

# PAW PAC CONFERENCE

*Athletic Guidelines 2017-18*

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# PAW PAC CONFERENCE

*Plainfield Community Consolidated School District 202*

2016



## **About Paw Pac**

The Paw Pac Conference, founded in 2006, is a not-for-profit organization servicing the Plainfield Community Consolidated School District 202 middle schools. An eight-member Board, who are Athletic Coordinators of member schools and one overseeing principal, governs the Paw Pac.

Member schools and abbreviation: Aux Sable (AS), Drauden Point (DP), Heritage Grove (HG), Indian Trail (IT), Ira Jones (IJ), John F. Kennedy (JFK), and Timber Ridge (TR).

Paw Pac regulates interscholastic competition in 6 sports for boys and 6 sports for girls. The Paw Pac stages conference final events in all of these sports except cheerleading.

## **Tournaments**

All A & B level athletes are eligible equally for competition in the Paw Pac Conference Tournament. All athletes are competing at grade level and are not allowed to compete up or down a level. Playing time is not guaranteed.

Seeding: Seeding is first determined based on the team record of A level conference competition. Head-to-head seeding and top scoring is used in the event of a tie. Therefore, seeding is based on the following sequence: Conference Record, Head-to-Head, Total Points allowed conference season, Tied School Athletic Coordinator Coin Toss.

Bracket: 1 vs. Bye, 2 vs. 7, 3 vs. 6, 4 vs. 5. The top seeded team receives the bye in the first round. Host school automatically receives the first round game at the host sight.

Bracket Soccer: 1 vs. 8, 2 vs. 7, 3 vs 6, 4 vs. 5.

Season winner awards: Will receive a banner for their gym.

Tournament Awards: Schools hosting the Conference Tournaments are responsible for ordering medals.

The tournament champion will receive the Conference Traveling Trophy and banner for gym.

Medals for team sports will be presented to the 1<sup>st</sup> through 3<sup>rd</sup> place.

Medals for individual sports will be presented as follows: Cross Country 1<sup>st</sup>–20<sup>th</sup> place,

Wrestling 1<sup>st</sup>–3<sup>rd</sup> place, and Track 1<sup>st</sup>–3<sup>rd</sup> place.

# PAW PAC EXPECTATIONS

All schools should provide a medical kit at the head table.

All schools should provide playing balls for warm-up and competition purposes.

## Pre-Season Meeting

All coaches are expected to attend a **mandatory** pre-season meeting. The Paw Pac Tournament host for said sport will establish meeting time, site and date.

Listed below are the school tournament hosts.

<b>Girls Volleyball</b>	7 <sup>th</sup> grade = Aux Sable	8 <sup>th</sup> grade = Drauden Point
<b>Boys Soccer</b>	John F. Kennedy	
<b>Cross Country</b>	Indian Trail	
<b>Boys Basketball</b>	7 <sup>th</sup> grade = Heritage Grove	8 <sup>th</sup> grade = JFK
<b>Cheerleading</b>	Timber Ridge	
<b>Wrestling</b>	Heritage Grove	
<b>Girls Basketball</b>	7 <sup>th</sup> grade Aux Sable	8 <sup>th</sup> grade = Ira Jones
<b>Boys Volleyball</b>	7 <sup>th</sup> grade = Indian Trail	8 <sup>th</sup> grade = Drauden Point
<b>Girls Soccer</b>	Ira Jones	
<b>Track</b>	Timber Ridge	

## **Expectations for Coaches**

- Set-up team rules and guidelines and distribute to players for a signature
- Responsible for equipment, uniforms and scores
- Collect and keep at games and practices insurance waiver, trip consent form and emergency contact information
- Coaches are responsible for the cleanliness of their designated competition area, not limited to the bench(es) or locker room before departing.
- Sportsmanship
- Pay-to-Play
- Report scores to designated school/AC
- A 100% commitment is required when a student makes the team. Participation in out of school activities cannot interfere with required team practices.

# SPORTS

All sports will use the Illinois High School Association (IHSA) rules to govern all aspects of competition, practice and academic performance. Any modifications that override the IHSA rules are listed here in the Paw Pac Conference Athletic Guidelines.

## **Boys/Girls Soccer**

IHSA rules apply noting the middle school philosophy and the following extension of the rules:

- Combined grade level sport consisting of 7th and 8th grade boys/girls team.
- A Game will consist of two 30 minute halves (60 minutes total). B Game will consist of one 30 minute game. 5 minute half-time
- Regular season games tied at the end of 60 minutes end in a tie.
- Regular season standing point system:
  - 2 point for a win
  - 1 point for a tie
  - 0 points for a loss
- **Tournament Tie Situation** at the end of regulation.

The two teams will compete in a 14 minute Overtime. 7 minutes of play and both teams will switch goals and continue play for the additional 7 minutes.

If a tie still exists teams will attempt PK's to determine a winner.
- Results are the responsibility of the Home coach and should be emailed weekly to the designated assigner and include all scores and current record(s). Visiting coach will initial the home book before departing.

## **Boys/Girls Volleyball**

IHSA rules apply noting the middle school philosophy and the following extension of the rules:

- Volleyball will compete at separate grade levels consisting of 7th and 8th grade boys/girls.
- Net height for boys is 7'6. Net height for girls is 7'0.
- Rally Scoring: A match for competition for both "A" and "B" level will consist of the best 2 (two) out of 3 (three) games. Each game including the deciding game, will be played to 25 points winning by 2 with no cap.

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- The Libero rule is not in effect.
- Pre-game warm-up: “A” Level begins with 2 minutes SHARED, 6 minutes HOME, 6 minutes VISITOR. “B” Level receives 5-min. together and 2-min. serving together. Time will begin immediately following the first match.
- Philosophy for A & B Games: Any athlete competing in a significant amount of time in the A level game is not eligible for a B level game on the same night of competition, unless agreed upon both coaches.

## **Cross Country**

IHSA rules apply noting the middle school philosophy and the following extension of the rules:

- Separate grade level sport consisting of 6th, 7th and 8th grade boys and girls.
- Race length: 1.5 miles for 6th grade. 2 miles for 7th grade & 8th grade competitors.
- Three races per night; one per grade level. Sixth grade will run first, followed by seventh and concluding with eighth grade. Using building/coach’s discretion, two races may run 7th and 8th grade.

The individual results of the Paw Pac Conference Cross Country Meet will determine a Boys Team Champion and a Girls Team Champion.

## **Basketball Boys & Girls**

IHSA rules apply noting the middle school philosophy and the following extension of the rules:

- Separate grade level sport consisting of 7th and 8th grade for a boys/girls team.
- Game: Both “A” & “B” Level play 6 minute quarters and use a 5 minute half-time break. Teams will be given 3 minutes to warm-up after half-time performances conclude. No Running Clock. Concluding the “A” game a 10 minute break begins immediately.
- Philosophy for A & B Games: Any athlete competing in a significant amount of time in the A level game is not eligible for a B level game on the same night of competition.

## **Cheerleading**

IHSA rules apply noting the middle school philosophy and the following extension of the rules:

- Separate grade level sport consisting of 7th and 8th grade students.
- Tryouts will coincide with boys basketball tryouts.
- Coaches must provide 2 days of clinic prior to the 1 tryout day.
- The squad will cheer at all home games of the regular season. Cheerleaders will not cheer at Paw Pac Conference Tournament(s)
- All district squads may attend outside competitions within their regular season.

## **Wrestling**

IHSA rules apply in conjunction with Illinois Kids Wrestling Federation (IKWF) rules apply and establish 19 weight classifications from 70 pounds to 275 pounds noting the middle school philosophy and the following extension of the rules:

- Sport consisting of 6th, 7th and 8th grade students.
- Folk Style Wrestling.
- All varsity wrestlers must weigh in before the meet.
- All wrestlers may only wrestle up one weight classes.
- Prior to the match, the opposing coach will draw a weight class out of a hat. The drawn weight begins the match for competition.
- A 24-hour notice will be given to opposing teams if the team wrestled the previous day. Also, add a single pound for every consecutive day.
- All exhibition matches should be 1 minute periods. Duel 1, 1.5, 1.5 minutes.
- After Winter Break, a 1 pound allowance is given for the month of January.  
2 pounds in February.
- If school have 40 or more wrestlers on their roster, they should run two mats at meets.
- A team may be allowed up to 3 pound maximum for weight allowance, from consecutive matches.

## Track

### **All track meets will be canceled if the weather drops below 40 degrees wind chill and rain.**

NO tri meets allowed because of safety.

IHSA rules apply noting the middle school philosophy and the following extension of the rules:

Separate grade and gender level sport consisting of 6th, 7th and 8th grade boys and girls.

#### Order of Running Events - Athletes must run at appropriate grade level

- 100m Hurdles - are run from the 100m markings
  - Girls 6th grade
  - Boys 6th grade
  - Girls 7th grade
  - Boys 7th grade
  - Girls 8th grade
  - Boys 8th Grade
- 100m Dash
- 1600m Run
- 4 x 100 Relay
- 400m Dash
- 4 x 200 Relay
- 800m Dash
- 200m Dash
- 4 x 400 Relay

#### Field Events:

Discus, Shot Put, Long Jump, Triple Jump and High Jump

#### Field Event Guidelines

- Long & Triple Jump - Measurement are taken in a straight line and the jump is marked from the closest point to take off.
- High Jump Starting Heights
  - 6th grade girls 3'6"
  - 6th grade boys 3'8"
  - 7th & 8th grade girls 3'10"
  - 7th & 8th grade boys 4'0"

Bar will be raised using 2" increments. Note: Bar can be raised or lowered to accommodate runners

- Shot Put - 8 lbs. for both genders. Thrower cannot touch top of the board
- Discus - 1 kg. For both genders. Thrower must enter and exit from back of ring. Tape measure should be least 160 ft.

## Meet Guidelines:

### Entries Allowed - Dual Meet

- 100m Dash 8 entries per school
- 100m Hurdles, 400m Dash, 200m Dash 4 entries per school
- Relays - 4 x 100m , 4 x 200m, 4 x 400m 2 entries per school
- 800m and 1600m Run Unlimited
- Field Events 4 entries per school

### Entries Allowed - Triangular Meet

- 100m Dash 5 entries per school
- 100m Hurdles, 400m Dash, 200m Dash 2 entries per school
- Relays - 4 x 100m , 4 x 200m, 4 x 400m 2 entries per school
- 800m and 1600m Run Unlimited
- Field Events 4 entries per school

Athletes are limited to a maximum of 4 events

Host school is responsible for setting up a minimum of 4 coaches and 4 workers in advance to cover all meet assignments. (Timers, field events, relay exchange zone helpers)

Timers will present runners with a written time after each running event. Each visiting school must provide a minimum of two paid workers, and coaches that will check in before the start of a meet.

Host school is responsible for printed field event directions for workers to enable properly staged events.

A Mandatory seeding meeting will be held the week of the Conference Tournament to seat athletes in each event.

- One representative must be present from each school; if a school representative is not present, the athletes from that school will be placed in the outside lanes.

## Shot Put

### **Number of Participants per school:**

**Dual:** 4 per team

**Triangular Meet:** 4 per team

### **Trials:**

Each athlete is awarded 3 trials.

### **Shot Put Technique:**

A legal put shall be made from the shoulder, with one hand only. So that during the attempt the shot does not drop behind or below the shoulder. A competitor must start from a stationary position inside the circle. No harness or mechanical device attached to the hand or arm shall be used. The put shall be made from inside the circle.

### **A foul occurs when a competitor:**

1. Fails to initiate a trial that is carried to completion within 1 minute after being called.
2. After stepping into the circle, fails to pause before starting the put.
3. After stepping into the circle touches the circle (not including the inner face or the toe board or the band, if used) or the ground outside the circle during a put.
4. Allows the shot to drop behind or below the shoulder during the put attempt
5. Touches the top or end of the toe board before the put is marked.
6. Puts the shot so it does not fall within the sector lines.
7. Is not under control before exiting the back half of the circle.
8. Leaves the circle before the implement has landed and the judge calls "mark".
9. Does not exit the back half of the circle.
10. Thrower cannot touch the top of the toe board.

**Penalty (foul): The throw is not measured, but counts as a trial.**

### **Recording Measurement:**

Measurement is recorded from the nearest edge of the first mark made by the shot to the inside edge of the toe board nearest such mark, measured along the extended radius of the circle.

Measurements are recorded to the nearest lesser  $\frac{1}{4}$  inch.

Judges shall hold the tape in such a way that the readings will be at the circle.

### **Shot-put at a Glance**

1. **Sign-in Athletes**
2. **Call a student for competition**
3. **The athlete must enter and exit from the back of the ring.**
4. **An 8 lb. shot should be used.**
5. **Thrower can't touch top of toe-board.**
6. **Measurement is recorded from the nearest edge of the first mark made by the shot to the inside edge of the stop board nearest such mark, measured along the extended radius of the circle.**

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7. Athlete receives slip of paper with their best distance recorded.

## Discus Throw

### **Number of Participants per school:**

Dual: 4 per team

Triangular Meet: 4 per team

### **Trials:**

Each athlete is awarded 3 trials.

### **Throws:**

The lines which mark the 60-degree throwing sector are outside the limits of the sector. A throw shall be made from inside the circle.

### **A foul occurs when a competitor:**

1. Fails to initiate a trial that is carried to completion within 1 minute after being called in to the circle.
2. After stepping into the circle, fails to pause before starting the throw.
3. After stepping into the circle, touches the circle, not including the inner face the band, if one is used, or the ground outside the circle during a throw.
4. Throws the discus so it does not fall within the sector lines.
5. A discus, which hits the cage and/or an object outside the sector before landing within the sector.
6. Is not under control before exiting the back half of the circle.
7. Leaves the circle before the implement has landed and the judge calls "mark".
8. Does not exit the back half of the circle.

**Penalty (foul): The throw is not measured, but counts as a trial.**

### **Recording Measurement:**

Measure from the nearest edge of the first mark made by the discus to the inside edge of the throwing circle nearest such mark, measured along an extended radius of the circle.

Measurements are recorded to the nearest lesser inch.

Judges shall hold the tape in such a way that the readings will be at the circle.

### **Shot-put at a Glance**

1. Sign-in Athletes
2. Call a student for competition
3. The athlete must enter and exit from the back of the ring.
4. 1 kg. Discus is used.
5. A 160 ft tape measure is used.
6. Thrower cannot touch top of toe-board.

- 7. Measurement is recorded from the nearest edge of the first mark made by the shot to the inside edge of the circle nearest such mark, measured along the extended radius of the circle.**
- 8. Athlete receives slip of paper with their best distance recorded.**



## Long Jump

### **Number of Participants per school:**

**Dual:** 4 per team

**Triangular Meet:** 4 per team

### **Trials:**

Each athlete is awarded 3 trials.

### **A foul occurs when a competitor:**

1. Allows his/her shoe to extend over or makes a mark in front of foul line upon takeoff.
2. Runs across the foul line, or foul line extended.
3. Does not keep his/her head in the superior position, i.e., no somersault.
4. In the process of landing or leaving the pit, touches the ground outside the landing nearer the foul line than the nearest mark made in the landing pit.
5. Fails to initiate a trial that is carried to completion within 1 minute after being called to jump.

**Penalty (foul): The Jump is not measured, but counts as a trial.**

### **Measuring legal Jumps:**

Each legal jump is measured perpendicularly to the foul line or its extension and from that point in the pit touched by the person or apparel of the jumper, which is nearest the foul line or its extension.

Judges shall hold the tape in such a way that the readings will be at the takeoff board.

Measurements are recorded to the nearest lesser  $\frac{1}{4}$  inch.

Measurements are completed in a straight line.

Jump should be marked from the closest point to take off.

### **Long Jump at a Glance**

1. Sign-in Athletes
2. Call a student for competition
3. Record all legal jumps out of 3. Scratches recorded as a foul but not measured.
4. Measurement completed in a straight line.
5. Jump is marked from the closest point to take off.
6. Athlete receives slip of paper with their best distance recorded.

## Triple Jump

### **Number of Participants per school:**

**Dual:** 4 per team

**Tri Meet:** 4 per team

### **Trials:**

Each athlete is awarded 3 trials. (Hop, skip, jump)

### **Set up of Competition Area:**

Use colored chalk to mark the 3 middle school take off boards: 18', 20', and 24'. Please write an 18, 20, or 24 next to the boards so the participants know what board it is. Boards should be 6in. wide.

Competitors starting spot is measured by placing the tape measure on the edge of their take off board closest to the pit, then measure back down the run way to their own starting spot. (Individual starting spots should be determined **prior** to the meet during their team practice time.) Most competitors will take between 12 – 18 steps.

### **Procedure participant is to use when getting ready to make an official jump:**

1. Hold 1 arm up to the official if going to take off from 18' board.
2. Hold 2 arms up to official if going to take off from 20' board.
3. Cross arms against chest if going to take off from 24' board.

Official will move an orange cone next to your desired take off board to give you a better visual of which line to take off from. This will also help the official to focus on the correct board to mark or scratch.

After participant jumps, they must walk forward out of the pit or the jump will be marked from the spot nearest the board. Participants cannot clip the edge of the pit or have their hands fall back on the black top, or the jump will be marked as a scratch.

### **It is a foul if the competitor:**

1. Allows his/her shoe to extend over the foul line or make a mark in front of it on takeoff.
2. Runs across the foul line, or foul line extended.
3. In the triple jump, if hopping does not land on the same foot used in takeoff, or in stepping does not land on the other foot from which the jump is performed. (Hop, skip, jump)
4. In the process of landing or leaving the pit, touches the ground outside the landing nearer the foul line than the nearest mark made in the landing put.
5. Fails to initiate a trial that is carried to completion with in 1 minute after being called to jump.

**Penalty (foul): The jump is not measured, but counts as a trial.**

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### **Measuring legal Jumps:**

- Each legal jump shall be measured perpendicularly to the foul line or its extension and from that point in the pit touched by the person or apparel of the jumper, which is nearest the foul line or its extension.
- The judges shall hold the tape in such a way that the readings will be at the takeoff board.
- Measurements shall be recorded to the nearest lesser  $\frac{1}{4}$  inch.
- Measurement should be done in a straight line.
- Jump should be marked from the closest point to take off.

### **Triple Jump at a Glance**

1. Sign-in Athletes
2. Call a student for competition
3. Record all legal jumps out of 3. Scratches should be as a foul but do not measure it.
4. Measurement should be done in a straight line.
5. Jump should be marked from the closest point to take off.
6. Give the athlete a slip of paper with their best distance recorded on it.
7. Follow participant procedure guidelines.

## High Jump

### **Number of Participants per school:**

Dual: 4 per team

Triangular Meet: 4 per team

### **Trials:**

Each athlete is awarded 3 trials at a height. The athlete is eliminated as soon as he/she has had three consecutive unsuccessful trials.

### **High Jump Technique:**

A competitor may attempt to clear the bar in any manner, provided the takeoff is from **one foot** and provided no weights or artificial aids are used. All of the competitor's body must go over the bar.

### **Beginning Heights & Measuring legal jumps:**

6 <sup>th</sup> grade	–	3'6" girls	7 <sup>th</sup> & 8 <sup>th</sup> grade-	3'10" girls
		3'8" boys		4'0" boys

- Bar is raised at 2" increments.
- Raise bar and lower bar as meet progresses. Accommodate the runners. However, a jumper may choose to skip a height but once the bar is raised they may not have it lowered.
- Measurements are recorded to the nearest lesser ¼ inch. Measurement of the official height is from a point on the same level as the takeoff to the lowest point on the upper side of the crossbar.

### **A foul occurs when a competitor:**

1. Displaces the crossbar in an attempt to clear it
2. Touches the ground or landing area beyond the plane of the crossbar, or the crossbar extended, without clearing the bar.
3. After clearing the bar, contacts the upright and displaces the crossbar or steadies the bar.
4. Fails to initiate an attempt within 1 minute.
5. Fails (total body) to go over the bar.

**Penalty (foul): An unsuccessful trial is charged, but not measured.**

### **High Jumps at a Glance:**

1. Sign-in Athletes
2. Call a student for competition
3. Have athlete complete a height all at once unless they have a commitment to another event.
4. Record all 3 legal jumps. Mark scratch if he/she has a foul and do not measure.
5. Athlete receives slip of paper with their best jump recorded.

