

## Interscholastic



### Notes and Updates

#### Basketball Tournament Passes—

Any person wishing to purchase an adult or student all-tournament pass, or a 10-session pass, to the MPA Basketball Tournaments should contact Patty Newman at [pnewman@mpa.cc](mailto:pnewman@mpa.cc). These passes may be used at any venue and are a cost savings to those people attending multiple games.

**Eighth Graders and High School Practices—**Schools are reminded that eighth grade student/athletes are not permitted to practice with high school teams. This is true for the individual sports (wrestling, indoor track, etc.) as well as team sports (basketball, ice hockey, etc.). The only exception to this policy is for schools with enrollment fewer than 60 boys or 60 girls. In these schools, eighth graders may practice and play with the high school team in the team sports of field hockey, football, soccer, volleyball, basketball, ice hockey, baseball, softball, and lacrosse.

**Eligibility Committee—**The final meeting of the MPA Eligibility Committee is scheduled for March 9, 2020.

**Fundraising—**A reminder that the use of athletes in any fundraising activity outside of the sport season is a violation of the Sport Season Policy. Boosters, along with coaches, may participate in fundraisers throughout the school year.

**Athletes Competing As Cooperative Individuals—**Schools are reminded that a minimal number of individuals may compete with another school in the sports of tennis and outdoor track. The administrators of both the participating schools must approve the arrangement by filing the Cooperative Individual Form with the Maine Principals' Association prior to the start of the season. The school where the individual is enrolled (sending school) is responsible for registering the athlete's eligibility on the appropriate online form. The sending school is also

responsible for putting the receiving school's coach on its coaches' eligibility list. The sending school is not required to submit a schedule.

The school receiving the individual on it's team is responsible for filing the team's schedule. Individuals must practice and attend meets/matches with their cooperative teams.

**Ice Hockey—**All ice hockey schools hosting a varsity contest must have the athletic director, administrator, or designee in attendance at all home ice hockey games. The school's representative must notify the arena management and officials who the school's representative is prior to the contest.

**Indoor Track Championships—**The Class B Indoor Track Championships will be held at Bates College on Saturday, February 15, 2020 with a 12:00 p.m. start. The Class A Championships will be held at the University of Southern Maine on Monday, February 17, 2020 with a 12:00 p.m. starting time.

**New England Championship Dates—**Indoor Track, February 29, 2020, Reggie Lewis Track and Athletic Center of Roxbury Community College; Wrestling, March 7-8, 2020, Methuen High School, Methuen, MA; and Cheerleading, March 15, 2020, TBD.

**NFHS Uniform Rule—**Schools planning to order new uniforms should check with their sales representative to make sure that the new uniforms will meet the NFHS uniform rule in that sport.

**Spring Cooperative Team Application—**The deadline to apply for a cooperative team this Spring is Thursday, January 16, 2020. For a copy of the application, please click [HERE](#).

## MPA Hall of Excellence

Nominations are now being accepted for the 2020 class of the *MPA Hall of Excellence*. If you have had an athlete, a coach, or an administrator that has had a significant impact on high school activities in Maine, please consider nominating that individual. Also, consider outstanding officials, adjudicators, media, or health care providers that may have had a similar type of impact.

Click [HERE](#) to access the *MPA Hall of Excellence* materials.

## 10th Annual Larry LaBrie Award

The MPA is calling for nominations for this prestigious award. The deadline is January 24, 2020. Last year's recipients were Chris Branch, Al Halliday, and Phil Mateja.

Please contact Mike Burnham for further information.

Click [HERE](#) for the nomination form.

## Sportsmanship Voting

The following dates have been established for voting for sportsmanship this winter. Schools are encouraged to involve student athletes in the process of determining the recipients of their sportsmanship vote.

*Cheering*—1/27-1/31

*Wrestling*—2/3-2/7

*Girls' Ice Hockey*—2/3-2/7

*Indoor Track*—2/3-2/7

*Basketball*—2/10-2/14

*Skiing*—2/3-2/7

*Swim*—2/3-2/7

*Boys' Ice Hockey*—2/24-2/28

*Unified Basketball*—3/2-3/6

Continued on Page 2

## Cheering Music Compliance Forms

A reminder to those schools participating in the Regional Cheering Championships on Saturday, January 25, 2020 that the “Music Copyright Compliance Form” must have been submitted to Tammy (tmcnear@mpa.cc) prior to the event.

Please click [HERE](#) for “Music Copyright Compliance Form”

## Alpine and Nordic Ski Championships

All Nordic ski races should have a sweeper to help account for the safety of all racers. The MPA Ski Committee has changed the Nordic championships to a two-day pursuit format. Skiers will have a classical race on day one and the finish from day one will determine the start for the freestyle race on day two. The change should make for an exciting finish on day two of the pursuit. Top 10 awards will be presented for Classical, Freestyle, and the Pursuit.

The following is a list of the 2020 Ski Championship venues:

- Thursday, February 13 ~ Alpine Class A Giant Slalom at Shawnee Peak in Bridgton
- Friday, February 14 ~ Alpine Class A Slalom at Shawnee Peak in Bridgton
- Monday, February 17 ~ Nordic Classes A, B and C (separate races) Classical at Titcomb Mountain in Farmington
- Tuesday, February 18 ~ Nordic Classes A, B and C (separate races) Freestyle Pursuit at Titcomb Mountain in Farmington
- Wednesday, February 19 ~ Alpine Class B Giant Slalom at Black Mountain in Rumford
- Thursday, February 20 ~ Alpine Class B Slalom at Black Mountain in Rumford

## Spirit of Sport Award

The MPA is pleased to partner with the NFHS (National Federation of High Schools) to support the “National High School Spirit of Sport Award.” This award recognizes any student athlete, coach, athletic administrator, or other person associated with a school or the school’s athletic program, who exemplify the ideals of the positive spirit of the sport. The award may be given in recognition of a specific act or for an activity of larger duration that occurred during the previous year.

Examples of individuals (groups) that could be nominated would be: 1) someone that has demonstrated exemplary sportsmanship and/or citizenship in playing the game as it should be played; 2) someone that has exceeded normal expectations in assisting others within the school or community; or 3) someone that has overcome adversity or a challenging circumstance.

If you would like to nominate a person, please contact Tammy McNear (tmcnear@mpa.cc) for an application.

## NCAA Eligibility Center Updates

The NCAA Eligibility Center has updated many of the resources that are available for college bound student-athletes.

There have been significant changes in the recruitment of boys’ basketball players, including such topics as:

- Official/unofficial visits
- Recruiting Calendars
- Scholastic Events

To access the updated resources available through the Eligibility Center, please click on the link below.

[www.eligibilitycenter.org](http://www.eligibilitycenter.org)

## Awareness / Appreciation Games

Congratulations to those schools that held a special awareness or appreciation game this fall!

The winter season may provide an opportunity to continue to participate in these very worthwhile events.

## Notes and Updates . . .

**Swim Meet Results**—All regular season results need to be e-mailed to the statistician. Send both boys’ and girls’ results to Ritchie Palmer via e-mail (sunseekr@myfairpoint.net). The HY-TEK Meet Manager is required for reporting all regular season meet results. The host team will be responsible for e-mailing a Meet Manager back-up to the statistician within 72 hours of the meet.

**Sunday Competitions**—A reminder that the MPA policy prohibits the scheduling of any countable contest on Sunday. The scheduling of practices on Sunday is a local decision.

**Transfer Students**—The MPA Transfer Rule prohibits a student that transfers after the first countable contest (December 6, 2019), with or without a corresponding change of address, from competing at the varsity level. Those students may participate at the sub-varsity level.

**Unified Basketball**—The Unified Basketball season is set to begin on Thursday, January 2 as the first day of practice. The first game may take place on Tuesday, January 21, 2020. Unified Basketball is continuing to grow in Maine with six schools sponsoring new teams for the 2020 season. For those schools just beginning click [HERE](#) for the General Rules of Play and click [HERE](#) for the Unified Basketball Score Chart. We wish all teams the best of luck this season!

**Updating Bulletins**—Athletic administrators and coaches should be aware that athletic bulletins may be updated right up to the championships of each sport season.

## USM Athletic Coaching Survey

USM is currently conducting a survey in regard to offering an Athletic Coaching Major through their College of Education.

Please click [HERE](#) for a copy of the survey.

## NFHS Heart of the Arts Award

The NFHS has developed its “National High School Heart of the Arts Award,” which will be conferred to eight section winners as well as one national winner. The recipient must be an individual from a high school that is a member of an NFHS-member athletic or activity association.

The recipient could be any student, adult, or group associated with the school’s performing arts program. This award, which is similar to the Spirit of Sport Award, covers a plethora of performing arts disciplines: Music, Speech, Debate, Theatre, Visual Arts, and other performing arts activities that state associations may sponsor.

This award seeks to recognize those individuals who exemplify the ideals of the positive heart of the arts that represent the core mission of education-based activities. The award may be given in recognition of a specific act or for an activity of longer duration.

For example, it could be awarded to an individual (or group) that:

- \* has demonstrated exemplary “heart,” sportsmanship and/or citizenship in participation as it should occur;
- \* has exceeded normal expectations in assisting others within the school or community; or
- \* has overcome adversity or a challenging circumstance.

In the instance of a student, that student must be in good academic standing within his or her respective high school. Among the qualifying criteria that will be used are the student’s grade-point average, the activities in which he or she is involved, and community involvement.

Other candidates should possess similar positive character traits, such as a high level of integrity and ethics.

The nomination must be for something that occurred between January 1, 2019 and January 31, 2020. Nominated individuals do not necessarily need to still be enrolled in high school at the time of the nomination.

The NFHS seeks to identify worthy award recipients by nominations submitted by the membership. Those nominations may be made by member high school associations, or by high schools, or performing arts associations working through the member high school associations. In the instance of a nomination originating from a high school or performing arts association, it must be forwarded to the Maine Principals’ Association to Michael Bisson [mbisson@mpa.cc](mailto:mbisson@mpa.cc) for a nomination form.

The MPA would then review all nominations, select the one nomination it deems worthy, sign the nomination form indicating its endorsement and approval, and forward it to the NFHS. Each state association may submit just one nominee to the NFHS.

If an NFHS-member state association has a candidate it wishes to nominate, please complete and return this nomination form to the NFHS no later than January 24, 2020.

This nomination form is the primary criterion in the nomination process. Support materials are welcome, but not required. We would ask that you limit your support materials to a reasonable number. Please also submit a color photograph of the nominee(s).

## Dartmouth Relays

This year the Dartmouth Relays have changed from a traditional Friday and Saturday Indoor Track meet to Saturday, January 11 and Sunday, January 12, 2020.

Because of this change, the Sunday rule kicks in for Maine schools. Schools may not list any Sunday competition as one of their countable meets because of our Sunday rule. It would be a local decision if they want to consider it an “exhibition” meet with no qualifying marks. Any Saturday only participation may be countable.

## Speech and Debate

The Maine Principals’ Association has continued the partnership with the Maine Forensics Association (MFA) for 2019-2020 in sponsoring Speech and Debate for the students in Maine. Upcoming championships events for Speech and Debate are listed below. For a complete list, please go to the MFA website at [www.maineforensic.org](http://www.maineforensic.org).

- ◆ January 18, 2020 ~ Maine NSDA Congressional Debate District Tournament, Maine State House, Augusta
- ◆ January 25, 2020 ~ Maine State Championship, Lewiston High School
- ◆ February 8, 2020 ~ Maine NSDA District Speech and Debate Tournament, Greely High School, Cumberland
- ◆ February 15, 2020 ~ NCFL Qualifying Tournament, Poland Regional High School

## New ACL Injury Prevention Course Available on NFHS Learning Center

A new online education course regarding ACL injury prevention is now available on the National Federation of State High School Associations (NFHS) Learning Center, thanks to a partnership between the NFHS and Hospital for Special Surgery (HSS).

The *ACL Injury Prevention* course is part of a sponsorship agreement between the NFHS and the NFHS Network, and HSS, the leading orthopedic hospital in the United States located in New York City. HSS is ranked No. 1 in orthopedics for the ninth consecutive year in 2018-19 by *U.S. News & World Report*. The course is available free of charge on the NFHS Learning Center at [www.NFHSLearn.com](http://www.NFHSLearn.com).

While the course is designed to help coaches reduce the risk of ACL injuries to their student-athletes, it can be beneficial for administrators, students, parents, and others as well. The course deals with the causes of ACL injuries, how to identify and correct movement deficiencies that can lead to these injuries, and how to effectively lead a neurodynamic warm-up before practices and games.

Through the partnership, the NFHS and HSS hope to build a program that delivers national awareness around ACL injury prevention and related sports safety information.

"We appreciate the work of the experts at Hospital for Special Surgery to provide this tremendous resource for high school students, parents, coaches, and administrators," said Dr. Karissa Niehoff, NFHS executive director. "These type of knee injuries can sideline athletes for long periods of time, so the availability of prevention strategies will be a tremendous resource for everyone involved in high school sports."

"We are thrilled to now offer our digital workshop to NFHS' vast coalition of over 3 million people," said Joseph Janosky, director of HSS Sports Safety. "Since its creation, our program has positively impacted coaches by providing them with tools to reduce the risk of ACL injuries for young athletes."

As a part of the agreement, the NFHS Network will promote the ACL course throughout the year during the expected 100,000 events that will be streamed during the 2018-19 school year at [www.NFHSENetwork.com](http://www.NFHSENetwork.com). The NFHS Network, a joint venture between the NFHS and its member state associations, and PlayOn! Sports, is in its sixth year of streaming high school sports and activities through its first-of-its-kind, all-digital network.

"This is a great opportunity both for the NFHS Network and for HSS," said Mark Koski, CEO of the NFHS Network and NFHS director of marketing. "Through advertisements and videos, we will be able to share the messages of ACL injury prevention with the thousands of viewers on the NFHS Network and also help to promote the online course. We look forward to this partnership with HSS."

Since its founding in 2007, the NFHS Learning Center has delivered almost eight million online education courses. The Coach Education Program started with two courses – *Fundamentals of Coaching* and *First Aid for Coaches* – and now boasts 65, including 31 that are available free of charge.

In addition to 16 sport-specific courses for coaches, the Learning Center offers eight sport-specific officiating courses, as well as *Teaching Sports Skills* and *AACCA Spirit Safety Certification*. In addition to the ACL Injury Prevention course, some of

the other new free offerings are *Protecting Students from Abuse*, *Understanding Copyright and Compliance*, and *Adjudicating Speech and Debate*.

The most popular course has been the *Concussion in Sports* course with four million courses delivered. Other popular free courses are *Heat Illness Prevention*, *Sportsmanship*, *Sudden Cardiac Arrest*, and *Bullying, Hazing, and Inappropriate Behaviors*.

"We are excited to add the new *ACL Injury Prevention* course to our Learning Center, and to be able to offer free of charge helps to ensure that more individuals will take advantage of this great resource," said Dan Schuster, NFHS director of educational services. "We appreciate the work of the HSS staff and the opportunity to offer the course to high school students, parents, coaches, and others."

---

## NOCSAE Issues Warning About Counterfeit Lacrosse Balls

The National Operating Committee on Standards for Athletic Equipment (NOCSAE) is warning lacrosse players, coaches and teams to use caution when purchasing lacrosse balls online.

NOCSAE is taking aggressive steps to stop the sale of counterfeit lacrosse balls by multiple illegitimate vendors, primarily on the Internet. In recent months, NOCSAE has worked with Amazon, GoDaddy and other online shopping platforms to shut down vendors selling lacrosse balls that have not been certified to the NOCSAE standard.

"Without proper testing and certification to the NOCSAE standard, these counterfeit lacrosse balls could pose safety risks for players," said NOCSAE Executive Director Mike Oliver. "Consumers should also be aware that many of the counterfeit lacrosse balls appear to have the proper NOCSAE and Safety Equipment Institute (SEI) logos, but the vendors in question are not registered licensees and the balls fail to meet the NOCSAE standard."

Consumers should not rely solely on the presence of on-ball marking to assess whether lacrosse balls meet the NOCSAE standard. To ensure these products have been certified to the NOCSAE standard, NOCSAE recommends checking the name of the manufacturer and the ball model against the certified product list available on the Safety Equipment Institute (SEI) website ([www.seinet.org](http://www.seinet.org)).

US Lacrosse, the National Collegiate Athletic Association (NCAA) and the National Federation of State High School Associations (NFHS) require that all balls used in lacrosse games meet the NOCSAE standard to help protect players from potential safety risks. In addition, all three governing bodies strongly encourage the use of balls that meet the NOCSAE standard for all practice games. The NOCSAE standard for newly manufactured lacrosse balls includes specifications and performance requirements related to weight, density, size and other quality controls.

NOCSAE will continue to provide updates on this issue as new information becomes available. More information on all NOCSAE standards is available at [www.nocsae.org](http://www.nocsae.org).