall have power to act for the PCA 6-8 between meetings. When the Chairperson is unavailable, the Vice Chairperson will assume his/her powers in urgent and timely situations.

The Chairperson and Vice-Chairperson shall be elected annually at the June meeting and serve at the pleasure of the PCA 6 – 8.

There shall be such professional, clerical and/or other employees as the PCA 6-8 shall determine from time to time. All such employees of the PCA 6-8 shall be subject to the direction of the Chairperson.

The Chairperson and the staff shall be responsible for and perform such duties as shall be assigned to them from time to time by the PCA 6-8.

Section 4. The PCA 6-8 shall conduct four (4) regularly scheduled meetings during the school year at such hour and place as shall be fixed and determined by the Chairperson. Such meetings shall be scheduled to allow ample time for the organization of the several programs sponsored by the PCA 6-8. Such meetings shall normally be scheduled during the months of September, November, February, and June.

Special meetings of the PCA 6-8 shall be called by the Chairperson whenever he/she shall deem special meetings necessary or desirable and whenever he/she is requested to do so by three (3) or more members of the Committee.

Two (2) day notice of special meetings shall be given by phone to all members, or written notice in the form of a published agenda at least seven (7) days prior to the date of the meeting shall be utilized.

At any meeting of the PCA 6-8, the presence of five (5) members shall be necessary to constitute a quorum; but any less number may adjourn to a day specified.

Section 5. All communication regarding school athletics must be addressed to the Chairperson.

Section 6. The Executive Committee shall consist of the Chairperson, Vice-Chairperson and at least one (1) additional member of the PCA 6-8 appointed by the Chairperson. The Director or Directors of the various sports shall serve as members of the Executive Committee when the matters under consideration involve their sports. The Executive Committee, when necessary, is empowered to act for the PCA 6-8 between the regular meetings of the PCA 6-8.

Section 7. The annual dues and any additional fees deemed necessary by the PCA 6-8 of each member school of the PCA 6-8 shall be determined annually by the PCA 6-8.

Section 8. The PCA 6-8 shall have special charge of any contest deemed necessary to determine a State Championship. The host school of any contest shall forward to the PCA 6-8 all receipts from the contest minus the expenses incurred. The principal of the host school or his

designee shall forward to the PCA 6-8 an account of the receipts and expenses. Receipts forwarded to the PCA 6-8 shall accrue to the PCA 6-8 treasury for official expenses.

Section 9. The fiscal year of the PCA 6-8 will be from September 1 through August 31.

Section 10. The accounts of the Treasurer shall be reviewed at the end of the fiscal year.

Section 11. The PCA 6 – 8 regulates athletic competition between member schools whose Principal or Assistant Principal is a member of the RI Association of School Principals.

Section 12. The PCA 6-8 shall provide appropriate recognition for teams that win division and state championships. In case of teams tied for first place at the end of the league season, co-championships shall be awarded in all sports.

Section 13. In extenuating circumstances that would cause undue hardship, these Rules and Regulations may be waived by a majority vote of the Executive Committee. Other than Committee considerations for active Individual Education Programs, no retroactive waivers nor waivers of age rule, however, may be granted.

Section 14. The PCA 6-8 may establish such Subcommittees, Special Committees, Temporary Committees, or such other Committees as it shall deem appropriate. The PCA shall determine the extent of the authority and responsibility of such Committees. Each created Committee shall establish governing rules for the conduct of its affairs and the time, place, and manner of holding its meetings.

No created Committee shall make any public pronouncement or take any public action in the name of the PCA 6-8 without the express approval of the PCA 6-8 or the Executive Committee.

Section 15. These By-Laws and Rules may be amended by vote of a majority of the members present at any two (2) meetings of the PCA 6-8. Notice of the proposed amendment shall be given in the notice of the meeting at which action is taken thereon at least seven (7) days before the date of the said meeting. However, such notice may be waived by a majority vote of the PCA 6-8.

Section 16. Members of the PCA 6-8 will be assigned as Directors or Co-Directors of the various sports. In this capacity they are to prepare schedules, receive scores, organize, and conduct interpretation meetings, organize, update their specific website, and conduct interpretation meeting. They shall organize playoffs, distribute necessary information, and supervise the program in the sport of which they are Directors. The Directors of each sport will have the authority to make such decisions as they deem necessary for the completion of league and tournament play.

Section 17. In contests not conducted on a neutral court, the Directors of the Sports shall appoint supervisors. These supervisors shall have the same position and responsibility as the school representative at the normal home contests. They shall operate under the authority of the Director of the Sport involved and shall report to him/her on the game or games of which they were the supervisor.

Section 18. The principal of each school of the PCA 6-8 must be a member in good standing of the Rhode Island Association of School Principals at the time of filing the Declaration of Intent to compete. The Declaration of Intent to compete of any school whose principal is not a member of the

Rhode Island Association of School Principals will not be accepted and hence no schedule will be given that school for the following year of competition in the PCA 6-8.

Section 19. Each principal, by signing the Declaration of Intent to Complete, pledges that he/she accepts the Rules and Regulations of the PCA 6-8 and pledges his school and its participants to said rules.

Section 20. Each principal member is responsible to the PCA 6-8 in all matters pertaining to interscholastic sports, including the eligibility of students. He/she may delegate authority only to regular members of his/her staff, but this does not relieve the principal of ultimate responsibility. No interscholastic games may be scheduled or performed without the approval of the principal.

ARTICLE III

Eligibility

The following rules apply to all interscholastic sports sanctioned by the Principals' Committee on Athletics Grades 6 through 8.

- a) It is recommended that principals exercise great care in determining the ages of contestants, and, in all doubtful cases, secure birth certificates from the city or town clerk of the pupil's place of birth.
- b) In case of doubt about the age of any contestant in an athletic contest, a birth certificate, or some other legal evidence satisfactory to the PCA 6-8, must be presented to the Chairperson or his/her designee on demand. If no satisfactory evidence can be presented, the student must be barred from competition.
- c) Competitors in junior high/middle school sports who are born outside the state shall file with their principal birth certificates or other legal evidence of birth date and their complete school records in junior high schools attended outside the state. This data must be made available to the PCA 6-8 upon request.

Section 1. An athlete will be ineligible for athletic competition in a junior high/middle school if the athlete's 15th birthday occurs prior to September 1st of the school year in which the athlete seeks participation.

Section 2. No student in grades other than 6, 7, 8 may compete in athletic events sponsored by the PCA 6 – 8.

Section 3. An athlete otherwise eligible is to be considered eligible as soon as the athlete is officially registered in a school (there is no mandatory “waiting period” for transfer students).

Section 4. To be eligible at the beginning of a marking period, the student must have done passing work in the previous marking period in those subjects that, if failed, would prevent his/her promotion or graduation at the end of the current year.

- a) The final grades of the previous academic year shall be considered the criteria for academic eligibility at the beginning of a new academic year.
- b) A student who is retained in a grade because of academic failure but remains eligible relative to age will be considered academically ineligible for the first marking period.
- c) In the case of a student who devotes a considerable part of the summer to making up subjects failed during the school year and receives credit toward promotion/graduation for this make-up work, that student shall be entitled to count such credit toward eligibility provided this credit is made an official part of his/her school record during the first week of the fall term. In case a student fails to complete the minimum scholastic requirements for athletic eligibility at the end of a quarter due to unavoidable absence, the student shall be ineligible for the next quarter until these requirements of the preceding quarter are made up.

Section 5. The athlete shall receive no special privilege such as extra examinations, delayed marks, make-up opportunities, or other favors which are not granted on equal terms to every student in the school, with the further provision that grades for failures or incomplete work in which a make-up opportunity is granted at the end of a quarterly marking period must be made a matter of final record within two calendar weeks of the first day of the succeeding marking period.

Section 6. Admission to, or exclusion from, participation in a sport because of these eligibility rules, shall take place at the close of the school day on which report cards are issued for the end of a regular marking period.

Section 7. When members of a team are charged with being ineligible by an opposing team, the game shall be played as scheduled and the protest filed with the Chairperson in accord with the established protest regulations of the PCA 6 – 8.

Section 8. Any representation of a school by an athlete, whether legal or illegal must be counted as participation and so be reported on the returns to the PCA 6 – 8.

Section 9. In case a game is postponed or results in a tie, the eligibility of the participants does not hold over until the game is played off, but the student who participates in any contest must be eligible on the date the game is actually played.

Section 10. If a school's list is not on file as indicated, participating schools are subject to fines until such time as the list is forwarded to the sport's director. Non-complying schools are not eligible for post-season competition.

Section 11. All questions of eligibility are to be submitted in writing to the Chairperson for consideration. Schools will be notified of the decision by letter. An appeal may be made from the ruling of the Chairperson to the full Committee.

Section 12. Athletes who do not have on file a valid Assumption of Risk Form at his/her school will be ineligible for competition in the programs sponsored by the PCA 6 – 8.

Section 13. No athlete may participate in more than one sport in the same season. The exception would be in Track & Field for field events.

Section 14. The PCA 6 – 8 will provide the opportunity for male and/or female athletes to compete as individuals. They may compete on behalf of their respective schools in specified sports under specified conditions provided the school does not sponsor a team in that sport. However, the PCA 6 – 8 encourages schools to sponsor team participation to provide opportunities to all student athletes.

Individual competition shall be limited to cross country, tennis, track, and wrestling. All eligibility guidelines previously mentioned must be adhered to as well as participation requirements in those sports.

Individual athletes must be accompanied by a coach and/or an authorized representative of the school. Schools will be limited to three individuals or shall be required to participate as a team.

Section 15. All athletes must participate with their school of record.

ARTICLE IV

Postponement

Section 1. Where unusual circumstances prevail or where weather conditions are unfavorable, a game may be postponed by mutual consent of the principals, or authorized agents, of the schools involved. Postponed games are to be made up on the next available date.

The Chairperson of this Committee or the director of the sport involved is empowered to exercise the right to postpone a game in the event of failure of the principals to agree on the matter. If at game time conditions for playing are, in the judgment of the head official, too hazardous for playing, the official may postpone the game.

Section 2. Postponement of league contests must have precedence on open dates of league schedules, and games with outside schools arranged for these dates must be on a tentative basis. A league team fulfilling a contract with an outside opponent to the detriment of its league opponent must forfeit the games to the latter, unless by mutual agreement another date can be arranged.

Section 3. Postponements or cancellations shall be reported to the sport's director. Information will be posted on the sport's website by the director. Make-up contests will be posted in the same manner.

Article V

Protests

Section 1. A school filing a protest shall make out the protest in triplicate. One copy will go to the Chairperson of this Committee; the second, through the Chairperson, to the school or schools protested against; and the third copy is to be retained by the protesting school. The protest must be signed by the principal or acting principal and postmarked no later than forty-eight (48) hours after the completion of the game or contest. The protest must be accompanied by a fee of twenty (\$20.00) dollars that is to be returned to the school in the event the decision is in favor of the protesting school, but forfeited to the treasury of the PCA 6-8 in case of an adverse decision.

Section 2. The Committee will entertain no protest where the protested call did not have a significant effect on the outcome of the contest. The Chairperson will make this determination.

Section 3. The Committee will refuse to accept a protest if the protesting team fails to notify the officials of the game at the time of the incident or the first opportunity to report that the game is being finished under protest.

Section 4. Procedure for handling protest:

- a) If any of the procedures, deadlines, etc., as set down in the rule for filing a protest, are not strictly adhered to, the protest shall be immediately disallowed and the two schools in contention so notified. The Chairperson shall weigh this protest procedure and make the determination whether the protest shall be heard or terminated at this stage:
 - 1) This decision is not subject to appeal.
 - 2) The protest fee shall be returned to the protesting school.
- b) If the Chairperson concludes that the conditions for filing a protest have been fulfilled, he/she will convene the Subcommittee of the sport involved to consider the protest.
 - 1) The Chairperson will request of each school involved, and officials, if necessary, in the protest a complete written statement describing and explaining the protested situation to be presented to him/her within seven (7) calendar days from the date on which this written statement is requested.
 - 2) The Chairperson will telephone each principal requesting the written statement and then follow up the telephone call with a letter to be sent the same day. The seven (7) days will begin with the telephone call and end with the postmark of return mailing.

- c) The Subcommittee will consider the protest within the week following or sooner if the material is received before the seven (7) days have elapsed.
 - 1) If either or both schools fail to submit a written statement within the seven (7) days, the Subcommittee shall judge the case notwithstanding the failures to comply.
 - 2) If the protesting school does not submit a written statement and the decision is to disallow the protest, this judgment cannot be appealed and the protest fee is not returned.
 - 3) If the defending school does not submit a written statement and the decision is to uphold the protest, this judgment cannot be appealed.
- d) If the protest is disallowed and the protesting school has complied with all the requirements, the decision may be appealed.
- e) If the decision is appealed, the Chairperson shall appoint an Appeals Committee of at least five (5) members of the PCA 6-8 to hold a formal hearing on the appeal. Not more than two (2) of these may be members of the original Subcommittee that originally ruled on the protest unless all members of the Committee sit at the appeals Committee.
- f) Each appointed member shall agree that his/her judgment has not already been prejudiced.
 - 1) Each school may be represented by the principal, athletic director, coach, and any other person approved by the Chairman, prior to the day of the hearing.
 - 2) The game officials may be consulted by the Appeals Committee and may be required to be present at the hearing.
 - 3) The admissibility of evidence shall be determined by the Appeals Committee.
 - 4) The Appeals Committee in executive session shall, after considering all the evidence, vote to uphold or disallow the protest. A majority vote shall suffice and be final.

Section 5. In play-off competition, the Subcommittee of the sport will make the final determination of a protest, the provisions of this article notwithstanding.

Article VI

Penalties

Section 1. A player who has participated in an interscholastic contest while ineligible shall be disqualified in the sport involved for a number of league games equal to the number of games in which the athlete ineligibly participated. Such loss of eligibility shall date from the date of the last infraction, and, if necessary, shall extend into the league games of the game sport for the following year.

Section 2. A school playing an ineligible player shall automatically forfeit any game in which said player participated. The Chairperson of the PCA 6-8 is to be notified, and if trophies or awards are involved, they must be returned to the Committee. The failure of a member principal/school to promptly and automatically implement the forfeiture provisions of this section shall subject a member principal/school to additional penalties pursuant to Section Five (5) of this Article.

Section 3. Any school failing to file the Eligibility List on or before the designated date shall be on Probation and shall forfeit all league contests until twenty-four (24) hours after receipt of the Eligibility List by the division director of the sport.

Section 4. Any school or schools failing to have their coach or the representative of the coach at the Interpretation Meeting or any other meeting called by the Chairperson of the Committee or the Director of a particular sport shall be fined the sum of fifty (\$50.00) dollars for each meeting missed.

Section 5. Penalties will be determined and imposed by the Committee upon member schools, players, or coaches for violations of the Rules and Regulations of the PCA 6-8. Notice of the penalty will be given in writing by the Chairperson to the principal or his/her nominee of the school involved, who in turn, will forward copies of such notice of penalty to the individual(s) involved. At that time, the principal or his nominee will explain the penalty to the individual(s) along with his/her rights pursuant to the Rules and Regulations. The type and duration of these penalties will be determined in accordance with the nature and extent of the offense. They may include: Reprimand, Fine, Probation, or Suspension.

REPRIMAND

An official letter of censure in regard to an inexcusable, unethical, or unsportsmanlike action together with a warning against an occurrence of such acts in the future.

FINE

A monetary payment for violations of the rules as provided in the Rules and Regulations.

PROBATION

It permits regular season activity but may prohibit Tournament Play, and such regular season activity may be subject to the imposition of such safeguards or conditions as are found necessary. A school may be placed on PROBATION for any of the reasons listed as causes or the more severe penalty of SUSPENSION.

SUSPENSION

Athlete Ejections

1. Any athlete who is ejected from any contest (non-league and/or league game) shall be ineligible to participate until he/she sits out the next League game, including all games in between. A player put out of the last contest for that sport season shall be ineligible for the first two League contests of the same sport in the following year.
2. The second time an athlete is ejected in the same sport season, that athlete shall be suspended for the rest of that sport season.
3. The third time an athlete is ejected in the same school year, that athlete is suspended from all RIPCOA sport participation for one full year from the date of the last ejection. Pending appeal that athlete shall remain suspended.

Coaches Ejections

1. In the event a coach is ejected from a contest and there is no assistant coach, the game will end and the opposing team will be awarded a victory by forfeit.
 - a. A coach who is ejected shall leave the vicinity of the playing area immediately and shall not return or have contact with the team.
 - b. Any coach determined to be in violation of this provision may be subject to an additional period of disqualification.
2. First ejection:
 - a. The coach is ineligible to coach the next league game at a minimum; any further sanctions may be opposed at the discretion of the RIPCOA Committee.
 - b. The school shall be assessed a \$50.00 fine payable to RIPCOA Grades 6-8. Disqualification of the coach continues until the school pays the fine.
 - c. A principal of the school can appeal the suspension by following RIPCOA appeal procedures.
3. Second Ejection:
 - a. If a coach receives a second ejection within the same year, including a second sport, he/she is ineligible to coach any RIPCOA sport for one year from the date of the last ejection.

The Committee reserves the right to review any and all ejections and to impose such appropriate penalties as the individual situation requires.

Section 6. Any player who assaults (lays hand on or physically molests) a referee or other official in connection with a game or contest sponsored by the Committee shall immediately become ineligible for further league competition for one year from the date of the offense.

Section 7. In the event that a school cancels a league contest without following the prescribed procedure, the Committee may suspend the school from that sport for a period to be determined by the Committee.

Section 8.

- a) No member school shall be relieved of its obligations to adhere to these rules except by a formal vote of the Committee. The decision of the Committee shall be final and, in case a school refuses to abide by such a decision or withdraws before a decision has been reached, all other member schools shall sever athletic relations with such a school canceling all contests already scheduled and refusing to schedule others. Competition with the offending school may be resumed only when the Committee has again admitted the school to its jurisdiction.
- b) This rule shall not be interpreted to mean that isolated cases of such infractions of the rules shall be made a reason for canceling games or severing athletic relations. Such cases of infraction shall be reported to the Committee. Cancellations or severance of relations shall take place under this rule only when a school through its principal has definitely declared that it is no longer its purpose or policy to abide by the rule of the Committee or when the Committee has formally voted that the school in question is no longer adhering to the rules and that severance of athletic relations is therefore required.

Section 9. In the event that a school withdraws from any sport, the Committee may exclude said school for a period of two (2) years or multiple thereof from that sport.

Section 10. If in the judgment of the Committee the school is in serious violation of a rule of the Committee as published in this manual, such school may be placed on Probation for a period of one (1) year. If at the end of that time the infraction has not been ended, the school may be excluded from participation in the sports under the jurisdiction of the Committee at the discretion of the Committee whose decision in all these cases shall be final.

Section 11. The Subcommittee of each sport shall have the authority to suspend players in the respective sport or to impose any of the penalties provided in Section 5 of Article V.

Section 12. Any school filing a Letter of Intent to participate in scholastic events sponsored by the PCA 6-8 will be assessed a one hundred (\$100.00) dollar fine if that school withdraws after the dates noted below:

Fall Sports	-	August 15
Winter Sports	-	October 15
Spring Sports	-	February 15

ARTICLE VII

Procedure and Appeals

Section 1. The normal channel of communication with the Committee is to the Chairperson who may decide in the first instance all matters. However, he may refer any matter to the proper Subcommittee for decision.

Section 2. Any ruling of the Chairperson may be appealed to the proper Subcommittee except as noted in Article IV, Section 4, Paragraph a.

Section 3. Appeals from the Subcommittee shall be made to a five (5) member Committee as noted in Article IV, Section 4.e of this manual and the decision of this Committee shall be final.

Section 4. In case of protests the procedure outlined in Article IV shall be the procedure followed.

Section 5. Individuals may appeal any decision involving them alone through their principal to the proper body outlined above.

Section 6. Appeals must be received at each level within fourteen (14) calendar days.

ARTICLE VIII

Officials

Section 1. The home team is responsible for assigning officials.

Section 2. The number of officials to be assigned is:

- Soccer - Two officials required
- Basketball - Two officials required
- Wrestling - One official required
- Tennis - One official required
- Baseball - Two officials required
- Softball - Two officials required

Section 3. Adults only are to be used as officials. They must not be members of the faculty or staff (i.e., anyone having official association with the school) of either team's school, except by mutual agreement. This agreement must be reached no later than the day before the game.

Section 4. Should an emergency develop in which a properly assigned official cancels his assignment or is otherwise unable to officiate on the day of the game, it will be the responsibility of the home school to notify the visiting team. It will then be the responsibility of the home school to secure an official acceptable to the visiting school prior to the start of the game. Should the home school be unable to secure an official acceptable to the visiting school, the game will be played with the official(s) available. It will be the responsibility of the visiting team to notify the Director of the sport (in writing) of the home school's failure to have the proper number of officials available. If in the judgment of the Committee a school is flagrantly violating this rule, the Committee will impose penalties on the school. Such penalties will be determined by the Committee.

Section 5. Boardmen, probationers, or applicants should be used whenever possible. It is strongly recommended that schools vary officials for home games.

ARTICLE VIX

Grade Arrangement and Eligibility

As of the 03/04 school year, freshmen are part of the Rhode Island Interscholastic High School League and are no longer under RIPCOA jurisdiction.

ARTICLE X

Miscellaneous

Section 1. After practice in any sports starts, a student shall practice or play with only one school squad in one sport in a season, with the exception of the field events associated with spring track.

Section 2. The principal of the school or his authorized representative shall accompany the school team to all athletic contests. The authorized representative may be either a faculty member or a coach, but in no case a student.

Section 3. Schools shall declare their intent to compete in sports in the spring of the previous year of play.

Section 4. Scheduling of post-season games in all sports is prohibited with the exception of play-offs to determine state championships. The season is regarded as ending with the last scheduled game or the practice date for the opening of the next sport season, whichever is later.

Section 5. The attendance of head coaches or their representatives is required at any interpretation meetings called by the Chairman or Director in any of the sports in which the particular school is represented in the league schedule.

Section 6. The Committee guarantees cooperation to all principals of the schools of our state in the arrest and prosecution of any spectators at our games that come under the jurisdiction of the PCA 6-8.

Section 7. Limitations of Seasons:

- | | | |
|-----|----------------|--|
| (a) | FALL SPORTS: | Cross Country, Soccer |
| | OPENING DAY: | No sooner than the Monday preceding Labor Day |
| | CLOSING DAY: | Immediately after all league contests have been concluded or the scheduled manual date for the beginning of practice for the Winter Sports, whichever date is later, except meets and games sanctioned by the league to determine championships. |
| (b) | WINTER SPORTS: | Basketball, Wrestling |
| | OPENING DAY: | No sooner than the Monday following the second Friday in November |
| | CLOSING DAY: | Immediately after league contests have been concluded or the scheduled manual date for the beginning of practice for the Spring Sports whichever is later except tournaments sanctioned by the league to determine championships. |

- (c) **SPRING SPORTS:** Baseball, Softball, Track
- OPENING DAY:** No sooner than the Monday following the first Friday in March
- CLOSING DAY:** Immediately after league contests have been concluded except meets and tournaments sanctioned by the league to determine championships.

(d) **Number of League games and Non-League games:** This section applies to the following sports: Soccer (Boys & Girls), Basketball (Boys & Girls), Wrestling (Coed), Softball (Girls) and Baseball (Coed)

# of League Games, Divisional Play	# of Non- League Games	Total # of games (cap)
8	4	12
9	3	12
10	2	12
11	2	13
12	2	14

Section 8. The home team is to be held responsible for conditions involving spectators and shall always have present an authorized representative of the school to take this responsibility. Schools, through assemblies, bulletins, or other means by which they are accustomed to influence public opinion, should strive to bring about good sportsmanship on the part of spectators. Principals should impress upon coaches the responsibility that their remarks, actions, and even attitude have an influence on their players and spectators. There should be a sharp line between enthusiastic partisanship and riotous conduct. Unusual noise makers, unorthodox cheers, and all such disturbing influences should be discouraged on the part of school directors. Where necessary, police protection should be present and no hesitation exercised in ejecting from any school game, any spectator, or group of spectators, whose conduct cannot be controlled by a warning and whose further presence is prejudicial to the interest of the game.

Section 9. All invitational contests which seek the sanction of the PCA 6-8 must submit in writing to the Chairman or his designee a request for such sanction. All schools hosting such invitationals sanctioned by the Committee, must clearly indicate on the invitation and/or schedule that the contest is sanctioned by the Committee.

Section 10. Any school wishing to secure the sanction of the PCA 6-8 for locally sponsored tournaments must request in writing such sanction at least thirty (30) days prior to the first scheduled date of the tournament. Application forms are available from the Chairperson of the PCA 6-8.

Section 11. The coach of the winning team in each contest is responsible for notifying the Director of the division of the results within two school days following the game.

Section 12. Should the home or host (visiting) team not be prepared to have a game, meet, or contest begin at the official starting time or mutually agreed upon revised starting time, the visiting (home or host) team(s) must wait for a minimum of one half hour. After that period of time, the visiting (home or host) team(s) may leave the playing area and lodge an official protest with the PCA 6-8, utilizing existing procedural guidelines for filing a protest as found in Article IV (pp. 11 - 12) of the Rules and Regulations of the PCA 6-8.

Section 13. The official starting time for all athletic events sponsored by the PCA 6-8 is 3:15 p.m. This official starting time can be changed by mutual agreement of the principals and/or his/her designee of the competing schools or the Chairperson of the PCA 6-8 and/or the duly appointed directors of the several sports.

Section 14. Changes in the schedule may be made only by mutual agreement between the coaches and with the approval of their principal. The League Director must be so notified.

Section 15. It is the home team's responsibility to pay the officials. The home team must provide proper scoring agreement and personnel.

Section 16. Where unusual circumstances prevail or where conditions for competition are unfavorable, competition may be postponed by mutual consent of the principals or authorized agent of the schools involved.

Section 17. Any school entering any athletic contest of this Committee shall not play more than two (2) contests per week during the entire season, inclusive of all contests scheduled under the Committee and all outside contests, except the play-offs to determine the State Championship, except with the expressed permission of the Chairperson.

ARTICLE XI

Soccer

Section 1. All soccer contests under the jurisdiction of this Committee shall be played in accordance with the National Federation of High School Associations with the following exceptions:

- 1) No overtime will be conducted to break tie games.
- 2) Substitutions may be made on throw-ins and goal kicks for both teams regardless of possession.
- 3) Game time 3:30 pm unless a change is mutually agreed on.

Section 2. Two board officials per game are required. The home team shall provide two ball boys/girls for each game.

Section 3. The home team is responsible for all crowd control measures. Schools must make every effort to ensure that players, officials, and spectators are protected.

Section 4. The contest shall consist of two (2) thirty-minute halves, with a five (5) minute period between halves.

Section 5. Changes in schedules may be made only by mutual agreement between coaches with the approval of their athletic director and/or principal. Postponed games should be played the next available school day for the two teams.

Section 6. A player or coach receiving a red card during a game will be removed from play immediately and will be designated ineligible for the next contest. If no **certified assistant coach** is available, the game will become a forfeit.

Section 7. Standings in the league will be determined by crediting a team with three (3) points for a win, one (1) point for a tie, and zero (0) points for a loss.

Section 8. The Director shall have the authority to establish as many divisions as are judged necessary for the regular season.

Section 9. The Director of Soccer shall establish the format of the State Championship playoffs. State Championship playoffs will involve the top four (4) teams in each division.

Section 10. The Committee assumes the responsibility for the cost of the officials in the championship game and semi-finals. A three (3) man system will be utilized.

Section 11. Playoffs and final games will be thirty (30) minutes per half, a five (5) minute halftime, and two full five (5) minute overtimes will be played if needed. If the two teams are still tied after the required overtimes, the results of five (5) penalty kicks per team will be utilized to break the tie. Kick and receive in overtime and order of penalty shots will be determined by the toss of a coin.

Section 12. District and state champion schools as well as state runner up schools shall receive an award form RIPCOA. RIPCOA will provide twenty-five (25) individual awards for both teams in the state finals.

Section 13. All schools shall have their team's eligibility lists entered electronically on the RIPCOA prior to their first league game.

ARTICLE XII

Cross Country

Section 1. All activities in Cross Country will follow the National Federation Rules for boys and girls.

Section 2. The Director of Cross Country shall be responsible for carrying out the program, with the approval of the Subcommittee.

Section 3. Each school will meet every other school in its division in a dual or triangular meet to be eligible for the Division title. All league meets are scored as dual meets.

Section 4. Any junior high or middle school may participate in the State Championship meets providing their school is a member of RIPCOA 6-8 and RIASP, has posted their eligibility list on the RIPCOA website, and has competed in a minimum of three (3) sanctioned meets. Division and State Championship plaques will be awarded.

Section 5. A team that does not enter and/or finish the prescribed complement of runners according to the rules shall be disqualified from scoring; however, the scores of such individuals shall be used in compiling the final results. An individual who does not finish a race due to injury shall not receive a score.

Section 6. The Director shall make adequate provisions for supervising the State Championship races. There will be a Boys and Girls Varsity State Championship race, and a Junior Varsity Boys and Girls State Championship race.

Middle School Divisional Meet Qualifications	Middle School State Championship Qualifications
<ul style="list-style-type: none">• The Middle School Cross Country Coaches of each division are directors of the division meet and are responsible for submitting teams and individual students that qualify for the State meet to the Executive Board Directors of X-Country within 24 hours of the Division meet.• There will be a Varsity and JV race.• It is the X-Country Coach's decision regarding the placement of student athletes for the JV and Varsity races.• Student Athletes must participate in the Division meet to qualify for the state meet for the individual spots.• The Varsity race will have a maximum of seven athletes (7 boys & 7 girls).• The JV race will be unlimited.• Boys races will begin first.	<ul style="list-style-type: none">• Top 3 Full Teams from each division of the Division Championship meet.• Top 10 finishers (10 boys & 10 girls) (not on a fully qualified team) from the division meet.• Girls' races will begin first.

A game committee composed of the Director of Cross Country and 2 members of the RIPCOA executive board shall rule on any petition to participate in the State Meet when extenuating circumstances arise for an individual to advance due to injury, illness or other (i.e. Death in the family Director of) at the Division Meet. Such an appeal must be made in writing to the Director of Cross Country no later than 1 day after the completion of the Division Meet.

Section 7. No runner may run barefoot.

Section 8. No course shall be longer than 2.0 miles nor less than 1.5 miles. Under no circumstances can Cross Country races be held on hard surface pavements or on heavy vehicular-traveled roads. Meets run on courses not meeting these requirements are subject to forfeit by the home team. This section, however, is not meant to exclude meets on courses where the hard surface constitutes only a crossing on the designated course.

Section 9. Records set in the State meets shall be recognized as a record for that course only.

Section 10. Host coaches are to communicate meet results to their Division Leader the day following the meet.

Section 11. "Varsity" races are limited to seven (7) runners. Teams must enter runners in varsity races prior to J.V. races.

Section 12. Invitationals must be sanctioned or member teams will not be allowed to participate in them. Only sixth, seventh and eighth grade students are allowed to compete in these meets.

Section 13. Assumption of risk forms are to be on file in the school prior to a student being allowed to practice.

Section 14. Eligibility lists are to be posted on the RIPCOA website one week prior to the team's first meet. (Updates as they occur).

ARTICLE XIII

Basketball

Boys and Girls

Section 1. All contests under the jurisdiction of this Committee shall be played according to the National Federation rules, except for any special rulings made by the Committee.

Section 2. Any school entering the basketball schedule of this Committee shall not play more than two (2) contests per week during the entire season, inclusive of all contests scheduled under the Committee and all outside contests, except:

- for cancellations due to inclement weather, or
- for play-offs to determine the State Championship, or
- with the expressed permission of the Director of Basketball.

Section 3. The official starting time for basketball games shall be 3:15 p.m. Any change in the starting time must be by mutual agreement. The home team must make the playing surface available at least fifteen (15) minutes prior to the start of the game.

Section 4. It shall be the responsibility of the officials to see that benches are cleared of all except coaches, assistant coaches, managers, scorers, and players.

Section 5. It is the ruling of the Committee that the home team provide for adequate faculty supervision of all basketball games and, when necessary, police protection should be obtained. Administrators are strongly encouraged to attend playoff games.

Section 6. A play-off series will be arranged at the end of the regular season to determine the State Champions. The series will be in charge of the Director of Basketball to coordinate and facilitate.

Section 7. All uniforms must have a distinctive color. Home teams are to wear a light color and visitors a dark color. In the event of a color clash, the home team must wear a different shirt. All shirts must be properly numbered. Tee shirts and shorts may be worn under the uniform but they must be the same color as the uniform as per Federation rules OR with permission of the lead official.

ARTICLE XIV

Wrestling

The National Federation Wrestling Rules will apply with the following exceptions:

- Section 1.**
- a) Regular matches in dual meets and tournament championship competition are 4 ½ minutes in length divided into three 1 ½ minute periods. In tournaments all consolation matches consist of three, 1 ½ minute periods. Any overtime matches shall consist of one 1-minute period followed by a 30-second tiebreaker, if necessary.
 - b) Weight classes are 70, 75, 82, 88, 94, 100, 106, 112, 119, 126, 133, 140, 150, 165, 180, 205, 275 pounds. (Growth allowances apply to all weight classes). Additional weight classes may be added for the Novice Tournament; however, wrestlers in these additional weight classes will not be eligible to compete in the state tournament.
 - c) Certification occurs the first time a wrestler weighs-in at an official weigh-in. Completed certification sheets must be mailed or faxed by each team no later than December 23. Additionally, lists of newly certified wrestlers (those who certify after December 23) should be mailed or emailed to the director of wrestling.

A two-pound growth allowance is added after January 1, and another one-pound growth allowance is added on February 1. Wrestlers must make the scratch weight before receiving the benefit of the growth allowance.
 - d) A wrestler must make the scratch weight prior to wrestling in a weight class. Consequently, if a wrestler wants to wrestle in the 104-pound weight class plus the two-pound growth allowance (106 pounds) in January, the wrestler must have made weight at 104 pounds or less at a previous match, or the competitor must weigh 104 pounds or less for the match. Also, this rule applies to any situation where extra weight is given, e.g., a match the day after a school holiday – coaches must contact each other to inform the opposing coach of the necessity of a one-pound allowance - the wrestler must have made scratch weight before getting a weight allowance.
 - e) Provided a wrestler has made scratch weight, a one-pound allowance is granted for all Monday matches, or matches the day after a school holiday, or matches the day after a school cancellation, or on the second day of consecutive day matches. Coaches must contact each other at least one day prior to the match to inform the opposing coach of the necessity of a one-pound allowance.

- f) The minimum weight for a competitor to wrestle in the 275-pound weight class is 190 pounds.
- g) No wrestler may drop down in a weight class without the signed consent of the wrestler's parent/guardian, coach, and physician. Further a wrestler may not drop to a lighter weight class without approval from the league director.

ARTICLE XV

(Revised on March 1, 2018)

Middle School Baseball

All contests under the jurisdiction of the Principals' Committee on Athletics Grades 6 through 8 shall be played according to the National Federation of High School Association Baseball Rules, except for any special rulings adopted by the Committee.

Section One

1. Games shall be seven innings but may be shorter by mutual agreement. It shall be the home team's responsibility to be certain that the field will be available for the completion of the game without any artificial time restrictions. (ex.: We must be off the field by 5:30 p.m.)
2. Any of the nine starting players (ten players if a team is using an "EP" – extra player) may withdraw and re-enter the game ONCE. The player who leaves the game must return to the same spot in the BATTING ORDER and the substitute must leave the game and will be unable to play the rest of the game.
 - a. Once a pitcher is removed from the mound as a result of the Two Conference Rule*, they may not return to the game as a pitcher.
 - b. No player can re-enter more than once and a substitute can enter the game only once. All other substitutions are governed by the book rule.

****Two Conference Rule – A coach cannot confer with his pitcher on the playing field more than once in an inning. If he does so, another pitcher must be substituted. The original pitcher can play any other position but cannot again be pitcher. Substitutions of a pitcher by means of a change of position constitutes a conference at the mound.***

3. There are no courtesy runners in RIPCOA baseball.
 - a. Teams, however, are permitted to use an EP (Extra Player; ten-man batting order) during the regular season only. This player (EP) is used like any field player and can enter the game as defensive player as long as the batting order stays the same.
4. Hidden ball play is permitted.
5. The home team shall be responsible for the condition of the playing field:
 - a. The field must be properly marked. The bases must be fastened with two spikes and a rubber pitching slab and a home plate must be provided.
6. The home team should provide at least three new balls at the beginning of each game.
 - a. During the playoffs, each team must bring at **least four-six new balls** to a neutral site.
7. Legal Bats (NFHS Rule 1-3-2): The bat which may be a wood* or non-wood product shall be a smooth implement, from the top of the cap to the top of the knob. All non-wood bats shall meet the Batted Ball Coefficient of Restitution (BBCOR) performance standard, and such bats shall be labeled with a silk screen or other permanent certification mark. The bat must be clearly labeled. If it is not or cannot be determined whether or not it meets the BBCOR standard, the bat is illegal. ***If a player steps into the box, and takes a pitch, he has used an illegal bat.***

****Players are allowed to use a “drop 5 (-5)” wooden bat only.***

8. All batters must wear ear-flap helmets while at bat covering both ears while facing the pitcher. All base runners must wear helmets. In addition, all catchers must wear a full mask.

9. Obscene language or unsportsmanlike conduct will result in dismissal from the game, and that person will not be allowed to play in the next regularly scheduled league game. This regulation applies to players and coaches. Notification by umpire-in-chief to the league Director is necessary.

10. Game umpires shall have charge of the game and the playing field from thirty (30) minutes before the game until it is finished, and they shall preside at the establishing of ground rules before the beginning of each game.

11. The official RIPCOA starting time for baseball games will be 3:30 p.m. unless changed by mutual agreement. In the event of a team not arriving by game time, that team will be allowed until 4:00 (30 minutes) before a forfeit may be declared.

a. Three and a half (3 ½) innings with home team in the lead or four (4) complete innings with the visiting team leading shall constitute an official game. In addition, there is a ten-run mercy rule in RIPCOA baseball.

12. If a game is suspended before it is an official game as defined by Section 1k-1, the game will be continued at a later date from the point of suspension. However, the game may be declared complete by mutual agreement of the opposing coaches and the plate umpire. For the game to qualify as suspended, the first inning must have been completed. If the first inning has not been completed, the contest will be declared “no game”.

Section Two

1. In the event of conflicts and/or a postponement due to weather, changes in scheduled dates may be made by mutual agreement between the Athletic Directors.

2. Postponement of a game because of bad weather is the responsibility of the home team. The opposing team must be notified no later than twelve (12:00) noon on the day of the game. At the playing field, postponement decisions are in the hands of the umpires.

Section Three

State Playoff Information:

1. RIPCOA will assign officials for the State Playoffs.

2. During the playoff, the home team will pay for the officials.

3. RIPCOA will pay the cost of the finals only.

Section Four

RIPCOA Pitching Policy:

1. Middle School pitchers shall pitch no more than 21 outs in any five-day cycle.
 - a. All days are counted Sunday – Saturday. Therefore, if a student pitches 21 outs on a Wednesday, he will not be eligible to pitch again until the following Monday.
2. Any pitcher used in an inning will be charged with three outs for appearing in that inning
 - a. If a starting pitcher begins an inning and is removed from the mound before the inning is over, he is still charged “three outs” for his appearance in that inning.
 - b. If a relief pitcher comes into a game and is removed from the mound before completing the inning, he is still charged “three outs” for his appearance in that inning. (There will be no exceptions to this rule.)
3. It is strongly recommended that no pitcher during one outing, **exceed 90 pitches**, exclusive of warm-up pitches.
4. A middle school pitcher may not pitch more than twice in any given week (a week will be defined as Sunday to Saturday) and the total number of outs a pitcher may contribute to may not exceed twenty- one in one week.
 - a. A student may pitch 9 outs on a Monday and then 12 outs on a Thursday.
 - b. If a pitcher pitches 12 outs on a Thursday, the following possibilities exist:
 1. He can pitch up to nine outs in one game on either Friday or Saturday. The five-day clock (See rule 1) begins after the last game he has pitched in for the week.
 - i. (Thursday=Tuesday, Friday=Wednesday, Saturday =Thursday)
 - ii. If he does not pitch from Thursday on, then he is reset for Tuesday to pitch up to 21 outs.

If a student pitched his 21st out on a:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
He can pitch again on:	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday

5. Record Keeping:

- a. All coaches have been provided with a RIPCOA Middle School Baseball Pitching Record.
- b. This is to be filled out by both teams and signed by both coaches at the end of each game.
- c. Coaches must then submit their pitcher's information to the RIPCOA website within 24 hours of game completion.
- d. Coaches must keep a copy of their records until the end of June. If a game is protested and the coach cannot provide valid documentation, it will adversely affect him in the final determination of said protest.

6. Disciplinary Policies: Any infractions of the pitching policy are to be reported to the director of Middle School Baseball. The infraction will be investigated and the director will implement consequences for any team found to have broken the rules.

ARTICLE XVI

Softball

Section 1. All softball contests of the PCA 6-8 shall be played according to the NFSHSA Softball Rules, except for special rules listed in this manual or subsequent bulletins.

Section 2. Games played during the regular season may not start earlier than 3:15 p.m. except by mutual agreement. Games may not start later than 3:45 p.m. unless by mutual agreement.

Section 3. The home team will be responsible for the condition of the field. The bases, baselines, foul lines, the home plate, and pitcher's mound will be prepared according to the official rules.

Section 4. Softball umpires shall have supervision of the playing field from fifteen (15) minutes before the game until it is finished.

Section 5. Where unusual circumstances prevail or where conditions are unfavorable, a game may be postponed by mutual consent of the principals or authorized agent of the schools involved prior to twelve noon on the day of the game without penalty. Officials must be notified by the home team.

Section 6. If a game is suspended before it is an official game as defined by Section 1k-1 (see baseball rules), the game will be continued at a later date from the point of suspension. However, the game may be declared complete by mutual agreement of the opposing coaches and the plate umpire. For the game to qualify as suspended, the first inning must have been completed. If the first inning has not been completed, the contest will be declared "no game".

Section 7. The Director of Softball shall establish the format of the State Championship playoffs. The Director shall have the authority to establish as many divisions as are judged necessary.

Section 8. The home team will provide one new ball for each game. This should be an approved softball.

ARTICLE XVII

Track

Section 1. All activities in track will follow the National Federation Rules for boys and girls, with the exceptions as accepted by the Subcommittee on Girls Athletics Grades 6-8.

Section 2. The Director of Track shall be responsible for carrying out the program, with the approval of the Subcommittee, and shall be responsible for submitting a final report in writing, at the conclusion of the season. The Director shall supervise the State Championship Meet or make adequate provisions for such supervision.

Section 3. Any junior high or middle school may participate in the State Championship meet providing their school is a member of RIPCOA 6-8 and RIASP, has posted their eligibility list on the RIPCOA website, and meets the qualifying standards at least one time at the Divisional Championship Meet or Divisional Performance Meet at the end of the season as follows:

- A) Athletes must finish in the top 18 spots in all field events (long jump, high jump, turbo jav, shot put, discus) and distance events (800 m, 1500 m, 3000 m).
- B) Athletes must finish in the top 24 spots in all other events (100 m, 200 m, 400 m and 80 m hurdles)

RIPCOA will provide a lead official to assist coaches with timing at each of the Divisional Championship Meets and Divisional Performance Meets. Division and State Championship plaques will be awarded.

Section 4. Students may participate in a maximum of four (4) events, only three (3) of which may be running events and may not include both the fifteen hundred (1500) meter and the three thousand (3000) meter.

Section 5. The following running and field events shall be included:

Discus	3000 Meter Run	100 Meter Dash
Shot Put	1500 Meter Run	4 x 400 relay
Long Jump	800 Meter Run	4 x 100 relay
High Jump	400 Meter Dash	Turbo Javelin
80 Meter Hurdles	200 Meter Dash	

Section 6. Scoring:	Dual Meets	5 – 3 – 1
	Triangular Meets	5 – 3 – 2 – 1
	State Championships	10 – 8 – 6 – 4 – 2 – 1

Section 7. At the State Championships, plaques will be presented to the first, second, and third place teams. Individual awards will be given to the top six (6) finishers in each event, including the top six (6) relay teams.

Section 8. Only records set at the State Championship Meets will be official.

Section 9. Teams in leagues sponsored by RIPCOA the 6-8 will not participate in non-sanctioned meets.

Section 10. No finals in field events. In the running events, there will be semi-finals in events one hundred (100) meters or less in distance in the State Championship only.

Section 11. Entries for the State Championships shall be submitted to the Director of Track designee before the State Meet. No entries will be accepted after the registration deadline. All times should be for metric distances.

Section 12. Boys and Girls throw the same implements
Discus: 1 K Shot put: 4 K Turbo jav: 300 g
Schools hosting the meets should provide this equipment, and all athletes should throw the same equipment in competition at dual meets, Divisional meets, and the State meet

Section 13. Hurdle spacing shall be the same height and distance for Boys and Girls
80-meter race Height of hurdles: 30 inches' high
Use the hurdle spacing listed below for 100 m High School girls

Total number of hurdles: 8 hurdles
Distance to first hurdle: 13 meters
Distance in between hurdles: 8.5 meters.
Distance from last hurdle to finish line: 7.5 meters.

Section 14. Athletes are not allowed to participate in Track and Field throwing or running events and another RIPCOC sanctioned sport during the same season.

Section 15. State Qualifying Standards effective 2020.

Event	Girls		Boys	
HIGH JUMP	4'2"		4'8"	
LONG JUMP	13'		15'2"	
SHOT PUT	21'6"		31'	**4K
DISCUS	58'		82'	**1K
TURBO JAV	75'		115'	**300
HURDLES	15.5		14.2	
3000M	13:00		11:20	
1500M	5:48		5:15	
800M	2:50		2:30	
400M	70		61	
200M	29		26.5	
100M	13.7		12.9	

POLICIES XVIII

June 21, 2018 RIPCOA Committee Meeting
Return to Play Policy Adoption

Return to Play Policy

- Concussion protocol and an athletes return to competition and participation
- Adoption of the RI Title 16 School and Youth Programs Concussion Act
- <http://webserver.rilin.state.ri.us/Statutes/TITLE16/16-91/16-91-1.HTM>
- <http://webserver.rilin.state.ri.us/Statutes/TITLE16/16-91/16-91-2.HTM>
- <http://webserver.rilin.state.ri.us/Statutes/TITLE16/16-91/16-91-3.HTM>

R.T.P. Section 1 - Purpose:

In accordance with: RI Act School and Youth Program Concussion Act

§ 16-91-1. Findings of fact.

The general assembly hereby finds and declares:

(1) Concussions are one of the most commonly reported injuries in children and adolescents who participate in sports and recreational activities. A concussion is caused by a blow or motion to the head or body that causes the brain to move rapidly inside the skull. The risk of catastrophic injuries or death is significant when a concussion or head injury is not properly evaluated and managed.

(2) Concussions are a type of brain injury that can range from mild to severe and can disrupt the way the brain normally works. Concussions can occur in any organized or unorganized sport or recreational activity and can result from a fall or from players colliding with each other, the ground, or with obstacles. Concussions occur with or without loss of consciousness, but the vast majority occurs without loss of consciousness.

(3) Continuing to play with a concussion or symptoms of a head injury leaves the young athlete especially vulnerable to greater injury and even death. The general assembly also recognizes that, despite having generally recognized return-to-play standards for concussion and head injury, some affected youth athletes are prematurely returned to play resulting in actual or potential physical injury or death to youth athletes in the state of Rhode Island.

(4) Concussions can occur in any sport or recreational activity, furthermore, symptoms

(P.L. 2010, ch. 21, § 1; P.L. 2010, ch. 22, § 1; P.L. 2014, ch. 370, § 1; P.L. 2014, ch. 401, § 1.)

R.T.P. Section 2 -Implementation:

All RIPCOA Member School will:

In accordance with: RI Act School and Youth Program Concussion Act

§ 16-91-3. School district's guidelines to be developed and implemented.

(a) The department of education and the department of health shall work in concert with the Rhode Island Interscholastic League to develop and promulgate guidelines to inform and educate coaches, teachers, school nurses, youth athletes, and their parents and/or guardians of the nature and risk of concussion and head injury, including continuing to play after concussion or head injury. A

concussion and head injury information sheet shall be signed and returned by the youth athlete and the athlete's parent and/or guardian prior to the youth athlete's return to practice or competition.

(b) School districts are required to use training materials made available by the United States Center for Disease Control and Prevention entitled "Heads Up: Concussion in the High School Sports/Concussion in Youth Sports" and any updates or amendments thereto, or training materials substantively and substantially similar thereto. The department of education shall post training materials made available by the Center for Disease Control and Prevention and the Rhode Island Interscholastic League on its website. All coaches and volunteers involved in a youth sport or activity covered by this chapter must complete a training course and a refresher course annually thereafter in concussions and traumatic brain injuries. All school nurses must complete a training course and an annual refresher course in concussions and traumatic brain injuries. Teachers and teachers' aides are strongly encouraged to complete the training course in concussions and traumatic brain injuries. Training may consist of videos, classes, and any other generally accepted mode and medium of providing information.

<https://headsup.cdc.gov/>

<https://www.cdc.gov/headsup/index.html>

<https://www.cdc.gov/headsup/youthsports/training/index.html>

(c) School districts are encouraged to have all student athletes perform baseline neuropsychological testing, computerized or otherwise. Parents and/or guardians shall be provided with information as to the risk of concussion and/or traumatic brain injuries prior to the start of every sport season and they shall sign an acknowledgement as to their receipt of such information.

(d) A youth athlete, who is suspected of sustaining a concussion or head injury in a practice or game, shall be removed from competition at that time.

(e) A youth athlete, who has been removed from play, may not return to play until the athlete is evaluated by a licensed physician who may consult with an athletic trainer, all of whom shall be trained in the evaluation and management of concussions. The athlete must receive written clearance to return to play from that licensed physician.

(f) All school districts are encouraged to have an athletic trainer, or similarly trained person, at all recreational and athletic events addressed by this statute.

History of Section.

(P.L. 2010, ch. 21, § 1; P.L. 2010, ch. 22, § 1; P.L. 2011, ch. 227, § 1; P.L. 2011, ch. 237, § 1; P.L. 2014, ch. 370, § 1; P.L. 2014, ch. 401, § 1.)

R.T.P. Section 3 - Protocol:

(a) A youth athlete, who is suspected of sustaining a concussion or head injury in a practice or game, shall be removed from competition and participation at that time.

(b) A youth athlete, who is suspected of sustaining a concussion or head injury, after removal from competition or practice, MUST minimally sit out for 24 hours before returning to play.

(c) A youth athlete, who has been removed from play, may not return to play until the athlete is evaluated by a licensed physician who may consult with an athletic trainer, all of whom shall be

trained in the evaluation and management of concussions. The athlete must receive written clearance to return to play from that licensed physician.

(d) School districts are encouraged to utilize a Return to Play Protocol that has been vetted through a Physician or Certified Athletic Trainer.

PHILOSOPHY OF GENDER IDENTITY PARTICIPATION

RIPCOA facilitates middle school sports in the state of Rhode Island. RIPCOA allows participation for all students regardless of their gender or expression. The purpose of this policy is to designate a set of criteria in which student-athletes are able to compete on a level playing field in a safe, competitive and friendly environment, free of discrimination. Fundamental fairness, as well as most local, state and federal rules and regulations, requires schools to provide transgender student-athletes with equal opportunities to participate in athletics. This policy creates a framework in which this participation may occur in a safe and healthy manner that is fair to all competitors.

GENDER IDENTITY PROCESS FOR PARTICIPATION

All students will have the opportunity to participate in RIPCOA sanctioned activities in a manner that is consistent with their gender identity, irrespective of the gender listed on a student's records. Once a student has been granted eligibility to participate in the sport consistent with his/her gender identity, the eligibility is granted and applied consistently for the duration of the student's participation in middle school and does not need to be renewed every sports season or school year. All discussion and documentation will be kept confidential, and the proceedings will be sealed unless the student and family make a specific request.

Determination of Eligibility:

1. The student or the parent(s)/guardian shall notify the Principal (or designee) that the student would like the opportunity to participate in RIPCOA athletics consistent with the gender that the student identifies as.
 2. The student's home school will determine the eligibility of a student seeking to participate in interscholastic athletics in a manner consistent with their gender identity where the student's gender identity does not correspond to the student's sex assigned at birth.
 3. The Principal (or designee) will confirm the gender identity asserted for purposes of trying out for an interscholastic sports team through documentation from the parent, guardian, guidance counselor, or from a doctor, psychologist or other medical professional.
 4. On a seasonal basis the school will provide approval of eligibility to try out for an interscholastic sports team or teams which corresponds to the student's gender identity.
 5. The school Principal shall notify the RIPCOA Chairperson that the school has a student that would like the opportunity to participate in RIPCOA athletics consistent with the gender the student identifies as.
- This policy is in line with applicable RI Department of Education policy, State and Federal laws.
 - RIPCOA gender specific sports – soccer, cross country, basketball, baseball, softball & track & field. All other sports are considered co-ed. (wrestling & tennis)

Established Policies of the R.I. Interscholastic Injury Fund XIX

In view of the fact that a number of new schools have been added to the Interscholastic League, that we now cover the Girls' Interscholastic League, and that a number of changes have occurred in the personnel of older schools, it is felt that a review of some of the policies of the Rhode Island Interscholastic Injury Fund, which was incorporated in 1947, is in order. Please pass along a copy of these policies to each coach and to the individual responsible for submitting claims to the claims' Committee.

Any and all financial assistance rendered by this Corporation to members of the Rhode Island Interscholastic League and to all other participating schools shall be given purely on a voluntary basis in such amounts and in such manner as the Board of Directors in its sole discretion shall determine.

- 1) All claims are to be submitted to the Secretary/Treasurer:

R.I. INTERSCHOLASTIC INJURY FUND
P.O. BOX 8695
WARWICK, RI 02888

- 2) All claims must be submitted on individual claim sheets.
- 3) Please fill in ALL the requested information and attach all bills if there is any balance to be considered by the Committee.
- 4) Please be specific in regard to the injury (not head, leg, etc.). This line should be filled in from the doctor's diagnosis, for example: sprained back, fractured tibia, fractured wrist, and fractured tooth.
- 5) Each claim should be submitted as soon as it is completed. Do not wait until you have a number of them. Except in rare cases, any claim should be submitted within TWO WEEKS after a sport's season has come to an end.
- 6) Bills not processed within a year from the date of the injury will not be paid. Said claims will go before a Review Board who will recommend payment or non-payment.
- 7) The fund will pay for any rehabilitative aid recommended by a physician. Any protective equipment designed to return an athlete to competition is the responsibility of the individual school. The fund will not pay primary ambulance service: this is a responsibility of the school.
- 8) Payment for blood transfusions is not granted by the fund. Hospitals prefer replacement of blood.
- 9) Some of the dental bills have been rather high. We are interested in good dental work, but not necessarily the most expensive type. If, however, this is what the child's parent wants, he/she will have to assume the difference. Most funds have a maximum. We have not done this to date, nor will we, unless we are forced into such a situation. Look in your community for a few cooperative dentists who are aware of our fund, and recommend that the child go to any one of them. Most mouth pieces come with an insurance policy which will pay up to five hundred (\$500.00) for injuries to the mouth and teeth.

- 10) Blue Cross and Blue Shield do not cover all claims made on the Injury Fund. Some emergency room visits, office visits, medicines, etc., are among those not covered. Therefore, it is necessary that a student have school insurance for full coverage.
- 11) School insurance is mandatory for full coverage. Failure to comply with this requirement will result in a deduction of fifty (\$50.00) from full payment.
- 12) The prevailing semi-private rates are considered in hospital care.
- 13) In case of death, payment or amount of payment is left to the discretion of the Board of Directors.
- 14) Any school which does not compete in a fundraising activity for a particular sport will not be covered for injuries in that particular sport by the Injury Fund.

WHAT IS THE SOURCE OF OUR REVENUE TO OPERATE THE FUND?

It is the responsibility of each coach in each individual sport to arrange some activity, the proceeds of which will be turned over to the Treasurer of the Fund. From time to time a bulletin will be issued by the Secretary/Treasurer to inform you of any change in the policies of the Interscholastic Injury Fund.

PLEASE FILE FOR FUTURE USE.

OPENING DATES

SEASON	2022-2023	2023-2024	2024-2025	2025-2026
FALL	August 29	August 28	August 26	August 25
WINTER	November 28	November 20	November 25	November 24
SPRING	March 27	March 25	March 24	March 23