

Commonwealth Middle School Athletic Conference

By-laws

Updated June 2019

By-Law 1 Conference Members

- B. Michael Caudill Middle School
- Clark Moores Middle School
- Estill County Middle School
- Farristown Middle School
- Foley Middle School
- Garrard County Middle School
- Madison Middle School
- Model Lab School
- Rockcastle County Middle School

By-law 2- Eligibility

Section 1:

All student-athletes must have, for the current semester or grade period up to and including Monday of the week preceding any scheduled contest, game, or activity a 2.0 GPA. No special recitations of tests or assignments are to be given for the purpose of making a student athlete eligible. Student managers and any other student having an official connection with the athletic program shall come under this eligibility rule. Grades are to be checked weekly by coaches.

Section 2:

As a student enters the sixth (6th) grade; he or she has three (3) years of eligibility. Any student repeating a grade for any reason in grades 6-8 will be ineligible to participate in middle school interscholastic athletics.

Section 3:

Age eligibility for competition in the Commonwealth Middle School Athletic Conference:

8th grader- Eligible if 15 on or after August 1st

7th grader- Eligible if 14 on or after August 1st

6th grader- Eligible if 13 on or after August 1st

Section 4: Certification of Eligibility

A team roster for each team and grades in all sports or activities, along with the birth dates of each, must be submitted to the commissioner. They must be submitted. The eligibility list for each sport must be signed by each school's coach, athletic director, and principal. No participant will be added to the eligibility list within fourteen (14) calendar days prior to play-off, tournament or Cheer/Dance competition. The rosters will be kept on file for one year.

By-law 3 "Playing Up"

Section 1:

Any 6th grader may compete in a 6th grade, 7th grade or 8th grade contest without loss of eligibility.

Any 7th grader may compete in a 7th grade, or 8th grade contest without loss of eligibility. A 7th grader is not permitted to compete in a 6th grade contest.

Any 8th grader may compete in 8th grade contests only. 8th graders are not permitted to compete in 6th and 7th grade contests.

By-law 4 Requirements for Coaches

The requirement for coaches in the middle school level must meet all of the home school district's hiring guidelines. To be a coach in the Commonwealth Middle School Conference (paid or unpaid) you must meet the following criteria:

- Shall be 21 years of age. KRS 156.070(2)(f)2.
- Shall not be a violent offender or convicted of a sex crime as defined by KRS 17.165 that is classified as a felony.
- Shall submit to a criminal records check under KRS 160.380.
- Shall have graduated from a public or accredited high school
- Require that any head or assistant coach, whether paid or unpaid, desiring to coach interscholastic athletics at the middle school level:
 - (a) Meet the requirements of KRS 156.070(2)(f)2.;
 - (b) Meet the requirements of KRS 160.380(4) and (6); and
 - (c) Provide to the school documentation of successful completion of a C.P.R. course including the use of an automatic external defibrillator and the first aid training, conducted by an instructor or program approved by a college or university, the American Red Cross, the American Heart Association, or other bona fide accrediting agency that is approved by the KHSAA based upon industry standards. Initial certification shall use in-person instruction and certification shall be updated as required by the approving agency;

By-law 5 Practice

Section 1: Dead Period

Dead Period

Beginning in June 2018, the period of June 25 to July 9 (inclusive), shall be a dead period for middle school athletics.

During the dead period: After which we will follow the designated Dead Period as established by the KHSAA.

- (a) Students shall not receive coaching or training from school personnel, whether salaried or non-salaried;
- (b) School facilities, uniforms, nicknames, transportation, or equipment shall not be used;
- (c) School funds shall not be expended in support of interscholastic athletics; and
- (d) A postseason wrap-up activity, celebration, or recognition event relating to a spring sports team at a school may be held.

Section 2: Organized practice- (including tryouts) shall not begin prior to the following date:

Football/Girls Basketball, Soccer	Monday after Mandated KHSAA Dead Period
Boys' Basketball/Volleyball	October 15 th
Baseball/Softball/Track	February 15 th
Cheerleading/Dance	KHSAA rules apply

By-law 6 Game times

Start times for games will be at 5:30pm for **all** sports. Game time may be adjusted with the cooperation of both schools. It is the school's responsibility to notify officials of any changes.

By-law 7 Admission

Admission prices for all CMSAC sponsored events:

- Students in grades one through twelve (1-12) \$2.00
- Adults \$4.00
- The host school for the cheerleading and dance competition will charge \$5.00 gate admission fee to help cover expenses for the competition.
- The Host school for the Conference Track Meet will charge \$5.00 gate admission to help cover expenses for the meet.

By-law 8 Scheduling

The conference schedule will be created and given to each member school. The number of games may vary per sport.

Section 1: Baseball/Softball

Each school will play each conference schools twice, home and away. Only first game will be used to seed tournament.

Section 2: Basketball

Each school will play each conference schools twice, home and away. Both games will be used to seed tournament.

Section 3: Soccer

Each school will play each conference schools twice, home and away. Only first game will be used to seed tournament. Boys' and Girls' teams will play on the same nights and will rotate who plays first.

Section 4: Football

Each school must play every team in the conference to be eligible for playoffs.

Section 5: Cheerleading

Competition will comply with KAPOS rules and regulations.

Section 6: Dance

Competition will comply with KADCO rules and regulations

Section 7: Volleyball

Each school will play each participating school twice, home and away. Both contests will count toward the seeding of the post season tournament.

Section 8: Forfeit

The purpose of this conference was to have the ability to schedule games in close proximity to each other and yet have a competitive opponent. Some schools cannot field teams in all Sports and activities and that is understandable. If you choose to participate and are scheduled to play in our regular conference games, it is important that that obligation is met. Sometimes during the season things may occur that may limit your ability to participate in the set schedule. This also puts a burden on the schools that have already arranged for this scheduled game to occur. If a school cannot fulfill their scheduled obligation, it will be considered a forfeit and a win for the other school. If a team forfeits any games, they will not qualify for post season play. There will also be a \$25.00 forfeit fee. This fee must be paid before the next activity/sport season/or competition begins. If fee is not paid, they will not be permitted to participate in the next activity/sport season/or competition.

By-law 9 Officials and Supervision

Section 1.

Officials are to be assigned by the assigning secretaries chosen at the spring conference meeting. The organization chosen will be evaluated each year and will be chosen on a year by year basis. The use of High school registered is not only an obligation, but a requirement; the penalty for violation will bring possible suspension. If there is any question about an official being registered, they should show their card or provide their official number. Coaches or other persons connected with competing schools shall not officiate at a contest that involves the school where the official is employed. The home team will provide a designated game supervisor whether it is a principal, athletic director, or other assigned certified personnel at all events. The game supervisor must stay at the event and be available to handle any crowd control situations. Game Supervisors should introduce themselves to the officials and visiting head coach before the game. The coaches will not be responsible for crowd control at home events.

Sport	Assigning Fee	Officials (Cost Per Official)
Basketball Jack Whittemore	\$100.00	\$110 (3), \$80 (2), \$45 (1) per official
Football Keith Morgan	\$150.00	\$45 per official per game \$50.00 for a single game.

Soccer Majid Rezaee	\$100.00 (\$60.00)	\$45 per official per game
Baseball Bill Bradley	\$150.00	\$105 per umpire for A/B \$55 for one game
Softball John Combs	\$100.00 (\$75.00)	\$85 per official for A/B, \$50 for one game
Volleyball Nancy Funk		\$90.00 per official (For triple headers)

Section 2.

Rescheduling. Unless a game is having to be rescheduled due to weather, or some other unforeseen emergency, there will be a \$25.00 reassigning fee. All fees must be paid before post season tourney. If fee is not paid the school may not participate in the post season tourney.

By-law 10 Awards

Trophies will be awarded for runner-up and champions for regular season and runner-up and champions of post season tournament.

Sport	Division	Places	Tournament	Places	Trophy Size
Baseball	7 th and 8 th	Champion Runner-up	7 th and 8 th	Champion Runner-up	Champion 26in Runner-up 22in
Softball	A team and B team	Champion Runner-up	A team and B team	Champion Runner-up	Champion 26in Runner-up 22in
Basketball	6 th , 7 th , and 8 th	Champion Runner-up	6 th , 7 th , and 8 th	Champion Runner-up	Champion 26in Runner-up 22in
Volleyball	6 th , 7 th , and 8 th	Champion Runner-up	6 th , 7 th , and 8 th	Champion Runner-up	Champion 26in Runner-up 22in
Football	7 th , and 8 th	Champion Runner-up	7 th , and 8 th	Champion Runner-up	Champion 26in Runner-up 22in
Soccer	7 th and 8 th	Champion Runner-up	7 th and 8 th	Champion Runner-up	Champion 26in Runner-up 22in

Track	None		Boys' and Girls' Teams	First and Second Place 1 st – 8 th Place individual	Champion 26in Runner-up 22in Place finishers- Medals and Ribbons
Cheerleading	None	See Cheer	Section		
Dance	None	See Dance	Section		

By-law 11 Postponement/Cancellation

All games postponed or cancelled should be done by 1:00 p.m. by either school on the date of the scheduled game. This will give home team ample time to notify officials, and visiting team ample time to notify transportation.

By-law 12 Reporting Game Scores

The coach of the home team shall report scores via the conference website the day following each conference game to report wins and losses. The conference webmaster will update conference standings weekly. Schools who do not report their scores by Monday following the week of play will be **fined \$25**. It is suggested that both teams report scores to website.

Reporting Conference Scores after each game:

Go to: www.commonwealthathletics@gmail.com. Click on the REPORTING SCORES tab. Put in password: adonly12

Choose appropriate Sport. Fill in appropriate information in the boxes. Review Your Information. SUBMIT

Also send scores to: Conference Commissioner

By-law 13 Sportsmanship

Section 1: Statement

The sportsmanship statement must be read before every contest, game, or event. This means if you have a 6th, 7th, and 8th grade contest it is to be read before each (Three times that night/day). If you have 7th and 8th grade contest it will be read twice that night/day. If you have a Girl/Boy double header it will be read twice that night/day.

Sportsmanship

The Commonwealth Middle School Athletic Conference requires that officials and member schools develop a high degree of sportsmanship between schools, athletes and the general public. In respect to this we wish to emphasize positive values. The participants have worked hard to create a sense of teamwork, respect, responsibility and perspective. We remind you that good behavior is expected from all and misconduct will not be tolerated. Let this competition reflect mutual respect among all participants, officials and fans. Let's have a great event and enjoy the game!

Section 2: Ejections

Any player/coach/fan that is ejected from a contest will have to immediately leave the place of the contest for the rest of the day/night. The player/coach/fan will be suspended for the next two games on that grade level. **Any coach that is ejected will have to pay a \$50 fine to the CMSAC and serve his/her suspension before they are able to coach in another contest. The money must be a money order or check from their personal account.**

By-law 14 Sports/Activities

The Commonwealth Middle School Athletic Conference will offer the following sports and activities:

Section 1: Football

- Organized practice: Including tryouts shall not begin prior to the Monday after the KHSAA mandated Dead period.

- Games will begin at 5:30pm on Weekdays.

- Division:

B. Michael Caudill

Clark Moores

Estill County

Farristown

Foley

Madison

Rockcastle County

Garrard County

- Length of Game

-8th grade will play four 8 minute quarters.

-7th grade will play four 7 minute quarters.

d. Maximum number of games and scrimmages- 10 games, 2 scrimmages.

e. Scheduling: Each school must play every participating school in the conference to be eligible for playoffs.

f. Overtime/Extended Play: The overtime periods will be limited. In all grade levels regular season games will have a maximum of three (3) overtime periods to determine a winner. At the end of the third overtime, if the score remains tied, the contest is over with a tied score. Play-off games or games for the conference championship will not have a limit on the number of overtime periods. The game will continue until there is a winner.

g. Tournament/Post Season Play: The top 4 seeds in 6th, 7th, and 8th grades will play in postseason tournament. First round games will be at lowest seed. Championship will be at Host school.

h. Conference Tie Breaker: 1. Head to Head, 2. Fewest Points Scored, 3. Coin Toss

i. Mercy Rule: When a team obtains a 28 point lead margin there will be a continuous running clock.

j. Football drill work and practice activities will be conducted as follows:

(i) A drill conducted in helmets-only shall be a Level 0, air, or Level 1, bags;

(ii) A drill conducted in shells (shorts, shoulder pads, and helmets) shall be a non-contact drill; and

(iii) A contact drill shall be conducted in full equipment;

k. Middle school football shall practice a minimum of eleven (11) days before engaging another group or opponent in full contact, using the following minimum schedule:

(i) Five (5) days in helmets;

(ii) Followed by three (3) days in helmets and shoulder pads; and

(iii) Concluding with three (3) days in full equipment practice;

l. Contact drills shall not be conducted more than twenty-one (21) days before the first regular season contest.

Section 2: Basketball

- All games will be four 6 minute quarters. This is for 6th, 7th, and 8th grades.
- Games will begin at 5:30pm unless previously worked out with opponents.
- Must play Conference opponents twice, Home and Away. Both games are counted for seeding of tournaments.
- May play a maximum of 30 games and 2 scrimmages.
- Only adults, eighteen (18) years or older may operate the game clock.
- Mercy Rule: If a team is ahead by 25 points there shall be a running clock.
 - Must be in 2nd half.
 - Once running clock starts at 25 points it continues, even if the lead is reduced to under 25 points.
 - Clock stops on all charged time-outs.
 - Clock stops on injury/blood stoppage.
 - Clock stops on disqualifications.
 - Clock stops on free throw attempts.
- Conference Tie breaker:
 - Head to Head
 - Who allowed the least points in games played between tied teams?
 - Coin Toss
- Overtime- If regulation time has expired and teams are tied, a three (3) minute overtime period will be played. This process will continue until one team wins the contest. Each team will be allowed one (1) minute time period between each overtime period. Also, each team will be awarded one (1) additional time-out during overtime.
- There will be a seeded tournament at the end of season this will be for all teams participating. There may require a 8 seed versus 9 seed play in game.

Saturday 6 th Grade 1 vs 8 4 vs 5 2 vs 7 3 vs 6 1 and 2 seeds will host 2 games.	Monday 8 th Grade 1 vs 8 4vs 5 2 vs 7 3 vs 6 Lowest seed will host games.	Tuesday 7 th Grade 1 vs 8 4vs 5 2 vs 7 3 vs 6 Lowest seed will host games.	Wednesday 6 th Grade 1/8 winner vs 4/5 winner 2/7 winner vs 3/6 winner Lowest seed will host games.	Thursday 8 th Grade 1/8 winner vs 4/5 winner 2/7 winner vs 3/6 winner Lowest seed will host games.	Friday 7 th Grade 1/8 winner vs 4/5 winner 2/7 winner vs 3/6 winner Lowest seed will host games.
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Saturday Championship- 6th, 7th, and 8th: 3 games at Host School. Lowest seed will be home team and wear white.

A play in game may be required. It will be the Friday prior to beginning of tournament.

Section 3: Soccer

- Each school will play their conference opponents twice, home and away.
- Boys' and Girls' teams will play on the same nights and each year will rotate who plays first.
- Games will be at 5:30 and 7:00 respectively.
- Only first game will be used for seeding tournament.
- Soccer may schedule a maximum of 21 games and 2 scrimmages.
- Post Season- Teams will be seeded and will begin play at the lower seed. Boy's and Girl's Championship will be played at the host school.
- Conference Tie breaker:
 - Head to Head
 - Who allowed the least goals in games played between tied teams?
 - Coin Toss

Section 4: Baseball

- Organized practice including tryouts shall not begin prior to February 15th.
- Baseball games will begin at 5:30 pm on weekdays.
- Each school will play their conference teams twice, home and away. Only the first game will be used to seed tournament.
- The Baseball Conference Tournament will be held the 2nd to last week in April. The tournament will be seeded by the 1st round of games. Teams must make up all 1st round Conference games prior to the start of

the tournament. After the Conference tournament is played schools may continue to play the remainder of their schedule as School dates and weather permits.

- Limitation of scrimmages and regular season games will be 36 games and 2 scrimmages.
- If a player is used as a base coach they must wear a helmet.
- Mercy Rule: 10 runs after 4 innings, 15 runs after 3 innings.
- Darkness/Weather: If an inning is started and not completed due to weather, darkness, etc., the score will revert back to that of the last full inning played.
- Baseballs must have High School approved NFHS stamp.
- Bats cannot have a barrel larger than 2 ¾. Drop limit is -8.5
- Sliding: For all plays at the plate, the runner must slide or avoid contact without barreling over the catcher. The catcher may block to plate if they have possession of the ball. Catcher may not block the plate without possession of the ball.
- Pitching rules:
 - Maximum of 10 innings per week.
 - 1 pitch = 1 inning.
 - If they pitch 1-2 innings may pitch next day.
 - If they pitch 3-4 innings 2 days' rest.
 - If they pitch 5 innings 3 days' rest.
- Length of Game
 - 8th grade will play 5 innings
 - 7th grade will play 4 innings

No innings starts after 9:15 pm unless there is no school the next day.

- Scheduling: Each school will play the other conference schools twice, home and away. Only the first game will be used to seed tournaments.

Section 5: Softball

- Organized practice including tryouts shall not begin prior to February 15th.
- Softball games will begin at 5:30 pm on weekdays.
- Each school will play their conference teams twice, home and away. Only the first game will be used to seed tournament.
- The Softball Conference Tournament will be held the 2nd to last week in April. The tournament will be seeded by the 1st round of games. Teams must make up all 1st round Conference games prior to the start of the tournament. After the Conference tournament is played schools may continue to play the remainder of their schedule as School dates and weather permits.
- Mercy Rule: 10 runs after 4 innings, 15 runs after 3 innings.
- Conference Tie Breaker-
 - Head to Head
 - Fewest runs allowed head to head
 - Coin toss
- Darkness/Weather: If an inning is started and not completed due to weather, darkness, etc., the score will revert back to that of the last full inning played
- The pitching distance will be 43 feet for the A and B game.
- The pitching distance for the C game (6th grade) will be 40 feet.
- Length of game
 - A game will play 6 innings or 1 hour 30 minutes
 - B game will be 5 innings or 1 hour 15 minutes.
- e. Limitation of scrimmages and regular season games will be 36 games and 2 scrimmages.

Section 6: Track and Field

- Organized practice including tryouts shall not begin prior to February 15th.
- Have a limitation of 19 meets (indoor/outdoor combined).
- The Conference Track Meet will be held during the 2nd week of May.

Section 7: Volleyball

Volleyball Rules:

- Games start at 5:30pm.
- Students or faculty line judge
- 6th grade can serve 5' in from standard serving line
- Play on snow days with approval from Athletic Director, Principal, coaches, and Dept of Transportation if a bus is needed
- Best of 3 games per each grade. Scoring per game is 21, 21, 15 with no cap.
- Rally scoring will be used

Section 8: Cheerleading

Commonwealth Cheerleading Rules.

- The Commonwealth Cheerleading competition will be held on Saturday in November each year.
- Squads must compete in the same division in the conference that they compete in the KAPOS Region and State.
- Coaches must send a roster of all cheerleaders. They also must list separately the alternates for their rosters.
- Coach must select the division they are competing in.
- All rosters and division selection must be sent via email (Robert.phillips@rockcastle.kyschools.us) to the conference commissioner by December 1st.
- Rosters and divisions may not be changed unless there are extreme circumstances (sickness, injury, etc.). The changes must be approved by the Commissioner of the Conference. No changes to roster or division will be allowed fourteen (14) calendar days prior to competition date.
- The divisions will be as follows:
 - Small (6-12 participants)
 - Medium (13-16 participants)

Large (17-20 participants)

Super Large (21-25 participants)

- We will follow KAPOS scoring for Middle School Competition.
- Trophies will be given out for 1st and 2nd place in each division.
- A trophy will be given for the Grand Champion

Section 9: Dance

COMMONWEALTH CONFERENCE DANCE COMPETITION RULES

Awards

Trophies will be presented for 1st and 2nd place for each division: (small and large) and each category (pom, hip-hop, jazz)

Divisions (In each category)

Small: 4-14 members Large: 15 or more

Judging and Rules

All judges and judging will be done through KDCO. The hosting team will be responsible for contacting the KDCO judging panel prior to competition date. All Judging criteria and official KDCO score sheets should be placed in folders and left at the entrance table or judges' hospitality room for the judges to receive upon arrival.

A hospitality room for the judges should be set up so they can have a place to tally scores. The seating section for the judges table should be roped off from the spectators. Every effort should be made to keep judges secluded from all coaches, participants, parents, spectators, and etc. Judges will be paid the day of the competition at \$200.00 per judge.

By-Law 15 Safety, Sports Medicine, and Risk Minimization Changes

Before practicing or playing, each student-athlete must have a physical on a KHSAA Middle School form signed by a physician, physician's assistant, advanced practice registered nurse, or chiropractor (if performed within the

chiropractor's scope of practice).

Middle School interscholastic teams shall adhere to all high school sports medicine policies including:

- Heat Index and Heat Illness Program

- Concussion and other head injury policy programs

Information for each of these programs as well as additional programs and procedures can be found on the KHSAA website at the address listed below. It can also be found by going to our conference home page and clicking the link under KHSAA Sports Medicine Information.

Conference website:

www.commonwealthathletics@gmail.com

KHSAA Sports Medicine Information

<http://khsaa.org/special-programs/sports-safetysports-medicine/>

By-law 16 Student Activities

To Be Encouraged

Student activities of an educational nature shall be encouraged and maintained based upon the needs and interests of pupils. In schools operating under SBDM, the council shall determine selection of extracurricular activities, as well as academic qualifications, attendance requirements, evaluation procedures, and supervision for these programs.

CONTROL

All school-sponsored student activities shall be under the direction of the Principal and faculty of the school, except that a non-faculty coach or non-faculty assistant may accompany students on athletic trips as provided in statute 1.

The Principal may suspend a student's eligibility to participate in extracurricular and co-curricular activities, pending investigation of any allegation that the student has violated the School District's behavior standards or the school's council's criteria for participation.

STUDENTS WITH DISABILITIES

Students with disabilities shall have an equal opportunity to participate in nonacademic and extracurricular services and activities. Including, but not limited to, extracurricular athletics, intramural athletics, and clubs.

NOTE: The District may require a level of skill or ability of a student in order for that student to participate in a selective or competitive program or activity, so long as the selection or competition criteria are not discriminatory.

ELIGIBILITY

Only students enrolled in the Districts may try out or participate in interscholastic sports or other extracurricular or co-curricular activities sponsored by the schools.

REFERENCES:

1KRS 161.185

2KRS 158.153

OAG 57-40812

KRS 161.180

702 KAR 007:125; 702 KAR 007-140

Section 504 of the Rehabilitation Act of 1973

Related Policies:

09.126 (re requirements/exceptions for students from military families)

09.3211; 09.36; 09.438