

MIAA RULE CHANGE PROPOSALS FOR 2011-2013

The following reflects Rule Change Proposals that have been submitted as permitted in the Procedure for Requesting A Rule Change, Rule 87, page 92 of the current MIAA Handbook. **Please note: Rule Change Proposals list Current Rule (as in handbook now), Proposal, and Rationale.** All responding groups should review the proposals and forward their recommendations, using the attached form, to MIAA Assistant Director, Dick Baker. Although changes should not be made on the original proposals, any group may make amendments, which will be included in the report passed on to the next group in the process.

The MSSADA and all MIAA Administrative Committees are welcome to act on each rule change proposal. In the section on Sport Specific Rules (rule change proposals 12-28 within this packet) MIAA sport committees and coaches' associations should only act on general rules (rules 1-11 and 29-30) and rules for their own sport.

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

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

REVIEWING BODY ACTIONS MUST REFLECT THE ACTUAL VOTE

1. MIAA Sport Committees, MIAA Administrative Committees, and Presidents of MIAA recognized State Sport Coaches' Associations votes are due to the MIAA by December 1, 2010.
2. The Massachusetts Secondary School Athletic Directors Association (MSSADA) votes are due to the MIAA by February 1, 2011. The MSSADA should not act until they have the packet that includes all earlier votes.
3. The MIAA District Athletic Committees (DAC) votes are due to the MIAA by March 1, 2011. The DAC's should not act until they have the packet that includes all earlier votes.
4. The MIAA Board of Directors will act upon proposals by May 15, 2011.
5. The Massachusetts Interscholastic Athletic Council will act upon all proposals by June 1, 2011.

1. **Page 20**

Part II Rule: New: Thunder & Lightning Policy

By: Thomas Holdgate, Director of Athletics, Duxbury High School

Proposal:

Thunder & Lightning Policy: Applies to regular season through MIAA Finals:

- 1) Thunder and lightning necessitates that contests be suspended. The occurrence of thunder and/or lightning is not subject to interpretation or discussion - thunder is thunder, lightning is lightning.
 - a) With your site administrator, set up a plan for shelter prior to the start of any contest.
- 2) When thunder is heard and/or when lightning is seen, the following procedures should be adhered to:
 - a) Suspend play and direct participants to go to a shelter, a building normally occupied by the public or if a building is unavailable, participants should go inside a vehicle with a solid metal top (e.g. bus, van, car).
 - b) Do not permit people to stand under or near a tree; and have all stay away from poles, antennas, towers and underground watering systems.
 - c) After thunder and/or lightning have left the area, wait 30 minutes after the last boom is heard or strike is seen before resuming play or competition.

Rationale:

To create a statewide safety standard

REVIEWING BODY ACTION:

Baseball Committee
Basketball Committee
Cross Country & Track Committee
Boys' Lacrosse Committee
Field Hockey Committee
Football Committee
Girls' Lacrosse Committee
Golf Committee
Gymnastics Committee
Ice Hockey Committee
Ski Committee
Soccer Committee
Softball Committee
Sportsmanship Committee
Swimming & Diving Committee
Tennis Committee
Volleyball Committee
Wellness Advisory Committee
Wrestling Committee
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2. **Page 32**
Part III, Rule 34: Recognized Sports, And Scheduling Limits for Schools
By: Thomas Holdgate, Chairman Golf Committee

Current:

34. Recognized Sports, And Scheduling Limits for Schools

	<i>Maximum # of Competitions</i>	
<i>Sport</i>	<i>Per Season</i>	<i>Per Week</i>
<i>Golf</i>	20	3

Proposal:

The Golf Committee would like to increase the maximum number of competitions in golf from 3 to 4 per week.

Rationale:

In the fall season many schools cannot use their home courses until after Labor Day and most can never use their course on weekends. In the spring, many courses are not open until April and also do not allow schools to use their courses on weekends. This makes it extremely difficult to complete a full season of 20 matches. Golf has different physical demands when compared with other sports so that 4 matches per week will not have an adverse affect on student-athletes.

REVIEWING BODY ACTION:

- Baseball Committee
- Basketball Committee
- Cross Country & Track Committee
- Boys' Lacrosse Committee
- Field Hockey Committee
- Football Committee
- Girls' Lacrosse Committee
- Golf Committee
- Gymnastics Committee
- Ice Hockey Committee
- Ski Committee
- Soccer Committee
- Softball Committee
- Sportsmanship Committee
- Swimming & Diving Committee
- Tennis Committee
- Volleyball Committee
- Wellness Advisory Committee
- Wrestling Committee
- Game Officials Committee
- Basketball Coaches Assoc
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MSSADA
MIAA Board of Directors
MIAC

3. Page 32
Part III, Rule 34: Recognized Sports, And Scheduling Limits for Schools
By: Executive Board of the M.S.H.C.A. and MIAA Ice Hockey Committee

Current:

34. Recognized Sports, And Scheduling Limits for Schools

<u>Sport</u>	<u>Maximum # of Competitions</u>	
	<u>Per Season</u>	<u>Per Week</u>
Ice Hockey	20	3

Proposal:

All schools are permitted to choose to play up to 22 maximum games (inclusive of exclusion games).

Rationale:

To encourage more participation, all schools could schedule 22 games whether playing Exclusion Schools or not. This rule is consistent with National Federation Hockey Rules.

REVIEWING BODY ACTION:

Baseball Committee
Basketball Committee
Cross Country & Track Committee
Boys' Lacrosse Committee
Field Hockey Committee
Football Committee
Girls' Lacrosse Committee
Golf Committee
Gymnastics Committee
Ice Hockey Committee
Ski Committee
Soccer Committee
Softball Committee
Sportsmanship Committee
Swimming & Diving Committee
Tennis Committee
Volleyball Committee
Wellness Advisory Committee
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4. Page 38
Part III, Rule 40: Out-of-Season Coach-Athlete Contact Limitations
By: Kathy Swain, Athletic Director, Norfolk County Agricultural High School

Current:

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

Proposal:

High School Coaches (paid or volunteer) of one sport may be involved in an Out-of-Season activity of another sport during the off season for that sport provided that coach does not coach at the varsity level.

Rationale:

Limiting the amount of quality coaches available to programs. Volleyball Out-of-Season programs happen during the winter months - saying "summer only" is discriminating to some sports.

REVIEWING BODY ACTION:

Baseball Committee
Basketball Committee
Cross Country & Track Committee
Boys' Lacrosse Committee
Field Hockey Committee
Football Committee
Girls' Lacrosse Committee
Golf Committee
Gymnastics Committee
Ice Hockey Committee
Ski Committee
Soccer Committee
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5. Page 38
Part III, Rule 40.7 Out-of-Season Coach-Athlete Contact Limitations
By: Ted Flaherty, Head Coach, Ipswich High Football

Current:

40.7 Fall coaches may address eighth grade students once after June 1st during an advertised meeting for the singular purpose of providing organizational information about physicals and practice schedules for their fall season.

Proposal:

Change the date for first contact allowed with eighth graders from June 1st to May 1st.

Rationale:

June is a short month (2-3 weeks) full of many end of school activities including Field Days, field trips, exams and planning for the summer to name a few. It is hard for a student/athlete to digest all the information that sport teams give to them for reasons to play their sport. Parents and students need time to make careful choices after a coach explains the benefits and time commitment of their sport. 9th grade is when students get exposed to Educational Athletics (as explained on MIAA webpage) and start to realize that quite frequently it is a much higher level of commitment than the years of Youth sports they have been involved in. If May 1st was the date of first contact then the student/athlete and their family could make a more thoughtful choice and have time to inquire.

REVIEWING BODY ACTION:

Baseball Committee
Basketball Committee
Cross Country & Track Committee
Boys' Lacrosse Committee
Field Hockey Committee
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6. Page 47
Part IV, Rule 51: Student Eligibility: Baseline Eligibility Requirements
By: Provincetown School Committee

Current:

51. Student Eligibility: Baseline Eligibility Requirements

For a student to practice with, or to represent a MIAA member school in athletic competition, the student must be duly enrolled in that school. Additionally, the student must be a candidate for that school's diploma, subject to the jurisdiction of that school's principal (i.e. the principal must have the authority to suspend the student from classes), and under the supervision of that school principal (i.e. the principal must have control and knowledge of the student's daily attendance and achievement).

Proposal:

Suggest the following improvement to Rule 51: A student who is duly enrolled in an MIAA Member School, and who wishes to play a sport that is not offered at the school where that student is enrolled, may apply to another MIAA Member School and be allowed, if the way be clear to play that sport for that school while remaining academically and as a candidate for diploma at the school where the student is duly enrolled. The following conditions must be agreed to in writing by the principals of both schools.

- Principals receive daily reports of the student's attendance and achievement; and
- Principals certify the student is eligible by all other MIAA and local standards that must be satisfied by the student's teammates.

Rationale:

The current policy penalizes the athletes participation in school sports because of declining enrollment, which is beyond their control. This further exasperates the declining enrollment dilemma for the school district because it discourages other children and parents from enrolling in that school.

The proposed improvement to Rule #51 continues to offer quality sports programs to **all students** while maximizing the delivery of activities during declining enrollment and financial resources.

REVIEWING BODY ACTION:

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Basketball Committee
Cross Country & Track Committee
Boys' Lacrosse Committee
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7. Page 49
Part IV, Rule 53: Student Eligibility: Middle School Students on Senior High Teams
By: Sarah Shaw, Director of Athletics, Monson High School

Current:

53. Student Eligibility: Middle School Students on Senior High Teams

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

Proposal:

Seventh and Eighth grade participation on high school athletic teams will be determined by the district’s own school committee.

Rationale:

Currently, the rule allows 7-12 grade high schools under one principal unlimited middle school participation. High Schools that are 9-12 must seek the approval of the District Committee after obtaining a majority vote of the League Members.

The current rule provides an unequal playing field and has contributed to much discussion as to why one school would have to ask for approval, while the other is automatically granted. It is the belief of many that a districts school committee should make the best decision for its constituents, and in doing so, would alleviate the inequity of the current rule.

There are many schools that rely upon middle school students in order for their high school teams to survive. It is difficult to explain to middle school students and community members at one school that they are not eligible to participate simply because their school district is under the jurisdiction of two principals, while the district “next door” allows for unlimited participation.

REVIEWING BODY ACTION:

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Basketball Committee
Cross Country & Track Committee
Boys' Lacrosse Committee
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8. Page 52
Part IV, Rule 57.3 and 57.3.2 Transfer Students
By: Dick Baker, Assistant Director, MIAA

Proposal:

Eliminate Form 100

Rationale:

Form 100 is no longer needed. Form 200 does the same thing and more and should be used for all transfers who wish to participate in athletics.

REVIEWING BODY ACTION:

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Tennis Committee

Volleyball Committee
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9. Page 53
Part IV, Rule 57.6.2 Transfer Students
By: Dick Baker, Assistant Director, MIAA

Current:

57.6.2 Foreign athletes who are not in this country under the auspices of a [CSIET](#) approved program or attending a MIAA member school as the direct result of the change in residence of the parents, shall not be eligible for interscholastic athletics regardless of the length of stay in this Country.

Proposal:

Change – “*shall not be eligible for interscholastic athletics*” to “shall not be eligible for *varsity* interscholastic athletics”...They could be eligible for sub varsity competition with a waiver.

Rationale:

Many states allow non-CSIET students to compete at the sub varsity level and this (with a waiver) would then give them the chance to experience athletic competition.

REVIEWING BODY ACTION:

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10. Page 55
Part IV, Rule 62 – Chemical Health
By: MIAA Student Services

Current:

Minimum PENALTIES:

First violation: When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests totaling 25% of all interscholastic contests in that sport. No exception is permitted for a student who becomes a participant in a treatment program. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 25% of the season.

Proposal:

First violation: When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contest totaling 25% of all interscholastic contests in that sport. *If the violation is alcohol related the student will successfully complete an MIAA approved 90 minute, science-based, online alcohol education course designed for high school aged youth before returning to interscholastic contests.* No exception is permitted for a student who becomes a participant in the treatment program. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 25% of the season.

Rationale:

- Part of the MIAA’s mission is to “promote interscholastic athletics that provide *lifelong* and *life-quality* learning experiences to students while enhancing their achievement of educational goals.” Loss of eligibility alone is not sufficient to prevent further infractions. While it is definitely a deterrent, especially to competitive athletes, students should also be actively engaging in learning. This will help them make healthier decisions and avoid future problems in their lives.

Over the MIAA’s tenure of promoting wellness, alcohol violations are clearly a preponderance of concern. Continually our administrators are looking for more than a punitive penalty to compliment an educational component of the standard (attached). The deterrent standard in place needs a complimentary educational component. It is apparent a punitive standard is not sufficient.

- This new rule is more proactive as a means of preventing a second infraction. If a student athlete has a second offense, gets hurt, or worse, after their first infraction the question will likely be

“What did you do to prevent it from happening again?” Loss of eligibility will likely be viewed as a “punitive punishment” versus taking a step to prevent “foreseeable harm.”

In addition, as a bi-product to this rule, change can provide statistical data regarding violations, something that Principals have been requesting for years.

The approved scientific based program is Alcohol EDU for Youth. The cost is \$45.00 which will be paid by the student/parent.

REVIEWING BODY ACTION:

Baseball Committee
Basketball Committee
Cross Country & Track Committee
Boys' Lacrosse Committee
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**11. Part IV, New Rule - Gambling
By: MIAA Student Services**

Proposal:

Add Rule: - Gambling

Member school staff members, coaches and student athletes shall not participate in any gambling activity that involves interscholastic athletics through a bookmaker, parlay card, or any other method employed by organized gambling and/or amateur gambling.

Penalty - Identical to Chemical Health Rule for student athletes and/or coaches

Penalty - for violations by other school officials - at the discretion of the Board of Directors

Rationale:

MIAA Position on Gambling:

The MIAA promotes educational athletics. The MIAA Student Services Department and MIAA Wellness Advisory Committee recommend a standard be adopted by the Association regarding any form of gambling related to Educational Athletics. Sports wagering has the potential to undermine the integrity of sports contests, and jeopardizes the welfare of student-athletes and the interscholastic athletics community. Sports wagering demeans the competition and competitors alike by a message that is contrary to the purposes and meaning of educational athletics.

Research on gambling behaviors of 20,000 NCAA student-athletes, ref. NCAA News, Spring 2010. "Do anti-gambling messages help? Ninety-two 92 percent of male student-athletes who gamble while in college started in junior high or high school and that about half of these males and nearly one-third of female student-athletes see sports wagering as harmless. Also, 90 percent of males and 95 percent of females who reported receiving information from their school or the NCAA believe the materials discourage such activities. The most notable finding on prevention may be that student-athletes overwhelmingly pointed to coaches, teammates and administrators as the best way to influence gambling behaviors. NCAA messages and the like can effect change, but discouragement by their immediate athletics family seems to capture student-athletes' attention".

MIAA should adopt an anti-gambling message. MIAA messages can likewise effect change.

REVIEWING BODY ACTION:

- Baseball Committee
- Basketball Committee
- Cross Country & Track Committee
- Boys' Lacrosse Committee
- Field Hockey Committee
- Football Committee
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- Ice Hockey Committee
- Ski Committee
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- Sportsmanship Committee
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12. Page 60
Part V, Rule 65.4 - Baseball
By: Richard A. Carey

Current Rule:

65.4 Metal bats may be used, but they must meet the safety specifications adopted by the National Federation. All non-wood bats shall meet the Ball Exit Speed Ration (BESR) performance standard and such bats shall be labeled with a silk screen or other permanent certificate mark.

Proposal:

Effective for the 2011 season, only wooden bats (preferably ash) will be permitted in high school baseball.

Rationale:

Safety – Integrity – Legitimacy – Litigation

1. Safety – Science logic, reason, and our senses demonstrate the irrefutable fact that metal bats which hit baseballs faster, harder and farther than wooden bats do are more dangerous than wooden bats. Players, coaches, umpires and fans alike, recognize and acknowledge this obvious fact. This compelling evidence should be more than enough reason for those of you on MIAA Committees in charge of the well-being of student-athletes to vote to ban the more dangerous metal bats and mandate the use of the safer wooden bats.
2. Integrity – The game played with metal bats is not really baseball at all. It is “bashball.” With much larger “sweet spots” metal bats hit balls farther, faster and harder more often than wooden bats do, which makes it not only more dangerous for fielders (especially pitchers), but they also produce more homers, hits and runs that result frequently in farcical, football-like scores reaching into the twenties and sometimes thirties.
3. Legitimacy – Kids using metal bats post bogus stats that may boost their egos. But metal pushers deny boys a chance to play real baseball and diminish their chance of becoming better batters.
4. Litigation – Last year a jury awarded \$850,000 to the Brandon Patch family, who had sued “Louisville Slugger.” Brandon, an 18 year old Montana pitcher, was killed in 2003 by a Louisville Slugger metal bat, laser-like line drive. A couple of years ago, metal bat manufacturers lost another law suit when their challenge of the New York City Council’s metal bat ban was shot down in court. If you continue to condone the use of dangerous weapons by those in your charge and a kid is killed or nearly killed, be assured that you too will be sued.

For these reasons and/or others of your own, you should support the rule change mandating a metal bat ban for the betterment of the game and for the well being of the boys playing the game. If you refuse to mandate the use of the safer wooden bats, those of you on the Baseball Committee in charge of what are now “defacto” metal bat tournaments, why (if you are really “pro-choice”) do you not run two tournaments (one using metal and the other wood) and give teams a real choice of playing in one or the other?

REVIEWING BODY ACTION:

Baseball Committee
Game Officials Committee
Sports Medicine
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Mass Baseball Coaches Assoc
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13. Page 60
Part V, Rule 65 – Baseball – new rule
By: Mary Ryan, Athletic Director, Rockport High School

Proposal:

A regulation game shall be declared, if a team is leading by 15 or more runs after 5 complete innings (or 4 ½ if the home team is ahead). The 15 run rule applies in tournament play and is also in effect for all games played during the regular season. Individual leagues are allowed to include a by-law or rule that reduces the number of runs, (less than 15) that places this rule into effect.

Rationale:

Softball has this rule and should be for baseball as well.

REVIEWING BODY ACTION:

Baseball Committee
Game Officials Committee
Sports Medicine
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14. Page 61
Part V, Rule 66.1 - Basketball
By: Sports Medicine Committee

Current Rule:

*66.1 Mouth guards are **highly recommended** for all basketball players while on the court.*

Proposal:

Mouth guards are **required** for all players in boys' and girls' basketball.

Rationale:

The MIAA Sports Medicine Committee has always been in the forefront of preventative sports medicine protection, based on recommendations of the medical community and sound, proven medical studies.

The studies on the rate of oral/facial injuries in both basketball and soccer show the need of oral protection. The use of mouth guards in these sports is being addressed by the NCAA and NFHS through ongoing research (and the use of mouth guards by Massachusetts student-athletes). Studies done by the University of North Carolina, Florida Dental Health Association, Journal of the American Dental Association and University of Texas Health Science Center at San Antonio Dental School, show proof of a high injury rate among basketball and soccer players without proper oral protection.

Coaches in soccer and basketball have stated health and safety concerns with mouth guard use in their specific sport-specifically dirt, pesticides, feces and fertilizer. There is research available; supporting that there has never been a case of a student-athlete being affected by illness or disease through the use of a mouth guard on a playing field of basketball or soccer.

In the sports that have mandatory mouth guard use (football, ice hockey, field hockey, lacrosse), there is no medical evidence of disease being passed through airborne contact or handling of mouth guards during competition. This includes, as an example, football linemen replacing mouth guards in their mouths following a group huddle in a mud-induced game.

The SMC has reviewed and discussed the "Mouth Guard Issue" for several years. We have studied the data and have heard from experts discussing the protective benefit of mouth guards. The SMC strongly supports the rule as it was written requiring the use of mouth guards.

According to the Academy of Sports Dentistry, basketball is considered one of the highest-risked sports for facial and head injuries. In fact, when mouth guards are not worn routinely when playing basketball, 34 percent of injuries are orofacial.

Furthermore, the National Youth Sports Foundation for the Prevention of Athletic Injuries, Inc. reports that dental injuries are the most common type of orofacial injury sustained during participation in sports. Victims of total tooth avulsions who do not have teeth properly preserved or replanted can face thousands of dollars in dental costs per tooth and many hours in the dentist's chair.

The MDS strongly urges the MIAA to uphold its basketball mouth guard requirement and to do everything possible to continue to enforce this regulation.

The National Federation Sports Medicine Committee is currently reviewing the adoption of a requirement for mouth guards in soccer and basketball.

Research studies are documented that currently support mandatory use.

Sports Medical Committee members welcome the opportunity to present their rationale to committees upon request.

Mouth guards for Soccer and Basketball are necessary protective equipment

The MIAA REQUIRES mouth guards to be worn during practice and game situations in the sports of soccer and basketball. The Sports Medicine Committee of the MIAA has reviewed the research and statistics and concludes that the use of mouth guards will prevent or greatly reduce the chance of the athletes suffering tooth damage or loss, jaw fractures, TMJ problems or damage to the lips, tongue and cheeks.

Organizations that recommend mouth guards for basketball and soccer include the American Dental Association, Massachusetts Dental Society, The Academy for Sports Dentistry, Massachusetts Academy of

Pediatric Dentistry, National Athletic Trainers Association, National Youth Safety Foundation, National Association of Secondary School Principals and the National Federation.

The current cost to have a fractured tooth bonded is approximately \$300. If the tooth needs a veneer or crown the cost is \$1200-\$1500. The national average for longevity of these restorations is 5-10 years, therefore over a lifetime of a high school student athlete a fractured tooth may cost \$8500-\$15,000 a tooth. If the tooth needs a root canal, the added fee is \$1000-\$1200. If a tooth is lost and an implant is placed the fee for the bone preservation, implant surgery, and restoration is approximately \$5000.

A properly fitted custom mouth guard is the best type for protection, comfort, breathing and speech, but any mouth guard will give much more protection than none at all. The cost of a mouth guard is minimal. The Massachusetts Dental Society has a program called "Grin and Wear It" in which dentists have agreed to make mouth guards at a reduced fee. Access to further information about this program is on the MIAA webpage.

REVIEWING BODY ACTION:

- Basketball Committee
- Game Officials Committee
- Sports Medicine Committee
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15. Page 61
Part V, Rule 66.5 - Basketball
By: Don Byron, President, MBCA

Current:

66.5 Three 60-second and two 30-second time-outs may be charged to each team during a regulation game. Each team is entitled to one additional 60-second time-out during each extra period. Unused time-outs accumulate and may be used at any time.

Proposal:

Five 60 second time-outs may be charged to each team during a regulation game. Each team is entitled to one additional 60-second time-out during each extra period. Unused time-outs accumulate and may be used at any time.

Rationale:

The change would eliminate the confusion that tends to occur as a time-out takes place. Valuable time is wasted as teams determine whether the time-out is a 30 second or full, whether to sit or stand, etc. The length of the game would be increased very little as a result.

REVIEWING BODY ACTION:

- Basketball Committee
- Game Officials Committee
- Basketball Coaches Assoc

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16. Page 62, 71, & 73
Part V, Rule 67.4, 73.3 and 75.3
By: MIAA Cross Country & Track Committee

Current:

Medical personal authorized by the Games Committee or Referee to do so may perform a hands-on medical examination during the progress of an event for any athlete who appears in distress. If in their opinion it is in the best interest of the athlete's health and welfare, they may remove the athlete from the competition (USATF Rule 144 - Sec. 3c - The following shall not be considered assistance: This rule was approved by the MIAA BOD for 2009-10 and 2010-11 school years).

Proposal:

Have Rule as currently stated as Rule 67.4, 73.3 and 75.3 become part of MIAA Handbook. Rule was approved by MIAA Board of Directors for the past two years.

Rationale:

For the safety of participants

REVIEWING BODY ACTION:

Track Committee
Game Officials Committee
MA State Track Coaches Assoc
TMC
District A
District B
District C
District D
District E
District F
District G
District H
MSSADA
MIAA Board of Directors
MIAC

17. Page 67
Part V, New Rule - Golf
By: Thomas Holdgate, Chairman Golf Committee

Proposal:

To allow a golf team to play as a mixed gender team and not have to add their female enrollment for the fall tournament.

Rationale:

The Golf Committee believes that schools with females participating on a fall golf team should not have to include their female enrollment when being inserted in tournament divisions. The Golf Committee is concerned that schools may not include females on their golf rosters because of the fear of being moved up to a higher division. The Golf Committee believes that the intent of mixed gender teams is not to hinder participation. By allowing schools with mixed gender status to be placed only by their male enrollment, it will allow for the optimum female participation in the sport of golf.

REVIEWING BODY ACTION:

- Golf Committee
- TMC
- District A
- District B
- District C
- District D
- District E
- District F
- District G
- District H
- MSSADA
- MIAA Board of Directors
- MIAC

18. Page 70

Part V, Rule 72 - New Rule – Ice Hockey

By: Executive Board of the M.S.H.C.A. and MIAA Ice Hockey Committee

Proposal:

School Leagues/Conferences with Ice Hockey are permitted to choose to play up to 17 minute periods during the regular season.

Rationale:

The MA State Hockey Coaches Association (MSHCA) proposes the MIAA **allow member leagues that wish** to increase the length of ice hockey periods to 17 minutes. Seventeen-minute periods are acceptable under NFHS rules and the change would increase participation for student athletes. Other state associations, such as Minnesota and Wisconsin successfully use the 17-minute periods.

The key reasons for the MSHCA wanting this change are to increase participation for the players and to fully use what we currently pay for. With school districts forced to asses user fees for athletics, and Principals and Athletic Directors looking at athletics through a cost per student athlete paradigm, the Coaches Association feels it would be in everyone’s best interest to allow an increase in game time, which would increase student participation. Coaches would be forced to use additional players through the course of the game to remain competitive. It would increase the amount of playing time for each player and would lower the per pupil cost of the sport of ice hockey.

One of the main concerns of school district administrators and the MIAA Board would be the perceived additional cost. The MSHCA views this as a problem of perception versus reality because it would require no extra ice time. Under the current format of 15-minute periods, schools are required by the arenas to purchase ice time in two-hour blocks. Barring unforeseen disruptions, games only take about one hour and forty-five minutes, which has schools leaving the ice early and seeing no return of funds from the arenas. School district and Municipalities would actually be getting a better value by simply utilizing what they are required to purchase. There are not other fees; such as police details or EMT costs, which would increase as a result of the extension of the game.

The MSHCA Executive Board and its Membership is in full support of increasing the length of periods in MIAA sanctioned ice hockey games.

REVIEWING BODY ACTION:

Ice Hockey Committee
Game Officials Committee
Sports Medicine Committee
TMC
District A
District B
District C
District D
District E
District F
District G
District H
MSSADA
MIAA Board of Directors
MIAC

19. Page 70
Part V, Rule 72.16 & 72.17 – Game Misconducts
By: MIAA Ice Hockey Committee

Proposal:

Game misconduct called by an Ice Hockey Official would eliminate a player from the remainder of that game only.

Amend Rule 72.16 and 72.17 - eliminate reference to game misconduct penalties.

Rationale:

This is consistent with National Federation Rules. MIAA had amended the National Federation Rules and made the ramifications of the game misconduct penalty more restrictive. This doesn't deter an official from making a DQ call at anytime.

REVIEWING BODY ACTION:

Ice Hockey Committee
Game Officials Committee
Sports Medicine Committee
TMC
District A
District B
District C
District D
District E
District F
District G
District H
MSSADA
MIAA Board of Directors
MIAC

20. Page 74
Part V, Rule 77.1.5 - Soccer

By: MIAA Sports Medicine Committee

Current Rule:

*66.1 Mouth guards are **highly recommended** for all soccer players while on the field.*

Proposal:

Mouth guards are **required** for all players in boys' and girls' soccer.

Rationale:

The MIAA Sports Medicine Committee has always been in the forefront of preventative sports medicine protection, based on recommendations of the medical community and sound, proven medical studies.

The studies on the rate of oral/facial injuries in both basketball and soccer show the need of oral protection. The use of mouth guards in these sports is being addressed by the NCAA and NFHS through ongoing research (and the use of mouth guards by Massachusetts student-athletes). Studies done by the University of North Carolina, Florida Dental Health Association, Journal of the American Dental Association and University of Texas Health Science Center at San Antonio Dental School, show proof of a high injury rate among basketball and soccer players without proper oral protection.

Coaches in soccer and basketball have stated health and safety concerns with mouth guard use in their specific sport-specifically dirt, pesticides, feces and fertilizer. There is research available; supporting that there has never been a case of a student-athlete being affected by illness or disease through the use of a mouth guard on a playing field of basketball or soccer.

In the sports that have mandatory mouth guard use (football, ice hockey, field hockey, lacrosse), there is no medical evidence of disease being passed through airborne contact or handling of mouth guards during competition. This includes, as an example, football linemen replacing mouth guards in their mouths following a group huddle in a mud-induced game.

The SMC has reviewed and discussed the "Mouth Guard Issue" for several years. We have studied the data and have heard from experts discussing the protective benefit of mouth guards. The SMC strongly supports the rule as it was written requiring the use of mouth guards.

According to the Academy of Sports Dentistry, basketball is considered one of the highest-risked sports for facial and head injuries. In fact, when mouth guards are not worn routinely when playing basketball, 34 percent of injuries are orofacial.

Furthermore, the National Youth Sports Foundation for the Prevention of Athletic Injuries, Inc. reports that dental injuries are the most common type of orofacial injury sustained during participation in sports. Victims of total tooth avulsions who do not have teeth properly preserved or replanted can face thousands of dollars in dental costs per tooth and many hours in the dentist's chair.

The MDS strongly urges the MIAA to uphold its basketball and soccer mouth guard requirement and to do everything possible to continue to enforce this regulation.

The National Federation Sports Medicine Committee is currently reviewing the adoption of a requirement for mouth guards in soccer and basketball.

Research studies are documented that currently support mandatory use.

Sports Medical Committee members welcome the opportunity to present their rationale to committees upon request.

Mouth guards for Soccer and Basketball are necessary protective equipment

The MIAA REQUIRES mouth guards to be worn during practice and game situations in the sports of soccer and basketball. The Sports Medicine Committee of the MIAA has reviewed the research and statistics and concludes that the use of mouth guards will prevent or greatly reduce the chance of the athletes suffering tooth damage or loss, jaw fractures, TMJ problems or damage to the lips, tongue and cheeks.

Organizations that recommend mouth guards for basketball and soccer include the American Dental Association, Massachusetts Dental Society, The Academy for Sports Dentistry, Massachusetts Academy of Pediatric Dentistry, National Athletic Trainers Association, National Youth Safety Foundation, National Association of Secondary School Principals and the National Federation.

The current cost to have a fractured tooth bonded is approximately \$300. If the tooth needs a veneer or crown the cost is \$1200-\$1500. The national average for longevity of these restorations is 5-10 years; therefore over a lifetime of a high school student athlete a fractured tooth may cost \$8500-\$15,000 a tooth. If the tooth needs a root canal, the added fee is \$1000-\$1200. If a tooth is lost and an implant is placed the fee for the bone preservation, implant surgery, and restoration is approximately \$5000.

A properly fitted custom mouth guard is the best type for protection, comfort, breathing and speech, but any mouth guard will give much more protection than none at all. The cost of a mouth guard is minimal. The Massachusetts Dental Society has a program called “Grin and Wear It” in which dentists have agreed to make mouth guards at a reduced fee. Access to further information about this program is on the MIAA webpage.

REVIEWING BODY ACTION:

Soccer Committee
Game Officials Committee
Sports Medicine Committee
TMC
District A
District B
District C
District D
District E
District F
District G
District H
MSSADA
MIAA Board of Directors
MIAC

21. Page 74

Part V, Rule 77 – Soccer - New subsection

By: Paul O’Boy, Director of Athletics, Bishop Feehan High School

Proposal:

(Add as 77.1.6) Uniform jerseys need not be of one solid color. Jerseys must have a single dominant color covering no less than 75% of the surface of the jersey. Logos, stripes, panels, team names, etc...may constitute the remaining 25% or less of the surface of the jersey.

Rationale:

NFHS Rule 4; Section 1; Article 1b requires the use of solid color jerseys. If enforced the rule would require many schools to purchase new uniforms for the 2012 season, presumably for all levels of competition. In light of the fact of budget reductions, user fees, staff reductions, etc...the expense of compliance is entirely unreasonable. The life span of uniforms (home and away sets) should be greater than 2 years. Any school having invested in new or replacement uniforms in the last few years will have not have received the value they anticipated. *

The intent of the rule is to clearly distinguish the players of one team from the players of the other team for purpose of identification by officials, coaches, spectators and the media. The goal of the rule can be achieved with less stringent, uncompromising and sensible measures.

* In April of 2010 our school ordered new boys soccer uniforms for our Varsity and Junior Varsity teams. Short sleeve white and colored jerseys, long sleeve white and colored jerseys (for cold weather), shorts and stockings (new NFHS Rule 4;1;1b – will require two sets of socks) at a cost of approximately \$9,800. These uniforms were in production when the MIAA informed us by e-mail on May 25 to alert us of the NFHS rule change regarding new jersey regulations. It would not be prudent for us to expend nearly \$10,000 on uniforms that would have a life span of two seasons.

REVIEWING BODY ACTION:

Soccer Committee
Game Officials Committee
Soccer Coaches Assoc
TMC
District A
District B
District C
District D
District E
District F
District G
District H
MSSADA
MIAA Board of Directors
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22. Page 75

Part V, Rule 77.2.16 - Soccer

By: Paul Gibbons, Athletic Director, Monument Mountain Regional High School

Current:

77.2.16 For purposes of obtaining tournament eligibility, no team may exceed a four red or thirteen yellow cards during the regular season. Delay of game encroachment and deliberate (intentional) handball are infractions, which will continue to be enforced and penalized. The impact of these infractions will be assessed and will be considered towards tournament ineligibility.

Proposal:

Delete Rule 77.2.16 in its entirety and replace with the following:

The Soccer Sport Committee shall have authority to set the maximum number of red cards and yellow cards allowed for tournament eligibility. Such determination shall be made on an annual basis commencing with the 2011 soccer season and shall be promulgated to the membership prior to September 15 of each school year.

Any school exceeding this maximum number shall be prohibited from participation in the soccer tournament for that year.

Rationale:

The present rule is not flexible and does not allow for adjustments. The Soccer Committee collects annually data on red/yellow cards. This would give the committee authority to alter the number of cards based on its review of all pertinent data.

REVIEWING BODY ACTION:

Soccer Committee
Game Officials Committee
Soccer Coaches Assoc
TMC
District A
District B
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District E
District F
District G
District H
MSSADA
MIAA Board of Directors
MIAC

23. Page 76

Part V, Rule 77.2.24 - Soccer

By: Paul Gibbons, Athletic Director, Monument Mountain Regional High School

Current:

77.2.24 Each team will be allowed a one-minute time out per half and each extended time period. The time-out may be called by the coach or any player on the field during an offensive restart.

Proposal:

Delete Rule 77.2.24 in its entirety.

Rationale:

The original intent of the rule was to allow a coach to calm his/her team after an on-field incident and to better control the team's behavior. Officials have authority to do so. It was never intended to be used as a tactical strategy. Soccer is a free-flowing game and does not need time-out interruptions.

REVIEWING BODY ACTION:

Soccer Committee
Game Officials Committee
Soccer Coaches Assoc
TMC
District A
District B
District C
District D
District E
District F
District G
District H
MSSADA
MIAA Board of Directors

24. Page 76

Part V, Rule 77.3 – new subsections - Soccer

By: Paul Gibbons, Athletic Director, Monument Mountain Regional High School

Proposal:

Add Rule 77.3.2

If a regular season contest is tied at the end of regulation play, two overtime periods, each of 5 minutes in duration, shall be played. Neither period shall be sudden death. If the game remains tied at the conclusion of the second overtime period, the contest shall be declared a tie.

Add Rule 77.3.3

There shall be an interval of five minutes between the conclusion of the second half and the start of the first overtime period.

There shall be an interval of two minutes between the conclusion of the first overtime period and the second overtime period.

Add Rule 77.3.4

Prior to the start of the first overtime period, there shall be a coin toss. The visiting team captain shall call the coin while it is in the air. The winner of the toss shall choose the goal to defend in the first overtime period or to kick-off. The loser of the toss shall be given the remaining choice.

At the end of the first overtime period, the teams shall switch goals.

Rationale:

Soccer participants have overtime in tournament play and should have the opportunity to resolve regular season ties. The additional 10 minutes should not prove to be physically demanding for today's young athletes.

REVIEWING BODY ACTION:

- Soccer Committee
- Game Officials Committee
- Soccer Coaches Assoc
- TMC
- District A
- District B
- District C
- District D
- District E
- District F
- District G
- District H
- MSSADA
- MIAA Board of Directors
- MIAC

25. Page 77

Part V, Rule 80 – new subsection - Tennis

By: Craig Najarian, Athletic Director, Foxborough High School

Proposal:

With the approval of the MIAA and the Tournament Director, if a singles player or doubles team cannot participate and must default their current opponent would advance to the next round. A previous opponent may not play in their place.

Rationale:

I don't feel it's fair to allow a previous opponent to advance after having been eliminated during competition. A true State Championship or Champion should be crowned by winning on the court, not by getting beat and advancing due to an injury, illness, etc.

REVIEWING BODY ACTION:

Tennis Committee
Game Officials Committee
TMC
District A
District B
District C
District D
District E
District F
District G
District H
MSSADA
MIAA Board of Directors
MIAC

**26. Page 78
Part V, Rule 80.1.4 - Tennis
By: John Carver, Boys Tennis Coach, Bromfield School**

Current:

80.1.4 Coaching, by the high school team coach only, is allowed on side changes during the entire match except during a tie-breaker game. Coaching may not interfere with the USTA rule governing time allowed for side changes.

Proposal:

Coaching, by the high school team coach only, is allowed on side changes during the entire match except ***after the first game of each set*** and during a tie-breaker game. Coaching may not interfere with the USTA rule governing ~~time allowed for~~ side changes ***which states as follows:***

When the players change ends at the end of a game, a maximum of ninety (90) seconds are allowed. However, after the first game of each set and during a tie-break game, play shall be continuous and the players shall change ends without a rest. The maximum time starts from the moment that one point finishes until the first service is struck for the next point.

Rationale:

1. Coaching after the first game of a set is occasionally seen. This clarification prohibits such coaching at that time because play must be continuous then.
2. This clarification expressly states that the entire changeover procedure, including any desired coaching, cannot exceed 90 seconds. This is not always the case.

REVIEWING BODY ACTION:

Tennis Committee
Game Officials Committee
TMC
District A
District B

District C
 District D
 District E
 District F
 District G
 District H
 MSSADA
 MIAA Board of Directors
 MIAC

27. Page 77

Part V, Rule 80.2.3- Tennis

By: Brian Cogswell, Athletic Director, Lenox Memorial Middle & High School

Current:

80.2.3 The prescribed arrangement for playing a match when one team has fewer than seven players is:

Number of Players	Points Played	Points Forfeited
3	1 st singles	1 st doubles
3	2 nd singles	2 nd doubles
3	3 rd singles	
4	1 st singles	1 st doubles
4	2 nd singles	2 nd doubles
4	3 rd singles	
5	1 st singles	2 nd doubles
5	2 nd singles	
5	3 rd singles	
5	1 st doubles	
6	1 st singles	3 rd singles
6	2 nd singles	
6	1 st doubles	
6	2 nd doubles	

Proposal:

Number of Players	Points Played	Points Forfeited
3	1 st singles	1 st doubles
3	2 nd singles	2 nd doubles
3	3 rd singles	
4	1 st singles	2nd doubles
4	2 nd singles	3rd singles
4	1st doubles	
5	1 st singles	2 nd doubles
5	2 nd singles	
5	3 rd singles	
5	1 st doubles	
6	1 st singles	3 rd singles
6	2 nd singles	
6	1 st doubles	
6	2 nd doubles	

Rationale:

The rule change would allow all 4 team members attending the match to be participating, whereas the previous rule had 3 out of 4 playing in the match. This change will increase participation.

REVIEWING BODY ACTION:

Tennis Committee

Game Officials Committee
TMC
District A
District B
District C
District D
District E
District F
District G
District H
MSSADA
MIAA Board of Directors
MIAC

28. Page 81

Part V, Rule 82 Wrestling – new

By: Aaron Polansky, Assistant Principal, Bristol County Agricultural High School and supported by the MIAA Wrestling Committee.

Proposal:

Consider officially recognizing the sport of Girls' Wrestling.

Rationale:

Rationale for Recognition of Girls Wrestling Current MIAA rules allow girls to participate in the sport of wrestling during the winter season. Teams with female participants must declare such participation per MIAA Rule 43.2.1 and are considered mixed gender programs. In a contact sport such as wrestling, the likelihood of girls performing competitively against male competition rarely exists. Exceptions to the gender-based disadvantage have occasionally taken place in the 103lb weight class. The addition of Girls Wrestling would level the playing field and allow girls to compete against girls in one of the fastest growing sports in the United States of America.

Rationale for Spring Season Placement

By positioning the sport of Girls Wrestling in the spring season, Athletic Departments will have access to facilities and wrestling mats that may otherwise be occupied during the winter season when access to mats and facilities can be far more challenging. Scheduling Girls Wrestling as a spring sport will also allow Athletic Directors the opportunity to employ coaches of Boys Wrestling. As the sport of Girls Wrestling evolves, more and more female coaches will take an interest in giving back to the sport. An increase in female coaches for the sport of Girls Wrestling will see exponential growth in years to come.

Rules for Girls Wrestling

Playing rules and contest rules will mirror rules utilized for the sport of Boys Wrestling. Weight classes for Girls Wrestling will be in line with the 12 weight classes utilized at the national level of competition for high school girls: 95lbs, 102lbs, 109lbs, 116lbs, 124lbs, 132lbs, 139lbs, 146lbs, 153lbs, 165lbs, 190lbs, 220lbs.

REVIEWING BODY ACTION:

Wrestling Committee
Game Officials Committee
TMC
District A
District B
District C
District D
District E

District F
District G
District H
MSSADA
MIAA Board of Directors
MIAC

29. Page 92
Part VII, Rule 87 – new subsection – Procedure for Requesting a Rule Change
By: Dick Baker, Assistant Director, MIAA

Proposal:

Add new section 87.3

A rule proposal that has been voted down may not be re-submitted until one cycle has passed.

Example: rule voted down for 2011-13 would then not be allowed to be resubmitted until 2015-17.

Rationale:

Much time & effort go into the process and to ask all involved to deal with the same proposal each cycle does not seem fair.

REVIEWING BODY ACTION:

Baseball Committee
Basketball Committee
Cross Country & Track Committee
Boys' Lacrosse Committee
Field Hockey Committee
Football Committee
Girls' Lacrosse Committee
Golf Committee
Gymnastics Committee
Ice Hockey Committee
Ski Committee
Soccer Committee
Softball Committee
Sportsmanship Committee
Swimming & Diving Committee
Tennis Committee
Volleyball Committee
Wellness Advisory Committee
Wrestling Committee
Game Officials Committee
Basketball Coaches Assoc
TMC
District A
District B
District C
District D
District E
District F
District G
District H
MSSADA
MIAA Board of Directors
MIAC

30. Page 99
Part VIII, Rule 90.18 - Game Officials: Policies and Procedures
By: Dick Baker, Assistant Director, MIAA

Current:

90.18 All officials' assignors/commissioners engaged by member schools and/or leagues to assign officials to MIAA contests will be required to attend an annual pre-season meeting with MIAA staff.

Proposal:

Change at end to read: ... annual pre-season meeting with *Member Schools and Leagues they assign for*. Eliminate with "MIAA staff."

Rationale:

Asking assignors/commissioners to attend a yearly meeting at the MIAA proved beneficial initially and now should be handled by Member Schools with assistance from the MIAA.

REVIEWING BODY ACTION:

Baseball Committee
Basketball Committee
Cross Country & Track Committee
Boys' Lacrosse Committee
Field Hockey Committee
Football Committee
Girls' Lacrosse Committee
Golf Committee
Gymnastics Committee
Ice Hockey Committee
Ski Committee
Soccer Committee
Softball Committee
Sportsmanship Committee
Swimming & Diving Committee
Tennis Committee
Volleyball Committee
Wellness Advisory Committee
Wrestling Committee
Game Officials Committee
Basketball Coaches Assoc
TMC
District A
District B
District C
District D
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District F
District G
District H
MSSADA
MIAA Board of Directors
MIAC

OFFICIAL RULES CHANGE BALLOT

Name of Reviewing Body: _____

Date of Vote: _____

Rule #	Yes	No	Abstentions
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____
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9.	_____	_____	_____
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28.	_____	_____	_____
29.	_____	_____	_____
30.	_____	_____	_____
31.	_____	_____	_____

COMPLETED BALLOT & AMENDMENTS ARE TO BE RETURNED TO DICK BAKER @ THE MIAA

Name of Reviewing Body: _____

Date: _____

AMENDMENT VOTED
(Make copies as needed)

1. Rule proposal number: _____

2. Amendment voted:

3. Rationale:

4. Committee vote on amendment:

Number **Yes**: _____

Number **No**: _____

Number abstentions: _____

**COMPLETED BALLOT & AMENDMENTS ARE TO BE RETURNED TO DICK
BAKER @ THE MIAA**