

Athletics Middle School Handbook 2023-2024

Table of Contents

Board of Trustees 1

Superintendent’s Cabinet 1

Athletic Department..... 2

High School Coordinators..... 2

Middle School Coordinators 2

High Schools and Feeder Schools 2023-2024 3

Guidelines and Rules 6

Athletic Philosophy 7

Goals of Interschool Athletics 7

U.I.L. Statement of Purpose..... 8

U.I.L. Rules Middle School Athletics..... 9

Athletic Administrative Guidelines 12

Personal Use of Electronic Media..... 13

Summary of Responsibilities Athletic Coordinator/Middle School 15

Summary of Responsibilities Assistant Coach / Middle School 16

Athletics Evaluation Rubric – Example..... 17

2023-24 Extracurricular Honor Code 21

Non-Inclusive Example of Disciplinary Consequences for Off-Campus 23

Heat Guidelines..... 24

Determination of Suspension or Modification of Practice Sessions 25

Cold Weather Policy 26

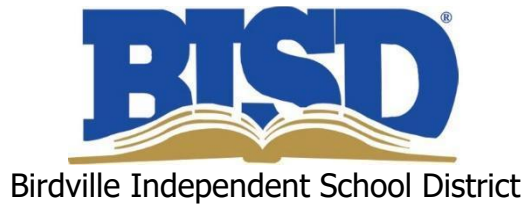
Lightning Guidelines..... 27

Athletic Policy concerning Infectious Diseases Transmitted through Blood and Body Fluids
..... 28

Admission Policy to Contests Birdville Athletic Department..... 30

2023-2024 Athletic Schedules 31

Athletic Forms.....	35
Concussion Management Program	41
Academic Accommodation Recommendations.....	41
Football	45
Volleyball.....	49
Basketball.....	52
Track and Cross Country	55



Board of Trustees

Richard Davis	President
Kris Drees	Vice President
Ralph Kunkel	Secretary
Joe Tolbert	Trustee
Brenda Sanders-Wise	Trustee
Matthew Womble	Trustee
Kelvin Dilks	Trustee

Superintendent's Cabinet

Gayle Stinson, Ed.D.
Superintendent

Elizabeth A. Clark, Ed.D.
Associate Superintendent for Curriculum and Instruction and Accountability

Katie Bowman
Associate Superintendent for Finance and Auxiliary Services

Skip Baskerville
Associate Superintendent for Human Resources, Governance and Support Services

Dave Lambson
Chief Technology Officer

Mark Thomas
Chief Communications Officer

Barry Norton
Executive Director of Athletics



Athletic Department

Barry Norton
Lesa Master
Cheryl Tonkinson
Vicki Barke
Leesa Rocha

Executive Director of Athletics
Assistant Athletic Director
Administrative Assistant
Administrative Assistant
Administrative Assistant, FAAC

High School Coordinators

Jason Tucker, Shannon Fears
Ged Kates, Nicole Fleming
Lon Holbrook, Eddie Brown

Haltom High School
Richland High School
Birdville High School

Middle School Coordinators

Matthew Donnell, Fallon Otto
Larry Nixon, Corrie Hunt
Frankie Bolivar, Jeremiah Hicks
John Garcia, Robert Merritt
Ty Webb, Debra Heath
Mark Bird, Allison Rose
Austin Woodall, Shayla Huff

Haltom Middle School
North Richland Middle School
Richland Middle School
North Oaks Middle School
Watauga Middle School
Smithfield Middle School
North Ridge Middle School



High Schools and Feeder Schools 2023-2024



HALTOM HIGH SCHOOL (001)

5501 N. Haltom Road
Haltom City, TX 76137
Dr. Kristi Strickland, Principal
Jason Tucker, Campus Coord.
817-547-6000

Haltom Middle School (041)

5000 Hutchinson Way
Haltom City, TX 76117
Nathan Frymark, Principal
Matt Donnell, Campus Coord.
817-547-4000

North Oaks Middle School (044)

4800 Jordan Park Drive
Haltom City, TX 76117
Dr. Jennifer Klaerner, Principal
John Garcia, Campus Coord.
817-547-4600

Watauga Middle School (045)

6300 Maurie Drive
Watauga, TX 76148
Shannon Shedd, Principal
Ty Webb, Campus Coord.
817-547-4800



RICHLAND HIGH SCHOOL (002)

5201 Holiday Lane East
N. Richland Hills, TX 76180
Kyle Pekurney, Principal
Ged Kates, Campus Coord.
817-547-7000

N. Richland Middle School (042)

4801 Redondo St.
N. Richland Hills, TX 76180
Sherri Gamble, Principal
Larry Nixon, Campus Coord. 817-
547-4200

N. Ridge Middle School (047)

7332 Douglas Lane
N. Richland Hills, TX 76182
John Davis, Principal
Austin Woodall, Campus Coord.
817-547-5200

SHANNON HIGH SCHOOL (012)

6010 Walker Street
Haltom City, TX 76117
Liz Pena, Principal
817-547-5400



BIRDVILLE HIGH SCHOOL (010)

9100 Mid-Cities Boulevard
N. Richland Hills, TX 76180
Tim Drysdale, Principal
Lon Holbrook, Campus Coord.
817-547-8000

Richland Middle School (043)

3401 Labadie Drive
Richland Hills, TX 76118
Billy Neal, Principal
Frankie Bolivar, Campus Coord.
817-547-4400

Smithfield Middle School (046)

8400 Main Street
N. Richland Hills, TX 76182
Jason Turner, Principal
Mark Bird, Campus Coord.
817-547-5000



This handbook is designed to serve as a guideline for the Birdville ISD Coaches. We hope that it will help you throughout the school year and the season that pertains to your coaching position. Please call the Athletic Office at any time if you have a question or concern (817-547- 5820).

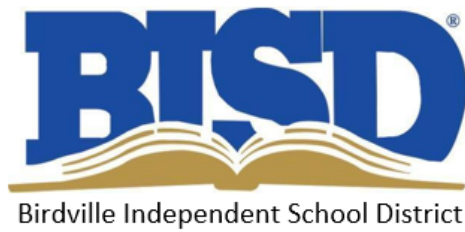
The University Interscholastic League is the governing body for the athletic programs in the Texas Public Schools. Our programs will fully support and enforce the rules set forth by the U.I.L.

As a Department, BISD Athletics exists to complement the education of each individual that comes into contact with our programs. We strive to help each student-athlete develop and become the best that they can be at whichever sport they choose. However, not all students are capable of competing in certain programs. One of the most difficult tasks facing a coach is making the judgment as to who should be selected to compete in each program. Students are not obligated or required to participate in athletics. It should always be stressed that being a member of an athletic program is a privilege and not a right. Because it is a privilege, the coaches have the authority to revoke this privilege when rules are not followed.

Two of the best things that one can learn through an athletic contest are to deal with success and overcome adversity. Winning is the admirable goal of competition, but it is nothing if it comes at the expense of morals, ethics, and common sense. This is where we can teach those in our program how to succeed in a future they create, especially by showing good sportsmanship.

Being involved in athletics demands a lot of time and dedication from coaches and players alike. A coach must always remember that the student-athletes reflect your attitudes, beliefs, and work ethic. By demonstrating discipline, responsibility, and a strong work ethic, your programs will also display these traits. Develop these traits in the student-athletes in your program, and you will develop a program of which our entire community can be proud!

Barry Norton



Athletic Handbook Acknowledgement

I hereby acknowledge receipt of my personal copy of the BISD Athletic Handbook. I have read and I understand the policies and procedures.

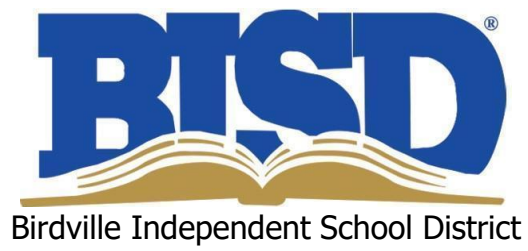
Signature of Coach

Date

Print Name

Date

Please return this signed sheet to the Athletic Director upon receiving and reading your Athletic Handbook.



Guidelines and Rules



Athletic Philosophy

Win, lose, or draw, there are great values in educational competition. The pitting of one's skills, knowledge, and talent against friendly opponents is a means of learning one's own strengths and weaknesses. Good contests, properly supervised, give youthful competitors the opportunity to gain self-confidence, improve skill, and learn to win with humility and lose with grace.

When we strive honestly to improve ourselves by measuring our progress against our friends, we are raising our knowledge to the limits of our abilities. By pitting our efforts against others, we learn how we stand, and we know what we must do to improve. The self-discipline and sacrifice involved in competition are keys to those same values that will be of great benefit to everyone in life. In the best of competition there are no losers.

Athletic participation is a privilege, not a right.

Goals of Interschool Athletics

For the program to be a vital part of the educational program and to insure the achievement of aims for the player, the student body, and the community, the following philosophical goals of athletics were developed:

Athletics must be for all students who are physically able to participate.

Athletics must (a) be educational, (b) contain desirable authorities, both local and state, and (c) have leadership by regular members of the school staff.

Athletic participation should contribute to (a) health and social competence, (b) moral values, (c) a sense of cooperation, (d) self-discipline, (e) a spirit of competition, and (f) a realization of values of group goals.

School athletics should be an educational force of great magnitude and should be used as such. A concerted effort should be made to capitalize on all the potential values of school athletics.

Judgment of the ability of an athlete should be based on what the participant can do, and not on who the athlete is socially, ethnically, or economically.

Athletic contests should always be played with emphasis on fun, physical development, skills, social experience, and good sportsmanship.



U.I.L. Statement of Purpose

The University Interscholastic League believes:

- that participation in extracurricular activities motivates students to place a high priority on attending school and making better grades.
- that most students enjoy the pursuit of excellence and seek opportunities to test themselves against their own accomplishments and the accomplishments of others,
- that such opportunities are best provided through properly conducted and equitably administered competitive activities, and
- that the classroom is enriched by the flow of student energy into the more intensified arena of competition and back into the classroom.

Therefore, we reaffirm that students are the focus of our endeavor and deserve an opportunity to:

- refine physical and mental skills,
- nurture self-realization and build self-confidence,
- feel a sense of pride and dignity,
- experience teamwork and develop a sense of fair play,
- develop the ability to lead and the willingness to follow,
- foster self-discipline and perseverance,
- appreciate that rules, consistently applied, create order and discipline,
- learn to accept graciously the decisions of judges and officials,
- affirm self-worth in times of disappointment as well as adulation,
- cultivate lifetime skills,
- complement their classwork with practice and performance,
- have fun,
- experience the joy of achieving their potential in a wholesome environment, and
- discover that ultimately the true meaning of winning is doing one's best.



U.I.L. Rules Middle School Athletics

1. RULES JURISDICTION

All public schools that participate in UIL activities in the middle school must abide by Public Schools Laws, TEA regulations, and UIL regulations.

2. MEMBERSHIP

Qualifications for membership - admission to membership of the high school or schools with which it is associated in the same independent school district qualifies the middle schools for membership.

3. ADMISSION TO MEMBERSHIP

See 3-2-2 of the UIL Constitution and Contest Rules.

4. MEMBERSHIP DUES

See 3-1-1 of the UIL Constitution and Contest Rules.

5. CONTINUATION OF MEMBERSHIP

See 3-1-1 of the UIL Constitution and Contest Rules.

6. CONFERENCE – DISTRICTS

Birdville middle schools will form a middle school conference. This conference is to be governed by middle school principals and administered by the office of the Athletic Director.

7. PROTESTS

See 5-1-1, 5-1-2 and 5-2-1 of the UIL Constitution and Contest Rules.

In the Birdville middle school district, the Athletic Director considers all protests in dispute between middle school athletic teams within the district. When the office of the Athletic Director is unable to resolve the dispute between the middle schools involved, the principals of the Birdville middle schools will decide protests according to UIL guidelines.

The principal of a middle school will be responsible for age and academic eligibility of the students that participate in the UIL activities.

8. PENALTIES

The penalties as outlined in Article 6 of the UIL Constitution and Contest Rules will be imposed on the middle school violating the rules; insofar as these rules are appropriate to high school competition.

9. EXECUTIVE COMMITTEE

The State Executive committee may suspend the associated high school in the activity in which the middle school violates rules if the middle school does not abide by the ruling of the district executive committee. See 5-1-2- of the UIL Constitution and Contest Rules.

10. ELIGIBILITY (Age, Grade, Academic, and Missing Class Time Requirements)

Student's eligibility: An individual may participate in League competition or contest as a representative of a member school if he/she;

- 1) is a seventh grade student less than 14 years old on September 1,
- 2) is an eighth grade student less than 15 years old on September 1,
- 3) is a full-time, day student at the school he/she represents,
- 4) is in accordance with current semester scholarship rules, i.e., is passing seven days prior to the contest with four one-half credit courses, excluding physical education and/or activity courses
- 5) did not repeat the seventh grade for athletic purposes (ineligible in the eighth grade),
- 6) did not change schools within the previous year for athletic purposes,
- 7) a student who is failing a class may not miss that class to travel to or participate in UIL competition,
- 8) no game, contest, or tournament may begin prior to the end of the academic school day. Exception: students in middle school participating in high school music contests,
- 9) recommend that middle schools hold activities on a non-school night, at non-school times (Saturday) or end competition to allow students to be back at home school by no later than 10 p.m. on a school night.

11. LIMITATION OF AWARDS

A member school may not give and a student may not accept awards for participation in inter school competition in excess of \$6.00 per year. A district championship trophy may be given. A student may accept a symbolic award in recognition of his/her achievement in an inter school contest if it is given by the organization conducting the contest. (EXAMPLE: all tournament trophies, ribbons, and medals in track and field).

12. ATHLETIC PLAN

Number of Games: *

Football	Mandatory limit 9, but recommend no more than 8
Basketball	12 games, plus 2 tournaments
Volleyball	12 matches, plus 2 tournaments
Tennis	6 (including district tournaments)
Track & Field	6 (including district tournaments)
Cross Country	6 (including district tournaments)

*Note: It is recommended that no contest be scheduled on a night prior to a semester exam.

Number of Games or Meets per Week:

Football	1
Basketball	1
Volleyball	1

Tennis, Track & Field, and Cross Country

Shall be limited to no more than one meet a week.

Seasons for Workouts and Games

Football	As listed in the <u>UIL Constitution and Contest Rules</u>
Basketball	As listed in the <u>UIL Constitution and Contest Rules</u>
Volleyball	As listed in the <u>UIL Constitution and Contest Rules</u>

Officials

Athletic Director is responsible for obtaining officials.

Physical Examinations and Permits

As currently listed in the UIL Constitution and Contest Rules and according to the policy of Birdville School District.

Christmas Restriction

Middle schools shall select any five consecutive days, which include December 24, 25, and 26, for the holiday restriction. No school facilities, personnel, or equipment may be used during the five consecutive days. No practice shall be permitted on any of the five consecutive days. Any organized or required practice will be a violation of this regulation, with the following exceptions:

- A. When December 26 falls on a Thursday, schools may participate in a tournament game on December 26.
- B. When the 26th is used, schools must still follow a five consecutive day restriction, including December 24 and 25.
- C. Travel will not be permitted on December 25.
- D. Travel is permitted on the 26th if a morning game is scheduled on December 27.

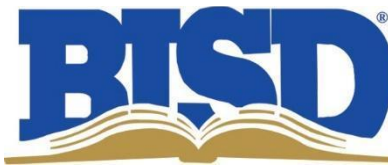
Middle School Competition Code

There shall be no post-season playoffs in middle school.

Safety and Welfare Statement

To administer a program to require participants to be properly examined, approved, equipped, classified, instructed, and supervised in order that a safe program be used.

IF A MIDDLE SCHOOL VIOLATES A RULE, THE HIGH SCHOOL IT FEEDS MAY BE SUSPENDED IN THAT SPORT BY THE STATE EXECUTIVE COMMITTEE, UNDER SOME CONDITIONS.



Birdville Independent School District

Athletic Administrative Guidelines

Campus Principal

The Principal/Campus Athletic Coordinator, along with the District Athletic Director will work together for coordination of each campus athletic program.

Participation

Middle School - Sub-Varsity: Every player on the team participates.

Varsity: The expectation is to play to win and utilize the student-athletes in a manner that best suits the program.

Club Sports

It is necessary to put every effort forth to co-exist without doing anything to jeopardize UIL/District or BISD guidelines.

Designated Coaches

Volunteer Coaches/Advisors are not permitted as per UIL and BISD rules. All coaches involved with BISD teams will be full time District Employees and adhere to UIL rules as listed in Section 1202 of the UIL Constitution and Contest Rules.

UIL Concerns and Athletic Monitoring

BISD Coaches will be in compliance with all UIL rules and regulations governing their sport(s). Each Head Coach is responsible for the academic monitoring of his/her student-athletes.

Media

Any contact with the media will be handled professionally and cordially. Unusual media requests and/ or interviews must be approved by the Athletic Director or the Communications Officer for BISD.

Facility Usage

BISD facilities are for the use of BISD staff and student athletes. Other usage must be approved by the Athletic Department.

Employee Use of Personal Vehicle

An employee shall not transport a student(s) in a personal vehicle for any purpose to or from school property or a school-related event unless prior authorization is given by the campus principal. This rule does not apply to an employee transporting his or her own child.

Personal Use of Electronic Media

Policy DH

For purposes of this Employee Handbook, “electronic media” includes all forms of social media, such as text messaging, instant messaging, electronic mail (“email”), web logs (“blogs”), wikis, electronic forums (“chat rooms”), video-sharing websites (e.g., YouTube), social networking sites (e.g., Facebook, Twitter, LinkedIn, Instagram), and editorial comments posted on the Internet, as well as all forms of telecommunication such as landlines, cell phones, and web-based applications.

As role models for the district’s students and as representatives of the district, employees are responsible for their public conduct, even when not acting within their capacity as district employees. Employees will be held to the same professional standards in their public use of electronic media as they are for any other public conduct.

If an employee’s use of electronic media interferes with the employee’s ability to effectively perform his or her job duties, the employee will be subject to disciplinary action up to, and including, termination of employment.

All employees shall be held to the same professional standards in their public use of electronic communication as for any other public conduct. If an employee’s use of electronic communication violates state or federal law or District policy, or interferes with the employee’s ability to effectively perform his or her job duties, the employee is subject to disciplinary action, up to and including termination of employment. Employees are responsible for all content present on their **personal** social networking site or similar personalized electronic media.

An employee who uses electronic media for **personal** purposes shall observe the following:

1. The employee may not set up or update the employee’s personal social network page(s) using the district’s computers, network, or equipment.
2. The employee shall limit use of personal electronic communication devices to send or receive calls, text messages, pictures, and videos to breaks, meal times, and before and after scheduled work hours, unless there is an emergency or the use is authorized by a supervisor to conduct district business.
3. The employee shall not use the district’s logo or other copyrighted materials of the district without express, written consent;
4. Employee should be cognizant that they have access to information and images that, if transmitted to the public, could violate privacy concerns.
5. The employee continues to be subject to applicable state and federal laws, local policies, administrative regulations, and the Educators’ Code of Ethics [See [Policy DH\(Exhibit\)](#)], even when communicating regarding personal and private matters, and regardless of whether the employee is using private or public equipment on or off campus. These restrictions include:
 - a) Confidentiality of student records and information [See [Policy FL \(Legal\) and \(Local\)](#)];
 - b) Confidentiality of health or personnel information concerning colleagues, unless disclosure serves a lawful professional purpose of is required by law [See [Policy DH\(Exhibit\)](#)];
 - c) Confidentiality of district records, including educator evaluations and private email addresses [See [Policy GBA\(Legal\) and \(Local\)](#)];
 - d) Copyright law [See [Policy CY \(Legal\) and \(Local\)](#)];
 - e) Prohibition against harming others by knowingly making false statement about a colleague or the school system [See [Policy DH\(Exhibit\)](#)].

Electronic Communications between Employees, Students, and Parents

[Policy DH](#)

Employees are prohibited from communicating with students through any form of electronic media unless such communication is covered by any one of the following three categories:

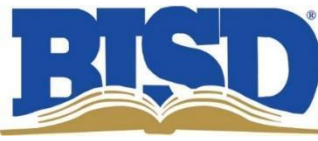
1. Communication between an employee and a student where a family relationship (i.e., relation by blood or marriage) exists;
2. Communication between an employee and a student where a social relationship exists which is consistent with the Code of Ethics and Standard Practices for Texas Educators [See [Policy DH\(Exhibit\)](#)]; or
3. Communication between an employee and a student where the employee is communicating with the student(s) within the scope of his or her professional responsibilities (e.g., for classroom teachers, matters relating to class work, homework, and tests; for an employee with an extracurricular duty, matters relating to the extracurricular activity).

Regardless of the relationship between an employee and a student which may permit a communication, any employee communicating with a student(s) shall be subject to all applicable state and federal laws, local policies, administrative regulations, and the Code of Ethics and Standard Practices for Texas Educators, including:

1. Compliance with the Family Educational Rights and Privacy Act (FERPA), including retention and confidentiality of the student records [See [Policy FL\(Legal\)](#) and [\(Local\)](#)];
2. Copyright law [See [Policy CY\(Legal\)](#) and [\(Local\)](#)];
3. Prohibitions against soliciting or engaging in sexual conduct or a romantic relationship with a student [See [Policy DF \(Legal\)](#) and [\(Local\)](#)].

In addition, the following restrictions apply to those employees communicating with students within the scope of their professional responsibilities:

1. Employees communicating with students through any form of electronic media shall limit the content of such communications to matters within the scope of the employee's professional responsibilities.
2. Communication with students through a social networking page is permitted only if the social networking page is created by the employee solely for the purpose of communicating with students and is accessible to parents and campus administrators. The employee must provide parents with reasonable notice and clear, written instructions for accessing the page prior to initiating communication with any student(s).
3. Employees do not have a right to privacy with respect to communications with students and parents.



Birdville Independent School District

Summary of Responsibilities Athletic Coordinator/Middle School

The Athletic Coordinator for each middle school is responsible for the coordination of the athletic program at the school. The Athletic Coordinator shall make necessary personnel assignments to fully utilize the staff to provide a complete, competitive, interscholastic program. This person shall be responsible to the high school athletic coordinator and the Executive Director of Athletics.

Duties:

The Athletic Coordinator / Middle School shall:

- › work with the building principal, high school coordinator, and director of athletics to oversee the total athletic program at the middle school;
- › attend meetings with the athletic director(s) and high school coordinator and communicate policy decisions and all pertinent information to the boys' and girls' coaches at the middle school;
- › coach and attend to any other duties as assigned by the athletic director(s), high school athletic coordinator, and/or building principal;
- › attempt to resolve grievances of coaching staff and promote an atmosphere of harmony and cooperation;
- › work with principal and athletic director in the evaluation of staff;
- › approve inventories, equipment requests, reimbursements, etc. before they are referred to the Director of Athletics;
- › be knowledgeable of and see that all coaches follow the rules and guidelines as set forth by the Birdville Independent School District, University Interscholastic League, and Texas Education Agency;
- › provide for the proper care and storage of equipment, issue equipment, and be responsible for the return of equipment issued;
- › see that equipment inventories and requisition orders from all coaches are submitted to the Athletic Office;
- › maintain files for necessary eligibility forms, insurance records, and similar paperwork;
- › attend all sporting events on campus, in the Coliseum, or Stadium in a coaching role and/or a supervisory role in which the school is involved;
- › promote good sportsmanship, fair play, and respect for one's teammates and opponents in all athletic events;
- › enforce discipline and sportsmanlike behavior at all times by establishing guidelines and overseeing penalties for breach of such standards by individual students;
- › encourage coaches to study coaching techniques and methods by attending coaching schools, clinics, seminars, meetings, etc.
- › assist in all other matters not covered but delegated by the superintendent.
- › ensure that all coaches on your staff are dressed professionally on game days and at practice.
- › jeans are not acceptable game day coaching attire.



Summary of Responsibilities Assistant Coach / Middle School

The assistant coach at each middle school will be responsible for the promotion and leadership of each athletic program on the campus. Each coach will set an example of courtesy and sportsmanship for every student who participates in athletics. The highest expectations for academic as well as athletic achievement will be prescribed by each coach.

Duties:

The Assistant Coach shall:

- coach and attend to any other duties as assigned by the athletic director(s), high school athletic coordinator, middle school athletic coordinator, and/or building principal;
- be aware of and follow the rules governing the respective sports as set forth by the Birdville Independent School District, University Interscholastic League, and the Texas Education Agency;
- attend staff development meetings as required by the Athletic Director, high school coordinator, campus coordinator, and/or principal;
- if not assigned a particular sport, conduct a comprehensive off-season program and assist other sports in season by running the clock, keeping the scorebook, assisting at cross-country meets, etc;
- keep accurate records of physicals, inventory, purchases, fundraisers, etc.
- be aware of and follow all safety precautions, first-aid rules, and guidelines dealing with the safety of the athletes.
- assist in preparing and carrying out a comprehensive workout schedule for each day of practice in the sport currently coaching.
- assist in the proper care and storage of equipment, issuing of equipment, and be responsible for the return of all equipment issued.
- coach track and assist at the middle school track meets;
- assist at high school track meets;
- assist the feeder high school by scouting football and/or basketball games and helping with spring football (men coaches);
- assist the feeder high school by scouting volleyball and/or basketball games (women coaches).
- to dress professionally on game days and at practice.

Athletics Evaluation Rubric – Example

Page 1

Evaluation Rubric – Athletics

1. Coaching assignment and knowledge of sport

Identifies and applies competitive tactics and strategies that are appropriate for the specific level.

Demonstrates sport specific knowledge including effective and appropriate instructional strategies.

States and implements clear standards and high expectations which result in a successful program.

Organizes and implements materials for scouting, planning of practices and analysis of games.

Organizes/conducts/evaluates practice sessions with regard to established district/program goals that are appropriate at each stage of the season.

Develops and implements organized practice sessions that are designed to achieve skill development.

2. Rapport with student-athletes/parents

Communicates with student-athletes on program, academic and personal issues.

Identifies desirable behavior (self-discipline, teammate support, following directions, etc.) and Structures experience to facilitate such behavior.

Actively supports student academic success.

3. Rapport with coaches, faculty and administration

Works cooperatively and participates with colleagues in terms of district expectations.

Communicates with all stakeholders within school community regarding all issues in timely manner.

Serves as a positive district representative when communicating with stakeholders.

Proactively assists other colleagues and is open-minded and receptive to ideas of others.

Keeps the coordinator informed of all-important issues, and implements directives of head coach and coordinator.

4. Professional Development

Seeks out and demonstrates a willingness to participate in continuing education opportunities.

Volunteers to help head coaches/coordinators when appropriate.

Continues to find ways to learn and grow in coaching responsibilities.

5. Equipment Inventory

Keeps facilities in good working order, and takes care of equipment and equipment room.

Maintains existing equipment and orders as appropriate and needed.

Submits complete inventory of equipment, uniforms, etc. to coordinator at time of annual evaluation.

Example of Athletics Evaluation Rubric

Page 2

6. Rapport with game officials

Exhibits model behavior at practice and proper conduct during games, especially with gam officials.

Demonstrates cooperation with all school staff that help administer practices and games.

7. Follows UIL/BISD Rules and Regulations/Paperwork

Understands and enforces district/sport specific governing body rules and regulations.

Follows all district/site purchasing procedures.

Develops, submits and maintains a balanced budget that reflects current/future planning needs.

8. Appearance/Professionalism

Appearance, manners and language reflect positively on BISD and the program.

Serves as a role model for athletes and other coaches on the field, in the classroom and within the community.

Clearly communicates positive work habits and procedures.

Demonstrates respect for cultural diversity and individuality within student-athletes, while building team atmosphere.

9. Ethical Conduct

Identifies and practices ethical conduct by maintaining emotional control and demonstrates respect for the student athletes.

Engages in positive relationships with student-athletes and all members of the school community.

Coaches and teaches beginning with the fundamentals and always with respect to the rules of each sport.

Example of Athletics Evaluation Rubric

Page 3

COACHING PERFORMANCE EVALUATION

Name _____ Evaluation period _____

Position/Campus _____

Evaluator _____ Title _____

Rating Scale: 3 Exceeds Expectations 1 Below Expectations
 2 Meets Expectations

Mark rating in appropriate box. – Comment required for Below Expectation Rating

	Evaluator	Coach
I. Campus Coaching assignment		

	Evaluator	Coach
II. Relationship with student-athletes/parents		

	Evaluator	Coach
III. Relationship with coaches, faculty, and administration		

	Evaluator	Coach
IV. Professional development		

	Evaluator	Coach
V. Care of equipment and facilities		

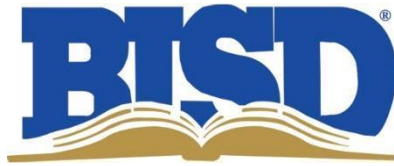
Page 4

X. Goals for next school year/season

Response attached: Yes _____ No _____

Signature of Principal	Date
------------------------	------

20



Birdville Independent School District

2023-24 Extracurricular Honor Code

Extracurricular Honor Code

Participation in extracurricular activities in the Birdville Independent School District is a privilege, not a right. The term “extracurricular activities” means, without limitation, all interscholastic athletics, cheerleading, drill team, academic clubs, special interest clubs, musical performances, dramatic productions, student government, and any other activity or group that participates in contests, competitions, or community service projects on behalf of or as a representative of Birdville ISD. The term includes any non-curricular event and membership or participation in groups, clubs, and organizations recognized and approved by the school district or campus. All extracurricular activity participants are subject to the provisions of this Extracurricular Honor Code.

Jurisdiction

Student participation in extracurricular activities is encouraged. Birdville ISD makes extracurricular activities available as an extension of the regular school program, with this important difference; participation in the regular curriculum is a right afforded to each student, while participation in the extracurricular program is a privilege that carries additional expectations for acceptable conduct. Students engaging in extracurricular activities represent not only themselves, but also other students and the school district when performing, competing, or participating in extracurricular activities and while wearing uniforms or other clothing that identifies the student to the community or public in any setting as Birdville ISD students.

Important goals of the extracurricular program are to give students direction in developing self-discipline, responsibility, pride, loyalty, leadership, teamwork, respect for authority, and healthy living habits.

Based on this philosophy, extracurricular participants must do the following at all times:

- Demonstrate the importance of academic excellence by maintaining eligibility through high academic standards.
- Practice good citizenship in all environments by respecting the property and rights of others.
- Be free from activities that result in felonious charges.
- Demonstrate knowledge of and be accountable for the individual rules of the extracurricular organization as outlined by the sponsor.

It is the responsibility of students, parents, sponsors/coaches, and the respective directors to ensure this high level of expectation. This code applies to all participants of extracurricular activities throughout the calendar year.

Revised: April 2017

On Campus Behavior

All students are expected to adhere to the Birdville ISD Code of Conduct as it applies to school-related activities. Students involved in extracurricular activities are expected to exhibit the highest standards of ethics and conduct.

Students who violate school policies and are placed in in-school suspension (until the ISS is concluded), suspended, or sent to the DAEP (District Alternative Education Program), may not practice nor participate during the suspension or placement. Chapter 37 of the Texas Education Code prohibits a student who is assigned to the DAEP from being on a campus or attending a school activity whether on or off campus.

Off Campus Behavior

All students who participate in extracurricular activities are expected to exhibit the highest standards of ethics and conduct while off-campus, and these students may be disciplined for their off campus behavior.

Examples of off-campus violations that may lead to disciplinary action:

- Possession of tobacco, e-cigarettes, alcohol, steroids, drugs, look-alike drugs, or other illegal substances on campus or at school-sponsored activities
- Being at parties or other activities where tobacco, alcohol, steroids, drugs, look-alike drugs, or other illegal substances are present or being consumed by other individuals
- Engaging in serious misbehavior, as defined by the Birdville ISD Student Code of Conduct
- Conduct that causes injury or harm to others property or persons
- Using profanity, lewd or vulgar language, or obscene gestures toward others
- Any conduct that results in an arrest
- Sexting or other inappropriate Internet/electronic communications
- Bullying, harassment, and hazing at all times

(This is a non-inclusive list and must be confirmed by the student, student's parent/guardian, law enforcement official or a school employee who has knowledge of a violation prior to the campus administration making a decision.)

Off Campus Consequences

- › 1st Offense – Suspension from extracurricular activities for 15 school days
- › 2nd Offense – Suspension from extracurricular activities for 30 school days
- › 3rd Offense – Suspension from extracurricular activities for a calendar year.

If the offense occurs during the activity season, the suspension begins immediately.

If the student chooses to join a new activity that they have not participated in previously, they will be suspended in the student's primary activity.

If the offense occurs in the off-season, post-season or in the summer, the suspension begins on the first date of a scheduled game, competition, or extracurricular event the following school year. Students, who are suspended for off-campus behavior may practice but may not participate in competitions, suit-out, or travel with the team for the competitions.

Revised: April 2017

Non-Inclusive Example of Disciplinary Consequences for Off-Campus

1st Offense incident that occurred on March 15:

STUDENT	PARTICIPANT	DISCIPLINARY CONSEQUENCE
Student 1	Fall Sport	15-day suspension begins date of the first competition
Student 2	Spring Sport	15-day suspension begins immediately if competition has begun
Student 3	Band Student	15-day suspension begins immediately if any competitions remain, if concluded, it will begin on first football competition
Student 4	Cheerleader/Drill Team	Student may still try-out for cheerleader/drill team and 15-day suspension begins on date of first football competition
Student 5	Student Council Member	15-day suspension begins immediately
Student 6	FFA Student	15-day suspension begins the date of the next show
Student 7	Spring Sport	Student is a softball player and has been for 2 years. In October they violate the honor code. Student goes to the Wrestling Coach and requests to join the team to avoid getting suspended from softball. 15-day suspension begins the date of the first softball game due to avoidance of missing primary sport.

The preceding table provides examples; but the campus principal, executive director of student services, and appropriate director may adjust the dates in order to ensure district-wide consistency (based on a consensus of the group). A student who is in multiple activities will serve the penalty once and at the earliest possible time.

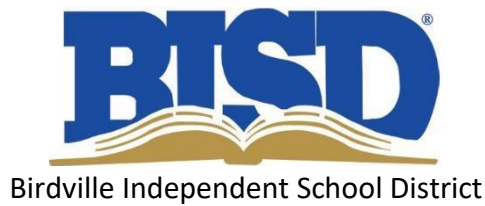
Appeal Process

The parent or guardian may appeal the extracurricular suspension using the format in the Code of Conduct Booklet (DAEP placements).

- I. Level I – The parents have three days to appeal the suspension to the campus principal.
- II. Level II – The parents have three days from the principal's decision to send an appeal to the Director of Student Services.

Any decision by the Level II Hearing Officer/Panel is final and may not be appealed. The student remains suspended from extracurricular activities during the appeal process

Revised: April 2017



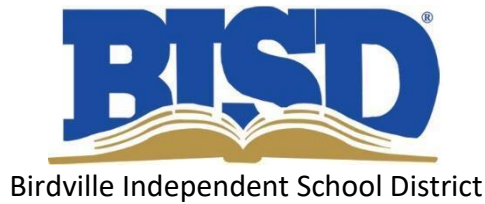
Heat Guidelines

The following are precautionary guidelines for coaches and trainers to follow in the prevention of heat related illnesses and emergencies. These guidelines should be strictly followed.

- Gradually Acclimatize Athletes – Start slowly, and take your time getting the student/athletes “back in shape”. Athletes often return to school having lost the aerobic capacity they may have had at the close of last season.
- Ensure that your athletes drink fluids even before they feel thirsty Always urge athletes to drink water before, during, and after physical activity. They should have unlimited access to cold water. Do not restrict water as a form of motivation.
- Identify Susceptible Athletes – Those athletes who are obese or have a larger muscle mass tend to have more heat related problems. Keep a close eye on these athletes.
- Encourage a Good Diet – Athletes must eat breakfast and lunch to practice in extreme heat.
- Uniforms – Use lightweight workout clothing in hot weather months. Be aware of athletes wearing unnecessary extra clothing.

The Temperature-Humidity Index (THI) is a measurement of ambient temperature and relative humidity. A sling or digital psychrometer measures both to give a THI reading. The Athletic Department will take necessary steps to ensure each of the ten campuses has a tool for measuring the temperature and relative humidity.

Please use the attached chart for the determination of suspension or modification of practice sessions.



Determination of Suspension or Modification of Practice Sessions

Temperature is between 90-99 and/or a heat index below 109

- Football – Athletes will receive a 5-minute break every 30 minutes with water available. Athletes should be closely monitored. Helmets will be allowed to be removed during breaks or instructional non-contact drills.
- Cross Country/Track – Athletes will receive a 5-minute break every 30 minutes with water available. Athletes are to be monitored closely
- Baseball/Softball/Soccer/Tennis/Golf – Athletes will receive a 5-minute break every 30 minutes with water available. Athletes are to be monitored closely.
- Off-season programs – 45 minutes total heat exposure with 1 water break
- Indoor sports – Coaches must have athletic trainer's approval to practice outside

Temperature is between 100-102 and/or a heat index of 109

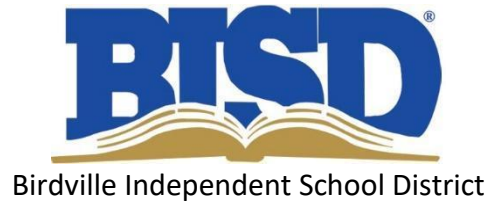
- Football – Athletes will be in shorts/shoulder pads/helmets. Athletes will receive a 5-minute break every 30 minutes with water available. Athletes should be closely monitored. Helmets will be allowed to be removed during breaks or instructional non-contact drills. Practice will not exceed 2 hours of total exposure. Middle school football must be in shorts and helmets only.
- Cross Country/Track – Athletes will not be allowed to run off campus (coach must not lose eyesight). Athletes will receive a 5-minute break every 30 minutes with water available. Athletes are to be monitored closely. Practice will not exceed 2 hours of total exposure.
- Baseball/Softball/Soccer/Tennis/Golf – Athletes will receive a 5-minute break every 30 minutes with water available. Athletes are to be monitored closely. Practice will not exceed 2 hours of total exposure.
- Off season programs – 45 minutes of total exposure with 2 water breaks
- Indoor sports – No outside practices

Temperature is between 102-105 and/or a heat index is between 110-115

- Middle schools – all outdoor practices limited to one hour with 2 water breaks of 5 minutes. Shorts and t-shirts only.
- Football – Athletes will be in shorts, t-shirts, and helmets only. Athletes will receive a 5-minute water break every 20 minutes with water available. Athletes should be closely monitored. Practice will not exceed 1.5 hours of total exposure.
- Cross Country/Track – Athletes will not be allowed to run off campus. Coach must not lose eyesight of any athlete. Athletes will receive a 5-minute break every 20 minutes with water available. Athletes are to be monitored closely.
- Practice will not exceed 1.5 hours of total exposure.
- Baseball/Softball/Soccer/Tennis/Golf – Athletes will receive a 5-minute break every 20 minutes with water available. Athletes are to be monitored closely. Practice will not exceed 1.5 hours of total exposure.
- Off-season programs – 30 minutes total heat exposure with 1 water break
- Indoor sports – No outside practices

Temperature greater than 105 and/or a heat index greater than 115

- NO OUTDOOR PRACTICES



Cold Weather Policy

Wind chill under 35 degrees with rain:

35 minutes of exposure,
20 minutes inside gym,
35 minutes of exposure,
20 minutes inside

*Extremities covered at all times

Wind chill under 32 degrees without rain:

45 minutes of total exposure

*Athletes must be in warm ups with extremities covered

Wind chill 32 degrees with rain:

All practices inside

No outside exposure

Wind chill 30 degrees without rain:

30 minutes of total exposure

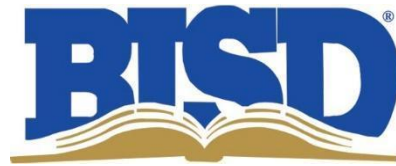
*Athletes must be in warm-ups at all times with extremities covered

Wind chill 20 degrees:

There will be no outside practices – everything indoors

*Guidelines are expected to be followed for all practices.

**Game play decisions will be made through coordination and discussion with administration to ensure safety measures are considered for all participants.



Birdville Independent School District

Lightning Guidelines

On average, lightning causes more casualties annually in the U.S. than any other storm- related phenomena, except floods. Many people incur injuries or are killed due to misinformation and inappropriate behavior during thunderstorms.

The Flash to Bang method of estimating the distance between you and a lightning flash is most accurate. It is the most reliable, easiest way to estimate how far away lightning is occurring. Thunder always accompanies lightning; therefore, the flash to bang method works like this:

Count the number of seconds, once lightning flash is sighted, until the thunder (bang) is heard – divide by 5 to obtain how far away (in miles) the lightning is occurring. For example: if an individual counts 15 seconds between seeing the flash and hearing the bang, 15 divided by five equals three; therefore, the lightning flash is approximately three miles away. The SkyScan lightning detector will be used as an aid to the “Flash to Bang” method – the SkyScan detects strikes that are sky to ground, not cloud to cloud.

The “30-30” Rule

Criteria for Suspension of Activities - By the time the “Flash to Bang” count approaches 30 seconds, all individuals should be inside a safe shelter.

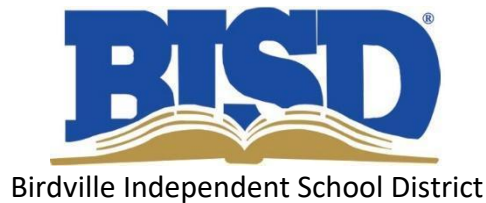
Criteria for Resumption of Activities – Wait at least 30 minutes after the last sound (thunder) or observation of lightning before leaving safe shelter.

Unsafe Shelter

- Metal or wooden bleachers
- Underneath bleachers
- High places and open fields
- Underneath trees
- Dugouts, flagpoles, metal fences

Safe Shelter

- Any building normally occupied or frequently used by people
- Any vehicle with a hard metal roof (not a convertible) and rolled up windows
- School bus
 - 20-40 miles – Awareness of lightning; monitor its progress
 - 8-20 miles – Monitor closely
 - 3-8 miles – Remove athletes from the field; play should not resume until 30 minutes have passed without a strike within this range or closer.



Athletic Policy concerning Infectious Diseases Transmitted through Blood and Body Fluids

INTRODUCTION:

The transmission of infectious diseases through blood and bodily fluids includes the HIV and Hepatitis B and D viruses. Through participation in athletics and the treatment of athletic injuries, participants, trainers, and coaches are involved with and introduced to contact with blood and body fluids. The Hepatitis B illness accounts for more than 10,000 hospital admissions a year. It is also the ninth leading cause of death worldwide. More than 200 million people are chronic carriers of the Hepatitis B virus. The Hepatitis B virus is often linked to HIV, the virus that causes AIDS. The Hepatitis B virus is far more widespread throughout the world and is 300 times more contagious than HIV. It is estimated that 5,000 people worldwide are infected daily with the HIV virus.

PLAN OF ACTION:

It is imperative that procedures for properly discarding body fluids during athletic contests be followed specifically and completely. If a player vomits or secretes any body fluids such as blood due to injury onto the playing surface, it is the responsibility of the coach to recognize this situation and stop play.

The following steps should take place:

1. The coach should approach the officials and explain the situation.
2. The coach should then alert a custodian and make sure correct procedures are followed in disposal of the body fluids. Our custodians are trained to correctly dispose of the fluids.
3. The administrator on duty at the time of the incident should also be notified in order to help secure custodial help.

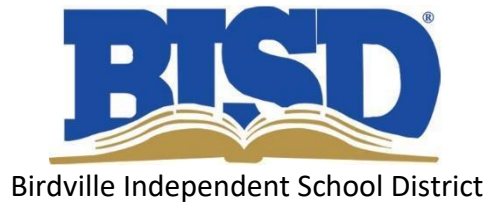
CARING FOR PARTICIPANTS (PATIENTS):

1. All trainers and coaches should routinely use appropriate barrier precautions to prevent skin and mucous membrane exposure when contact with blood/body fluids of any patients is anticipated. Gloves should be worn for touching blood/body fluids, mucous membranes, or non-contact skin of all patients, for handling items or surfaces soiled with blood or body fluids. Vomit is considered a body fluid. Gloves should be changed after contact with each patient. Masks and protective ear or face shields should be worn by all trainers during procedures that are likely to generate droplets of blood or other body fluids to prevent exposure of mucous membranes of the mouth, nose, and eyes. Gowns and aprons should be worn by all trainers during procedures that are likely to generate splashes of blood or other body fluids.

2. Hand and other skin surfaces should be washed immediately and thoroughly if contaminated with blood or body fluids. Hands should be washed immediately after gloves are removed.
3. Instruments used for treating open wounds must be cleaned and disinfected before and after use.
4. Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use in areas in which the need for resuscitation is predictable.
5. Trainers and coaches who have open sores/wounds or weeping dermatitis should refrain from all direct patient care and from handling patient care equipment until the condition resolves.
6. Pregnant coaches are not known to be at a greater risk of contracting HIV infection than coaches who are not pregnant; however, if a coach develops HIV infection during pregnancy, the infant is at risk of infection resulting from prenatal transmission. Because of this risk, coaches should be especially familiar with and strictly adhere to precautions to minimize the risk of HIV transmission.

CARING FOR EQUIPMENT/CLOTHING:

1. Gloves and other materials used for direct contact with blood/body fluids should be put in a plastic bag or lined trash can. Plastic bags should be changed daily and disposed of routinely. Double bagging can be used when there is a high risk of contamination.
2. Clothing items that are soaked through to the skin should be removed and placed in a separate container for laundering. Items laundered for school use should be washed with detergent in hot water cycle (160°F) before using. If low temperature (158°F) laundry cycles are used, chemicals suitable for low temperature washing at proper use concentration should be used. Uniforms with blood should be separated and washed separately. Anyone handling soiled equipment should wear protective gloves.
3. Contaminated disposable items (tissues, paper towels) should be handled with rubber gloves.
4. Maintenance responsibilities should include daily cleaning with bleach/germicide as in (a) particularly areas where contact with body fluids (such as locker rooms, locker room toilets, sinks, student and staff lockers, etc.) is likely. Plastic bags should also be changed daily and disposed of routinely; rubber gloves should be worn.
5. Various classes of disinfectants are listed: (hypochlorite solution (bleach) is preferred for objects that may be put in the mouth.)
 - a. Ethyl or isopropyl alcohol (70%) should be used on all materials or goods such as uniforms, etc:
 - b. Lysol
 - c. 1/2 cup household bleach in one gallon of water, needing to be freshly prepared each time it is used, should be used on all hard surfaces such as tables, counter, shoulder pads, helmets, etc.



Admission Policy to Contests Birdville Athletic Department

Admission will be charged at athletic events held in Birdville Stadium,
Fine Arts/Athletics Complex, W.G. Thomas Coliseum and/or
individual campuses regardless of level.

Admission may be charged for tournament play on any campus.

Ticket prices for ALL Middle School Athletic events will be
\$3 for Adults
\$2 for Students
CASH ONLY



2023-2024 Athletic Schedules

To view current athletic schedules visit
<https://www.birdvilleschools.net/athleticschedules>

Big 12 Master Athletic Calendar 2023-2024

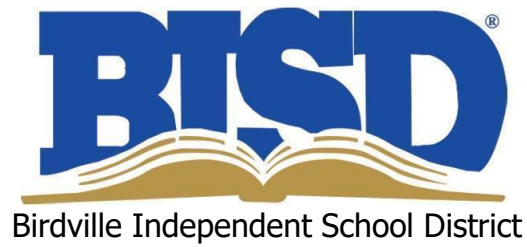
5/15/23	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A	14	15	16 <small>BISD First Day</small>	17	18	19
A	21	22	23	24	25	26
A/S	28	29	30	31	1	2
S	4 <small>BISD, HEB</small>	5 <small>8FB-1</small>	6 <small>7&8VB-1/7FB-1</small>	7	8	9
S	11 <small>7&8VB-2/7FB-2</small>	12 <small>8FB-2</small>	13	14	15	16
S	18 <small>7&8VB-3/7FB-3</small>	19 <small>8FB-3</small>	20	21	22	23
S	25 <small>7&8VB-4/7FB-4</small>	26 <small>8FB-4</small>	27	28	29 <small>7&8AVB Tourn.</small>	30 <small>7&8AVB Tourn.</small>
O	2 <small>7&8VB-5/7FB-5</small>	3 <small>8FB-5</small>	4	5	6 <small>BISD</small>	7
O	9 <small>BISD, HEB</small>	10 <small>8FB-6</small>	11 <small>7&8VB-6/7FB-6</small>	12	13 <small>7&8VB Tourn.</small>	14 <small>7&8VB Tourn.</small>
O	16 <small>7&8VB-7/7FB-7</small>	17 <small>8FB-7</small>	18	19	20	21
O	23 <small>7&8VB-8/7FB-8</small>	24 <small>8FB-8</small>	25	26	27	28
O/N	30 <small>7&8VB-9/7FB-9</small>	31 <small>8FB-9</small>	1 <small>BISD, HEB</small>	2	3 <small>7&8VB Dist. Tourn.</small>	4 <small>7&8VB Dist. Tourn.</small>
N	6	7	8	9	10	11
N	13	14 <small>7&8XC-HEB1</small>	15 <small>7BB-1</small>	16 <small>8BB-1</small>	17	18
N	20 <small>BISD, HEB</small>	21 <small>BISD, HEB</small>	22 <small>BISD, HEB</small>	23 <small>BISD, HEB</small>	24 <small>BISD, HEB</small>	25
N/D	27 <small>7BB-2</small>	28 <small>7&8XC-HEB2</small>	29	30 <small>8BB-2</small>	1	2
D	4 <small>7BB-3</small>	5 <small>7&8XC-HEB3</small>	6	7 <small>8BB-3</small>	8	9
D	11 <small>7BB-4</small>	12 <small>7&8XC-HEB4 District</small>	13	14 <small>8BB-4</small>	15	16
D	18	19	20	21 <small>BISD, HEB</small>	22 <small>BISD, HEB</small>	23
D	25 <small>BISD, HEB</small>	26 <small>BISD, HEB</small>	27 <small>BISD, HEB</small>	28 <small>BISD, HEB</small>	29 <small>BISD, HEB</small>	30
J	1 <small>BISD, HEB</small>	2 <small>BISD, HEB</small>	3 <small>BISD, HEB</small>	4 <small>BISD, HEB</small>	5 <small>BISD, HEB</small>	6
J	8 <small>HEB</small>	9	10 <small>7BB-5</small>	11 <small>8BB-5</small>	12	13
J	15 <small>BISD, HEB</small>	16	17 <small>7BB-6</small>	18 <small>8BB-6</small>	19 <small>7&8ABB Tourn.</small>	20 <small>7&8ABB Tourn.</small>
J	22 <small>7BB-7</small>	23	24	25 <small>8BB-7</small>	26	27
J/F	29 <small>7BB-8</small>	30	31	1 <small>8BB-8</small>	2 <small>7&8BBB Tourn.</small>	3 <small>7&8BBB Tourn.</small>
F	5 <small>7BB-9</small>	6	7	8 <small>8BB-9</small>	9	10
F	12 <small>7BB Dist. Tourn.</small>	13	14	15 <small>8BB Dist. Tourn.</small>	16 <small>7&8BBB Dist. Tm. (BISD)</small>	17 <small>7&8BBB Dist. Tourn.</small>
F	19 <small>BISD, HEB</small>	20	21	22	23	24
F/M	26	27	28	29	1	2
M	4	5 <small>7&8TR-1</small>	6	7 <small>VPA</small>	8	9
M	11 <small>BISD, HEB</small>	12 <small>BISD, HEB</small>	13 <small>BISD, HEB</small>	14 <small>BISD, HEB</small>	15 <small>BISD, HEB</small>	16
M	18	19 <small>7&8TR-2</small>	20	21	22	23
M	25	26 <small>7&8TR-3</small>	27	28	29 <small>BISD, HEB</small>	30
A	1 <small>BISD, HEB</small>	2 <small>7&8TR-4 Zone</small>	3	4	5	6
A	8	9 <small>7&8TR-5 District</small>	10	11	12	13
A	15	16 <small>7&8 STAAR</small>	17	18 <small>VPA</small>	19 <small>VPA</small>	20
A	22	23 <small>8 STAAR</small>	24	25 <small>8 STAAR</small>	26	27
A/M	29	30 <small>7&8 STAAR</small>	1	2	3	4
M	6	7	8	9	10	11
M	13	14	15	16	17	18
M	20	21	22	23 <small>BISD, HEB Last Day</small>	24	25

BIG 12 FOOTBALL SCHEDULE for 7th Grade

DATE	HOME	VISITOR	SITE	TIME
Wednesday, September 6	Hurst	Richland	Hurst JH	A - 4:30 / B - 5:45
	Central	North Ridge	Central Field	A - 5:00 / B - 6:15
1	Bedford	Smithfield	Bedford JH	A - 4:30 / B - 5:45
	Watauga	Harwood	Old Birdville Stadium	A - 5:15 / B - 6:30
	Haltom	North Oaks	Haltom High School	A - 5:15 / B - 6:30
	Eules	North Richland	Eules JH	A - 4:30 / B - 5:45
Monday, September 11	Hurst	Harwood	Pennington Field	A - 5:00 / B - 6:15
	Watauga	Eules	Watauga MS	A - 4:30 / B - 5:45
2	Richland	Bedford	Richland MS	A - 4:30 / B - 5:45
	Haltom	Central	Haltom MS	A - 4:30 / B - 5:45
	Smithfield	North Ridge	Smithfield MS	A - 4:30 / B - 5:45
	North Oaks	North Richland	North Oaks MS	A - 4:30 / B - 5:45
Monday, September 18	North Ridge	Bedford	Richland High School	A - 5:15 / B - 6:30
	Central	Hurst	Central Field	A - 5:00 / B - 6:15
3	Harwood	Eules	Pennington Field	A - 5:00 / B - 6:15
	North Oaks	Watauga	Haltom High School	A - 5:15 / B - 6:30
	North Richland	Richland	North Richland MS	A - 4:30 / B - 5:45
	Smithfield	Haltom	Smithfield MS	A - 4:30 / B - 5:45
Monday, September 25	Harwood	Central	Trinity High School	A - 6:00 / B - 7:15
	Bedford	North Oaks	LD Bell High School	A - 6:00 / B - 7:15
4	Eules	Hurst	Pennington Field	A - 5:00 / B - 6:15
	Watauga	Haltom	Haltom High School	A - 5:15 / B - 6:30
	North Richland	Smithfield	North Richland MS	A - 4:30 / B - 5:45
	North Ridge	Richland	North Ridge MS	A - 4:30 / B - 5:45
Monday, October 2	Haltom	Eules	Haltom MS	A - 4:30 / B - 5:45
	Central	Bedford	Pennington Field	A - 5:00 / B - 6:15
5	Hurst	North Ridge	LD Bell High School	A - 6:00 / B - 7:15
	Harwood	North Richland	Trinity High School	A - 6:00 / B - 7:15
	Smithfield	Watauga	Birdville High School	A - 5:15 / B - 6:30
	Richland	North Oaks	Richland MS	A - 4:30 / B - 5:45
Wednesday, October 11	Bedford	Hurst	LD Bell High School	A - 6:00 / B - 7:15
	Richland	Harwood	Richland MS	A - 4:30 / B - 5:45
6	Eules	Central	Pennington Field	A - 5:00 / B - 6:15
	North Ridge	Watauga	Richland High School	A - 5:15 / B - 6:30
	North Richland	Haltom	North Richland MS	A - 4:30 / B - 5:45
	North Oaks	Smithfield	North Oaks MS	A - 4:30 / B - 5:45
Monday, October 16	Hurst	North Richland	LD Bell High School	A - 6:00 / B - 7:15
	Watauga	Central	Watauga MS	A - 4:15 / B - 5:30
7	Bedford	Eules	Pennington Field	A - 5:00 / B - 6:15
	North Oaks	Harwood	North Oaks MS	A - 4:15 / B - 5:30
	Smithfield	Richland	Smithfield MS	A - 4:15 / B - 5:30
	North Ridge	Haltom	Richland High School	A - 5:15 / B - 6:30
Monday, October 23	Central	North Oaks	Central Field	A - 5:00 / B - 6:15
	Haltom	Hurst	Haltom MS	A - 4:15 / B - 5:30
8	Eules	Smithfield	Trinity High School	A - 6:00 / B - 7:15
	Harwood	Bedford	Pennington Field	A - 5:00 / B - 6:15
	North Richland	North Ridge	Richland High School	A - 5:15 / B - 6:30
	Richland	Watauga	Birdville High School	A - 5:15 / B - 6:30
Monday, October 30	North Ridge	Harwood	Richland High School	A - 5:15 / B - 6:30
	Bedford	North Richland	LD Bell High School	A - 6:00 / B - 7:15
9	Watauga	Hurst	Haltom High School	A - 5:15 / B - 6:30
	Eules	North Oaks	Trinity High School	A - 6:00 / B - 7:15
	Smithfield	Central	Birdville High School	A - 5:15 / B - 6:30
	Richland	Haltom	Old Birdville Stadium	A - 5:15 / B - 6:30

BIG 12 FOOTBALL SCHEDULE for 8th Grade

DATE	HOME	VISITOR	SITE	TIME
Tuesday, September 5	Richland	Hurst	Richland MS	A - 4:30 / B - 5:45
	North Ridge	Central	Richland High School	A - 5:15 / B - 6:30
1	Smithfield	Bedford	FAAC	A - 5:15 / B - 6:30
	Harwood	Watauga	Pennington Field	A - 5:00 / B - 6:15
	North Oaks	Haltom	Haltom High School	A - 5:15 / B - 6:30
	North Richland	Eules	North Richland MS	A - 4:30 / B - 5:45
Tuesday, September 12	Harwood	Hurst	Pennington Field	A - 5:00 / B - 6:15
	Eules	Watauga	Trinity High School	A - 6:00 / B - 7:15
2	Bedford	Richland	LD Bell High School	A - 6:00 / B - 7:15
	Central	Haltom	Central Field	A - 5:00 / B - 6:15
	North Ridge	Smithfield	Richland High School	A - 5:15 / B - 6:30
	North Richland	North Oaks	FAAC	A - 5:15 / B - 6:30
Tuesday, September 19	Bedford	North Ridge	LD Bell High School	A - 6:00 / B - 7:15
	Hurst	Central	Pennington Field	A - 5:00 / B - 6:15
3	Eules	Harwood	Trinity High School	A - 6:00 / B - 7:15
	Watauga	North Oaks	Watauga MS	A - 4:30 / B - 5:45
	Richland	North Richland	FAAC	A - 5:15 / B - 6:30
	Haltom	Smithfield	Haltom MS	A - 4:30 / B - 5:45
Tuesday, September 26	Central	Harwood	Central Field	A - 5:00 / B - 6:15
	North Oaks	Bedford	FAAC	A - 5:15 / B - 6:30
4	Hurst	Eules	Pennington Field	A - 5:00 / B - 6:15
	Haltom	Watauga	Haltom High School	A - 5:15 / B - 6:30
	Smithfield	North Richland	Smithfield MS	A - 4:30 / B - 5:45
	Richland	North Ridge	Birdville High School	A - 5:15 / B - 6:30
Tuesday, October 3	Eules	Haltom	Trinity High School	A - 6:00 / B - 7:15
	Bedford	Central	Pennington Field	A - 5:00 / B - 6:15
5	North Ridge	Hurst	Richland High School	A - 5:15 / B - 6:30
	North Richland	Harwood	North Richland MS	A - 4:30 / B - 5:45
	Watauga	Smithfield	FAAC	A - 5:15 / B - 6:30
	North Oaks	Richland	Haltom High School	A - 5:15 / B - 6:30
Tuesday, October 10	Hurst	Bedford	LD Bell High School	A - 6:00 / B - 7:15
	Harwood	Richland	Trinity High School	A - 6:00 / B - 7:15
6	Central	Eules	Pennington Field	A - 5:00 / B - 6:15
	Watauga	North Ridge	Haltom High School	A - 5:15 / B - 6:30
	Haltom	North Richland	FAAC	A - 5:15 / B - 6:30
	Smithfield	North Oaks	Birdville High School	A - 5:15 / B - 6:30
Tuesday, October 17	North Richland	Hurst	Richland High School	A - 5:15 / B - 6:30
	Central	Watauga	LD Bell High School	A - 6:00 / B - 7:15
7	Eules	Bedford	Trinity High School	A - 6:00 / B - 7:15
	Harwood	North Oaks	Central Field	A - 5:00 / B - 6:15
	Richland	Smithfield	Birdville High School	A - 5:15 / B - 6:30
	Haltom	North Ridge	Haltom MS	A - 5:00 / B - 6:15
Tuesday, October 24	North Oaks	Central	Haltom High School	A - 5:15 / B - 6:30
	Hurst	Haltom	Central Field	A - 5:00 / B - 6:15
8	Smithfield	Eules	Birdville High School	A - 5:15 / B - 6:30
	Bedford	Harwood	LD Bell High School	A - 6:00 / B - 7:15
	North Ridge	North Richland	Richland High School	A - 5:15 / B - 6:30
	Watauga	Richland	FAAC	A - 5:15 / B - 6:30
Tuesday, October 31	#11	#12	Showcase games	5:00
	#9	#10	will be played	6:30
9	#7	#8	at the Birdville FAAC,	5:00
	#5	#6	Pennington Field, and	6:30
	#3	#4	high school fields as	5:00
	#1	#2	determined by seeding.	6:30



Athletic Forms

These forms and more are available on the
Athletic Resource website page:

<https://www.birdvilleschools.net/domain/4395>

Beginning of Season Participation Record – Sample



B I R D V I L L E I N D E P E N D E N T S C H O O L D I S T R I C T

Beginning of Season Participation Record

Year _____

School: _____

Sport: _____ ☐ Boys ☐ Girls

Home Team: _____

Number of Participants

VARSAITY

JV

9th

8th

7th

[Submit Form](#)

[Clear Form](#)



End of Season Participation Record – Sample



B I R D V I L L E I N D E P E N D E N T S C H O O L D I S T R I C T

End of Season Participation Record

Year _____

School: _____

Sport: _____

Number of Participants

	Boys	Girls
VARSITY	_____	_____
JV	_____	_____
9 th	_____	_____
TOTAL	_____	_____

Number of athletes in program at beginning season. _____

Estimate of the number that will continue in this sport next year. _____

[Submit Form](#)

[Clear Form](#)



☐Purchase Order Request

Request #

Date Entered

Deliver To

Entered By

Mark For

Vendor #

Vendor Name

Printed Comments: [for use with PO only]	Non-Printed Comments
Vendor Sourcing#	

	Account		Amount

Date _____

School Business Days Form – Sample

Birdville Independent School District

SCHOOL BUSINESS DAYS Athletic Department

****PLEASE COMPLETE AND RETURN TO OFFICE PRIOR TO ABSENCE****

Employee's Name

Date

Department

Position

Dates of School Business Day(s)

If date is for a PLAY OFF GAME, please

1. _____
2. _____
3. _____
4. _____
5. _____

CHECK THIS BOX

☐

Purpose of School Business Day(s) _____

.....

*****FOR OFFICE USE ONLY*****

Account to be charged for School Business Day(s)

PLAY OFF account to be charged for School Business Day(s)

Approval _____
(Principal Signature)

Approval _____
(Assistant Director of Athletics; Lesa Master Signature)

Middle School Game Report Form – Sample

Middle School GAME REPORT FORM

TO BE FILLED OUT AFTER EACH CONTEST
BY BOTH HOME TEAM AND VISITING TEAM.

Date of Contest: _____ Location: _____

Sport: _____

Grade: _____

☐ Boys

☐ Girls

Home Team: _____

Visiting Team: _____

Who Won? _____ Score: _____

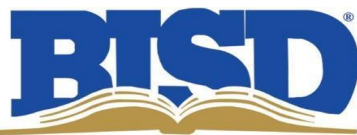
Did everyone play? ☐ Yes ☐ No

Coach's Name Reporting: _____

Check type of game: ☐ Metroplex ☐ Mid-City ☐ District ☐ Tournament Championship

Comments/Notes:

BIRDVILLE INDEPENDENT SCHOOL DISTRICT



Birdville Independent School District

Concussion Management Program Academic Accommodation Recommendations

The following academic accommodations may help in reducing the cognitive (thinking) load, thereby minimizing post- concussion symptoms and allowing the student to better participate in the academic process during the injury period. Needed accommodations may vary by course. This information and recommendations are from the ImPACT ® Concussion Testing Program being used by BISD.

Note taking: Allow students to obtain class notes or outlines ahead of time to aid organization and reduce multi-tasking demands. If this is not possible, allow the student to photocopy notes from another student.

Note taking may be difficult due to impaired multitasking abilities and increased symptoms.

Workload Reduction: Reduce overall amount of make –up work, class work, and homework (we typically recommend 50-75%, though may vary by class), shorten tests and projects. Examples: reduce the length of essays, have student do every other problem in a homework assignment, or highlight key concept areas for testing while eliminating testing on less important topics.

It takes a concussed student much longer to complete assignments due to the increased memory problems and decreased speed of learning. Recovery can be delayed when a student "pushes through" symptoms.

Therefore, it is recommended that "thinking" or cognitive load be reduced, just like physical exertion is reduced.

Breaks: Take breaks as needed to control symptom levels. Example: student may lay head on the desk to rest. For worse symptoms, the student may need to leave class and go to the nurse. The nurse will inform the Athletic Trainers. The student may also be allowed to call the training room directly from your class room if he or she has permission and you allow.

Extra time: Allow student to turn in assignments late

Students may experience severe symptoms someday/nights and not others. With increased symptoms, students are advised to rest, and therefore may need to turn in assignments late on occasion.

Testing: extra time to complete tests, testing in a quiet environment, allow testing in multiple sessions, reduce length of tests, and eliminate tests when possible

Students with concussions have increased memory and attention problems. They will not be able to learn as effectively or quickly as before. Furthermore, highly demanding activities like testing can significantly raise symptoms (e.g. headache, fatigue) which can in turn make testing more difficult.

If at any time you feel that the student is abusing their privileges please let one of the Coaches know immediately. If the doctor prescribes specific accommodations from this list you will receive a copy.

BISD Concussion Management Program – Sample



Birdville Independent School District

BISD Concussion Management Program

Physician Protocol Information Sheet

Patient Name: _____

Date of Injury: _____

Name of Doctor: _____

Date of Evaluation: _____

Once the athlete is cleared by a physician to return to physical activity the athlete will be put through the following exertional levels by the Athletic Trainer before returning to play. Once the athlete has completed all 3 levels with no returning post-concussion symptoms the Athletic Trainer will allow the athlete to participate.

Return To Play Protocol - Examples of Exertional Levels

Light Levels (day 1): walking, light jogging, light-intensity stationary bike, light-intensity weightlifting (lower weight, higher reps, no bench no squat)

Moderate Levels (day 2): moderate jogging/brief running, moderate-intensity stationary biking, moderate-intensity weightlifting (reduced time and/or reduced weight from typical routine), moderate-intensity swimming

Heavy Levels (day 3): sprinting/running, high-intensity stationary biking, regular weightlifting routine, non-contact sport-specific drills (in 3 planes of movement), high-intensity swimming

***** CAUTION:** If the athlete experiences a reoccurrence of ANY post-concussion symptoms during or after exercising, he or she will cease activity immediately and rest. He or she may resume activity at a lower level the following day if symptom-free, beginning the progression again.

Parent :

Printed name: _____ signature: _____ date: _____

Physician:

Printed name: _____ signature: _____ date: _____

******* A separate note from the physician's office clearing the athlete for participation is required before the athlete may begin the Return To Play Protocol - Exertional Levels.



BISD Concussion Management Program – Sample

BISD Concussion Management Program

Middle School Check List

Student's Name: _____ Date of Injury: _____

Injury Description: _____

Parent Name: _____ Phone #: _____

Insurance Co.: _____

School: _____ Sport: _____

- ☐ Informed Athletic Trainer, _____, within 24 hours of injury
- ☐ Student's teachers, school counselor, school nurse, and Administration have been informed of classroom adjustments if needed

- ☐ Student has been evaluated by their physician of choice, and
- ☐ The treating physician's completed form is on file

- ☐ Student has been evaluated by physician, name: _____, and
- ☐ BISD Concussion Management Form has been completed by the parent and the treating physician
- ☐ The treating physician's completed form is on file

- ☐ Student has successfully completed the Return to Play protocol

- ☐ UIL Concussion Management Protocol Return to Play Form has been completed

Return to Play Date: _____

Supervising Coach: _____

Athletic Injury and Treatment Report – Sample



B I R D V I L L E I N D E P E N D E N T S C H O O L D I S T R I C T

Athletics Injury and Treatment Report

Date _____ Campus _____

Coach _____ Sport _____

Athlete's Name _____

Classification (Check One) ☐ 7 ☐ 8 ☐ 9 ☐ 10 ☐ 11 ☐ 12

Parent(s) Name _____ Address _____

Parent(s) Phone # _____ Date of Injury _____

Site of Injury _____ Time _____ ☐ am ☐ pm

Describe Injury _____

FIRST AID GIVEN AT TIME OF INJURY (Check): ☐ Ice ☐ Compression ☐ Splinted ☐ Dressing

☐ Stretcher ☐ Other _____

REFERRED TO DOCTOR ☐ Yes ☐ No BY WHOM? ☐ Parent ☐ Coach ☐ Not at this time

WAS PARENT NOTIFIED? ☐ Yes ☐ No

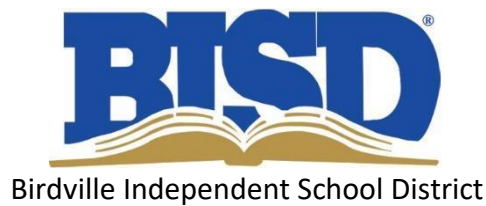
NAME OF COACH REPORTING _____

Submit Form

Clear Form



Football



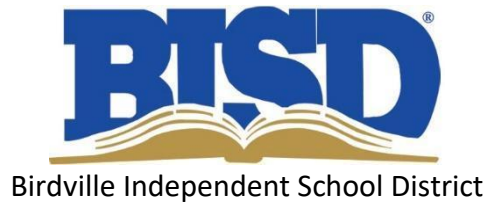
Middle School Guidelines for "No Cut" Policy

We believe that all middle school athletes should have the opportunity to participate in athletics. We also believe that due to our physical and personnel resources, we must be creative when providing the opportunity. We also realize that some of you have large numbers in your programs; therefore, we would like to give you the following guidelines to ensure all athletes have an opportunity to participate:

- 1) Implement a rotating "B" team so that athletes have an opportunity to play in half of the scheduled games.
- 2) Implement a "C" or "D" team so that student athletes will have an opportunity to play in a competitive setting. (Coaches will officiate the games held prior to the "B" games. The games can be abbreviated)
- 3) Implement a game day once a week one day after practice for those students not on the "A" or "B" team. The games can occur on a non-game day and parents can attend.

As we work to engage and encourage all student-athletes, we believe the above-mentioned suggestions can help you in your unique situation. It is our job to develop young, inexperienced middle school athletes so that they can experience success as they move into high school athletics.

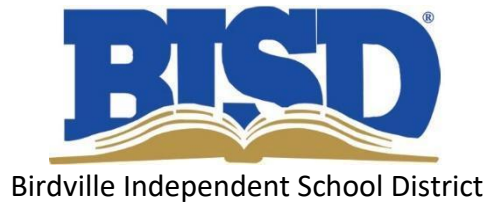
Thanks for your cooperation.



Big 12 Football Rules 2023

1. Each game shall be played according to applicable University Interscholastic League and National Federation football rules.
2. 7th and 8th grade Big 12 teams shall be organized with "A" being stronger than "B". The "B" teams shall play first; the "A" teams shall play second unless changed by mutual agreement.
3. Game times vary depending on venue.
Games on non-lighted fields: At the minimum, teams shall have a 5-minute warm-up. Games shall have a 5-minute halftime. There shall be no more than 5 minutes between games. "A" teams are encouraged to warm-up during the 4th quarter of the "B" game.
Games on lighted fields: Teams shall have a 10-minute warm-up between games.
4. While on offense, teams may use their own approved football.
 - 7th grade: Junior ball or larger
 - 8th grade: Youth ball or larger
5. 7th and 8th grade "A" & "B" teams shall play 8-minute quarters with an 8-minute halftime.
6. For point after touchdown (PAT), One (1) point will be awarded for successful run or pass. Two (2) points will be awarded for successful kick.
7. No continuous clock shall be used unless changed by mutual agreement.
8. The home team shall wear dark/colored jerseys for the "A" game and white jerseys for the "B" game.
9. Games are official upon reaching halftime. If a game is suspended before reaching halftime and cannot be completed, it shall be recorded as a 0-0 tie.
10. The following system will be used to break ties in the final standings:
 1. Head-to-head
 - a. In a 2-way tie, if team A defeated team B, team A is higher seed.
 - b. In a 3-way (or more) tie, if team A defeated team B and team B defeated team C, but A and C did not play each other, move to tie-breaker #2.
 - c. In a 3-way (or more) tie, if team A defeated team B and team C, team A will be seeded higher than B and C even if B and C did not play each other.
 2. Total points allowed in district season
 3. Coin flip (two teams) or blind draw (three or more teams)
11. Admission of \$2 for students and \$3 for adults may be charged.
12. Officials' pay forms shall be provided by the home team and turned in to the athletic office for payment.

6/6/23



Football Program Fundamentals

In order to have time to teach fundamentals, we recommend that coaching staffs be split on game days, so that two coaches are assigned game duties and two coaches are handling eighth grade workouts. All teams should have workouts four times a week. An example is as follows:

7th Grade Workouts:

Monday -	work on kicking game in the A.M., game in the
afternoon Tuesday-	10 minutes for cal., 1 hour for defense, kicking game
Wednesday -	10 minutes for cal., 1 hour for offense, kicking game
Thursday -	10 minutes for cal., 1 hour for defense, kicking game
Friday -	10 minutes for cal., 1 hour for offense, kicking game

8th Grade Workouts:

Monday

10 minutes for cal., 50 minutes defense, 50 minutes offense, 10 minutes kicking game

Tuesday - Game

Wednesday

10 minutes for cal., 50 minutes defense, 50 minutes offense, 10 minutes kicking game

Thursday

10 minutes for cal., 50 minutes defense, 50 minutes offense, 10 minutes kicking game

Friday

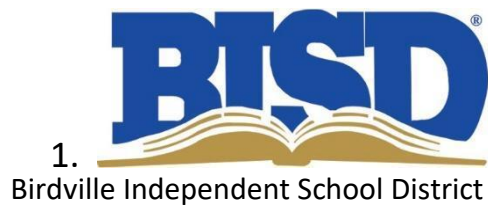
10 minutes for cal., 50 minutes defense, 50 minutes offense, 10 minutes kicking game

Rules for 8th Grade:

Eighth Grade will run the same basic defense and offense of the high school they feed. Any adjustment must be endorsed by their parent school.



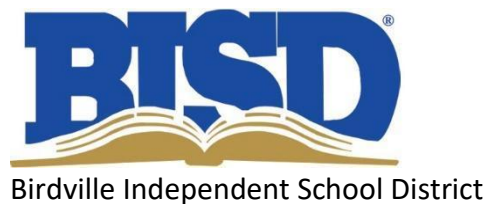
Volleyball



Big 12 Volleyball Rules 2023

1. Each game shall be played according to applicable University Interscholastic League and National Federation football rules.
2. 7th and 8th grade Big 12 teams shall be organized with "A" being stronger than "B". The "B" teams shall play first; the "A" teams shall play second unless changed by mutual agreement.
3. The first match of a double-header shall begin at 5:00pm. At the minimum, the visiting team shall have a 5-minute warm-up. At the maximum, matches shall begin within 15 minutes of the completion of the previous match.
4. The home team shall furnish a game ball that is approved by the National Federation.
5. Rally Scoring format shall be:
 - Best 2 out of 3 to 25 points, win by 2 points.
 - 7th and 8th grade teams shall not play a third game unless it is a match deciding game.
 - The 'let' serve shall be allowed.
 - Each team shall be allowed two time-outs per game.
 - Warm-up format shall be 5-5-5-2.
6. Each coach shall input match scores no later than 9:00am the morning following the match. Scores shall be inputted in the form of games won/games lost within the match.
 - Correct: *A-School defeated B-School 2-1. Input 2-1*
 - Incorrect: *Final scores of each game (25-21, 23-25, 25-19)*
7. At the 7th grade "B" level, the serving line may be moved inward five feet but the serve shall be overhand.
8. At the 7th and 8th grade levels, a libero may be used. The libero player shall be designated prior to the game. The libero player may serve.
9. The following system will be used to break ties in the final standings:
 - a. Head-to-head
 - In a 2-way tie, if team A defeated team B, team A is higher seed.
 - In a 3-way (or more) tie, if team A defeated team B and team B defeated team C, but A and C did not play each other, move to tie-breaker #2.
 - In a 3-way (or more) tie, if team A defeated team B and team C, team A will be seeded higher than B and C even if B and C did not play each other.
 - b. Most games won in district season
 - c. Fewest games lost in district season
 - d. Coin flip (two teams) or blind draw (three or more teams)
10. Admission of \$2 for students and \$3 for adults may be charged.
11. Officials' pay forms shall be provided by the home team and turned in to the athletic office for payment.

6/6/23



Big 12 Volleyball Tournament Rules 2023

Tournaments shall be held according to the University Interscholastic League rules.

No team trophies shall be awarded.

Ribbons shall be provided by the athletic office. Host schools shall pick up ribbons in the local athletic office.

Tournament hosts shall award ribbons for 1st, 2nd, 3rd, and Consolation.

Admission of \$2 for students and \$3 for adults may be charged.

If possible, sister-schools shall not compete head-to-head in first-round matches.

Host schools shall distribute brackets two weeks before tournament. A copy shall be forwarded to the athletic office.

Volleyball Guidelines:

- Pool play shall consist of two rally scored games to 15 (cap at 20).
- Pool play games shall start at 0-0.
- Bracket play shall use the appropriate scoring format based on the level of play.
- 7th and 8th grade teams shall play 2 out of 3 to 25 (cap at 30) with the possible deciding 3rd game being played to 25 (cap at 30).
- Each team shall play at least two games. 7/3/23



Basketball



Big 12 Basketball Rules 2023-2024

1. Each game shall be played according to University Interscholastic League and National Federation basketball rules.
2. 7th and 8th grade Big 12 teams shall be organized with "A" being stronger than "B". The "B" teams shall play first; the "A" teams shall play second.
3. The first game of a double-header shall begin at 5:00pm. At the minimum, the visiting team shall have a 5-minute warm-up. At the maximum, games shall begin within 15 minutes of the completion of the previous game.
4. 7th grade "A" teams shall play 8-minute quarters. 7th grade "B" teams shall play 6-minute quarters. 8th grade "A" & "B" teams shall play 8-minute quarters.
5. The home team shall furnish a game ball that is approved by UIL and/or National Federation.
6. The home team shall wear white jerseys.
7. Each coach shall input (or confirm) scores no later than 9:00am the morning following the game.
8. If a basketball game is tied after regulation:
 - "A" team games: 3-minute overtime periods until there is a winner; no ties.
 - "B" team games: One 3-minute overtime period; if still tied after one 3-minute overtime period, the game ends in a tie.
 - For all overtime periods, each team is awarded one additional timeout. Unused timeouts shall accumulate and may also be used in overtime.
9. The following system will be used to break ties in the final standings:
 1. Head-to-head
 - a. In a 2-way tie, if team A defeated team B, team A is higher seed.
 - b. In a 3-way (or more) tie, if team A defeated team B and team B defeated team C, but A and C did not play each other, move to tie-breaker #2.
 - c. In a 3-way (or more) tie, if team A defeated team B and team C, team A will be seeded higher than B and C even if B and C did not play each other.
 2. Total points allowed in district season
 3. Coin flip (two teams) or blind draw (three or more teams)
10. Any type of half-court or full-court pressure may be used.
11. Teams shall not press or trap (half-court or full-court) if winning by 20 or more points.
12. No continuous clock shall be used except by mutual agreement by both coaches.
13. Admission of \$2 for students and \$3 for adults may be charged for district and tournament games.



Big 12 Basketball Tournament Rules 2023-2024

Tournaments shall be held according to the University Interscholastic League rules.

No team trophies shall be awarded.

Ribbons shall be provided by the athletic office. Host schools shall pick up ribbons in the local athletic office.

Tournament hosts shall award ribbons for 1st, 2nd, 3rd and Consolation.

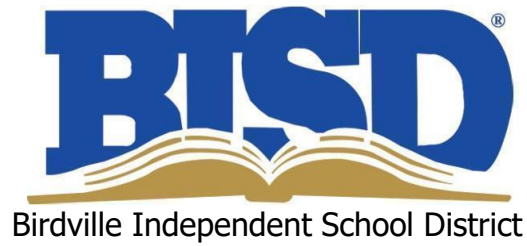
Admission of \$2 for students and \$3 for adults may be charged.

If possible, sister-schools shall not compete head-to-head in first-round games.

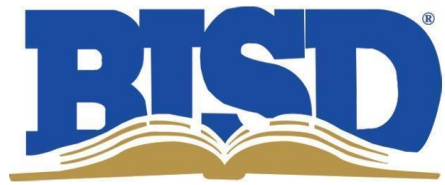
Host schools shall distribute brackets two weeks before tournament. A copy shall be forwarded to the athletic office.

If a Big 12 basketball tournament game is tied after regulation:

- "A" team games: 3-minute overtime periods until there is a winner, no ties
- "B" team games: 3-minute overtime periods until there is a winner, no ties
- For all overtime periods, each team is awarded one additional time-out. Unused time-outs shall accumulate and may also be used in overtime.



Track and Cross Country



Birdville Independent School District

Big 12 Track Rules 2024

1. Meets shall be held according to the University Interscholastic League rules.
2. Meets shall begin as close to 4:00pm as possible. Teams arriving late due to transportation issues shall have a 5-minute warm-up.
3. Each member school may be represented at these meets by 7th and 8th grade boys and girls subject to the following rules:
 - No school shall be allowed more than three participants in each event except the relays, which require four.
 - No participant shall be allowed to participate in more than three track running events. No participant shall be allowed to participate in more than five total events. A participant may enter five field events provided he/she is not participating in any running event; and no contestant shall be allowed to enter more than two of the following:
 - 400-meter dash
 - 800-meter run
 - 1600-meter run
 - 2400-meter run
 - The number of events in which an athlete participates at the preliminary level shall determine a participant's total number of events. Participation at the preliminary level shall count toward participation in an event.
 - No more than one relay team per school per event may be entered.
4. Order of Events
 - a. Running:
 - 1) Girls 2400 Meter Run
 - 2) Boys 2400 Meter Run
 - 3) Girls 400 Relay
 - 4) Boys 400 Relay
 - 5) Girls - 800 Run
 - 6) Boys - 800 Run
 - 7) Girls - 100 Meter Hurdles
 - 8) Boys - 110 Meter Hurdles
 - 9) Girls - 100 Meter Dash
 - 10) Boys - 100 Meter Dash
 - 11) Girls - 800 Relay
 - 12) Boys - 800 Relay
 - 13) Girls - 400 Dash
 - 14) Boys - 400 Dash
 - 15) Girls - 300 Meter Hurdles
 - 16) Boys - 300 Meter Hurdles
 - 17) Girls - 200 Dash
 - 18) Boys - 200 Dash
 - 19) Girls - 1600 Meter Run
 - 20) Boys - 1600 Meter Run
 - 21) Girls - 1600 Meter Relay
 - 22) Boys - 1600 Meter Relay

b. Field Events

1. Pole Vault
2. High Jump
3. Long Jump
4. Shot Put
5. Discuss Throw
6. Triple Jump

In any field event where distance (linear) is the determining factor (shot, discus, long jump, triple jump), each contestant shall be allowed three trials. No finals shall be given in the field events where distance is the determining factor. Each fair trial shall be measured.

5. Metric Measurements

- 2400 Meter Run - waterfall stagger for each lane - runners may break when they have at least a two-stride clearance.
- 400 Meter Relay - 4 x 100 (on full stagger for each lane exchange zone is 20 meters - international zone is 10 meters).
- 800 Meter Run - one-half stagger for each lane - runners may break after running the first full turn.
- 100 Meter Hurdles - 10 hurdles (7th & 8th grade girls - 30").
Distance from start to first hurdle - 13m
Distance between each hurdle - 8.5m
Distance from last hurdle to finish - 10.5m
- 110 Meter Hurdles - 10 hurdles (7th grade boys - 33", 8th grade boys - 36").
Distance from start to first hurdle - 13.72m
Distance between each hurdle - 9.14m
Distance from last hurdle to finish - 14.02m
- 100 Meter Dash - 100 meters
- 800 Meter Relay (4 x 200m)
Each runner will run 200 meters
Each runner will run in his/her lane the entire distance
There will be a double stagger for each team.
- 400 Meter Dash
Each runner will be given a full stagger and will run in his/her lane the entire distance.
Each runner shall use blocks at the start.
- 300 Meter Hurdles - 8 hurdles (7th grade boys & girls and 8th grade girls - 30"; 8th grade boys - 33")
Distance from start to first hurdle - 45m
Distance between other hurdles - 35m
Distance from last hurdle to finish - 10m
- 200 Meter Dash
One-half stagger around/turn - runners stay in his/her lane the entire race.
- 1600 Meter Run
Waterfall stagger for each lane - runners may break when they have at least a two-stride clearance.
- 1600 Meter Relay - 4 x 400m (one and one-half stagger)
First runner runs in his/her lane the entire distance.
Second runner stays in his/her lane for the first full turn of their lap.
Third and fourth runners line up on the track according to where his/her teammate comes off the last turn and may break when they have at least a two-stride clearance.

6. Points

The point system in scoring middle school track meets shall be the same in all meets. Points shall be awarded as follows:

- Individual events 10 – 8 – 6 – 4 – 2 – 1
- Relay events 20 – 16 – 12 – 8 – 4 – 2

If less than seven participate in the events, points shall be awarded for last place.

7. Awards

Ribbons shall be given for the first six places in all meets. No trophies for team or relay winners shall be awarded. All awards shall be purchased by the Athletic Office and given to the track meet officials prior to each meet. Medals shall be awarded for the first three places at the district meet.

8. False Starts

A runner who commits a false start shall be disqualified. National Federation Rules shall be followed, subject to local committee.

9. Suggested Starting Heights

HIGH JUMP		POLE VAULT	
Boys – 7 th	4'2"	Boys – 7 th	6'6"
Boys – 8 th	4'6"	Boys – 8 th	7'0"
Girls – 7 th	3'8"	Girls – 7 th	5'6"
Girls – 8 th	4'0"	Girls – 8 th	6'0"

10. Shot Put

When all schools do not have the same weight shot put, the lighter shot put shall be available to all throwers.

- Boys - 4-kilo (8.8 lb.)
- Girls - 6 lb.

11. Discus

Any wood or rubber discus that is the proper size and weight may be used.

12. Starting Blocks

Track athletes shall use starting blocks for all sprints and sprint relays of 400m and below (100m, 110h, 100h, 200m, 300h, 400m).

13. Jewelry

Jewelry shall not be worn except for religious or medical medals. A religious medal shall be taped and worn under the uniform. A medical alert shall be taped and may be visible.

14. Uniforms

Any visible garment(s) worn by two or more relay team members underneath the uniform top and/or bottom shall be unadorned (not decorated; simple and plain) and of the same single, solid color, but not necessarily the same length. For an illegal uniform, the competitor shall be disqualified from the event.

15. Protest Procedure

An oral protest/appeal shall be made to the meet director (Athletic Coordinator of the host school of the meet) within 30 minutes of the completion of the event. The rules committee, made up of seven campus coordinators, shall hear the appeal. Any coordinators whose teams are directly affected by the appeal shall not participate in the vote but shall be involved in the discussion regarding the appeal. The decision of the remaining coordinators (rules committee) shall be final.

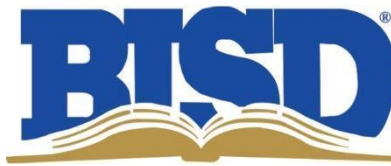
Non-appealable situations:

- Judgment decisions pertaining to violations of the rules.
- Decisions by the finish judges and timers not involving misapplication of rules.
- Whether a start was fair and legal

16. Records

District records may be set in prelims or finals. Qualifying for the Meet of Champions

- Except for the 2400m and the 1600m runs, the top two runners from each zone meet, plus the next two best times, will qualify for the Meet of Champions.
- For the 2400m and the 1600m runs, the top four runners from each zone meet will qualify for the Meet of Champions.
- The top four jumpers and throwers from each zone meet will qualify for the Meet of Champions.
- No school shall be allowed more than three participants in each event except the relays, which require four participants.
- No participant shall be allowed to participate in more than three track running events. No participant shall be allowed to participate in more than five total events. A participant may enter five field events provided he/she is not participating in any running event; and no contestant shall be allowed to enter more than two of the following:
 - 400-meter dash
 - 800-meter run
 - 1600-meter run
 - 2400-meter run/6/23



Birdville Independent School District

RUNNING A TRACK MEET 2024

- I. **Stadium Manager/High School Coordinator**-work with the stadium manager or the coordinators at the high school to ensure that all equipment will be on hand to run off each event.
- II. **Entry Forms** - send out two weeks prior to meet. Have a place for name, time/distance for each event. Have the entry returned at least three days prior to meet. Take entry sheets and assign lanes for each running event either according to times sent in or by an arbitrarily. Work up sheet showing each event, school, place for time, and results. You also make up field event meet sheets by just listing school, name, distance, height, and result. The field event can be listed by schools alphabetically or any other order you choose.
- III. **Workers** - you should have two score keepers and award workers, one starter, one back up starter, one heating clerk, one finish line clerk, six times, six pickers, ten hurdle setters, three block setters, two finish line string holders, and three workers at each field event (one clerk, two measure rakers, etc.). All workers should be at their station ten minutes before their scheduled time to begin to make sure all is in order - equipment, paperwork and participants check in.
- IV. **Scratch Meeting** - 30 minutes prior to the first event - allow each coach to scratch or replace any entry in any running event, pick up heat packages and be informed on order of events, time schedule, etc. Field event scratches should be made at the field event with the clerk of each particular event. A district scratch meeting will be held prior to the district meet.
- V. **Field Events**- should be started at least 45 minutes before first running event to allow as many participants as possible to be able to compete in their field event before they have to run. Once the running events start while field events are still going on - the rule is that the participant goes to the running event in a reasonable time five to ten minutes). The field event clerk must use common sense in handling a participant who is also involved in a running event, but should never punish the participant by making them hurry their effort after they have been running another event or by disallowing the participant's final effort(s).
 - A. ***Shot Put** - three workers (one clerk, one marking in the field, and one measuring in the ring). Clerk goes over rules:
 1. Enter and exit back of the ring.
 2. Cannot step over toe board or line after throwing.
 3. Must keep shot put in the bend of the neck - shoulder area.
 4. Must be a push, not a bent arm throw, and check shots making sure all are the same size (weight) - clerk informs participants of throwing order - calls first contestant and telling who is next - watches the contestant put the shot - if NO FOUL, say "MARK" - measure throw from inside of the toe board stretching tape

from center of circle to the back divot where the shot landed. Call the next contestant - repeat until all contestants have thrown three times. Each contestant is allowed three throws; they may take them in any order. When all contestants have thrown, figure out the best six places and turn in result sheet to the awards clerk in the press box.

Note: It is the more acceptable practice to measure each of the three throws than to put out stakes, but if you do put out stakes, you need only to put out the best eight throws.

- B. ***Discus** - three workers (one clerk; one marking infield; one measuring in the rings) - clerk goes over rules:
1. Enter and exit back of the ring.
 2. Clerk goes over throwing order - boundaries of discus field and checks the discus of each contestant to make sure they are the same size - call first contestant, measure throw - repeat until all have thrown three times, measuring to the nearest inch. Figure top six places and turn in to the awards clerk in the press box. Once again, each contestant gets three throws; they may take them in any order. It is more acceptable to measure each throw although stakes may be used.
- C. ***Long Jump** - three workers (one clerk; one raker; one tape-holder). Clerk has contestants check in; goes over jumping order; makes sure jumping board is swept clean; calls first contestant; watches where his/her foot hits on the board; calls "MARK" or "FOUL" according to where foot hits; measure from front of board to furthest back mark in the sand of where contestant landed. Each contestant is allowed three jumps; they may take them in any order. If all jumpers are present, it is most acceptable to jump one at a time until all have jumped going around three times, but it does not have to be that way - you may allow a jumper to jump out of turn if they have other events to compete in. When all have finished, figure top six places and turn in to the awards clerk in the press box.
- D. ***High Jump** - three workers (one clerk; two bar-holders). Clerk has contestants check in and goes over jumping order, puts cross-bar on a reasonable height, gives each contestant three jumps at each height until no contestant can clear the bar, figures top six places and turns in to awards clerk in press box.
- E. ***Pole Vault** - same as high jump

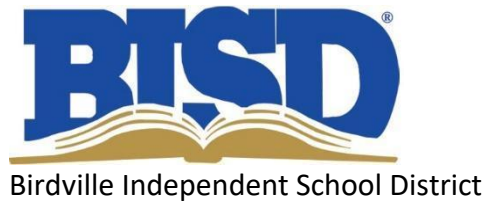
**In figuring places in shot, discus, and long jump - further distance wins. In case of ties, second best throw determines winner. In figuring places in high jump and pole vault, highest wins. In case of ties, number of previous misses at lower heights determines winner. All rules should be read over according to NCAA Rule Book and the meet director should make any final decisions on scoring or interpretation.*

- VI. By having the meet well organized and the workers organized knowing their responsibilities, a middle school track meet will run smoothly and the contestants, coaches, and parents will all leave with a good feeling about the contest. Remember to always keep the best interest of the runners in mind when running off the meet. Never try to punish a runner by trying to hurry the meet just to get it over with. However, do not drag the meet out because of inefficiency. Set a fair schedule and try to stick with it.

***MEET OFFICIALS

Remember that even though an infraction may occur, this may not be grounds for disqualification of an individual or team. Always ask yourself, "Did this infraction give an athlete an advantage that resulted in a change in the final finish order?" For example, a runner coming out of the last turn runs out of his lane but does not impair another runner and returns to his lane after several strides. Has this runner gained an advantage? No, he has actually run farther by not running in a straight line.

Few middle school/junior high meets have a sufficient number of officials to judge the events properly. We must all work cooperatively. When asked to assist at a meet, please try to comply.



CROSS COUNTRY DATES

Monday, April 15, 2024
Monday, April 22, 2024
Monday, April 29, 2024
Monday, May 6, 2024

RUNNING A CROSS COUNTRY MEET 2024

RACE ORDER:

8TH GIRLS
8TH BOYS
7TH GIRLS
7TH BOYS

- Can be combined if bad weather is in the area.
- Start time, no earlier than 5 P.M.
- All races will be 3200 Meters (2 Miles)
- Only one division (No B Teams)