

MIAA RULE CHANGE PROPOSALS FOR 2021-2023

The following reflects Rule Change Proposals that have been submitted as permitted in the Procedure for Requesting a Rule Change, Rule 89, pages 94 and 95 of the current MIAA Handbook. **Please note: Rule Change Proposals list Current Rule (listed in 2019-21 handbook), Proposal, and Rationale.** All responding groups should review the proposals and forward their recommendations, using the attached form, to MIAA Assistant Executive Director, Phil Napolitano. Although changes should not be made on the original proposals, any group may make amendments, which will be included in the report passed on to the next group in the process.

The MSSADA and all MIAA Administrative Committees are welcome to act on each rule change proposal. In the section on Sport Specific Rules (rule change proposals 25-37 within this packet) MIAA sport committees should only act on general rules (rules 1-24 and 38-46) and rules specific to their own sport.

Each of the below named groups, when reviewing a rule change proposal, may take one of the two following actions:

- Record votes in favor and opposed to each proposal.
- Recommend an amendment to the proposal with votes recorded in favor and opposed.

REVIEWING BODY ACTIONS MUST REFLECT THE ACTUAL VOTE

1. MIAA Sport Committees and MIAA Administrative Committees votes are due to the MIAA by December 1, 2020.
2. The Massachusetts Secondary School Athletic Directors Association (MSSADA) votes are due to the MIAA by February 1, 2021. The MSSADA should not act until they have the packet that includes all earlier votes.
3. The MIAA District Athletic Committees (DAC) votes are due to the MIAA by March 1, 2021. The DAC's should not act until they have the packet that includes all earlier votes.
4. The MIAA Board of Directors will act upon proposals by May 15, 2021.
5. The Massachusetts Interscholastic Athletic Council will act upon all proposals by June 1, 2021 and their decision(s) are final.

1. **Page 13**

Coaches Code of Ethics

By: Lisa Dunderdale, Michael Hartnett, Gretchen Hartnett, Theresa Lee, Anupama Sehgal – Northborough and Southborough Parents

Current Rule:

Each high school coach is first a TEACHER. The student-athlete is participating within the school's activity program because he or she desires to do so. Consequently, that student is often more attentive to a coach's lessons than to those offered by teachers in required courses.

The function of a interscholastic coach is to educate students in "LIFE LESSONS," through their participation in educational athletics. Every student-athlete should be treated as though they were the coach's own children. Their welfare must be uppermost at all times. The following abridged guidelines for coaches have been adopted by the NFICA Board of Directors.

1. The coach must be aware that he or she has a tremendous influence, either for good or bad, in the education of the student-athlete and, thus, shall never place the value of winning above the value of instilling the highest desirable ideals of character.
2. In all personal contact with student-athletes, officials, athletic directors, school administrators, the state high school athletic association, the media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.
3. The coach shall take an active role in the prevention of drug, alcohol, and tobacco abuse, and under no circumstances should authorize their use.
4. The coach shall promote the entire interscholastic program of the school and direct his or her program in harmony with the total school program.
5. The coach shall be thoroughly acquainted with the contest rules and is responsible for their interpretation to team members. The spirit and letter of rules should be regarded as mutual agreements. The coach shall not try to seek an advantage by circumvention of the spirit or letter of the rules.
6. Coaches shall actively use their influence to enhance sportsmanship in the broadest possible manner.
7. Contest officials shall have the respect and support of the coach. The coach shall not indulge in conduct, which will incite players or spectators against the officials. Public criticism of officials or players is unethical.
8. A coach shall not exert pressure on faculty members to give student-athletes special consideration

Proposal:

Add another guidelines for the Coaches' Code of Ethics

9. A coach shall promote and advocate for the health and safety of the student athletes at all times, above all other factors.

Rationale:

Coaches play a very important role in the safety and prevention of injuries for student-athletes. This addition will clearly state their role in promoting and advocating for the health and safety of the student athletes, allowing coaches to raise concerns to administrators and officials on student-athlete safety issues.

REVIEWING BODY ACTION:

Lacrosse Boys Committee	5-6-0	Denied
Lacrosse Girls Committee	2-8-0	Denied

2. **Page 18**

Part I, Icon I: Game Officials Committee

By: Richard Pearson, MIAA Associate Executive Director & Game Officials Committee Liaison

Current Rule:

I Game Officials' Committee Membership of the Game Officials Committee (GOC) consists of five school committee members, five school superintendents, five principals, and five athletic directors. Game officials representing each sport which has elected to enroll with the MIAA serve as non-voting advisors to the GOC.

Proposal:

Membership of the Game Officials Committee (GOC) will consist of:

- A. One principal and one athletic director from each of the nine athletic districts. Principals and athletic directors are appointed by their respective District Athletic Committees. ("Principal" may be either a principal or assistant principal who spends at least 50% of his/her time in duties related to the general administration of the school.) If a district is unable to provide both a principal and an athletic director to serve as representative, the District Chair may appoint a second principal or athletic director to serve for a one-year term only.
- B. Two school committee members appointed by MASC from school systems having one or more schools that are institutional members of MIAA.
- C. Two superintendents appointed by MASS from school systems having one or more schools that are institutional members of MIAA.
- D. Game officials representing each sport sponsored by the MIAA may serve as non-voting advisors to the GOC.

Rationale:

Each sport committee of the MIAA is represented by 2 school leaders, principals and athletic directors, from each district and region of the state as well as other appointments. This model has been a valuable opportunity for information to be received from and pushed out to Association members in all regions of the state. The input of regional leaders is a key component of governance and thorough decision-making of the MIAA. Athletic Directors and principals are very much involved in the budgetary discussions of their schools districts and can add a vital voice to the work of the GOC

A major responsibility of the GOC is to set recommended regular season fees as well as tournament fees. The GOC takes this responsibility seriously but has also recognized that during deliberations, all regions of the state may not be represented due in large part to the previous structure of the committee.

The current Game Officials' Committee has maintained an original structure from many years ago that has met with questions from membership as to representation from all regions of the state. This proposal affords regional representation from all areas of the state but also adding an extra superintendent and school committee representative to the committee given the nature of responsibilities of the GOC relative to finances that impact schools.

REVIEWING BODY ACTION:

Lacrosse Boys Committee	10-1-0 Approved
Lacrosse Girls Committee	10-0-0 Approved

3. Page 22

Part II, Rule 3: Adult Representation

By: Donna Becker – Girls Head Soccer Coach at Southeastern Regional High School

Current Rule:

3 The principal, headmaster, or director of the school in all cases is responsible to the Association for the acts of school teams and other school organizations. All teams and individual participants must have adult representation present and responsible for them at all times. Such adult representation must be an employee or a designated representative of the school district. If the representative is not the coach of record, then the designee must provide written introduction on school letterhead, signed by the principal, or the student(s) will not be permitted to participate. Must have game coverage (other than the coach) at varsity boys' soccer, varsity basketball, and varsity ice hockey.

Proposal:

Must have game coverage (other than the coach) at varsity soccer, varsity basketball, and varsity ice hockey.

Rationale:

Simply removing “boys” from the rule. We were confused as to why soccer is differentiated by gender but basketball is not. Girls’ varsity soccer should be on the list, just like boys’ soccer.

REVIEWING BODY ACTION:

Lacrosse Boys Committee	4-7-0	Denied
Lacrosse Girls Committee	3-7-0	Denied

4. Page 30

Part II, Definitions and Policies – Add Rule 32 to this section

By: Lisa Dunderdale, Michael Hartnett, Gretchen Hartnett, Theresa Lee, Anupama Sehgal – Northborough and Southborough Parents

Current Rule:

None

Proposal:

New Rule 32 - Providing a Safe Environment for Regular Season Contests

32.1- The Athletic Director is responsible for site safety during the regular season contests: determining the safety of the site for home and visiting student-athletes and fans; preparing the site for competition; ensuring emergency procedures are reviewed with visiting coaches and officials prior to the start of a contest; must have an AED on-site (and accessible) or with their medical provider for all athletic events; report any unusual incidences and all injuries.

32.2- Postponements

32.2.1 The host school administrator or athletic director (not an involved coach) must be depended upon to advise regarding local weather conditions, or to determine if a contest will be postponed.

32.2.2 The following must be the considerations for postponing a regular season contest: Health and welfare of the student-athletes; conditions of the field/court or location of the athletic contest; comfort and safety of the fans; travel conditions for participants and fans.

32.2.3 Directors must notify the Association/Arbiter Sports immediately about postponements which will then be reported to scheduled officials and on the MIAA Web page.

32.2.4 The Officials have charge of the game from the opening whistle on, and have the responsibility to determine the safety of the field/court/or location of athletic contest - and have the authority to postpone the game, or delay the contest until such time as the location is considered safe for play. Officials will be guided by the National Federation rules for the year in determining whether or not the game should be stopped. (Example: Playing conditions are unfair or dangerous for players, darkness, etc.) Referees would notify both head coaches of the decision, and their decisions would not be subject to negotiation.

Rationale:

The MIAA handbook clearly strives to include the student-athlete’s personal safety as a high priority, including sections on “Thunder/Lightening”, “Blood Borne Pathogens”, “Medical Emergency Response”, “Missing/Damaged organs”, “Concussions”, and “Drug/Alcohol/Tobacco” but doesn’t have a policy for site safety guidelines and protocols to help mitigate the risk of injuries for the student-athletes during the regular season. By creating this section with guidance from existing MIAA policies for Tournaments, the adults responsible for conducting secondary school sports will be aware of each other’s roles in making decisions and working together to ensure the safety and wellbeing of the student athletes.

REVIEWING BODY ACTION:

Lacrosse Boys Committee 0-10-1 Denied
Lacrosse Girls Committee 1-9-0 Denied

5. Page 34

Part III, Rule 34: Recognized Sports and Scheduling Limits for School

By: Sherry Bryant, MIAA Associate Executive Director & Field Hockey Committee Liaison

**Supported by the MIAA Field Hockey Committee*

Current Rule:

None

Proposal:

Under Fall Sports insert:

<u>Fall Sports</u>	<u>Maximum # of Competitions</u>	
	<u>Per Season</u>	<u>Per Week</u>
Boys' Field Hockey	18	3

7 v 7 format which operates under the current Field Hockey Committee and follows NFHS rules, modified by the MIAA Field Hockey Committee for 7's.

Rationale:

We understanding the timing for this rule is less than ideal given the challenges related to the pandemic that have come to exist for member schools. We respectfully request support for the sanctioning of boys' field hockey in order to allow the structure of this pathway for boys to be created and available for individual schools and co-op programs as they look to move forward. We recognize that in the absence of viable gender specific programs that all high school players may participate in the current High School Field Hockey programs, providing equity for all, while gender specific programs are grown.

REVIEWING BODY ACTION:

Lacrosse Boys Committee 8-3-0 Approved
Lacrosse Girls Committee 7-3-0 Approved

6. Page 34 & 65

Part III, Rule 34: Recognized Sports and Scheduling Limits for School

Part V, Rule 69: Football

By: Steve Kendall, Athletic Director, Ayer Shirley Regional High School

Current Rule:

69.1 High school football shall be played under the rules of the National Federation of State High School Associations, as modified by the MIAA.

Proposal:

Add new subsection to Rule 69:

To create an 8v8 league option for football. This would utilize the NFHS 8-player rules currently used in California, New York, Ohio, Michigan, Florida and 22 other states. Schools would still have the option of playing 11-player football. Schools would have to have fewer than 30 total kids (9-12) in the program and/or fewer than 20 kids in grades 10-12.

Rationale:

Many schools are struggling with participation numbers. This option could help reduce mismatches on the line, create more excitement for the sport and breathe life into football. The hope would be these 8-player school's eventually develop into 11-player schools.

REVIEWING BODY ACTION:

Lacrosse Boys Committee 5-5-1
Lacrosse Girls Committee 4-3-3 Approved

7. **Page 34**
Part III, Rule 34: Recognized Sports and Scheduling Limits for School
By: Greg Rota, Athletic Director, Pioneer Valley Chinese Immersion Charter School

Current Rule:

None

Proposal:

Add Pickleball as a recognized MIAA Fall Sport

Massachusetts's high school Pickleball shall be played in the Fall under the rules of the United States of America Pickleball Association (USAPA) with the following modifications:

1. All matches are to be decided on the best two out of three in a set. All games are played to 11 and you must win by 2 points.
2. Team contests will consist of two singles matches (1 Boy match and 1 Girl match), two doubles matches (1 Boys Doubles, 1 Girls Doubles), and 1 Mixed Doubles Match (1 Boy playing with 1 Girl) with eight participants (4 Boys & 4 Girls) taking part. No player may play more than once in the same team match under any circumstances. If fewer than eight players- (4 Boys/4Girls) are available for a match, line-ups will be determined on the basis of most number of participants, and least number of points forfeited as prescribed in **“Clarification of Terms #3.** Any league may have the option of increasing the number of single matches to two or three in league contests only.
3. Players are to be played with a coach’s preference in any position. There are 3 possible positions that a top player could play: 1st Singles, Doubles, or Mixed Doubles. The Visiting coach shall fill out their line-up first. The Home team will fill out their line-up second. Tournament play positions can be found under **the final bullet of this proposal.**
4. 85.1.4 Coaching, by the high school team coach only, is allowed on side changes during the entire match and after each game. No coaching is allowed during a player/team timeout.
5. Only participating players are allowed within the playing area while a match is in progress.
6. There will be no more than a fifteen-minute time delay for any injury affecting an individual player. The USAPA Rulebook 10.B will be followed. If a player is unable to continue a match (a match to be considered as starting with the first serve), that match shall be forfeited in the team score.
7. Preceding a match, the visiting team shall have a 15 minute warm-up period with the courts at their disposal; each player or doubles team will subsequently have a ten minute warm-up with their respective opponents before the match commences. All practice serves shall be taken by all players during the warm-up period.
8. The home team shall be responsible for providing at least 6 new USAPA approved balls for every varsity team match. Matches taking place outdoors must use a USAPA Outdoor approved ball, and matches occurring indoors must use an Indoor USAPA Approved Ball.
9. The home coach is responsible for proper spectator deportment.
10. The home coach should make provisions to have water available within the playing enclosure for all players.
11. If a player becomes incapacitated during the warm-up period, a substitution may be made as long as the substitution conforms to all rules enunciated herein. If not, the point must be forfeited in the team score.
12. Each coach is responsible for his/her own team members, whether they are players or spectators.
13. All Pickleball Coaches must complete and submit any available scores from all matches, regular and post-season match results. These results should contain player names and scores. These results should be submitted to a League Director via a Google Form. All coaches should be able to view team and player results.

Clarification of terms:

1. "Prior consent" means that a coach must inform the opposing coach at least 24 hours in advance of a scheduled match as to the conditions causing a request for an adjustment. This could be moving a match indoors because of rain or high wind warnings.

2. "Representative" means that the player is one of the best eight players available for the match.
 3. "The prescribed arrangement" for playing a match when one team has fewer than eight players is:
 - 1 player is missing: Team forfeits its singles match- Boys or Girls depending who is missing.
 - 2 Players missing- same gender- doubles forfeit
 - 2 players missing- different genders- both singles are forfeited.
 - 3 players missing- same gender- the missing gender's singles and doubles forfeited
 - 3 players missing- 1 boy and 2 girls- boys singles and girls doubles are forfeited
 - 3 players missing- 1 girl and 2 boys- girls singles and boys doubles are forfeited
 - 4 players missing- forfeited match
- No competitor or team in tennis will be allowed to compete without wearing a proper uniform that has the school's name and/or insignia.
 - If a player in the MIAA Tournament cannot participate in the next round, they can be replaced by a teammate.
 - During the MIAA State Tournament, the team with the Lower seed will provide their lineup to the Higher seed. The Higher seed will complete the lineup matches with their players.

Rationale:

2020 is the 55th Anniversary of Pickleball. Massachusetts is the birthplace of Basketball and we can become the birthplace of High School Interscholastic Pickleball. The sport continues to grow at a 29.1% growth rate every 3 years and recently has become a College sport. The attraction of this sport for High Schools is the low expense, Title IX compliance with co-ed teams and indoor/outdoor facility options.

Pickleball is an inexpensive sport to play during the Fall season. The startup costs are less than \$600 for 3 nets and equipment. The USAPA, the nation organization, will give High School grants for \$350 to start the sport which can further defraying the low expense. There is a Pickleball Ambassador program made up of 1900 people supplying free strategy lessons and coaching. The sport has NO referee requirements, transportation is easier due to small team rosters less than 14 and it can be played in any gymnasium or outside on tennis courts which will cut any outside facility rental costs which are sometimes needed for Tennis.

Currently Football and Soccer are the two highest concussion injury sports played during the Fall. Pickleball will give a safe alternative for Boys and Girls to participate and compete. Pickleball injuries, as reported by The Journal of Emergency Medicine, have been isolated to mainly lower extremity strains and sprains similar to Tennis.

Currently in Massachusetts, there are many Regional groups of all ages playing. Several Tennis facilities have added Pickleball play as an option. Central MA has a large group playing with several hundred members in and around Marlborough. The Lakeville/Middleborough area has another several hundred players. Western MA has a large following in and around Westfield and Hadley. Finally, Cape Cod has the largest groups throughout their region. Last year, The Bay State Games added Pickleball to its Regional Championships in 2019 and the 2028 Olympics are expected to add Pickleball as an official sport.

Finally, this sport can be played for a lifetime. As educators, we should be promoting life-long-learning. There are several players in Massachusetts playing into their late 80's and 90's, Nelson Ball of Westborough is one of the oldest! Physical Education classes are playing statewide using their badminton lines which are the same dimensions. The current youth movement being promoted by the USAPA is unprecedented. The expectation is another 3-5 Million participants playing nationwide in the next few years. We would lead the way. Unlike racquetball in the 1980's, Pickleball is here to stay.

REVIEWING BODY ACTION:

Lacrosse Boys Committee

3-6-2 Denied

8. Page 34

Part III, Rule 34: Recognized Sports and Scheduling Limits for School

By: Scott Tremlett, MIAA Wrestling Tournament Director (Supported by MIAA Wrestling Committee)

Current Rule:

<u>Winter Sports</u>	<u>Maximum # of Competitions</u>	
	<u>Per Season</u>	<u>Per Week</u>
Alpine Skiing	16	3
Basketball	20	3
Gymnastics	18	2
Ice Hockey	20	3
Indoor Track	16	3
Nordic Skiing	16	3
Swimming	18	3
Wrestling	20	2

Proposal:

For the sport of wrestling, increase the maximum number of competitions per week from two (2) to three (3). The season limitation of twenty (20) would remain the same.

Rationale:

Due to teams looking to get more competition for both their top performers and their sub-varsity athletes, there are occasions when they have to split their squads and send them to two separate competitions on the same day. Under the current limitations, any time this happens, the team would hit the weekly limit of two (2) competitions. Additionally, some of the larger two day tournaments, per MIAA rule 84.2.6, count as two (2) of the twenty (20) days allowed for competition. So any school that competes in a Friday/Saturday tournament, would not be allowed to have a dual meet during that week leading up to the tournament. Schools will not be able to abuse this weekly increase as the season limit will remain the same, twenty (20).

REVIEWING BODY ACTION:

Lacrosse Boys Committee 9-2-0 Approved
 Lacrosse Girls Committee 8-1-1 Approved

9. Page 34

Part III, Rule 34: Recognized Sports and Scheduling Limits for School

By: Tom Arria, Athletic Director of Cambridge Rindge & Latin School

Current Rule:

<u>Spring Sports</u>	<u>Maximum # of Competitions</u>	
	<u>Per Season</u>	<u>Per Week</u>
Baseball	20	3
Golf	20	4
Boys Lacrosse	18	3
Girls Lacrosse	20	3
Outdoor Track	16	3
Rugby	8	1
Softball	20	3
Tennis	20	3
Volleyball	20	3

Proposal:

For the sport of boys' lacrosse, reduce the maximum number of competitions per season from eighteen (18) to sixteen (16). Additionally reduce the maximum number of competitions per week from three (3) to two (2).

Rationale

Boys' lacrosse is a very physical sport. Fitting 18 games into our already short spring season is difficult and physically taxing on student athletes. As an example, the top level Division I college programs play 16 games a season and 1-2 per week. Additionally their season is an entire month longer, February - May.

REVIEWING BODY ACTION:

Lacrosse Boys Committee	2-9-0	Denied
Lacrosse Girls Committee	1-9-0	Denied

10. Page 35

Part III, Rule 35: Starting and Closing Dates for Tryouts, Practices and Contests

By: Tom Arria, Athletic Director of Cambridge Rindge & Latin School

Current Rule:

35.1 Beginning July 1, 2020, Fall practice (except football) may begin on 2nd Monday preceding Labor Day (August 24, 2020). No team may have more than thirteen (13) single practice sessions (i.e., "double sessions" count as two single practice sessions) through and including the Friday before Labor Day. Double practice sessions are not permitted on the first three days of fall practice. Preseason practice for the sport of football will follow the published Preseason Calendar, Practice Chart & Definitions. Football teams must precede their initial "full contact" practice with an additional five days of single conditioning and "limited contact" sessions. These practices can begin on the third Friday prior to Labor Day (August 21, 2020) and practice is not permitted on Sundays prior to Labor Day (August 23, August 30, and September 6, 2020).

Proposal:

Fall start date for Boys Golf – allow golf to begin their season the third Friday prior to Labor Day (*same as football*)

Rationale

Golf is limited to a very short time frame for play due to daylight. By allowing the three (3) extra days, this may allow for another match to be scheduled prior to the start of school. This is significant because it will eliminate a day or two of early dismal for golfers when school is in session.

REVIEWING BODY ACTION:

Lacrosse Boys Committee	7-4-0	Approved
Lacrosse Girls Committee	8-2-0	Approved

11. Page 35

Part III, Rule 35: Starting and Closing Dates for Tryouts, Practices and Contests

By: Bay State Conference Athletic Directors

Current Rule:

35.1 Beginning July 1, 2020, Fall practice (except football) may begin on 2nd Monday preceding Labor Day (August 24, 2020). No team may have more than thirteen (13) single practice sessions (i.e., "double sessions" count as two single practice sessions) through and including the Friday before Labor Day. Double practice sessions are not permitted on the first three days of fall practice. Preseason practice for the sport of football will follow the published Preseason Calendar, Practice Chart & Definitions. Football teams must precede their initial "full contact" practice with an additional five days of single conditioning and "limited contact" sessions. These practices can begin on the third Friday prior to Labor Day (August 21, 2020) and practice is not permitted on Sundays prior to Labor Day (August 23, August 30, and September 6, 2020).

Proposal:

Revert back to the previous language of Rule 35.1. I.e. Beginning July 1, 2021, Fall practice (except football) may begin on the 2nd Thursday preceding Labor Day (August 26, 2021). No team may have more than ten (10) single practice sessions (i.e., "double sessions" count as two single practice sessions)

through and including the Friday before Labor Day. *Football teams must precede their initial “full contact” practice with an additional five days of single conditioning and “limited contact” sessions. These practices can begin on the third Friday prior to Labor Day (August 20, 2021) and practice is not permitted on Sundays prior to Labor Day (August 22, August 29, and September 5, 2021).*

Rationale

A return to the former “2nd Thursday preceding Labor Day” start date for fall sports addresses several issues, beginning with the fact that the current “2nd Monday” rule was enacted despite majority opposition across the voting committees and districts of the Association (denied in 2018-19 as follows: 11-15-5 by committees; 2-6 by the state’s eight districts; 5-9 by Sports Medicine Committee; and 151-180-16 by raw tally). A democratic majority was opposed to the current rule when it was proposed in 2018.

Since the new rule has been adopted, several concerns about related impacts have been raised, including but not limited to: the earlier August start date being in conflict with the Association’s new Heat Modification Policy, implemented in August 2019; the potential for labor actions within school districts when additional days are added to contracted positions without collective bargaining and/or additional compensation; and the after-the-fact change to Rule 35.4.1, which negated any contest scheduling benefit that the new rule 35.1, as originally proposed, might have afforded. A return to the former language of Rule 35.1 aligns with concern for student safety, respect for local collective bargaining agreements and support of fundamental democratic principles.

REVIEWING BODY ACTION:

Lacrosse Boys Committee	5-6-0	Denied
Lacrosse Girls Committee	2-8-0	Denied

12. Page 35

Part III, Rule 35: Starting and Closing Dates for Tryouts, Practices and Contests

By: Jay Costa, Director of Athletics, Shrewsbury High School

Current Rule:

35.1 Beginning July 1, 2020, Fall practice (except football) may begin on 2nd Monday preceding Labor Day (August 24, 2020). No team may have more than thirteen (13) single practice sessions (i.e., "double sessions" count as two single practice sessions) through and including the Friday before Labor Day. Double practice sessions are not permitted on the first three days of fall practice. Preseason practice for the sport of football will follow the published Preseason Calendar, Practice Chart & Definitions. Football teams must precede their initial “full contact” practice with an additional five days of single conditioning and “limited contact” sessions. These practices can begin on the third Friday prior to Labor Day (August 21, 2020) and practice is not permitted on Sundays prior to Labor Day (August 23, August 30, and September 6, 2020).

35.1.1 Fall sports include cross country, field hockey, football, golf, gymnastics (west), soccer, swimming and diving, and girls’ volleyball. A school may offer golf in either Fall or Spring, but the Boys Team Tournament is held in the Fall and the Girls Team Tournament is held in the Spring. Swimming and Diving may be a Fall or Winter sport, but not both. When schools offer swimming and diving, student-athletes must swim on the team of their gender identity.

35.2 The Winter season must not begin before the first Monday after Thanksgiving. Winter sports include skiing, basketball, ice hockey, gymnastics, swimming (see Rule 35.1.1) and diving, indoor track, and wrestling. The Winter season must end with completion of the regular varsity season schedule, except for the varsity team or individual students completing their participation in the MIAA tournament. Exception: The Nordic ski season must end by the Saturday preceding the third Monday in March. Sub-varsity teams or individual athletes may participate after the completion of the regular season varsity schedule to complete their season schedule (maximum of two weeks beyond varsity schedule completion) or to practice with the varsity team providing it has qualified for the MIAA tournament.

- 35.3 The Spring season must not begin before the third Monday in March. Spring sports include baseball, golf (See Rule 35.1.1), lacrosse, rugby, softball, tennis, boys' volleyball, and outdoor track. The Spring season must end with completion of the regular season varsity schedule except for the varsity team or individual students completing their participation in the MIAA tournament. Sub-varsity teams or individual athletes may participate after the completion of the regular season varsity schedule to complete their season schedule (maximum of two weeks beyond varsity schedule completion) or to practice with the varsity team providing it has qualified for the MIAA tournament.
- 35.4 Initial date for competition.
- 35.4.1 For the fall season only, the first team competition may not occur before the 14th calendar day after and including the first day of practice except golf, which may not occur until after seven calendar days from the first practice. For the winter and spring seasons, the first team competition may not occur before the 11th calendar day after and including the first day of practice except golf, which may not occur until after seven calendar days from the first practice.
- 35.4.2 In football each participant must have fifteen days of practice, and each wrestler must have ten days of practice, before competing in an interscholastic contest.
- 35.4.3 In rugby each participant must have thirteen days of practice prior to competition. The first three days are conditioning & technique. Five of the following 10 days of practice are controlled contact.

Proposal:

Change the Fall, Winter and Spring Start of Season dates: Winter Season to start 2nd Monday after Thanksgiving and Spring Season to start the fourth Monday of March. End dates would not change from existing formats in this rule change.

- 35.1 Beginning July 1, 2021, Fall practice (except football) may begin on 2nd Monday preceding Labor Day (August 23, 2021). No team may have more than thirteen (13) single practice sessions (i.e., "double sessions" count as two single practice sessions) through and including the Friday before Labor Day. Double practice sessions are not permitted on the first three days of fall practice. Preseason practice for the sport of football will follow the published Preseason Calendar, Practice Chart & Definitions. Football teams must precede their initial "full contact" practice with an additional five days of single conditioning and "limited contact" sessions. These practices can begin on the third Friday prior to Labor Day (August 20, 2021) and practice is not permitted on Sundays prior to Labor Day (August 22, August 29, and September 5, 2021). Also see Rule 35.4

The Fall season must end with completion of the regular season varsity schedule except for the varsity team or individual students completing their participation in the MIAA tournament. Sub-varsity teams or individual athletes may participate after the completion of the regular season varsity schedule to complete their season schedule (maximum of two weeks beyond varsity schedule completion) or to practice with the varsity team providing it has qualified for the MIAA tournament.

- 35.1.1 Fall sports include cross country, field hockey, football, golf, gymnastics (west), soccer, swimming and diving, and girls' volleyball. A school may offer golf in either Fall or Spring, but the Boys Team Tournament is held in the Fall and the Girls Team Tournament is held in the Spring. Swimming and Diving may be a Fall or Winter sport, but not both. When schools offer swimming and diving, student-athletes must swim on the team of their gender identity.
- 35.2 The Winter season must not begin before the second Monday after Thanksgiving. Winter sports include skiing, basketball, ice hockey, gymnastics, swimming (see Rule 35.1.1) and diving, indoor track, and wrestling. The Winter season must end with completion of the regular varsity season schedule, except for the varsity team or individual students completing their participation in the MIAA tournament. Exception: The Nordic ski season must end by the Saturday preceding the third Monday in March. Sub-varsity teams or individual athletes may participate after the completion of the regular season varsity schedule to

complete their season schedule (maximum of two weeks beyond varsity schedule completion) or to practice with the varsity team providing it has qualified for the MIAA tournament.

- 35.3 The Spring season must not begin before the fourth Monday in March. Spring sports include baseball, golf (See Rule 35.1.1), lacrosse, rugby, softball, tennis, boys' volleyball, and outdoor track. The Spring season must end with completion of the regular season varsity schedule except for the varsity team or individual students completing their participation in the MIAA tournament. Sub-varsity teams or individual athletes may participate after the completion of the regular season varsity schedule to complete their season schedule (maximum of two weeks beyond varsity schedule completion) or to practice with the varsity team providing it has qualified for the MIAA tournament.
- 35.4 Initial date for competition.
- 35.4.1 For the fall season only, the first team competition may not occur **before the 11th calendar** day after and including the first day of practice except golf, which may not occur until after seven calendar days from the first practice. For the winter and spring seasons, the first team competition may not occur before the 11th calendar day after and including the first day of practice except golf, which may not occur until after seven calendar days from the first practice.
- 35.4.2 In football each participant must have **twelve days** of practice, and each wrestler must have ten days of practice, before competing in an interscholastic contest. Revised 10/1
- 35.4.3 In rugby each participant must have thirteen days of practice prior to competition. The first three days are conditioning & technique. Five of the following 10 days of practice are controlled contact.

Rationale:

To provide downtime between seasons for school administrations, athletic directors and multiple-sport athletes. This will allow time between each season for multiple-sport athletes to take care of non-athletic business or pre-season training for winter or spring sports. Prevents football players that are involved in post season play not to miss the start of winter tryouts and gives spring athletes time to recover before start of the spring season and athletic administrators to prepare for upcoming season. This rule change could encourage more participation of multiple sport athletes (which has decreased over the years), and reduce athletic and school administration burnout by providing a time off from athletic practices and game contests during the school year. The earlier start of the fall season (competitions) would allow for postseason games to be played during nicer weather conditions and provide more time off between the fall and winter seasons (except football). Earlier fall postseason play would encourage increase in attendance to competitions.

REVIEWING BODY ACTION:

Lacrosse Boys Committee	1-10-0 Denied
Lacrosse Girls Committee	0-10-0 Denied

13. Page 35 & 36

Part III, Rule 35: Starting and Closing Dates for Tryouts, Practices and Contests

By: Shaun White, Head Baseball Coach, Randolph High School

Current Rule:

- 35.3 The Spring season must not begin before the third Monday in March. Spring sports include baseball, golf (See Rule 35.1.1), lacrosse, rugby, softball, tennis, boys' volleyball, and outdoor track. The Spring season must end with completion of the regular season varsity schedule except for the varsity team or individual students completing their participation in the MIAA tournament. Sub-varsity teams or individual athletes may participate after the completion of the regular season varsity schedule to complete their season schedule (maximum of two weeks beyond varsity schedule completion) or to practice with the varsity team providing it has qualified for the MIAA tournament.

Proposal:

The Spring season must not begin before the first Monday in March.

The remaining language in the rule remains the same.

Rationale:

The earlier start date allows coaches the proper amount of time to conduct spring training to get the student athletes in proper shape for their upcoming spring sport.

REVIEWING BODY ACTION:

Lacrosse Boys Committee	0-11-0 Denied
Lacrosse Girls Committee	0-10-0 Denied

14. Page 35 & 36

Part III, Rule 35: Starting and Closing Dates for Tryouts, Practices and Contests

By: Tom Arria, Athletic Director of Cambridge Rindge & Latin School

Current Rule:

35.3 The Spring season must not begin before the third Monday in March. Spring sports include baseball, golf (See Rule 35.1.1), lacrosse, rugby, softball, tennis, boys’ volleyball, and outdoor track. The Spring season must end with completion of the regular season varsity schedule except for the varsity team or individual students completing their participation in the MIAA tournament. Sub-varsity teams or individual athletes may participate after the completion of the regular season varsity schedule to complete their season schedule (maximum of two weeks beyond varsity schedule completion) or to practice with the varsity team providing it has qualified for the MIAA tournament.

Proposal:

Rugby may start the first official practice the second Thursday in March. The first three days of practices must consist of conditioning and contact technique training only.

Rationale:

Rugby rules in the MIAA require 13 days of practices prior to the first competition (MIAA Rule 35.4.3). More days required than other sports. Allowing an earlier start will:

1. Allow for the game schedule to begin approximately the same times as other sports.
2. Allow for ease in scheduling due to the one contest per week limitation.
3. Rugby is a new and physical sport. Allowing the proper time to teach technique prior to the start of the season is extremely important from a safety perspective.

REVIEWING BODY ACTION:

Lacrosse Boys Committee	4-7-0 Denied
Lacrosse Girls Committee	2-7-1 Denied

15. Page 39

Part III, Rule 40: Out-of-Season Coach-Athlete Contact Limitations

By: Tom Arria, Athletic Director, Cambridge Rindge & Latin School

In conjunction with several Urban Athletic Directors

Current Rule:

40.1 Unless otherwise permitted in this rule, between seasons a coach may conduct a meeting(s) with team candidates only to elect captains, collect equipment, issue equipment, to provide for physical examinations, to conduct legitimate fund-raising events, or to offer wellness workshops or activities.

Proposal:

After the last Spring State Final Game or last day of school whichever is the latter - and a week prior to the scheduled beginning of the earliest Fall Sport Date, coaches may have contact with

high school students (rising 9th-rising 12th grade) in order to organize up to 15 days of skill development sessions. School facilities may be used for such gatherings.

Each session is voluntary and must be open to any student who enrolled at the high school who wishes to attend. When scheduling summer skills and drills sessions, it is limited to a maximum of 2 per week and each session may run up to a total of 2 hours.

Individual school Principal and/or Athletic Directors may adopt more restrictive policies relative to out of season instruction based on the school districts' policies.

The following criteria must be met prior to coaches scheduling out of season skill development sessions:

1. Written proposal with dates, times, facility permits must be submitted to the Athletic Director and be approved by the school Principal. This document must be filed in the school athletic office and followed strictly, any amendment to the written proposal must be requested in writing/email and be approved.
2. The written plan describes the goals of the activity, and expected number of participants.
3. Proper planning with appropriate supervision is the responsibility of the supervising coach (author of the skill development proposal).
4. Funding- operational school budgets cannot be used for any out of season skill development sessions.
5. A coach may not directly or indirectly require an athlete to participate in a sport or training program scheduled during this timeframe.

Rationale:

This rule change proposal/amendment is based on offering equity and accessibility to all students. Out of season activity and ability to improve as a student athlete is limited to those who have the resources and means. Attending camps, clinics, private coaching sessions, clubs or other training is available to those with the financial means necessary to afford it. There are several student athletes, or those who wish to become student athletes who do not have the financial support, or means necessary to pursue additional sport training to work to improve and get better in the off season. Similar to the arguments made for our students of high needs, once summer begins and there is no class - they begin to fall behind academically during their time off. The same can be said for improvement in athletics. They receive instruction, grow as a student athlete, and the season ends, another season may begin and then throughout the summer they are in large part left on their own. This rule change would allow school approved, qualified, safe coaches to train students for no charge and help them improve and in some cases provide a safe haven for a population of students during this time of disengagement. A familiar educator, a coach, who has a relationship with a student can maintain contact through a tool (the sport) and keep students engaged in a positive manner. Cities or towns that have a population of high needs above the state average, are not only having a more difficult time competing at the state level throughout team sports. It is also understood that in some communities that students are more susceptible to negative behaviors during this period of disengagement.

This proposal is to keep students in need engaged, while also providing an opportunity for professional instruction and training to begin to "level the playing field"

REVIEWING BODY ACTION:

Lacrosse Boys Committee	1-10-0 Denied
Lacrosse Girls Committee	0-10-0 Denied

By: Joe Rogers, Newton South Girls Basketball Coach

Current Rule:

- 40.1 Unless otherwise permitted in this rule, between seasons a coach may conduct a meeting(s) with team candidates only to elect captains, collect equipment, issue equipment, to provide for physical examinations, to conduct legitimate fund-raising events, or to offer wellness workshops or activities.
- 40.2 A coach is defined as any paid or volunteer member of the athletic staff.
- 40.3 The MIAA considers the last coach of record as holding that position until replaced by the principal.
- 40.4 A coach may not directly or indirectly require an athlete to participate in a sport or a training program outside of the MIAA defined sport season. Voluntary conditioning sessions open equally to all students in a school and which are entirely devoid of sports-specific activity may be conducted between seasons provided no candidate is either required to participate or penalized for not doing so.

A "candidate" is defined as:

- 40.4.1 A varsity or sub-varsity athlete who participated in a high school program at some interscholastic level the previous year and has eligibility remaining; or
- 40.4.2 A middle school student "selected" to participate in an out-of-season program.
- 40.4.3 A sixth grade student in a 7-12 high school or an eighth grade student in a 9-12 high school.
- 40.5 A high school coach may be employed by a park or recreation department or other organization or may volunteer for such a group to teach his/her sport out-of-season provided the following conditions exist:
- 40.5.1 No candidate may either be required to attend or be penalized for not attending.
- 40.5.2 School funds are not used.
- 40.5.3 A coach's high school candidates must constitute the minority of those taking part in any out-of-season sport's program, and never more than 50% competing on any team at any moment (e.g. no more than two basketball candidates could be on the court, or 3 ice hockey players on the ice, on the same team, at any point during a game). In sports that are individual in nature, or where competition involves a series of scoring events, candidates of that high school coach must be fewer than 50% of those participating in the overall competition or program.
- 40.6 A program is deemed to be an intramural rather than an out-of-season program provided that:
- 40.6.1 The program is available to all high school students on an indiscriminate basis, and a representative number of non-candidates are regular participants.
- 40.6.2 No participants may receive any attention not offered to all other participants.
- 40.6.3 Candidates in that intramural sport must constitute a minority of those taking part in the program and never more than 50% of any team actually playing or competing at any one time. (See Rule 40.5.3)
- 40.6.4 The program must be a direct offering of the high school involved.
- 40.7 Public High Schools can host an open house to introduce their schools, academic, extracurricular activities and facilities including athletic department presentations (that will include coaches) talking about their sport, facility and philosophy as happens during Catholic School Week. Organizational

meetings for fall sports including collecting names, physical documentation and practice schedules for the fall would be not allowable until the current May 1 date.

- 40.8 High School Coaches (paid or volunteer) of one sport may be involved in out-of-season activity of another sport during the summer only.

PENALTY:

Because these standards are designed to protect young people from unfair and inequitable scenarios, any coach who violates, or does not prevent violations, of these standards will be rendered ineligible to participate or be present at any MIAA approved or sponsored interscholastic competition in that sport for one year from the date of determination of a rule violation. If a violation is inadvertent or relatively minor, this penalty may be reduced by the Board of Directors, or its designee.

Proposal:

A complete re-write of MIAA Rule 40

40.1 *Definitions*

40.1.1 Definition of Individual Skill/Coaching Instruction – Instruction or coaching provided to a member of a school team in which the techniques and skills of the sport are being taught and the activity does not involve team instruction. Individual instruction may include “small-sided-games,” where the participants on each team are limited in size to no more than 2/3rds the number of players who make up a team in the respective sports “full games.” E.g. 7-on-7 football and 3-on-3 basketball would be permitted to take place during Individual School/Coaching Instruction while 8-on-8 football or 4-on-4 basketball would not.

Note: While the definition contained in 40.1.1 is specifically intended to preclude coaches from “game coaching” their school team members out of season, an exception is made for NCAA sanctioned recruiting “live periods” in which prospective student athletes are only permitted to be observed by college coaches while participating in events as members of their high school teams, such as the recently added boys basketball June “live period.”

40.1.3 A coach is defined as any paid or volunteer member of the athletic staff.

40.1.4 The MIAA considers the last coach of record as holding that position until replaced by the principal.

40.1.5 A “member” of a school team is defined as: (1) A varsity or sub-varsity athlete who participated in a high school program at some interscholastic level the previous year and has eligibility remaining; (2) a middle school student “selected” to participate in an out-of-season program; or (3) a sixth grade student in a 7-12 high school or an eighth grade student in a 9-12 high school.

40.2 *Individual Skill/Coaching Instruction*

40.2.1 For up to, but not more than, three hours per week, individual skill/coaching instruction may be received by a member of a school team at any time prior to and after the school season and **outside of the defined “dead periods”** from school coaches. Said individual skill/coaching instruction may take place either on school grounds/using school facilities or at non-school facilities/locations approved by the school’s athletic department.

Note: Each member of the respective team may receive up to three hours of individual skill/coaching instruction per week.

Note: In the sport of football, all activities must be non-contact and the only football equipment the player may wear are helmets and cleats.

40.3 *General Individual Skill Instruction Regulations*

40.3.1 Students from school teams receiving individual skill/coaching instruction shall not be **required** to participate in sessions where individual skill/coaching instruction is provided. A paid or unpaid school (interscholastic) coach employed by a Board of Education or similar governing board violates this regulation when he/she suggests or implies that a student's chance to be selected for a school (interscholastic) team is contingent upon this participation.

40.3.2 There is no limit on the number of school coaches that may be present when individual skill/coaching instruction is provided to student-athletes.

40.4 Dead Periods – Out-of-season dead periods shall consist of the two week period directly before the first permissible practice date of a sports season as published in the MIAA Calendar, and the period from the end of a team's varsity season until two weeks directly following the state championship games in the respective sport. A two week summer "dead period" for all athletic teams shall begin the Sunday of the week containing July 4th. During dead periods, no individual skill/coaching instruction may occur.

40.5 A high school coach may be employed by a park or recreation department or other organization or may volunteer for such a group to teach his/her sport out-of-season provided the following conditions exist:

40.5.1 No members of the coach's school team may either be required to attend or be penalized for not attending.

40.5.2 *School funds are not used.*

40.5.3 A coach's high school candidates must constitute the minority of those taking part in any out-of-season sport's program (run through a park or recreation department of other organization other than the high school coach's MIAA member school), and never more than 50% competing on any team at any moment (e.g. no more than two basketball candidates could be on the court, or 3 ice hockey players on the ice, on the same team, at any point during a game). In sports that are individual in nature, or where competition involves a series of scoring events, candidates of that high school coach must be fewer than 50% of those participating in the overall competition or program.

40.5.4 Where the conditions in 40.5.1-40.5.3 are satisfied, any instruction received by high school candidates as a part of such out-of-season sports programs do not count toward a respective coaches' individual skill/coaching instruction time with those team members participating in the out-of-season sports program.

40.6 Voluntary conditioning sessions open equally to all students in a school and which are entirely devoid of sports-specific activity may be conducted between seasons provided no candidate is either required to participate or penalized for not doing so. Said conditioning sessions do not count toward a respective coaches' individual skill/coaching instruction time with their respective team members.

40.7 Public High Schools can host an open house to introduce their schools, academic, extracurricular activities and facilities in the month of February including athletic department presentations (that will include coaches) talking about their sport, facility and philosophy as happens during Catholic School Week. Organizational meetings for fall sports including collecting names, physical documentation and practice schedules for the fall would be not allowable until the current May 1 date.

PENALTY:

Because these standards are designed to protect young people from unfair and inequitable scenarios, any coach who violates, or does not prevent violations, of these standards will be rendered ineligible to participate or be present at any MIAA approved or sponsored interscholastic competition in that sport for

one year from the date of determination of a rule violation. If a violation is inadvertent or relatively minor, this penalty may be reduced by the Board of Directors, or its designee.

Rationale:

In its written “Philosophy,” the MIAA recognizes that:

In the education of approximately 70% of the young people attending MIAA member schools, athletic participation is a critical component. What should drive those responsible for student-athletes and their programs is the educational mission of school activities. For many students, the most stable environment in their lives is that provided by high school activity programs. Often the best opportunities for crisis intervention, drug prevention, “day care” programs, and the like are school activity programs. The cost is minimal, while the worth is maximal.

Yet in spite of its stated belief in the value of athletics and the “stable environment” they provide, the MIAA’s rules regarding player-coach interaction outside of a sports’ designated season are the most restrictive in the country. Massachusetts is one of no more than five states that still prohibit coaches from providing any instruction to their team members out of season. At this time, at least forty-five states allow their high school coaches to work with their players (to varying degrees) outside of their seasons. In researching this issue, I have come across no evidence that these forty-five states have lower participation rates or lower percentages of multi-sport athletes than Massachusetts.

What my research does show, however, is that Massachusetts ranks towards the very bottom of the United States in the number of its high school student athletes who have the opportunity to go on to play sports in college. For example, a recent study found that no more than 0.6% of Massachusetts boys’ high school basketball players are even recruited by Division 1 college programs let alone offered scholarships. The number for girls is not much higher at 0.9%. I fully recognize that the restrictions on player-coach out of season contact in Massachusetts is just one of a handful of factors that contribute to these numbers, but I do believe there is a correlation between our current rules and these statistics.

Above you will find a proposed amended MIAA Rule 40 “Out-of-Season Coach-Athlete Contact Limitations” which, if adopted, would allow high school coaches to provide their players with three hours per week of “individual skill/coaching instruction” outside of three designated “dead periods” (during which no instruction of any kind could take place). The proposed rule – which borrows a lot of its language directly from Ohio High School Athletic Association Regulation 8 – is intended to allow coaches to work with players *who voluntarily want instruction*¹ for a reasonable amount of time each week in a setting that is focused on individual development (the rule is designed to make “team practices” impossible). The “dead periods,” which run for two weeks before and after each sport season and for an additional two weeks in the summer, provide built in rest periods for players and coaches alike.

While I understand that “specialization” is a great concern of the MIAA, as I stated earlier, I can find no evidence that there is any more specialization in states with rules such as the one I am proposing than currently takes place in Massachusetts. By requiring non-contact activities and individual skill work rather than full team practices, the proposed rule does not get in the way of students participating in multiple sports and also provides a much more affordable alternative to the club teams that encourage specialization, and which almost all of our student athletes feel compelled to join in no small part because they are restricted from working with their MIAA coaches.

As currently constructed, MIAA Rule 40 denies students in search of extra help the opportunity to receive instruction from those best equipped to provide it. How can this be said to be consistent with the “educational mission of school activities?” Nearly every other state in America has recognized the folly in this thinking and amended their rules to allow student-athletes the opportunity to receive quality instruction from trained high school coaches year round. It is time for Massachusetts to stop denying its student-athletes the opportunities their peers in other states have been benefiting from for years.

REVIEWING BODY ACTION:

Lacrosse Boys Committee

0-11-0 Denied –

Amendment to proposal: The MIAA will form a subcommittee to review & discuss Rule 40, Out-of-Season Coaches Contact. 11-0-0 Approved
 Lacrosse Girls Committee 0-10-0 Denied –
 Amendment to proposal: The MIAA will form a subcommittee to review & discuss Rule 40, Out-of-Season Coaches Contact. 8-0-0 Approved

17. Page 42
Part III, Rule 43: Gender and Participation
By: Michelle Griffin, Parent, Walpole High School

Current Rule:

43.2 If a school offers a single team in a particular sport, it may not restrict eligibility based on gender unless such a restriction is necessary to ensure that the school’s gendered designation of athletic opportunities complies with Title IX (either by demonstrating proportionality or the absence of unmet interest among members of the underrepresented sex).

Proposal:

Boys cannot play on a girls’ field hockey team due to safety reasons.

Rationale:

This is so obvious that boys in high school, who are like men, should not be driving a field hockey ball at any girl. The girls are completely defenseless, except for goggles. Additionally, boys are so much stronger than girls.

REVIEWING BODY ACTION:

Lacrosse Boys Committee 1-9-1 Denied
 Lacrosse Girls Committee 0-10-0 Denied

18. Page 42
Part III, Rule 43: Gender and Participation
By: Jacqui Niosi, Quincy High School Girls’ & Boys’ Volleyball Coach

Current Rule:

43.2 If a school offers a single team in a particular sport, it may not restrict eligibility based on gender unless such a restriction is necessary to ensure that the school’s gendered designation of athletic opportunities complies with Title IX (either by demonstrating proportionality or the absence of unmet interest among members of the underrepresented sex).

Proposal:

Add a sub-section to MIAA Rule 43.2

43.2.1 In the case of a student-athlete(s) that are underrepresented and wish to play volleyball:

- A student-athlete who would qualify to play on a 7’11 5/8” net in the spring by NFHS, or a student-athlete who would qualify to play on the 7’4 1/8” net in the fall by NFHS.

Due to the structural difference in net heights in the spring and fall seasons, the school must demonstrate in writing to the MIAA Volleyball Committee that it has done its’ due diligence in:

1. Attempting to create a team for the underrepresented team allowing them to fully compete on the net height that the underrepresented student-athlete qualifies for per the NFHS regulations.
2. Attempting to create a co-op team with a neighboring school or schools before allowing the underrepresented student-athlete to try out for the team designated for the other net height.
3. Attempting to find a neighboring team that plays on the net height that the underrepresented

student-athlete qualifies for that would be able to accommodate the underrepresented player.

Due diligence includes:

- Promoting through school announcements and social media that there is interest in creating a team.
- Hosting sign-ups online and in a meeting within the school.
- Reaching out to the administration and volleyball coaches of neighboring schools, feeder schools and their announcements/social media.
- Hosting sign-ups for co-op online and in a meeting for neighboring schools.
- **Other resources available.

**MIAA Volleyball Committee in cooperation with BRC create a form that is posted on MIAA website:

Google Form:

Name:

Contact Information:

School:

Location:

Team trying to add:

Competition Season:

Number of student-athletes interested:

Results would be published on the MIAA website to promote local administrations, coaches and players with interest in starting a team.

Rationale:

This proposal addresses mixed gender teams and the structural net height difference in volleyball.

- Safety for all student-athletes involved
- In volleyball, due to the structural net height difference (7+”), it is impossible to give an underrepresented athlete playing on the other gender’s traditional team an authentic experience.
- Provides authentic skill development for the underrepresented student-athletes. Players training on a net that is 7+” difference creates bad habits that will affect those players long-term and attempting to play at higher levels post high school. This will align with the volleyball regulations on collegiate, national and global levels.
- Co-op teams would help to create more opportunities to play for the underrepresented group that is looking to create a team.
- Creates more opportunities for competition for student-athletes at other schools, particularly in the spring, where the sport is underrepresented statewide.
- Could cut down on travel time for a lot of teams and provide more time for student-athletes to be students.
- Maintains opportunities for student-athletes in the state, especially in the fall playing on a 7’4 1/8” net. Many high school teams in the fall already compete at three levels in volleyball (Freshmen, JV & Varsity) and have to make cuts.
- With the understanding that co-ops are usually created to keep existing teams going, this is a unique situation due to the net height differences and would creatively use the co-op option to create opportunities for so many student-athletes while building the underrepresented sport.
- This rule addition to 43.2 along with the language changes proposed to Rule 83.5 on 5/30/2020 by Carole Burke and Jacqui Niosi would best promote the equality and safe opportunities we are trying to provide for our student-athletes in volleyball.

REVIEWING BODY ACTION:

Lacrosse Boys Committee	3-7-1	Denied
Lacrosse Girls Committee	0-9-1	Denied

By: Mark Schruender, Girls Basketball Coach, Saugus High School

Current Rule:

45 A bona fide member of the school team is a student who is consistently present for, and actively participates in, all high school team sessions (e.g. practices, tryouts, competitions). Bona fide members of a school team are precluded from missing a high school practice or competition in order to participate in a non-school athletic activity/event in any sport recognized by the MIAA. Students cannot be given special treatment (late arrival, early dismissal, etc.) for non-school athletic programs. Saturday and Sunday practices ONLY may be excluded from this rule and no waiver is required.

First Offense: Student-athlete is suspended for 25% of the season (see chart on Rule 62).

Second Offense: Student-athlete is suspended for an additional 25% of the season, and is ineligible for tournament play immediately upon confirmation of the violation. See Rule 98 for additional tournament restriction and Rule 88 for waiver guidelines.

Proposal:

Proposal is to alter the penalty for a first offense.

A bona fide member of the school team is a student who is consistently present for, and actively participates in, all high school team sessions (e.g. practices, tryouts, competitions). Bona fide members of a school team are precluded from missing a high school practice or competition in order to participate in a non-school athletic activity/event in any sport recognized by the MIAA. Students cannot be given special treatment (late arrival, early dismissal, etc.) for non-school athletic programs. Saturday and Sunday practices ONLY may be excluded from this rule and no waiver is required.

First Offense: Student-athlete is suspended for one (1) game/meet/match of the season.

Second Offense: Student-athlete is suspended for an additional 25% of the season, and is ineligible for tournament play immediately upon confirmation of the violation.

Rationale:

The first offense consequence for violating the chemical health policy and for missing a team competition to play another sport are equivalent. The state law only prohibits one of these two things. Most people in our society would also agree one crime is worse than the other. By default of the penalties being the same, one of these punishments is not fitting the crime here.

Last year a basketball coach told me his player skipped a game to go to a football showcase in Florida. The player perceived the opportunity as a chance to get a college scholarship, and indeed there were coaches that would have never seen him otherwise. He did not want to miss one basketball game, but the opportunity was too good for him to pass up. As a result, the player would up missing that one game plus four more. The disincentive of the penalty had no impact on the player's decision to leave the team. In fact, in the long run it was in the player's best educational interest to leave the team.

I understand the intent of the rule and believe in penalizing players for putting other team commitments first, but one competition would be a more reasonable penalty than one-fourth of a season. If a player does it a second time, then clearly the player's commitment level is minimal. At that point, a stiffer penalty is more appropriate.

Other rules affected: Rule 62.1 – The chemical health violation becomes the stiffest penalty an athlete can face.

REVIEWING BODY ACTION:

Lacrosse Boys Committee	7-4-0	Approved
Lacrosse Girls Committee	7-3-0	Approved

By: Richard Pearson, MIAA Associate Executive Director

Current Rule:

51 For a student to practice with, or to represent a MIAA member school in athletic competition, the student must be duly enrolled in that school. Additionally, the student must be a candidate for that school’s diploma, subject to the jurisdiction of that school’s principal (i.e. the principal must have the authority to suspend the student from classes), and under the supervision of that school principal (i.e. the principal must have control and knowledge of the student’s daily attendance and achievement). Ultimately the interpretation and application of Association rules rests with the MIAA executive director/staff and the Board of Directors. Principals (or athletic directors) must contact the Association executive staff to resolve any possible eligibility issues before permitting a student to represent your school. This rule complements Rule 52, 53, 54 and 55.

51.1 An ineligible student who is duly enrolled in your school, may practice with team if approved by your school administration.

Proposal:

Remove “Student Eligibility” from the title of Rule 51.

Rationale:

Rule 87 of the MIAA Handbook references “Student Eligibility Waiver – The Process.” This process has referenced the Student Eligibility rules 51 -62. Given that Rule 51 has had this criterion in the title, it has been met with unique and new waiver requests over the past 5-10 years. A student who does not attend the public high school, rather a private school not affiliated with the town school community may seek a waiver to attend one school and play at another.

A cornerstone of high school student participation in interscholastic athletics has been the ability of a school to maintain a culture, climate, and expectation for students in their school environment. The ability for a principal to set standards and expectations for student participation is directly connected to their enrollment in their school building, living every day with others in that school environment.

Rule 51 was created to detail those criteria and expectations that describe a “student member of the school community.” Participation in interscholastic athletics was meant to enhance and support the articulated values of the school community.

Removing the words “student eligibility” for the title of this rule solidifies the vital support of a developed school community with common goals and values. If removed, there would be no means of a waiver to be submitted for a student to play for the MIAA member school who does not attend the institution. For example, given the current wording, a student who lives in a given town with a public high school could attend a purely private school, anywhere in MA, but seek a waiver from the school principal to play sports for the public high school. Principals have sought clarity in this rule to not permit this request in any manner. This change would allow the principal to no entertain this request by rule.

Removing this wording does not limit the necessary provisions of Rule 52 which afford opportunities for unique circumstances for students that are the legal responsibility of the school district. Removing this wording simple clarifies the fundamental value of students attending schools and being responsible for the necessary expectations of the school community they represent.

REVIEWING BODY ACTION:

Lacrosse Boys Committee	9-2-0	Approved
Lacrosse Girls Committee	8-2-0	Approved

21. Page 51

Part IV, Rule 53: Student Eligibility: Middle School Students on Senior High Teams

By: Ryan Sylvia, Athletic Director, Middleboro High School

Current Rule:

53 A middle school student is eligible to represent a senior high school on its athletic teams only when the MIAA member high school includes those grades and they are under the direct “jurisdiction” and “supervision” of the high school principal (see Rule 51 for definitions).

Proposal:

Change Rule 53 to read: The eligibility of middle school students to participate on high school athletic teams and the level they participate in shall be the decision and responsibility of the individual school district administration. Including but not limited to the district superintendent, high school principal, athletic director and middle school principal. Participation of middle school students shall fall under the same eligibility standards outlined in the MIAA handbook. All schools shall identify on their institutional registration form which sports will allow middle school participation.

This rule change would eliminate the need for middle school waivers. All decisions would be made by individual school districts.

Rationale:

1. Increase participation opportunities for students. We are limiting the number of opportunities for students to participate in athletics by limiting it to 9-12 and requiring a cumbersome waiver process for every sport. Let the individual schools make that decision. Very few schools offer an extensive middle school athletic program. Why not allow middle school students to try-out for a high school team at the school district's discretion?
2. There are many inequities created by the current rule.
 - a. Schools that fall under the same principal have the ability to draw from a larger number of students to help fill their teams and retain students in their district.
 - b. Example. Public high school “X” is 9-12 and has a detached middle school grades 6-8. There are two neighboring schools, one public that offers school choice and one private school. Each of these schools have 8th graders in their school under the same principal. An 8th grade student at school “X” that has the ability to compete at a high level choses to attend one of the other schools because they have the opportunity to play their sport at the high school level a year or two early.
 - c. Students may choose not to play for their school team and focus on club sports because they don't have the opportunity available to them in middle school.
 - d. Many schools in the same league, divisions, and sections have very different parameters for how they engage and retain students. Building a strong athletic program when you have middle school students feeding into your teams without restrictions is very advantageous, especially for smaller schools.
3. School districts should have the ability to determine what is safe for the students under their supervision. Most schools would not allow an 8th grader on a varsity football team but may allow a 7th or 8th grader on a girls varsity basketball team, track team, swim team etc. Those students should have the ability to try-out for a team.

REVIEWING BODY ACTION:

Lacrosse Boys Committee	2-8-0	Denied
Lacrosse Girls Committee	0-10-0	Denied

22. Page 51

Part IV, Rule 53: Student Eligibility: Middle School Students on Senior High Teams

By: Brian Miller, Athletic Director, Easthampton High School

Current Rule:

Current Rule:

57.3.2 MIAA Form 200 must be dated and filed at the receiving school before the student is declared eligible (as to the transfer rule only) by the receiving school principal. Note that Form 200 will not yield eligibility for a student who transfers after the opening date of that practice season (57.5)

Proposal:

A copy of Form 200 must be submitted by the receiving school, to the MIAA, in all transfer cases.

Rationale:

When a Form 200 is completed between schools and no waiver is necessary, the MIAA has no ability to track how many actual transfers occurred throughout the year. This allows a method to track and have record of every transfer, with the exception of those that fall under the MIAA Rule 57.7 “Exemptions to the Transfer Rule”.

REVIEWING BODY ACTION:

Lacrosse Boys Committee	6-4-0	Approved
Lacrosse Girls Committee	7-3-0	Approved

24. Page 57 & 58

Part IV, Rule 62: Student (and Coach) Eligibility: Chemical Health/Alcohol/Drugs/Tobacco

By: Mike Roy, Athletic Director, Minnechaug Regional High School

Tom Arria, Athletic Director, Cambridge Rindge and Latin School

Marc Arria, Athletic Director, Winchester High School

Current Rule:

62.1 From the earliest fall practice date, to the conclusion of the academic year or final athletic event (whichever is latest), a student shall not, regardless of the quantity, use, consume, possess, buy/sell, or give away any beverage containing alcohol; any tobacco product (including e-cigarettes, VAP pens and all similar devices); marijuana (including synthetic); steroids; drug paraphernalia; or any controlled substance. This policy includes products such as “NA or near beer,” inhalants (defined as any substance that produces a mind-altering effect when inhaled), and misuse of over-the-counter medications and substances used for the purposes of altering one’s mental state. It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student’s own use by their doctor. I MIAA Handbook July 1, 2019 – June 30, 2021 58 This MIAA statewide minimum standard is not intended to render “guilt by association”, e.g. many student-athletes might be present at a party where only a few violate this standard. This rule represents only a minimum standard upon which schools may develop more stringent requirements.

If a student in violation of this rule is unable to participate in interscholastic sports due to injury or academics, the penalty will not take effect until that student is able to participate again.

Minimum PENALTIES: (also see Rule 32.8 – Ineligible Students)

First violation: When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests (regular season and tournament) totaling 25% of all interscholastic contests in that sport. No exception is permitted for a student who becomes a participant in a treatment program. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation. During the suspension the disqualified student may not be in uniform and attendance at the competition site is determined by the high school principal. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 25% of the season.

Proposal:

First violation: When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests

(regular season and tournament) totaling 25% of all of all interscholastic contests in that sport *and violating students must complete an online or in live course for substance abuse (This course would have to be developed) education OR enroll in a substance abuse treatment program. The first offense suspension may be reduced “if “the student athlete is honest and up-front about the violation, reducing the initial violation to 10% of all interscholastic contests scheduled for the season in which the violation occurred.* It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation. During the suspension the disqualified student may not be in uniform and attendance at the competition site is determined by the high school principal. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 25% of the season.

Rationale:

This proposal encourages the core value of honesty and integrity. If a student is up front and honest about their mistake, it is important to have a consequence (hence the 10%) while rewarding that honesty and integrity. It also provides some flexibility in the penalty of a first offense. Lastly, this encourages an educational component to a first violation. Why do we wait on the educational piece until a second violation has occurred? It is the hope that this will help in the prevention of a second or subsequent violations. We realize that a course needs to be developed, but we have a year to do it and there are plenty of resources out there. The MIAA, NIAAA, and/or NFHS could develop this course and have a course for Vaping and other drugs and alcohol so that if the violation is vaping related, then the student-athlete can view that one. This proposal for an educational course was modeled after the sportsmanship course that is taken when a student is disqualified.

REVIEWING BODY ACTION:

Lacrosse Boys Committee	0-10-0 Denied
Lacrosse Girls Committee	2-8-0 Denied

----- START OF SPORT SPECIFIC ONLY RULE PROPOSALS -----

25. **Page 63**
Part V, Rule 66: Basketball
By: MIAA Basketball Committee

Current Rule:
None

Proposal:

Add New Rule:

The Shot Clock will reset to 15 seconds when there is an intentionally kicked or fisted ball with 14 seconds or less left in the possession. If the violation occurs with 15 or more seconds on the shot clock, no reset will take place and the offense will have the remaining time left in the possession.

Rationale:

The current rule of resetting the shot clock to 30 seconds after these violations gives the offense a new full possession. In these scenarios the defense is essentially penalized by losing time on the clock. This situation can especially come into effect towards the end of the game.

Several state associations that utilize the shot clock have implemented this 15 second reset in recent years. The MIAA Basketball Committee voted unanimously in favor of proposing this rule change.

26. **Page 63**
Part V, Rule 66: Basketball

By: MIAA Basketball Committee

Current Rule:

NFHS Rule NFHS Basketball Rule 9-10-1-a “Closely Guarded” states “A player must not, while closely guarded, in his/her frontcourt, hold the ball for five seconds or dribble the ball for five seconds.”

Proposal:

Add New Rule (modification to current NFHS Rule 9-10-1-a)

The five-second count on the closely guarded player **dribbling** the basketball in the front court does not apply.

Rationale:

The MIAA Basketball Committee voted unanimously in favor of this rule change proposal. The proposal is a rule modification to NFHS Basketball Rule 9-10-1-a “Closely Guarded”.

The current rule states, “A player must not, while closely guarded: In his/her frontcourt, hold the ball for five seconds or dribble the ball for five seconds.” This proposal would only delete the words **“or dribble the ball for five seconds”** from the NFHS Rule. The five second count on the closely guarded player holding the ball in the front court would still apply. With the use of the shot clock, this rule is not as necessary because there are very few players with the ability to dribble out the clock.

27. Page 63

Part V, Rule 66: Basketball

By: MIAA Basketball Committee

Current Rule:

66.7 Athlete Participation Limitations

66.7.1 A student may practice or play for their high school basketball team only once in any one day.

66.7.2 No member of a high school basketball squad shall participate in more than four quarters per day. (This does not include official over-time periods. On a given day, a student may participate in more than one interscholastic basketball contest at different sites provided that the four quarter limit is not exceeded).

Proposal:

Increasing the number of quarters a high school basketball player can participate in during a day from four (4) quarters to six (6) quarters. The updated rule would read:

66.7.2 No member of a high school basketball squad shall participate in more than *six* quarters per day. (This does not include official over-time periods. On a given day, a student may participate in more than one interscholastic basketball contest at different sites provided that the *six* quarter limit is not exceeded).

Rationale:

With the approval of the MIAA Board of Directors, schools in the Merrimack Valley Conference participated in an experimental pilot of this rule during the 2019-20 season. The feedback received from participating schools and coaches was very positive and included the following comments:

- “Loved this, gave younger players the opportunity for a full JV season and gain varsity experience.”
- “This allowed for more development in our program.”
- “Huge help for my JV Coach, she could coach her team correctly and develop sub patterns to benefit all her players.”

In reviewing the basketball rules of other NFHS Section 1 state associations, all but one of these states have rules that allow students to participate in more than four quarters per day, or do not have basketball participation limitations at all.

The Basketball Committee feels that this rule change proposal will enhance player development at all levels of high school basketball and voted unanimously in favor of the proposal.

**Please note – the Basketball Committee has also submitted an experimental rule request to the Board of Directors for consideration to allow this rule for all schools at all levels during the 2020-21 school year.

28. Page 63
Part V, Rule 66: Basketball
By: David Keir, Retired Athletic Director

Current Rule:

66.3 The ten-second back court count does not apply to girls' games.

Proposal:

Eliminate rule 66.3

Rationale:

Gender equity – girls are just as skilled as boys. There is no need for this rule.

29. Page 65-67
Part V, Rule 69: Football
By: Keith Parker, Retired Football Coach, Boston English High School

Current Rule:

None

Proposal:

New Rule Proposal: The following Extreme Violations for High School Football:

1. Major face mask violations (grabbing face mask)
2. Clipping from behind (below the waist)
3. Excessive Helmet to Helmet contact (on offense or defense)
4. Spearing on offense or defense
5. Uncalled for piling on @ conclusion of play

RESULTS in a loss of 25 yards for all extreme type violations

Rationale:

Basic violations are either 5, 10, or 15 yard penalties. By recognizing Extreme Violations with a more substantial loss of yardage (25 yards) the message will be sent that extreme violations will not be condoned and will be extremely costly! The whole purpose with this proposal is to make the game of high school football much safer!

30. Page 65-67
Part V, Rule 69: Football

By: Patriot League Athletic Directors – Duxbury, Hanover, Hingham, Marshfield, North Quincy, Pembroke, Plymouth North, Plymouth South, Quincy, Scituate, Silver Lake & Whitman-Hanson

Current Rule:

None

Proposal:

Prohibited Field Equipment - Football

Jurisdiction regarding the presence and location of communication equipment within the playing enclosure resides with game management personnel.

a. Television replay or monitor equipment is prohibited at the sidelines, press box or other locations within the playing enclosure for coaching purposes during the game. Motion pictures, any type of film, facsimile machines, videotapes, photographs, writing-transmission machines and computers may not be used by coaches or for coaching purposes any time during the game or between periods. Computers, tablets, etc. are not allowed in the coaching booth. [Exceptions: 1) Monitors may be used only to view the live telecast or webcast. The home team is responsible for assuring identical television capability in the coaches' booths of both teams. This capability may not include replay equipment or recorders. 2) A monitor is permitted on the sideline only to assist team medical staffs in the diagnosis and treatment of student-athletes.

b. Only voice communication between the press box or designated coaching area and team area is permitted.

c. No one in the team area or coaching box may use any artificial sound amplification to communicate with players on the field.

d. Any attempt to record, either through audio or video means, any signals given by an opposing player, coach or other team personnel is prohibited.

Rationale:

We are currently allowing MIAA member schools that sponsor the sport of football to use video replay during a game in ways that are currently illegal at both the NCAA and NFL level. Until last year, schools could not set up video replays on their sidelines and press box and other locations due to NCAA regulations that governed MIAA football. It is not that the NFHS allows the use of such devices, it simply does not have a rule in place to govern the use of this type of equipment.

The equipment needed to run sideline video could be considered expensive to many districts. By allowing the use of such devices, only member schools with the budgetary or fund raising means would be able to use these devices. Others may not be able to afford such luxuries leading to an inequity between programs throughout the state.

The rule proposal uses language from the NCAA in regards to the use of replay equipment for coaching purposes during the game.

31. Page 65

Part V, Rule 69: Football

By: Maria Hutsick, MS. LATC, CSCS, Medfield High School

Current Rule:

69.2 A licensed physician, licensed trainer or certified EMT must be in attendance and on duty for all interscholastic football games. The medical person shall be responsible for both teams unless the visiting team has its own medical coverage. His/her judgment will be final with regard to the condition of a player

after injury. No player may continue to play against the medical person's advice. The penalty for violation of this provision is forfeiture of the game.

Proposal:

A licensed physician, licensed trainer or certified EMT must be in attendance and on duty for all interscholastic football games. *For all varsity football games, each team must employ a licensed physician, licensed trainer or certified EMT to be with their team. In the case of sub-varsity games, the medical person shall be responsible for both teams unless the visiting team has its own medical coverage.* His/her judgment will be final with regard to the condition of a player after injury. No player may continue to play against the medical person's advice. The penalty for violation of this provision is forfeiture of the game.

Rationale:

Medical personnel have a great deal of responsibility during a football game. With increased attention to concussion laws, management of concussion and management of other injuries, one athletic trainer cannot attend to all players on both teams and communicate effectively with coaches, parents and others during the game.

It is very unrealistic to think that one athletic trainer can provide medical coverage to both teams. Running back and forth across the field to be available for the multitude of medical needs at a varsity football game is not a reasonable expectation for one person. The teams come off opposite sidelines and an injury occurs almost every 5-10 plays. Throughout the years, the laws and liability have changed. The home school/venue provides coverage for visitors' other teams at the high school level because those teams are non-contact and come off the same sideline. The teams are smaller in participants and contact is few and far between.

In the game of football concussion laws and now thermoregulation, are being stressed and athletic trainers must provide a very high standard of care for these and many other types of injuries. The possibility of liability is also very high. It is unrealistic for a school to think that another school will care for their football team when our profession is required to provide care for their own team.

32. **Page 69-71**
Part V, Rule 72: Ice Hockey
By: Paul Spear, Athletic Director, Framingham High School & MSHCA President
Dan Connolly, Head Ice Hockey Coach, Marshfield High School & MSHCA Vice President

Current Rule:

NFHS Rule 9-12 **ART. 2 ...** By state association adoption, a procedure may be established whereby schools may play up to a 17-minute period.

Proposal:

NEW RULE: The MA State Hockey Coaches Association (MSHCA) proposes the MIAA allow member leagues that wish to play 17 minute periods be allowed to do so as NFHS rules allow. Seventeen-minute periods are acceptable under NFHS rules and the change would create an opportunity for member schools to be consistent with NFHS rules as we are with 2 minute penalty times.

Rationale:

In this time of consistency with NFHS rules the MSHCA is asking that standard be applied to ice hockey. It is not mandate however can be applied by leagues who favor this option and they should be able to play within parameters of our rule book. The change would increase participation for student athletes. Other state associations, such as Colorado, Michigan, Minnesota, North Dakota, and Wisconsin successfully use the 17-minute periods. Three of the fourth states with the highest player enrollment are Michigan, Minnesota, and Wisconsin with Massachusetts as the highest enrollment.

33. **Page 69-71**
Part V, Rule 72: Ice Hockey
By: MIAA Ice Hockey Committee

Current Rule:

None

Proposal:

NEW RULE:

At the conclusion of the third period, if teams are tied, a five-minute overtime will be played.

- There will be a 1-minute intermission at the conclusion of the third period.
- Teams will play 4-on-4 for five minutes and goaltenders will **switch** ends for the entire overtime period.
- The team that scores first wins the game; if no team scores during the overtime period the game is also ended after five minutes.
- The overtime period shall be considered part of the game and **ALL** unexpired penalties shall remain in force.
- Timeouts cannot be used during the Overtime period(s). (Unused timeouts do not carry over into overtime)
- If game ends in a tie, each team will receive 1 point each for MIAA seedings
- If game ends with a goal, winning team receives 2 points and losing team receives 0 pts
- Statistics for individual players count toward yearly stats
- Shorthanded Guidance for the 4-on-4 can be found in the official MIAA Ice Hockey Format

Rationale:

The MIAA Ice Hockey Committee request and voted 14-0 to request a 2-year pilot for regular season overtime beginning in the 2019-20 school year. The MIAA Board of Directors approved the two-year pilot beginning in the 2019-20 school year. During the first pilot year, 11 leagues adopted the use of overtime with additional leagues looking to pilot overtime for the 2020-21 school year. None of the 11 leagues reported a challenge in ice time availability to complete the overtime period. The MIAA Ice Hockey Committee voted 8-1-1 to propose a regular season overtime for the rule change process of 2021-23.

Originally, the request for an overtime period came from an individual league asking to consider permitting overtime games during the regular season for the purpose of affording teams the experience of playing an overtime period (reduced players, 4-on-4) at the conclusion of a full length regular season game, in preparation for tournament play. Reduced strength overtime periods are required in the MIAA Tournament Format because a winner of a game must be determined for tournament play.

Many sports include the option of overtime to have the game end with a winner. Although ice hockey has not had overtime during the regular season, the pilot 5-minute overtime period has already created great excitement and the opportunity for a winner of the contest. NFHS rules allow for the adoption of a state association approved overtime period, and other NFHS ice hockey playing states exercise this adoption opportunity.

Additionally, and quite possibly most important, a procedure to limit tied games supports the use of MaxPreps as the MIAA Tournament Qualification Ranking System beginning in 2020-21. Ties are not clearly recognized in MaxPreps with a winner of the contest being an important factor for the final MaxPreps calculation. The reduced strength overtime period will allow more games to end with a winner, adding clarity to the MaxPreps ranking for MIAA Ice Hockey.

34. **Page 77 & 78**
Part V, Rule 79: Softball
By: Robert Pearl, Assistant Director, MIAA

Current Rule:

79.3 Prior to starting the delivery (pitch) the pitcher shall take a position with the pivot foot on or partially on the top surface of the pitcher's plate and the non-pivot foot in contact with the pitcher's plate. Both feet must be in contact with the pitcher's plate and on the ground within the 24-inch length of the pitcher's plate.

Proposal:

Prior to starting the delivery (pitch), the pitcher shall take a position with the pivot foot in contact with the pitcher's plate.

Rationale:

This rule eliminates MIAA Rule 79.3 to be in compliance with the NFHS rules. This also clarifies that the pivot foot must be in contact with the pitcher's plate, rather than on the top surface of the pitcher's plate.

35. Pages 81 & 82**Part V, Rule 83: Volleyball**

By: Carole Burke – State Volleyball Rules Interpreter

Current Rule:

83.1 High School volleyball shall be played under the rules of the National Federation of State High School Associations as modified by the MIAA.

83.1.1 There will be no limit to the number of substitutions of junior varsity players in a junior varsity contest.

83.1.2 Head and assistant coaches are allowed to stand in the libero replacement zone. Substitutes are allowed to stand at the end of the bench or past the end line and at least six feet away from the sideline. Bench personnel sanctioned for unsporting conduct will not lose the right to stand.

83.1.3 In the 5th set, teams will change courts when one team reaches 8 points

83.1.4 Rule 7-1-4. For Sets 2-5 penalty for late submission of line up shall be: • After 1:00 remaining deadline: Unnecessary Delay – Yellow Card • At 0:00: Loss of Rally/Point to Opponent to start the set.

Proposal:

Add new rule:

83.1.5 Rosters are not required to be submitted to the game officials.

Rationale:

Under current NFHS rules, a coach must submit a roster to the game officials at the pre-match conference. If that roster is submitted late the team is sanctioned.

- Game Officials have no reasonable way of determining the accuracy of a roster.
- Students are consistently used as scorers on matches and this places an undue and unreasonable burden on them to ensure accuracy of numbers during a fast paced match.
- Eliminating the submission of rosters also eliminates an unnecessary sanction before a match has even begun.

36. Page 82**Part V, Rule 83: Volleyball**

By: Carole Burke – State Volleyball Rules Interpreter

Jacqui Niosi, Boys' & Girls Volleyball Coach, Quincy High School

Current Rule:

83.5 Boys' playing on a girls' team:

83.5.1 It is a fault for a male player on a mixed gender girls' team to attack a ball, if, on contact, the ball is both completely above the height of the net and in the "front zone". The play becomes illegal when the

ball has completely crossed the net untouched or is legally blocked by an opponent. Rule applies to male players in both front row and back row. The location of the ball and not the player is a determining factor (other factor - ball must be completely above the height of the net on contact).

83.5.2 Only female front row players are permitted to participate in a completed block.

Proposal:

Replace current Rule 83.5 with the following:

- The height of the net for Fall volleyball shall be 7'4 1/8".
- The height of the net for Spring volleyball shall be 7'11 5/8".

A student-athlete who qualifies to play on a 7'4 1/8" net per NFHS rules, but does not have access to a team in the fall shall not be allowed to;

- Block
- Attack a ball that is completely above the height of the net from anywhere on the court.
- Jump serve -at least part of one foot must be in contact with the floor upon contact of the serve.

A student-athlete who qualifies to play on a 7'11 5/8" net per NFHS rules, but does not have access to a team in the spring shall not be allowed to;

- Block.
- Attack a ball that is completely above the height of the net from anywhere on the court.
- Jump serve -at least part of one foot must be in contact with the floor upon contact of the serve.

Rationale:

This proposal addresses mixed gender teams. It equates restrictions for both genders who do not have the opportunity to play in their traditional season because there is no team offered to them.

37. Page 85 & 86

Part V, Rule 84: Wrestling

By: Paul Shvartsman – Co-President of the Mass Wrestling Coaches Association

**Supported by the MIAA Wrestling Committee*

Current Rule:

84.4.8 Schools may weigh their wrestlers at their home schools on the day of the meet and only during the 60-minute period immediately prior to the beginning of the academic school day. For matches beginning after 3:00 p.m. on a non-school day, a single 60-minute weigh-in period between 6:00 a.m. and 12:00 noon will be allowed. Any wrestler who makes weight during the earlier weigh-in is allowed an additional three pounds at the match site weigh-in. Any wrestler failing to make weight at the earlier weigh-in must make scratch weight at the match site weigh-in. Actual weights will be recorded on all dual meet weigh-in sheets. Signatures of the coach and a school administrator (the principal or his designee) must appear in ink on the dual meet weigh-in sheets in order for the weigh-in to be validated. These dual meet weigh-in sheets will be kept by the coaches and one for each and every day of competition must be handed in at the sectional seeding meeting, or the day will not count toward certification or seeding.

Proposal:

For all matches beginning after 3:00 p.m., wrestlers will get an additional two pounds at the match site weigh-in. (This would eliminate morning weigh-ins, which are against the NFHS rules)

Rationale:

The Massachusetts Wrestling Coaches Association would like to eliminate morning weigh-ins. Morning weigh-ins are against the National Federation Rules. Many wrestlers do not need or use morning weigh-ins. It is an extra inconvenience for coaches and it's impossible to track and ensure coaches are not taking advantage of the current rule due to lack of oversight. Giving the two (2) pound allowance on the days would help kids focus on school and not making weight as some kids only get good meals at school.

----- END OF SPORT SPECIFIC ONLY RULE PROPOSALS-----

- 38. Pages 91-92**
Part VII, Rule 87: Student Eligibility Waiver- The Process
By: A subcommittee of Massachusetts Interscholastic Athletic Council (MIAC) and Eligibility Review Board (ERB) Members, listed below:

MIAC Subcommittee Members	ERB Subcommittee Members
Paul Carroll , MASC	Tom Arria , AD, Cambridge R&L
Dave Uminski , Principal, Oakmont	Bob Rodgers , AD, Whitman Hanson
Marc Talbot , Principal, Pembroke	Christine Vigneux , Principal, Belchertown (District F ERB Chair)
Andy Crisafulli , AD, Dartmouth	Patricia Fry , MASS, Plymouth
Laura Fallon , MASC, Northampton	Sam DePina , School Superintendent of Operations & Safety, Boston
Phil Napolitano , MIAA Assistant Director and Student Eligibility Liaison.	

Current Rules:

- 87.2 The MIAA Executive Director or his/her designee shall have the authority to set aside the effect of any eligibility rule upon an individual student if (1) the rule works an undue hardship on the student, (2) granting the waiver will not result in an unfair competitive advantage, (3) **the waiver approval would not cause displacement of another student-athlete from the appellant’s own team, and** (4) the waiver would not be in conflict with the general well-being of MIAA interscholastic athletic objectives.
- 87.5 ...The student, parents or guardians or other representatives may appear in person before the ERB and MIAC. The four standards which must be addressed in an appeal before the Board or Council are:
- 87.5.1 The rule works an undue hardship on the student; and
 - 87.5.2 Granting the waiver will not result in an unfair competitive advantage; and
 - 87.5.3 The waiver approval would not cause displacement of another student athlete from the appellant's own team; and**
 - 87.5.4 The waiver would not be in conflict with the general well-being of MIAA interscholastic athletic objectives.

Proposal:

Change the language of the third standard to say the following: *“Address how this waiver will impact the home school student body”*

Rationale:

The subcommittee believes that all waivers cause displacement, whether it is a roster spot or playing time opportunities. They did not believe we should be requiring a standard to be addressed when waivers, more often than not, displace another student. By asking the school to address the impact on the “home school student body”, it allows the question of displacement to be asked, but also incorporates the full impact, beyond athletics, to be addressed. E.g. How is the student perceived by his teachers, coaches, and peers?

REVIEWING BODY ACTION:

Lacrosse Boys Committee	6-4-0	Approved
Lacrosse Girls Committee	9-1-0	Approved

- 39. Pages 91-92**
Part VII, Rule 87: Student Eligibility Waiver- The Process
By: A subcommittee of Massachusetts Interscholastic Athletic Council (MIAC) and Eligibility Review Board (ERB) Members, listed below:

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Marc Talbot , Principal, Pembroke	Christine Vigneux , Principal, Belchertown (District F ERB Chair)
Andy Crisafulli , AD, Dartmouth	Patricia Fry , MASS, Plymouth
Laura Fallon , MASC, Northampton	Sam DePina , School Superintendent of Operations & Safety, Boston
Phil Napolitano , MIAA Assistant Director and Student Eligibility Liaison.	

Current Rules:

Requires the form to be completed in full and must include a letter of support submitted by the Principal (or school admin), the student's transcript and attendance records are to be included. The form must be signed by the Principal.

Proposal:

In addition to the current application requirements, "the waiver application form is to require a comprehensive student-athlete resume". The template will be created and provided by the MIAA.

Rationale:

The subcommittee felt it is very important for schools to provide a detailed resume on the athletic achievements of the student they are applying a waiver for. This template, which will be created by the MIAA, may look something like this:

For the sport in which the student is seeking the waiver, please fill out the information below.

Participation:

School Year	Sport	Level of Play	# of Games in Season	# of Games eligible to play	# of Games Started

Performance: Please list the year, position(s) played, Honors earned (All-Star, All-Scholastic, etc), as well as the student's stats from each year related to the sports they are seeking a waiver for.

Team Success: Please list the team's regular season record and how far the team advanced in the MIAA Tournament during the years the student has participated.

REVIEWING BODY ACTION:

Lacrosse Boys Committee 7-3-0 Approved
Lacrosse Girls Committee 9-1-0 Approved

40. **Pages 91-92**
Part VII, Rule 87: Student Eligibility Waiver- The Process
By: A subcommittee of Massachusetts Interscholastic Athletic Council (MIAC) and Eligibility Review Board (ERB) Members, listed below:

MIAC Subcommittee Members	ERB Subcommittee Members
----------------------------------	---------------------------------

- 87.5.3 The waiver approval would not cause displacement of another student athlete from the appellant's own team; and
- 87.5.4 The waiver would not be in conflict with the general well-being of MIAA interscholastic athletic objectives.

Proposal:

The below proposal would eliminate the second level of appeal and essentially combined 87.4 and 87.5 into one rule, with new language. The proposal is to amend the appeal process to consist of a single appeal hearing, which would consist of a combined hearing panel of MIAC and ERB members. This hearing panel must consist of no less than five (5) total members and no more than nine (9) total members. The appeal board members will be selected by the MIAA Liaison.

New Rule would read: An adverse decision by the Executive Director may be appealed before a subcommittee of both the Eligibility Review Board (ERB) and the Massachusetts Interscholastic Athletic Council (MIAC). The subcommittee would consist of no less than five (5) members and no more than nine (9) members. A combination of five (5) total ERB and MIAC members will constitute a quorum. The subcommittee will be selected by the MIAA Executive Director or their designee.

Requests for an appeal hearing before the ERB/MIAC subcommittee must be submitted in writing to the Executive Director within seven school days of notification of the adverse decision. The appeal must include the endorsement of the school principal.

All appeals before the ERB/MIAC subcommittee must be presented in person by the high school principal or their designee who must be an assistant principal in that high school or the athletic director. The student, parents or guardians or other representatives may appear in person before the ERB/MIAC subcommittee. The four standards which must be addressed in an appeal before the ERB/MIAC subcommittee are:

- 87.5.1 The rule works an undue hardship on the student; and
- 87.5.2 Granting the waiver will not result in an unfair competitive advantage; and
- 87.5.3 The waiver approval would not cause displacement of another student athlete from the appellant's own team; and
- 87.5.4 The waiver would not be in conflict with the general well-being of MIAA interscholastic athletic objectives.

Rationale:

The subcommittee felt that by eliminating a level of appeal would create a more consistent and efficient process. Additionally, expanding the total number of members who serve on a panel, while mixing MIAC and ERB committee members, allows for a more comprehensive review of each case. District F used to only have one level of appeal and found success with that model.

REVIEWING BODY ACTION:

Lacrosse Boys Committee	7-3-0	Approved
Lacrosse Girls Committee	8-2-0	Approved

42. Pages 91-92

Part VII, Rule 87: Student Eligibility Waiver- The Process

By: A subcommittee of Massachusetts Interscholastic Athletic Council (MIAC) and Eligibility Review Board (ERB) Members, listed below:

MIAC Subcommittee Members	ERB Subcommittee Members
Paul Carroll , MASC	Tom Arria , AD, Cambridge R&L
Dave Uminski , Principal, Oakmont	Bob Rodgers , AD, Whitman Hanson
Marc Talbot , Principal, Pembroke	Christine Vigneux , Principal, Belchertown (District F ERB Chair)
Andy Crisafulli , AD, Dartmouth	Patricia Fry , MASS, Plymouth
Laura Fallon , MASC, Northampton	Sam DePina , School Superintendent of Operations & Safety, Boston
Phil Napolitano , MIAA Assistant Director and Student Eligibility Liaison.	

Current Rule:

There is no current rule for this proposal

Proposal:

Add a new section under Rule 87 titled: “Accountability”

- A. Waiver approvals can be withdrawn at any time if new or misinformation is brought to light. The school may be entitled to a new hearing.
- B. The MIAA Board of Directors has the jurisdiction to require the following:
 - The Principal must conduct an investigation and report the findings, in writing, back to the MIAA Board of Directors.
 - The Principal and school personnel may be required to attend a hearing with the MIAA Board of Directors.
- C. Sanctions will be determined by the MIAA Board of Directors and may include:
 - The suspension of school personnel from attendance at MIAA Tournaments;
 - Team suspensions;
 - Fines; and
 - Any other sanctions deemed appropriate by the MIAA Board of Directors
- D. All findings and sanctions will be reported to the school Principal, Superintendent and Chair of the School Committee.

Rationale:

The handbook does not outline the consequences of school providing inaccurate or incomplete information during the waiver process. The subcommittee felt strongly that we need to include a section on “accountability”. The proposal above outlines what could happen if a school is found to have provided false or incomplete information.

REVIEWING BODY ACTION:

Lacrosse Boys Committee	7-3-0	Approved
Lacrosse Girls Committee	8-2-0	Approved

43. Page 100-102

Part VIII, Rule 92: Game Officials – Policies and Procedure

By: John Rauseo – Executive Board Member of Western MA Football Officials Association (WMFOA)

Current Rule:

92.18 It is recommended that the number of certified officials assigned to a regular season varsity contest be as follows:

Football 4	Field Hockey 2	Softball 2	
Soccer 2	Gymnastics 2	Wrestling 1	
Volleyball 2	Swimming 2	Cross Country 1	
Baseball 2	Basketball 2	Indoor Track 2	
Lacrosse 2	Ice Hockey 2	Outdoor Track 2	Rugby 1

Proposal:

The recommended number of game officials for football is five (5).

Rationale:

If there is an injury during a contest and a game official can no longer continue, play can resume with four (4) officials if agreed upon by both coaches and the game administrator. Player safety is the number one priority when we officiate any contest. When a football game is played with only 4 officials we lose coverage over the

middle of the field. The mechanics are also changed during the game and officials are often moved out of place to cover for the absence of the 5th official.

Examples:

- 1- During punts, one of the wing officials needs to go down field to cover the returner. By doing this they leave one sideline empty.
- 2- All deep plays over the middle are no longer covered. These are the plays where most of the targeting plays will happen. With the 5th official covering the deep middle, it could limit these play by their presence.
- 3- There are 22 high school aged students (mostly boys) on every play. Playing game with no coverage over the middle or having to move an official to an area that is most dangerous on particular plays and leave another area empty is not a common practice during a high school football game.

We are asking you to review this recommendation for the Western Massachusetts Board of Football Officials. To my knowledge, we are the only area in Massachusetts that still assigns only 4 officials to a small population of games. Time and time again, we have been put in bad situations because we are shorthanded during these games.

REVIEWING BODY ACTION:

Lacrosse Boys Committee	2-8-0	Denied
Lacrosse Girls Committee	4-6-0	Denied

44. Page 101

Part VIII, Rule 92: Game Officials – Policies and Procedure

By: Lisa Dunderdale, Michael Hartnett, Gretchen Hartnett, Theresa Lee, Anupama Sehgal – Northborough and Southborough Parents

Current Rule:

92.17 The Game Officials Committee shall establish official's fees for MIAA sponsored tournament competition.

Proposal:

92.17 The Officials have charge of the game from the opening whistle on, and have the responsibility to determine the safety of the field/court/or location of athletic contest - and have the authority to postpone the game, or delay the contest until such time as the location is considered safe for play. Officials will be guided by the National Federation rules for the year in determining whether or not the game should be stopped. (Example: Playing conditions are unfair or dangerous for players, darkness, etc.) Referees would notify both head coaches of the decision, and their decisions would not be subject to negotiation.

Rationale:

This specifically states officials have the authority after the start of a contest to determine if a contest needs to be postponed, delayed, or stopped due to unsafe conditions and it would be logical for it to follow rule 92.16 Postponement and Forfeiture. The added rule identifies the role of officials and allows for all responsible adults who conduct secondary school sports to work together for the safety of the student-athlete.

REVIEWING BODY ACTION:

Lacrosse Boys Committee	0-10-0	Denied
Lacrosse Girls Committee	2-8-0	Denied

45. Page 113

Part IX, Rule 96: Divisional Enrollment: Co-operative Teams

By: Merrimack Valley Conference – Athletic Administrators

Current Rule:

96 For all sports that establish divisions by enrollment, all approved cooperative teams will use the enrollment of largest school in the co-op for Divisional Alignments. Each school participating in an approved co-operative program must register that sport by indicating “co-op” on the membership

registration form. Tournament alignments are presently done for four year cycles (presently 2017-18 to 2020- 2021) using enrollment from grades 9-12 (10/1/15) as submitted to DESE, two years before the start of a cycle.

At the end of the current alignment cycle: 2020–2021, Tournament alignments will be established every 2 years beginning with the 2021–2022 school year.

Proposal:

Beginning with the 2023-24 school year, Tournament Alignments will be established every four years.

Rationale:

For many years, MIAA association policies established alignment every four years. Aligning schools every four years allowed for proper planning and attention to what is a complex and detailed process. Aligning every two years will create an endless cycle of obtaining October school enrollments, setting up committees and subcommittees to evaluate sports specific alignment and presenting proposed alignment to the TMC. This every two-year process is unnecessary.

Many schools do not change substantially in a two-year window. This has been the case for many years of MIAA governance. Although some schools on the edges of alignment cutoff sizes (largest and smallest) would desire change in division, these changes are not extensive across the membership of 375+ member schools.

A two-year alignment process that requires extra time and effort from sport committees and busy school leaders does not seem necessary for most schools. This proposal would return the alignment process to what was a functional and more manageable four-year window.

REVIEWING BODY ACTION:

Lacrosse Boys Committee	0-10-0	Denied
Lacrosse Girls Committee	1-9-0	Denied

46. Page 113

Part IX, Rule 99: Tournament Administration and Accountability

By: Lisa Dunderdale, Michael Hartnett, Gretchen Hartnett, Theresa Lee, Anupama Sehgal – Northborough and Southborough Parents

Current Rule:

99.8.2 The following must be the considerations for postponing a tournament activity: Health and welfare of the student-athletes; comfort and safety of the fans; travel conditions for participants and fans; alternative scheduling options; and financial implications.

Proposal:

99.8.2 The following must be the considerations for postponing a tournament activity: Health and welfare of the student-athletes; **conditions of the field/court or location of the athletic contest**; comfort and safety of the fans; travel conditions for participants and fans; alternative scheduling options; and financial implications.

Rationale:

The condition of a field /court and location safety is a consideration for postponing a tournament and regular season contest.

REVIEWING BODY ACTION:

Lacrosse Boys Committee	2-8-0	Denied
Lacrosse Girls Committee	2-8-0	Denied

OFFICIAL RULES CHANGE BALLOT

Date of Vote: _____

Name of Reviewing Body: _____

Rule #	Yes	No	Abstentions	Rule #	Yes	No	Abstentions
1.	_____	_____	_____	30.	_____	_____	_____
2.	_____	_____	_____	31.	_____	_____	_____
3.	_____	_____	_____	32.	_____	_____	_____
4.	_____	_____	_____	33.	_____	_____	_____
5.	_____	_____	_____	34.	_____	_____	_____
6.	_____	_____	_____	35.	_____	_____	_____
7.	_____	_____	_____	36.	_____	_____	_____
8.	_____	_____	_____	37.	_____	_____	_____
9.	_____	_____	_____	38.	_____	_____	_____
10.	_____	_____	_____	39.	_____	_____	_____
11.	_____	_____	_____	40.	_____	_____	_____
12.	_____	_____	_____	41.	_____	_____	_____
13.	_____	_____	_____	42.	_____	_____	_____
14.	_____	_____	_____	43.	_____	_____	_____
15.	_____	_____	_____	44.	_____	_____	_____
16.	_____	_____	_____	45.	_____	_____	_____
17.	_____	_____	_____	46.	_____	_____	_____
18.	_____	_____	_____				
19.	_____	_____	_____				
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26.	_____	_____	_____				
27.	_____	_____	_____				
28.	_____	_____	_____				
29.	_____	_____	_____				

COMPLETED BALLOT & AMENDMENTS ARE TO BE RETURNED TO PHIL NAPOLITANO @ THE MIAA

Name of Reviewing Body: _____

Date: _____

AMENDMENT VOTED
(Make copies as needed)

1. Rule proposal number: _____

2. Amendment voted:

3. Rationale:

4. Committee vote on amendment:

Number **Yes**: _____

Number **No**: _____

Number abstentions: _____

COMPLETED BALLOT & AMENDMENTS ARE TO BE RETURNED TO PHIL NAPOLITANO @ THE MIAA