

Interscholastic



Eligibility Committee

The next and final meeting for the Eligibility Committee will be on Monday, March 9, 2020. Any school wishing to request a waiver for a student for spring sports should contact Patty Newman at the MPA office (pnewman@mpa.cc) to schedule a hearing.

Cooperative Individuals Participating At Regional/State Championships

Schools with athletes participating as cooperative individuals (sending schools) at other schools (receiving schools) that compete in different classes are asked to verify where their athletes will be competing at the upcoming regional and state championships. Just prior to the championships, schools with individual athletes, will receive an e-mail from the MPA office listing those who have been registered.

If an athlete from the sending school is

competing at the same venue as that of the receiving school, then the coach from that school may serve as the athlete's coach at the championship. If the athlete is competing at a different venue, the sending school is reminded that the athlete must be accompanied by an eligible coach at the regional or state championship. If a school has a question about where an athlete is competing, contact the MPA office.

Electronic Ticketing

The MPA continues to offer electronic ticketing at most championship events being held this winter. Fans will have the option of being able to purchase electronic tickets prior to the event. For all contests involving ticketing, except for the cheerleading championships and basketball games being held at the Cross Center in Bangor and the basketball games being held at the Cross Arena in Portland, tickets may be purchased online at <https://gofan.co/app/school/MPA>.

For teams competing at the Cross Insurance Center in Bangor or at the Cross

Insurance Arena in Portland presale tickets may be purchased online at <http://www.ticketmaster.com>.

Tickets for all events may still be purchased at the ticket office on the day of the event. There will be no electronic tickets for swim. Due to limited seating at the swim venues, all tickets will be on a first-come, first-served basis.

Please note that there is an online convenience fee charged by Ticketmaster and Huddle Ticket for all online ticket purchases.

Notes and Updates

Boys and Girls Lacrosse Field Markings—Schools now have the option of having one set of unified girls' and boys' lacrosse field markings. These markings must follow the field diagrams outlined in the rulebook.

Cooperative Team Policy — Schools with **individual students** wishing to participate as individuals with another school in the spring sports of tennis and outdoor track must apply on a form that can be found by clicking **HERE** and must be filed prior to the first countable contest (April 16, 2020). Participation is defined as attending practices and contests with the school team. Schools with **cooperative teams** in sports such as football and ice hockey are reminded that these teams are approved for no more than a two-year period and are aligned to the classification cycle. Schools wishing to start **cooperative teams** must apply three months in advance of the starting date of the applicable sport season. **The deadline for applying for a cooperative team in the fall is June 4, 2020.** Regulations for cooperative individuals or cooperative teams may be found on pages 25-26 of the MPA Handbook.

Team Benches—As tournament time arrives for winter sports, schools are reminded that there are restrictions as to who can sit on team benches or, in the case of wrestling, swimming, skiing, and indoor track, who can be in the areas restricted to teams. Only certified coaches who are on a school's certified coaching list may be on the bench or in the team area. In addition, managers or other non-playing student personnel must be high school students.

Middle School/High School Competition—A reminder to schools (with the exception of those with 60 or fewer students per gender) that middle school students are not allowed to practice with or compete against high school teams. This would include freshman and JV teams. A school may request a waiver, in order to fill a sub-varsity schedule, to schedule a game with the middle school within their district.

New England High School Tournaments Sites and Dates for 2020

Event	Date	Site
Indoor Track	February 29, 2020	Bob McIntyre Track, Reggie Lewis Track and Athletic Center, Roxbury Crossing, Boston, MA
Wrestling	March 7-8, 2020	Methuen High School, MA
Spirit	March 21, 2020	Worcester State University, Worcester, MA
Outdoor Track	June 13, 2020	Colchester, CT
Golf	June 24, 2020 (Tentative)	Bretwood Golf Course, Keene, NH

MPA Ball Contracts

The following balls are the official balls for the 2019-2020 school year:

- ◆ Baseball ~ Rawlings RMPA baseball.
- ◆ Boys Basketball ~ Spalding TF1000 Legacy basketball.
- ◆ Girls Basketball ~ Spalding TF1000 Legacy 28.5 basketball.
- ◆ Field Hockey ~ Penn Monto field hockey ball.
- ◆ Football ~ Wilson GST football.
- ◆ Lacrosse ~ NOCSAE/NFHS approved lacrosse ball.
- ◆ Soccer ~ Select Numero 10 soccer ball.
- ◆ Softball ~ Dudley WT12YFP red stitch softball.
- ◆ Volleyball ~ Molten IV58L Super Touch leather indoor volleyball.

Live-Streaming of Championship Events

The following events will be live-streamed through the NFHS Network:

- ◆ **Cheering**—State Championships, February 8
- ◆ **Basketball**—Quarterfinal Games, February 14–18
- ◆ **Girls' Ice Hockey**—State Championship, February 15
- ◆ **Wrestling**—All Championship Matches, February 15
- ◆ **Boys' Ice Hockey**—State Championships, March 7

The boys' and girls' semifinal and regional final basketball games will be

live-streamed through WHOU. The state championship basketball games may be seen on Maine Public Broadcasting Network (MPBN) Television.

Coverage can be found at <https://www.whou.live/> and subscription for one month is \$10.00. Also, included with the subscription is additional streaming content including all 60 games of the MPA Regional, Semi-final, and Final Games.

The event will also be available on mobile devices at m.nfhsnetwork.com and subscribers can download the NFHS Network app from the iTunes store.

Undergrad Tournaments

This is a reminder that following the winter season (February 22), the Sport Season Policy does not allow an MPA member school's team to play or practice outside the sports season, use school equipment or facilities, be transported by the school or a school-affiliated organization, or use the school name.

Under the Sport Season Policy, coaches or advisors employed by the school system are prohibited from coaching or giving instruction about a sport to members of a school team individually or collectively outside of their normal sport season.

Coaches may be present at games in which athletes from their school are participating as long as it is taking place in a public facility and no coaching and/or instruction is taking place.

Private School Law

Those students that attend a recognized private school, or an approved private school with an enrollment of 60 or fewer students, and reside in your community may request approval to participate in co-curricular activities at your school. Denial to participate may occur if the school does not feel they have the "capacity" to provide the student with the opportunity to participate in the activity. If approval is withheld a written explanation must be provided to the student's parent or guardian stating the reason or reasons for the decision to withhold approval.

MPA Mission Statement

To assure a quality education for all students, the Maine Principals' Association will:

- (1) promote the principalship;
 - (2) support principals as educational leaders; and
 - (3) promote and administer interscholastic activities in grades 9-12.
-

Coaches—Recruit Officials!

Coaches are encouraged to recommend former players to consider becoming officials. While a select few may have an opportunity for advanced play, MOST high school players do not continue BUT remain keenly interested in the game. With an increasing shortage of competent

and conscientious officials anticipated, the assistance of coaches in identifying and encouraging personable, knowledgeable, and competitive individuals to "get involved" would be helpful.

Baseball NOCSAE Stamp

The NFHS Baseball Rules Committee reminds schools that all approved baseballs must have the NOCSAE stamp.

2019-20 Special Olympics Maine Unified Champion Schools Funding Application

Special Olympics Maine is pleased to announce once again that funding will be available for schools to support their Unified Champion Schools efforts in 2019-20. To be eligible for this funding, schools that apply must exhibit how they will incorporate all three Unified School components, listed below, into their school community.

- Unified Sports
- Unified Youth Leadership
- Whole School Awareness

Applications will be accepted until April 1, 2020 or until funding is exhausted. Please review the application questions and draft responses prior to starting the application. For the Special Olympics Maine 2019-20 Unified Schools Funding Questions, please click [HERE](#). Once the application has been started it will need to be completed/submitted at the same time; there is no way to save or re-enter at a later time.

CALL THE MPA HELP LINE

(207-622-0217)

Extensions:

Mike Bisson-141
Mike Burnham-125
Holly Couturier-126
Tammy McNear-122
Patty Newman - 130
Diane Patnaude - 127

We are here to help you and answer questions!

Coach of the Year

On behalf of the MPA staff, congratulations for being selected as the 2018-2019 NFHS State, Sectional, and/or National Coach of the Year!

Sport	Coach	Level
Spirit	Sami Jo Allen	State
Girls' Cross Country	Michael Burleson	State
Boys' Alpine Skiing	Mark G. Cyr	State
Boys' Swimming & Diving	Tony DeMuro	State
Field Hockey	Jane Marie DiPompo	State
Fast Pitch Softball	Skip Estes	State
Baseball	John Wayne	State
Girls' Alpine Skiing	Ronn Gifford	State
Boys' Golf	David Alan Grant	State
Boys' Soccer	Joseph John Greaves	State
Boys' Cross Country	Ted Hutch	State
Boys' Wrestling	Scott Lewia	State
Boys' Ice Hockey	Barty Mothes	State
Boys' Lacrosse	David Pearl	State
Girls' Basketball	Nate Pelletier	State
Girls' Lacrosse	Ashley Marie Pullen	State
Girls' Swimming & Diving	Ben Raymond	State
Girls' Ice Hockey	Scott Rousseau	State
Girls' Volleyball	Corey Schwinn	State
Girls' Nordic Skiing	Carl Theriault	State
Boy' Outdoor Track & Field	Derek Veilleux	State
Girls' Outdoor Track & Field	Rod White	State
Boys' Basketball	Anthony Everett Amero	State, Sectional
Girls' Tennis	John Matthew Habeeb	State, Sectional
Boys' Tennis	Jeffrey Peter	State, Sectional
Football	Alex Rotsko	State, Sectional
Boys' Nordic Skiing	Steven Mark DeAngelis	State, Sectional, National
Girls' Soccer	Meredith Messer	State, Sectional, National

E-sports

The MPA has signed on with PlayVS, a partner with the NFHS to provide E-sports to Maine schools. We have a few schools that have signed on to play this spring, but we are really focusing on participation for this upcoming fall season that runs from October to January. PlayVS was chosen by the NFHS as the provider because of their understanding of what games are most appropriate in a school setting. With that said, they have negotiated with Epic Games, who provides Rocket League to PlayVS to also include a free option for schools and their students to play one of their other games Fortnite.

The MPA Board of Directors does not support the promotion of Fortnite and we have asked in writing for PlayVS to not

promote this shooting game to our schools. If promotion of Fortnite is continuing to be received at schools, please notify Mike Bisson at mbisson@mpa.cc.

On a positive note, Esports is growing at a very rapid rate and there seems to be a great deal of student excitement over this being an option at schools and ultimately at the MPA level.

If you have questions regarding implementation, Mike Bisson is the staff person responsible for Esports.

Click the following links for:

[How to Start your Esports Program](#) and

[PlayVS Hardware-Network Specifications V218](#) for help in getting you started.

Wrestling Duals State Championship

This year the MPA Wrestling Committee has added the Team Dual Wrestling State Championship. It will be held on Friday, February 21, 2020. Class A will be held at Skowhegan Area High School and Class B will be held at Penobscot Valley High School in Howland. Below are the brackets for each tournament:

Class A	Semi Finals	Championship
(1N) Mt. Ararat/Brunswick Gm 1: 2/21, 9:30 a.m. (4S) Cheverus		
(2S) Massabesic Gm 2: 2/21, 9:30 a.m. (3N) Cony	Winner of 1 Gm 5: 2/21, 12:45 pm. Winner of 2	Winner of 5 Gm 7: 2/21, 2:30 pm. Winner of 6
(1S) Noble Gm 3: 2/21, 11:00 a.m. (4N) Oxford Hills		
(2N) Camden Hills Gm 4: 2/21, 11:00 a.m. (3S) Biddeford/Thornton	Winner of 3 Gm 6: 2/21, 12:45 pm. Winner of 4	
Class B	Semi Finals	Championship
(1N) Dexter Gm 1: 2/21, 9:30 a.m. (4S) Dirigo/Spruce Mtn.		
(2S) Medomak Gm 2: 2/21, 9:30 a.m. (3N) Washington	Winner of 1 Gm 5: 2/21, 12:45 pm. Winner of 2	Winner of 5 Gm 7: 2/21, 2:30 pm. Winner of 6
(1S) Wells Gm 3: 2/21, 11:00 a.m. (4N) Foxcroft		
(2N) Belfast Gm 4: 2/21, 11:00 a.m. (3S) Mountain Valley	Winner of 3 Gm 6: 2/21, 12:45 pm. Winner of 4	

New England

Wrestling Championships

The New England Wrestling Championships at Methuen High School in Methuen, Massachusetts are being held on Saturday, March 7 and Sunday, March 8, 2020. The MPA has approved Sunday participation for all Maine wrestlers due to the scheduling challenges of finding a host site this year. Schools do not need to apply for a waiver to participate on Sunday for this meet.

Locker-Room Supervision

There was an unfortunate incident at a wrestling meet earlier this year in Massachusetts in which a fan had gone into the locker-room and was taking pictures of the wrestlers changing. He was detained, arrested, and is facing trial. This person has been to meets in Maine, so it could happen here. We ask schools to be vigilant when hosting an event about who is going in and out of your locker-rooms.

Please have a discussion at your school about how to improve the supervision of those changing areas.

Unified Basketball Festivals

The Unified Basketball festival schedule is currently under development. We thank all of the schools and organizations that have offered to host. If you have further information about participation, available dates, host site preferences, or any other pertinent information, please contact Mike Bisson at mbisson@mpa.cc.

Wrestling Sites for 2021

The Wrestling Committee would like to hear from schools that may have an interest in hosting the Class A or Class B Regionals, Class A or B States, the Girls' Championship (two mats), the Dual Tournament (two mats), and the New England Qualifier. A host school wrestling site should be able to accommodate three mats, unless otherwise noted. Please send your request to host to Mike Bisson at MPA office (mbisson@mpa.cc) prior to March 13, 2020.

What Image Does Your P.A. Announcer Project?

"A P.A. announcer is not a cheerleader, or a circus barker, or a hometown screecher. He's a reporter."

—Bob Sheppard, Stadium Announcer, New York Yankees, 1951-2007

Have you ever attended a game where the public address announcer sounded like what Bob Sheppard described as "a cheerleader, or a circus barker, or a hometown screecher"? What was your impression of the announcer and/or the home team and its administration?

Like many things athletic, the "call of the game" by some high school public address announcers in recent years has taken on more of the persona of an NBA or NFL sports arena or radio or television play-by-play announcer; glorifying the home team while ignoring or minimizing the effort of the visiting team; calling the attention to themselves rather than the game on the field or court, whether it be during the introduction of starters or the description of the action on the field or court.

Rather than "public address" announcers let's think of it as "professional approach" announcers. Announcers need to recognize they are part of the game's crew of officials, just like the game and play-clock operators or the official scorer. As such, their focus should be on presenting the game in a positive, sportsmanlike manner, treating both teams with equal respect, reporting the facts of the game in an even-handed manner.

The announcer needs to be conscious of the fact that athletics at this level is about sportsmanship, values, and respect. Set the tone with a scripted introduction to the contest. The announcer's job is to enhance the game experience, not entice or incite the crowd. Their job is to "highlight the play," but leave the

play-by-play for the radio or television coverage. Give only the necessary information! For example, in football, announce the ball carrier or passer and receiver, tackle by, yardage gained or lost, down, distance, and yard line. This should be completed before the offensive team leaves the huddle, so in most instances, less (words) is more.

Announcers need to know the rules of the game, especially any recent rule changes. A chart of officials' signals should be close at hand. Announcers shouldn't anticipate or guess what an official is calling. If a flag is thrown in football it is appropriate to announce "a flag on the play," but whether a thrown flag or a blown whistle, WAIT on the official's signal before announcing the call.

While you hope you never have to use them, always be prepared for emergency situations and know inclement weather procedures. Know the appropriate evacuation routes, have them in writing, and be able to communicate them in a calm reassuring tone.

One means of helping your public announcer become the best possible representative of your school would be to enroll them in the *National Association of Sports Public Address Announcers*. Each member receives the quarterly copy of the NASPAA publication, *The Voice*. It is a great resource with useful, informative articles and tips. Membership information is available at www.naspaa.net or at NASPAA, 4424 NW Wildwood Drive, Gladstone, MO 64116.

Good luck on a great school, athletic year!

—Carol Swenson, Retired Athletic Director of McPherson High School and McPherson College in McPherson, KS, October 2016, p. 5

Public-Address Announcers Guidelines

1. **Be early and be prepared.** If possible arrive at the facility one hour before game time. Visit with both coaches to ensure proper pronunciation of players and coaches names. Also, review any scripted pre-competition announcements required by the school (i.e., National Anthem, emergency procedures, concession and facility announcements, etc.).
2. **Work with the officials.** Communicate with the officials before the game regarding plans for the pre-competition, during competition and post-competition announcements and ask for their feedback. Make sure the final plan works for all involved.
3. **Promote sportsmanship.** Create a positive competitive environment through non-biased promotion of fair play. This may be in the form of a scripted pledge of sportsmanship and/or in the vocal display of respect for all participants (players, coaches and officials).
4. **Stick to the basics.** Deliver pertinent information while avoiding the use of play-by-play and cheerleading.
5. **Be accurate.** Understand the proper terminology used for the sport and avoid the use of slang terms. Wait until officials complete their call(s) before reporting to the spectators.
6. **Never talk over the action.** Understand the appropriate information to be announced and the proper time in which to announce for each sport.
7. **Be on your toes and keep your cool.** Weather alert, emergency evacuation, severe injury are possible reasons that play could be delayed, and communication becomes essential to facilitate coordinated school/facility emergency procedures. Be familiar with the emergency management plan. The calm tone and direct delivery of instructions to participants and spectators is essential.
8. **Be professional.** Take your job seriously by addressing coaches, officials, administrators and athletes with respect regardless of team affiliation. Be properly dressed and exhibit professional behavior always by respecting all school/facility policies.

2020 Maine State Speech and Debate Championship Tournament

Sponsored by the Maine Forensic Association and the Maine Principals' Association
~ Lewiston High School—Saturday, January 25, 2020 ~

Place	Name	School
Congress House I		
1	Kayley Roche	Kennebunk
2	Madeline Corson	Yarmouth
3	Hazel Ford	Greely
Congress House II		
1	Benjamin Hall	Greely
2	Everett Beals	Kennebunk
3	Ruth Metcalfe	Kennebunk
Congress House III		
1	Connor Beaney	Scarborough
2	Grant Dresnock	Greely
3	Anne Murer	Kennebunk
Congress Senate		
1	Zach Whiting	Greely
2	Bambi Zhuang	Scarborough
3	Ethan Eickmann	Kennebunk
Dramatic Interpretation		
1	Hannah Dufault	Poland
2	Annabelle Bourassa	Skowhegan
3	Sarah Southwick	Lawrence
Duo Interpretation		
1	Dufault & Moore	Poland
2	Fryda & Patenaude	Poland
3	DelTergo & Harrington	Falmouth
Extemporaneous Speaking		
1	Katalina Echavarri	Falmouth
2	Lauren Cutter	Cape Elizabeth
3	Rosalie Saffer-Meng	South Portland
Humorous Interpretation		
1	Abigail Hart	Poland
2	Colby Lewis	Lawrence
3	Elizabeth Steeves	Skowhegan
Informative Speaking		
1	Amelia Burley	York
2	Nicole Gora	Falmouth
3	Romy Gerstenberger	Skowhegan

Place	Name	School
Lincoln-Douglas Debate—Varsity		
1	Ijeoma Obi	Bangor
2	Quinn Straus	Lincoln
3	Riley Stevenson	Lincoln
Lincoln-Douglas Debate—JV		
1	Iann Leigh	Bangor
2	Atticus Foster	Bangor
3	Ogechi Obi	Bangor
Lincoln-Douglas Debate—Novice		
1	William Xu	Bangor
2	Cole Cochrane	Thornton
3	Grace Erskine	Cape Elizabeth
Oral Interpretation of Literature		
1	Sophie Patenaude	Poland
2	Mackenzie Roberts	Lawrence
3	Emma York	Skowhegan
Oral Declamation		
1	Joe Pooler	York
2	Caroline Gentile	Cape Elizabeth
3	Zuzu Johnson	Skowhegan
Original Oratory		
1	Minal Iftikhar	Bangor
2	Stella DelTergo	Falmouth
3	Lauren Cutter	Cape Elizabeth
Original Works		
1	Logan Iarrobino	Bangor
2	Mackenzie Roberts	Lawrence
3	Rayyaan Hakizimana	Cape Elizabeth
Poetry Reading—Novice		
1	Marco Hansel	Cape Elizabeth
2	Caroline Gentile	Cape Elizabeth
3	Ali Garcia-Pollis	Waterville
Program Oral Interpretation		
1	Joe Pooler	York
2	Shannon Dye	Falmouth
3	Amy Fryda	Poland

Performing Arts Students Develop Skills Needed for Life and Work

By Treva Dayton

Participation in education-based high school activities helps students develop important life skills such as dedication, perseverance, commitment, teamwork, and a sense of fair play. Performing arts activities provide students opportunities to develop skills needed to be successful both in life and at work. Music, theatre, and speech and debate activities are ideal for developing what has been called the Four Cs of 21st century skills—critical thinking, communication, collaboration, and creativity.

The National Association of Colleges and Employers (NACE), a non-profit group that links college career placement offices with employers, conducted a survey in 2014 asking hiring managers to prioritize skills they consider important when recruiting new employees. Those at the top of their list included leadership, along with the ability to work in a team structure, to make decisions and solve problems, to communicate effectively with people inside and outside the organization, and to plan, organize, and prioritize work.

Being a team player in a performing arts group means students must accept different roles for different situations. At times, a student may be a cheerleader to help and encourage

those who are frustrated and struggling to master their part. It could require mentoring of new members who are learning the culture of the group. Sometimes it means becoming a peacemaker when tensions flare between members. And other times it means stepping up and becoming a leader, even if they have not been given that title. Group projects do not end with high school, and the ability to work with diverse people in a variety of circumstances is a skill that will serve these students well.

It is not surprising, of course, that students in performing arts become better communicators, but not just from the self-confidence and fluency they gain through performance or public speaking. Successful performers are good listeners as well. They don't just hear, but learn to listen to nuances, to silences, to choice of words as part of the message. Effective communication is a two-way process, and learning to truly listen is essential.

Franklin D. Roosevelt once said, "We cannot always build the future for our youth, but we can build our youth for the future." Offering opportunities for students to participate in performing arts activities is an excellent way to do so.

Big Chill Plunge—School Plunge and Fundraiser



Special Olympics Maine is hosting its fourth annual Big Chill Unified Schools Plunge in Maranacook Lake in Winthrop on Saturday March 14th, 2020 hosted by American Legion Post #40. This plunge is specific for students and is a great way to engage students to help fundraising for their school's UCS programs. The proceeds of the Big Chill will benefit Special Olympics Maine's Unified Champion Schools programs along with 30% of a school's total fundraising efforts going directly back to the school to help fund current and future Unified Champion Schools' initiatives.

Come join the fun and show your school spirit while supporting a great cause! Start promoting in your school today by posting the Big Chill 2020 Poster (click [HERE](#)) around your halls and making announcements to encourage students to take the plunge!

For more information click [HERE](#).

2020 Maine State Speech and Debate Championship Tournament . . . Continued from Page 6

Place	Name	School
Prose Reading—Novice		
1	Marco Hansel	Cape Elizabeth
2	Kassidy Gordon	Waterville
3	Angela Errigo	Waterville
Public Forum—Varsity		
1	Desta & Nguyen	Deering
2	O'Meara & Reid	Deering
3	Canny & Dworkin	Lincoln
Storytelling		
1	Elizabeth Steeves	Skowhegan
2	Blair Fortin	Lawrence
3	Emilienne Bouchard	Poland

Girls Lacrosse Rules Changes—2020

2-2-5d, 2-4-3b, c (NEW): Separates and distinguishes the crosse inspection requirements for the front and back face of the stick. Limits the inspection requirements of the back of the pocket to ensuring the ball rolls out of the back of the pocket when placed in the upper third of the head at its widest point when tilted at 90 degrees. **Rationale:** Clarifies the requirements for crosse inspection on the back face of the pocket.

2-7-2: All eyewear on the playing field must be SEI certified and listed on the SEI website starting January 1, 2020 and clarifies that all eyewear must bear the SEI mark for certification by January 1, 2025. **Rationale:** Reduces burden on consumer to purchase new eyewear before 2025 while maintaining the requirement to have SEI certified eyewear by January 1, 2020.

2-7-4: Equipment shall not be modified from its original manufactured state and shall be worn in the manner the manufacturer intended it to be worn. **Rationale:** Clarifies the responsibility to maintain the integrity of protective equipment for risk minimization purposes.

2-8-4 (NEW): Electronic devices, video replay, or television monitoring equipment shall not be used for any review of an official's decision. **Rationale:** Establishes that video replay is not allowed for reviewing official's decisions.

4-2-3a thru g; 4-3-3 a thru d NEW; 4-7-7c; 5-1-2; 5-1-3b; 5-1-3 PENALTIES 1 & 2; 5-2-5a; 5-3-1c; 5-3-1e(1), (2) & (3) iv; 5-4-4c; 5-5-3a & b; 6-3-1b thru d; 7-3 PENALTIES 1; 9-1 PENALTIES for Violation of 9-1-1a, b and e-q: 1, 3a, 3d & 4; 9-1 PENALTIES for Violation of 9-1-1d; 10-1z PENALTIES 1, 3, 4d, 4e, NOTE, 5, 5b, 6, 8d, 9; 11-2-1 PENALTIES 2, 4, 5, 5a, 5b: Provides for free movement. **Rationale:** Improves pace of play while keeping up with the current trends of the game and athleticism of the student-athlete.

5-2-2: Allows for any number up to twelve players of each team to be on the field before the start of each draw. **Rationale:** Creates consistency in the rules related to number of players allowed on the field during play.

6-3-1a, 6-3-2a: When the ball has gone out of bounds, it is established that the opponent nearest the ball may commence

play with a self-start without coming to a full stop inbounds. **Rationale:** Creates consistency of penalty administration and maintains pace of play.

6-3-2: When a shot or deflected shot on goal goes out of bounds, the player whose body or crosse is inbounds and nearest to the ball when it crosses the boundary will gain possession of the ball. **Rationale:** Clarifies that the position of a player's body or stick shall be considered when determining who is closer to the ball when a shot crosses the boundary line.

9-1b: Adds language in covering a ground ball to include foot, body or crosse. **Rationale:** Clarifies the minor foul for covering.

10-1c: Adds language to expand a check to the head to include the neck as a major foul. **Rationale:** Emphasizes the inclusion of the neck as a check to the head.

10-1j(1) (NEW): Self-starting before the whistle or any movement simulating the beginning of play designed to gain an advantage over one's opponent is a false start. **Rationale:** Establishes that self-starting when self-start is not an option is a major foul.

10-1 PENALTIES 4: For a major foul by a defense player between the arc and the fan, the free position will be taken on the 12-meter fan closest to the spot of the foul. **Rationale:** Allows for consistent administration of the free position and limits potentially dangerous play in the critical scoring area.

2020 Girls Lacrosse Editorial Changes

2-5-2, 2-6-1, 2-7-2, 2-7-3, 3-5-1, 7-3 PENALTIES 1, 7-3-1 SITUATION C, 8-1 PENALTIES 1 thru 5, 8-1 SITUATIONS AND RULINGS, 8-1 PENALTIES 6, 9-11(5) NEW, 10-1S, 10-1 PENALTIES 4, 10-1-1 PENALTIES.

2020 Girls Lacrosse Points of Emphasis

1. Starts and Restarts
2. Delay of Game – Self-start
3. Repeated Fouls

Baseball Rules Changes—2020

3-1-4: Designated Hitter (DH) can be used in two ways. The DH can be listed as the tenth starter replacing one of the other nine players when it is their turn to bat. The other method is that any one of the starting defensive players can be their own DH (in effect having two positions) within the confines of the rule requirements. **Rationale:** This rule change assists coaches with an alternative to keep their better players in the game to contribute to the offensive output of the team and give another player a chance to participate on defense. In addition, considering the pitch count rules, this change would help pitchers to keep their bat in the game, but can come out of the game defensively to protect their arms from overuse.

2020 BASEBALL EDITORIAL CHANGES

1-3-2b1, 3-1-1, 4-1-3b, 4-2-4, 5-1-1f5, 7-4-1, 8-3-3c, Dead Ball and Delayed Dead Ball Table, Baserunning Awards Table and Rules by State Association Adoption.

2020 BASEBALL POINTS OF EMPHASIS

1. Game Ending Procedures
2. Player/Designated Hitter
3. Proper Pitching Positions
4. Force Play Slide Rule
5. Enforcement of NFHS Jewelry Rule
6. Compliance of Player's Equipment

Track and Field & Cross Country Rules Changes—2020

4-6-5g, 8-6-1e: Clarifies that a competitor should not be penalized for helping another competitor who is distressed or injured when no advantage is gained by the competitor who is assisting.

Rationale: The committee believes when no advantage is gained by a competitor helping a distressed or injured competitor, the competitor assisting should not be penalized for exhibiting good sportsmanship.

5-3-3 & 4, 5-10-6 thru 11: Clarifies that in the 4x100-meter relay and 4x200-meter relay, and other relays with legs of 200 meters or less, each exchange zone will be 30 meters long. All exchange zones for races in excess of 200 meters will remain at 20 meters.

Rationale: In the 4x100-meter relay and 4x200-meter relay, and other relays with legs of 200 meters or less, each exchange zone will be 30 meters long. All exchange zones for races in excess of 200 meters will remain at 20 meters.

6-2-6: Clarifies that it is illegal to run backward or in the opposite direction (non-legal direction) on a horizontal jump, pole vault or javelin runway.

Rationale: This change promotes a more organized and efficient warm-up period.

6-3-2-b-4-a: This change provides metric measurements for tie-breaking jump-offs for vertical jumps.

Rationale: The committee established appropriate metric increments for tie-breaking jump-offs in the vertical jumps.

6-9-5: The length of long jump and triple jump pits constructed after 2019 shall be at least 23 feet (7 meters).

Rationale: Clarifies the language of the 2019 rule change for long jump and triple jump pits and ensures pit measurements are within industry standards for safety.

8-1-1: Clarifies cross country course markings.

Rationale: The reorganization of the rule states that a course should be clearly marked with any or all of the methods listed in the rule.

8-1-3: Clarifies cross country course layouts.

Rationale: This rule change will not eliminate courses that may be used for smaller meets with limited numbers of participants. The additional language provides a recommended minimum distance for straightaways at the start of all meets.

2020 Editorial Changes

5-11-1: A relay team shall pass their baton in accordance with the rules.

Rationale: Clarifies that a team finishes the race with the same baton that it used at the start of the race.

2020 Editorial Changes

5-1-5, 6-8-10d

2020 Points of Emphasis

1. Meet Administration
2. Exchange Zone
3. Assisting Injured Athletes

Softball Rules Changes—2020

1-5-1e, 2-4, 2-4-3, 7-4-2 PENALTY NOTE: Damaged bats are defined. **Rationale:** Clarifies that a damaged bat is removed from the game without penalty.

6-1-1: Prior to starting the delivery (pitch), the pitcher shall take a position with the pivot foot in contact with the pitcher's plate. **Rationale:** Clarifies that the pivot foot must be in contact with the pitcher's plate, rather than on the top surface of the pitcher's plate.

9-1-1 EXCEPTION c: A run is not scored if the runner advances to home plate during action in which the third out is made by the preceding runner who is declared out on an appeal play. **Rationale:** Clarifies that on any appeal play, a run is not scored if the third out is made by a preceding runner.

2020 SOFTBALL MAJOR EDITORIAL CHANGES

1-1-7: Clarifies that game management or a state administrator may establish a dead-ball media area within the confines of the field, but that area will remain a dead-ball area throughout the game.

1-5-1d: Updates to add the new USA Softball All Games certification mark.

8-4-3d PENALTY: Clarifies that the batter-runner, not the batter is awarded bases when a fielder intentionally contacts the ball with detached equipment.

2020 SOFTBALL EDITORIAL CHANGES

1-2-3, 2-22-4, 2-57-3, 3-4-1c, 7-1-2 PENALTY 2

2020 SOFTBALL POINTS OF EMPHASIS

1. Bat certification marks and USA Softball's list of Non-Approved Bats with Certification Marks
2. Damaged bat vs. illegal bat penalties
3. Contact with the pitcher's plate
4. Inspection of equipment