

MAYFLOWER ATHLETIC CONFERENCE



COACHES PACKET

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COACHES' EDUCATION - MIAA HANDBOOK RULE 33

All coaches hired prior to August 1, 1998 are exempt from this Rule. Coaches hired after 8/1/98 and before 7/1/05 must complete *The Coaching Principals Course* with the exception of Certified MA teachers.

All MIAA member school coaches (paid or volunteer) are required to take annually the on-line *National Federation Concussion Course*, or other recognized education program, prior to the start of their season. This Board of Directors' policy was effective with the winter season, which began on Monday, November 29, 2010.

All coaches (stipend or volunteer) first serving as an interscholastic coach after July 1, 2005 must complete an MIAA sponsored or approved coaches' education course of study. The approved course will consist of the National Federation of High Schools *NFHS Fundamentals of Coaching Course* (must be passed prior to coaching a second year) and the *NFHS Sports First Aid Course* (must be passed prior to coaching a third year).

All coaches (stipend or volunteer) first serving as an interscholastic coach after July 1, 2007 must complete the *NFHS Fundamentals of Coaching Course*, the *NFHS Sports First Aid Course* and the *NFHS Sport Specific Technical and Tactical Skills Course* in the sport they are coaching (must be completed prior to coaching a third year). Note: The sport-specific requirement will begin on July 1, 2007 or when the particular sport-specific course becomes available, if after this date.

NFHS Sport Specific Technical and Tactical Skills Courses presently available: Basketball, Football, Soccer, Softball, Wrestling, Volleyball, Cheer & Dance (as of Fall 2010)

The *NFHS Fundamentals of Coaching Course* requirement must be met through attending an MIAA sponsored *Coaching Principles Clinic*.

The *NFHS Sports First Aid* and *Sport Specific* requirement may be met by completing on-line courses.

Visit: <http://www.miaa.net/Coaches-Education.htm>

<http://www.nfhslearn.com/Courses.aspx>

All coaches who have passed the NFHS Fundamentals of Coaching Course - Units 1 (Educational Athletics and the Role of the Coach) & 2 (The Coach as Manager) with MIAA certified instructors, and Units 3 (The Coach and Interpersonal Skills), 4 (The Coach and Physical Conditioning), & 5 (The Coach as Teacher) online via NFHS

are listed on the MIAA site, in alphabetical order, under Coaches Corner. To be listed, coaches must have passed the state test and paid for the course as well.

CONCUSSION INFORMATION – MIAA HANDBOOK RULE 56

(Student Eligibility/School Requirements: Physical Examinations/Medical Coverage/Concussions)

All MIAA member school coaches (paid or volunteer) are required to take annually the on-line *National Federation Concussion Course*, or other recognized education program, prior to the start of their season. This Board of Directors' policy was effective with the winter season, which began on Monday, November 29, 2010.

All MIAA member school Athletic Directors and Athletic Trainers are required to take annually the on-line *National Federation Concussion Course*, or other recognized education program, prior to the start of their season. This Board of Directors' policy is effective with the upcoming spring season, which begins on Monday, March 21, 2011.

Each school's medical person/staff is responsible for the members of that team. These individuals annually must have taken, and been certified in, the NFHS on-line Concussion Course or other recognized education program. In the event of injury, that medical person/staff will make the final judgment as to whether a student athlete may return to play.

Visit:

<http://www.miaa.net/Update-Concussion-Issues.htm>

<http://www.miaa.net/NFHS-Concussion-In-Sports.htm>

<http://www.nfhslearn.com/Courses.aspx>

The course *Concussions In Sports - What You Need To Know* is free!

MAYFLOWER LEAGUE ALIGNMENTS

(May vary from sport to sport)

BOYS' BASKETBALL ADIC: Matt Trahan

Vocational Large
Blue Hills
Bristol Plymouth
Diman
Southeastern
Tri County

Vocational Small
Bristol Aggie
Norfolk Aggie
Old Colony
South Shore
Upper Cape

Comprehensive
Avon
Bishop Connolly
Holbrook
Sacred Heart
Westport
W. Bridgewater

MAYFLOWER ATHLETIC CONFERENCE BASKETBALL RULES

BASKETBALL RULES

1. All games will be played using the National Federation of High School Sports Rules.
2. Monday - Thursday games will start at 3:30 PM for Junior Varsity and 4:30 PM for Varsity. Friday games will start at 5:00 PM for Junior Varsity and 6:30 PM for Varsity. 18 These times may be changed by mutual consent. (All evening games in boys' basketball will be played at 5:00pm and 6:30pm.
3. National Federation Rules will determine period length.
4. There shall be at least two board officials assigned to both Varsity and Junior Varsity games.
5. The official ball shall be the Spalding Top Flite 1000 or equal.
6. The Championship will be determined by the Won-Lost record.
7. Home teams will wear light colored jerseys.
8. An adult timer and scorer will be used in all Varsity games.
9. The home team will supply 5 basketballs for each team's warm-up drills.
10. All visiting coaches must remain with their respective teams.
11. The rules to allow shooting at the half will be determined by the Athletic Director of that school (home rule).
12. The first block of the free throw lanes will be left open with the second, third, and fourth blocks filled.
13. During the regular basketball season MAC Cheerleaders will perform at home games only

MIAA HANDBOOK SPORT RULES -

66. Basketball

Boys' and girls' high school basketball shall be played under the rules of the National Federation of State High School Associations, as modified by the MIAA.

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

66.2 The 30-second shot clock will be utilized at all levels in both boys and girls games.

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

66.4 All varsity contests shall be played in four, 8 minute quarters. Sub-varsity contests also shall be played in equal quarters of no more than 8 minutes.
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66.5 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. 66.6 A coaching box, as described in current National Federation rules, shall be utilized in all games. 66.7 Athlete Participation Limitations

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

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

66.8 For all Girls' and Boys' Varsity basketball contests, the home team must assign an adult contest manager other than a member of the basketball coaching staff to be responsible for all aspects of administration of the contest.

Old Colony Reg Voc/Tech HS	0	0	0	0	0	0	0	0	0	0
South Shore Voc/Tech. HS	0	0	0	0	0	0	0	0	0	0
Upper Cape Cod RVT School	0	0	0	0	0	0	0	0	0	0
West Bridgewater Mid/Sr. HS	0	0	0	0	0	0	0	0	0	0

Appendix G - END OF SEASON/ALL-STAR/SPORTSMANSHIP FORM
(Refer to Article 17, to be submitted to the AD in Charge)

SCHOOL _____

SPORT _____ B ___ G ___

COACH _____

RECORD: LEAGUE _____ OVERALL _____

PLACE IN DIVISION _____

NUMBER OF ALLOTTED ALL-STARS _____

LIST THE FULL NAME OF YOUR ALL-STARS:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

MOST VALUABLE PLAYER NOMINATION _____ (Not your own player).

COACH OF THE YEAR NOMINATION _____

SPORTSMANSHIP NOMINATION (SCHOOL) (Do not vote for your school.)

Appendix F - All-Star Grid

SPORT	# of Teams	Starters	# of All-Stars	1st Place	2nd Place	3rd Place	4th Place	5th Place	6th Place	7th Place	8th Place
Basketball	4	5	8	3	2	2	1				
	5	5	10	4	3	1	1	1			
	6	5	10	3	2	2	1	1	1		
	7	5	10	3	2	1	1	1	1	1	
	8	5	10	2	2	1	1	1	1	1	1
Volleyball	4	6	9	4	3	1	1				
	5	6	9	4	2	1	1	1			
	6	6	12	4	3	2	1	1	1		
	7	6	12	3	2	2	2	1	1	1	
	8	6	12	3	2	2	1	1	1	1	1
Baseball/ Softball	4	9	14	5	4	3	2				
	5	9	14	5	4	3	1	1			
	6	9	14	5	4	2	1	1	1		
	7	9	14	4	3	2	2	1	1	1	
	8	9	14	4	3	2	1	1	1	1	1
Lacrosse	4	10	15	5	4	3	3				
	5	10	15	5	4	3	2	1			
	6	10	15	5	4	3	1	1	1		
	7	10	15	4	3	3	2	1	1	1	
	8	10	15	4	3	2	2	1	1	1	1
B&G	4	11	16	5	4	4	3				
Soccer	5	11	16	5	4	3	2	2			
B&G	6	11	16	5	4	3	2	1	1		
Tennis	7	11	16	5	4	3	1	1	1	1	
	8	11	16	4	3	3	2	1	1	1	1
Football	4	22	22	6	6	5	5				
	5	22	22	6	5	5	3	3			
	6	22	22	6	5	5	3	2	1		
	7	22	22	6	5	5	2	2	1	1	

	8	22	22	6	5	5	2	1	1	1	1
Golf	6	6	12	4	3	2	1	1	1		

Exempt: B&G X.C.; B&G Track (see individual sport rules)