

## 2017-18 TMSAA Handbook

### TENNESSEE MIDDLE SCHOOL ATHLETIC ASSOCIATION SPORTS CALEDAR

#### DEFINITIONS

**Practice** – Coach and player(s) together with instruction, teaching, coaching, etc. Try-outs are considered practice.

**Open Facilities** – Permitted year round (Monday through Friday) except during the **Dead Period**. Schools may use their facilities for students in their building prior to or after the school day. Coaches may serve in a supervisory capacity only. There is no instruction, no teaching, no coaching, etc. Coaches may not participate or play in any manner. It is a free play type atmosphere. Sport specific skills cannot be taught. ATTENDANCE CANNOT BE MANDATORY.

**Weight Training/Conditioning** – Permitted at all times except during the **Dead Period**. Must be generic type program that would be beneficial to all students and not sport specific. Exception: In baseball and girls' softball, players may throw to condition arms. Sport specific skills cannot be taught. Only students who are enrolled and in regular attendance at the school may participate during the school year. ATTENDANCE CANNOT BE MANDATORY.

**Dead Period** – No coaching, observing, or contact between coach and players in sport involved. There is no practice, no open facilities, and no weight training / conditioning. In all sports, the week preceding the 4<sup>th</sup> of July week and the week of the 4<sup>th</sup> of July will be a dead period. There can be no coaching, contact with, or observation by coaches with any players. All schools' indoor facilities must be closed unless approved in writing by the TMSAA.

**Preseason Scrimmages** – A school cannot practice with or scrimmage another school until both schools have practiced a minimum of three days. No tournament format of any type may be used. Preseason scrimmages should look more like practice than games. Once a school participates in their first regular season contest, they cannot participate in a scrimmage.

**Practice During the School Day** – All athletic practice during the regular hours of any school day shall conform to the same rules, regulations, and season as corresponding athletic practice outside the school day.

**50% Rule** – Does not apply for the TMSAA.

**Pre-season** – Begins the first day of school until the first official day of practice in that particular sport. **Coaches may give individual instruction to a maximum of three students per day during the pre-season.**

**Off-season** – Begins with the school's elimination from postseason tournament play in a particular sport and concludes with the end of the school year. **Coaches may give individual instruction to a maximum of three students per day during the off-season.**

**Tournament** – All tournaments shall be held on consecutive days with no other regular season games being played during the tournament unless permission is granted by the Executive Director. A tournament is defined as a competition of three or more teams and three or more games, matches, etc., which progress to determine a winner. Tournaments shall count as two games/dates, notwithstanding the number of games/dates in which each team participates in a tournament. Post Season Tournaments or Bowl Games may be played, provided the plan is approved by the state office annually. Any post season tournament or play-off format that exceeds the number of regular season contests allowed must be approved by the state office.

#### **Basketball Regulations:**

- 18 regular season games with all tournaments counting as two games, notwithstanding the number of games in which each team participates in a tournament.
- The season ending TMSAA Area and Sectional tournament series will count as one tournament, provided no other games are played between or after.

#### **Tournament Guidelines:**

1. The state is divided into three sections (East, Middle, and West) for the purpose of having middle school tournaments.
2. Each section is divided into smaller areas. Sections are considered similar to a high school region. An area is generally or similar to a district in high school.
3. Area and Sectional administrators, athletic directors, and coaches should conduct a meeting to select directors, dates and sites for each tournament they decide to have. Area schools may decide to have tournament series in any sport.

## 2017-18 TMSAA Handbook

4. All tournament series information (date, site, director, etc.) in each sport must be submitted to the state office as soon as it is decided upon.
5. Area and Sectional basketball tournaments should be completed each year by the Saturday prior to the TSSAA high school district basketball tournaments.
6. During tournament play, each area and section may decide to divide schools into classifications as membership in the area increases.
7. TSSAA and TMSAA will recognize any league that contains at least six member schools competing among themselves.
8. Any school may be a member of the middle school association and choose not to participate in the tournament series.
9. A school team may enter only one tournament series which will advance them to the sectional tournament. Schools must participate in the tournament series in the Area which they have been assigned. Any school desiring to move to a different Area must submit a written request to the state office. No school will be moved without a legitimate reason.

**Multiple Contests** – In all individual sports (cross country, golf, track and field, tennis, and wrestling) individuals accompanied by a coach may enter varsity competition at a different site on the same time and date, and this will count as two days on the school's schedule.

**Beginning Sport** – Any school that is starting a sport for the first time may have five days of pre-season practice prior to the first season the sports begins. This would apply to girls' volleyball, girls' soccer, soccer, baseball, softball, and track and field. It would not apply to football and basketball since schools are allowed 10 days in the off-season in football and 5 days in the pre-season in basketball.

### TMSAA SPORTS CALENDAR

#### Football

- **Pre-Season Practice Rule** does not apply.
- **Pre-Season Acclimatization:** Helmets and shoulder pads may be worn the Monday of NFHS Week 3. Each individual athlete must practice in helmets and shoulder pads for three days prior to practicing in full pads, regardless of when they start practicing.
- First Practice Date in pads is the Monday of NFHS Week 4.
- **Practice Regulations:** **1.** Practice time in pads may not exceed 3 hours in a single practice. **2.** If there are multiple practices in pads on a single day, only one session per day should include full contact. The total practice time in pads may not exceed 5 hours, with practices separated by at least three hours of rest in a cool environment. **3.** No student shall participate in multiple practices in pads on consecutive days. Helmets may be worn at any time. A practice would be considered a practice in pads if shoulder pads and/or football pants with or without pads are worn. If weather postpones a practice in pads, the practice may resume after conditions are deemed safe and the remainder of the allotted practice time may be completed. In addition, all TSSAA Football Practice Regulations must be followed.
- **Preseason Scrimmage Rule** does apply.
- Maximum number of regular season contests is 8 games.
- Maximum of 10 days of **Off-Season** practice within a 15 consecutive school day period and two interschool scrimmages are permitted.
- In the **Summer** there are no restrictions in regard to practice. No pads are permitted. Helmets may be worn.
- **Dead Period Rule** does apply.

Coaches and employees of a school are subject to the guidelines of the TSSAA Sports Calendar when working with students from his/her school.

## 2017-18 TMSAA Handbook

### TMSAA SPORTS CALENDAR GOLF (BOYS' AND GIRLS')

- **Pre-Season Practice Rule** does not apply.
- There shall be a First Practice Date for each Sports Season. The First Practice Date for the Fall Season is the Monday, of NFHS Week 4. The First Practice Date for the Winter Season is the Monday of NFHS Week 13. The First Practice Date for the Spring Season is the Monday of NFHS Week 31. The Local Education Association will determine in which season each sport is played.
- **Scrimmage Rule** does apply.
- Maximum number of regular season contests is 15 dates.
- In the **Off-Season** there are no restrictions in regard to practice.
- In the **Summer** there are no restrictions in regard to practice.
- **Dead Period Rule** does apply.

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### TMSAA SPORTS CALENDAR GIRLS' VOLLEYBALL

- **Pre-Season Practice Rule** does not apply.
- There shall be a First Practice Date for each Sports Season. The First Practice Date for the Fall Season is the Monday, of NFHS Week 4. The First Practice Date for the Winter Season is the Monday of NFHS Week 13. The First Practice Date for the Spring Season is the Monday of NFHS Week 31. The Local Education Association will determine in which season each sport is played.
- **Scrimmage Rule** does apply.
- Maximum number of regular season contests is 20 matches.
- **Off-Season** practice is not allowed.
- In the **Summer** there are no restrictions in regard to practice.
- **Dead Period Rule** does apply.

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### TMSAA SPORTS CALENDAR CROSS COUNTRY (BOYS' AND GIRLS')

- **Pre-Season Practice Rule** does not apply.
- There shall be a First Practice Date for each Sports Season. The First Practice Date for the Fall Season is the Monday, of NFHS Week 4. The First Practice Date for the Winter Season is the Monday of NFHS Week 13. The First Practice Date for the Spring Season is the Monday of NFHS Week 31. The Local Education Association will determine in which season each sport is played.
- **Scrimmage Rule** does apply.
- Maximum number of regular season contests is 12 dates.
- In the **Off-Season** there are no restrictions in regard to practice.
- In the **Summer** there are no restrictions in regard to practice.
- **Dead Period Rule** does apply.

## 2017-18 TMSAA Handbook

### TMSAA SPORTS CALENDAR GIRLS' SOCCER

- **Pre-Season Practice Rule** does not apply.
- There shall be a First Practice Date for each Sports Season. The First Practice Date for the Fall Season is the Monday, of NFHS Week 4. The First Practice Date for the Winter Season is the Monday of NFHS Week 13. The First Practice Date for the Spring Season is the Monday of NFHS Week 31. The Local Education Association will determine in which season each sport is played.
- **Scrimmage Rule** does apply.
- Maximum number of regular season contests is 12 matches.
- **Off-Season** practice is not allowed.
- In the **Summer** there are no restrictions in regard to practice.
- **Dead Period Rule** does apply.

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### TMSAA SPORTS CALENDAR BASKETBALL (BOYS' AND GIRLS')

- **Pre-Season Practice** is not allowed.
- There shall be a First Practice Date for each Sports Season. The First Practice Date for the Fall Season is the Monday, of NFHS Week 4. The First Practice Date for the Winter Season is the Monday of NFHS Week 13. The First Practice Date for the Spring Season is the Monday of NFHS Week 31. The Local Education Association will determine in which season each sport is played.
- **Scrimmage Rule** does apply.
- Maximum number of regular season contests is 18 games.
- Maximum of ten days of **Off-Season** practice within a 15 consecutive school day period.
- In the **Summer** there are no restrictions in regard to practice.
- **Dead Period Rule** does apply.
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### TMSAA SPORTS CALENDAR WRESTLING

- As far as **Pre-Season Practice**, there are no restrictions.
- There shall be a First Practice Date for each Sports Season. The First Practice Date for the Fall Season is the Monday, of NFHS Week 4. The First Practice Date for the Winter Season is the Monday of NFHS Week 13. The First Practice Date for the Spring Season is the Monday of NFHS Week 31. The Local Education Association will determine in which season each sport is played.
- **Scrimmage Rule** does apply.
- Maximum number of regular season contests is 12 dates.
- In the **Off-Season** there are no restrictions in regard to practice.
- In the **Summer** there are no restrictions in regard to practice.
- **Dead Period Rule** does apply.

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## 2017-18 TMSAA Handbook

### TMSAA SPORTS CALENDAR GIRLS' WRESTLING

- As far as **Pre-Season Practice**, there are no restrictions.
- There shall be a First Practice Date for each Sports Season. The First Practice Date for the Fall Season is the Monday, of NFHS Week 4. The First Practice Date for the Winter Season is the Monday of NFHS Week 13. The First Practice Date for the Spring Season is the Monday of NFHS Week 31. The Local Education Association will determine in which season each sport is played.
- **Scrimmage Rule** does apply.
- Maximum number of regular season contests is 12 dates.
- In the **Off-Season** there are no restrictions in regard to practice.
- In the **Summer** there are no restrictions in regard to practice.
- **Dead Period Rule** does apply.

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### TMSAA SPORTS CALENDAR BASEBALL

- **Pre-Season Practice** is not allowed.
- There shall be a First Practice Date for each Sports Season. The First Practice Date for the Fall Season is the Monday, of NFHS Week 4. The First Practice Date for the Winter Season is the Monday of NFHS Week 13. The First Practice Date for the Spring Season is the Monday of NFHS Week 31. The Local Education Association will determine in which season each sport is played.
- **Scrimmage Rule** does apply.
- Maximum number of regular season contests is 18 games.
- **Off-Season** practice is not allowed.
- In the **Summer** there are no restrictions in regard to practice.
- **Dead Period Rule** does apply.

Coaches and employees of a school are subject to the guidelines of the TSSAA Sports Calendar when working with students from his/her school.

### TMSAA SPORTS CALENDAR GIRLS' SOFTBALL

- **Pre-Season Practice** is not allowed.
- There shall be a First Practice Date for each Sports Season. The First Practice Date for the Fall Season is the Monday, of NFHS Week 4. The First Practice Date for the Winter Season is the Monday of NFHS Week 13. The First Practice Date for the Spring Season is the Monday of NFHS Week 31. The Local Education Association will determine in which season each sport is played.
- **Scrimmage Rule** does apply.
- Maximum number of regular season contests is 18 games.
- **Off-Season** practice is not allowed.
- In the **Summer** there are no restrictions in regard to practice.
- **Dead Period Rule** does apply.

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## 2017-18 TMSAA Handbook

### TMSAA SPORTS CALENDAR TRACK AND FIELD (BOYS' AND GIRLS')

- As far as **Pre-Season Practice**, there are no restrictions.
- There shall be a First Practice Date for each Sports Season. The First Practice Date for the Fall Season is the Monday, of NFHS Week 4. The First Practice Date for the Winter Season is the Monday of NFHS Week 13. The First Practice Date for the Spring Season is the Monday of NFHS Week 31. The Local Education Association will determine in which season each sport is played.
- **Scrimmage Rule** does apply.
- Maximum number of regular season contests is 8 dates. Each meet counts as one date.
- In the **Off-Season** there are no restrictions in regard to practice.
- In the **Summer** there are no restrictions in regard to practice.
- **Dead Period Rule** does apply.

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### TMSAA SPORTS CALENDAR TENNIS (BOYS' AND GIRLS')

- As far as **Pre-Season Practice**, there are no restrictions.
- There shall be a First Practice Date for each Sports Season. The First Practice Date for the Fall Season is the Monday, of NFHS Week 4. The First Practice Date for the Winter Season is the Monday of NFHS Week 13. The First Practice Date for the Spring Season is the Monday of NFHS Week 31. The Local Education Association will determine in which season each sport is played.
- **Scrimmage Rule** does apply.
- Maximum number of regular season contests is 15 matches. Each tournament counts as two matches.
- In the **Off-Season** there are no restrictions in regard to practice.
- In the **Summer** there are no restrictions in regard to practice.
- **Dead Period Rule** does apply.

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### TMSAA SPORTS CALENDAR SOCCER

- **Pre-Season Practice** is not allowed.
- There shall be a First Practice Date for each Sports Season. The First Practice Date for the Fall Season is the Monday, of NFHS Week 4. The First Practice Date for the Winter Season is the Monday of NFHS Week 13. The First Practice Date for the Spring Season is the Monday of NFHS Week 31. The Local Education Association will determine in which season each sport is played.
- **Scrimmage Rule** does apply.
- Maximum number of regular season contests is 12 matches.
- **Off-Season** practice is not allowed.
- In the **Summer** there are no restrictions in regard to practice.
- **Dead Period Rule** does apply.

Coaches and employees of a school are subject to the guidelines of the TSSAA Sports Calendar when working with students from his/her school.