

2016 MPA FIELD HOCKEY BULLETIN

(updated 9/6/16)

FIELD HOCKEY SEASON

Aug. 1 –Aug. 14	Hands-off Period (Sport Season Policy)
August 15	First Practice
August 19	First Interschool Scrimmage (after 5 days of conditioning)
August 31	First Countable Game (After 3:00pm)
October 7	Recommended Officials Due
October 12	Last Countable Game
October 13	On-line voting begins for Sportsmanship Banner (One week to vote)
October 15	Preliminary Contests
October 18	Quarter-Finals (3 vs 6 – 2 vs 7) (Rain date-10/19 or 10/20)
October 19	Quarter-Finals (1 vs 8 – 4 vs 5) (Rain date-10/20)
October 21	*Semi-Finals (Rain date-10/24)
October 25	Regional Finals North – Hampden Academy South – Massabesic H.S.
October 29	State Championships McMann Field, Bath

Games may not be rescheduled into the last week of the season without permission of the Committee Chair.

*The October 21 game may be moved to October 22 by mutual agreement.

Each coach must complete the NFHS “*Concussion in Sport*”, “*A Guide to Heat Acclimatization*” and the “*Sudden Cardiac Arrest*” videos that are available at the NFHS website (www.nfhslearn.com).

MANDATORY CLINICS

The head coach, member of the field hockey coaching staff, or athletic director must attend one of the mandatory clinics or pay a \$35 fee. The sites for the meetings are listed below.

*The August 9 meeting will utilize the WebEx Equipment.

Wednesday, July 27 4:00pm Husson University	Wednesday, August 3 4:00pm Gardiner High School	Saturday, August 6 Time TBD Bates College (Part of MFHA Coaches Clinic)
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Tuesday, August 9
4:00pm
*Gorham Middle School
Distance Learning Sites
TBA

HANDS-OFF PERIOD

In order to provide a window of personal time similar to the time available prior to the winter and spring sports seasons, summer recess is defined as the time period between the last day of the spring sport season to August 1 or fourteen (14) days prior to the beginning of the fall sport season, whichever occurs later. This does not exclude individual students from attending camps during this two-week period of personal time as long as all other Sport Season Policy requirements are met. Individuals choosing to attend camps during this two-week period may use school protective gear or track and field implements. The only contact a coach may have with athletes during this time is to continue the supervision of an off-season conditioning program that they had been involved with prior to the start of the hands-off period. Sport-specific drills used in any off-season conditioning program are not appropriate. Please refer to the MPA Coaches Handbook for additional information concerning this policy.

*Please note – Coaches may not organize, or be involved with, team activities during the hands-off period

OFF-SEASON TRAINING

A school's comprehensive off-season conditioning program may include such activities as muscular strength and endurance exercises, cardiovascular fitness activities, agility, speed, power, balance, coordination, and flexibility training. The program must be voluntary, open to all students, and should not include sport-specific skill development or coaching.

EJECTION RULE

In all team and individual sports (varsity or sub-varsity), ejection or disqualification from a game, meet, or match for unsportsmanlike behavior of any form, by a coach or a player shall result in the suspension of that player or coach. The coach or player ejected from a contest must sit out all contests at all levels until the coach or athlete completes the ejection penalty by sitting out the next game at the level from which he/she was ejected. This rule applies to a game, meet, or match suspended before completion as well as a completed contest. This penalty may not be served by sitting out an exhibition, subvarsity, or other competition.

A suspended coach may not be present at the game site. Not being physically present at the site means the disqualified coach is not to be present in the locker room, on the sidelines, in the stands, or site area before, during, or after the game/meet.

Prior to their return to the sideline any coach ejected from a game must complete the NFHS *"Teaching and Modeling Behavior"* video that is available at the NFHS website (www.nfhslearn.com).

Any coach or player ejected from the last game, meet, or contest of a sports season shall serve a one game suspension in the opening countable game, meet, or contest in the next varsity sport in which he/she participates. The coach/athlete may participate fully in the preseason prior to serving the one game suspension.

This policy will not prevent standing committees from imposing more restrictive disciplinary action. (Effective Date: 1996-97 Winter Sport Season; Revised 2008, 2009)

PRESEASON SCRIMMAGE

Based on the recommendation of the MPA Sports Medicine Committee all athletes must participate in **5 days** of conditioning and practice prior to participating in a scrimmage play day or contest with another school. Teams are limited to 5 exhibition dates throughout the season. If a team qualifies for postseason play they will be granted one additional exhibition date.

APPLICATION FOR TOURNAMENT PLAY

The submission of the Schedule Form, which is due August 3, 2016, will constitute a school's application for the regional tournament.

GAMES

A MINIMUM of eight games will be used in compiling Heal Points for tournament qualification. **A MAXIMUM of fourteen countable games may be played.** Schools may play no more than two games with another school unless waived by the Field Hockey Committee. Schools must complete their schedules as submitted. Time will be stopped after a goal is scored in Varsity and JV games and restarted on a signal from the officials. Varsity games will consist of two 30-minute halves; JV games will consist of two 25-minute halves. National Federation Rules will apply. If a game is suspended prior to the completion of the first half, the game shall be replayed from the point of the game's suspension on a date determined by the schools involved. If a game is stopped during the second half, the team which is ahead shall be declared the winner.

BONA FIDE TEAM RULE

A member of a school team is a student athlete who is regularly present for and actively participates in team practices and competitions. Bona fide members of a school team are prevented from missing high school practice or competition to compete or practice elsewhere.

* A single waiver per student athlete per sport season may be granted by the principal on a case-by-case basis for extraordinary circumstances. (e.g. If a student/athlete were invited to participate in a prestigious weekend event then a waiver may be granted. If a student/athlete were invited to participate in a nationally recognized tournament over a school vacation then **that** waiver may be granted for that activity. If a student requests to miss practice every Friday because he/she is receiving specialized coaching from an outside team/coach, then a waiver should not be granted **because it violates the spirit and intent of the rule.**)

** This policy is not intended to restrict dual sport participation in schools that allow dual participation.

*** Penalty for violation of this policy:

1 st Violation	Suspension from play for one game/contest
2 nd Violation	Removal from team for remainder of season

HEAL POINTS

The seeding for the tournament will be determined by using the Heal Point System. Athletic Directors are responsible for the reporting of home games ASAP following the game's completion. A tie in final Heal Point ratings will be decided by using head-to-head competition; second will be the overall record allowing three points for a win and one point for a tie, and if a tie still exists, the high seed will be determined by a flip of a coin unless it is for the last play-off bracket position. In case of a mathematical tie for the last position after using the tie breaking procedure than a play-in game will be held with the home site determined by a flip of a coin.

TERMS AND CONDITIONS

The terms and conditions of this bulletin, along with the 2015-2016 National Federation Field Hockey Rule Book, shall govern all regular season and tournament competition. Members of MFHUA Officials Association must be used for all regular season games.

Two officials will be assigned to each game; however, under emergency circumstances (injury, no show), teams may mutually agree to play with one official.

CLOCK PROCEDURE (Rule 2-2-2)

The home team shall supply an official timer and scorer and the visiting team may supply an assistant timer and assistant scorer. If there is a visible clock the timer shall sound an audible device to indicate that time has expired. The umpire's whistle will then signal the official end of the half.

If there is no visible clock, the official timer will follow the tableside official, indicate 30 seconds remaining in the game and audibly count down the last 10 seconds of each half

Officials will have wrist stopwatches to act as a back-up to the official clock and can make clock adjustments and handle malfunctions as deemed necessary.

It is required that the home team have available a table and chairs for the scorer and timer as well as chairs for suspended players. (Rule 2-1-4-3)

OVERTIME PROCEDURE- (REGULAR SEASON OVERTIME)

- I. **Regulation Game:** Two 30 minute halves with halftime (no more than 10 minutes).

Two timeouts per team (cannot be taken back to back).

- Green Card: player who is issued a green card will be required to leave the field of play for two minutes (8-2-2a), and the player's team will play short-handed for the duration of the penalty. The player may need to continue to sit out her time into the overtime. However, the team starts the overtime full strength – 7 vs 7.
- Yellow Card: player is out for 5 minutes (may be increased to 10 minutes depending on the type and severity of the foul), team plays short. The player may need to continue to sit out her time into the overtime. However, the team starts the overtime full strength – 7 vs 7.

- Red Card: player is out and ineligible for any further action. Team plays short for the rest of the regulation game. However, the team starts the overtime full strength – 7 vs 7.

II. **Overtime:** When a regular season game ends with a tied score:

1. 5 Minute Intermission with Coin Toss-between Regulation and Overtime. Visitors Call – Winner of toss determines – Possession vs Direction.
2. Play 7 vs 7 (6 + GK): Two 8 (eight) minute – Sudden Victory overtime periods.
3. Two-minute Intermission between the 7 vs 7 periods. Teams switch ends and change possession. (Same as in the regulation game.)
4. Teams may use any of the remaining Timeouts (2 total for the regulation game and overtimes).
5. Unlimited substitutions - must be between the substitution gates. Stokers may be substituted.

If game is still tied at the end of the two 8-minute overtime periods-game ends as a tie.

UNIFORMS

All teams must adhere to NFHS Uniform Rule 1-5, as outlined in the 2015-16 NFHS Rule Book. Exceptions may be granted during the regular season for those teams recognizing a specific cause (i.e. Cancer Awareness).

Undergarment Rule (1-5-1 & 1-5-4):

Undergarment tops, if worn, shall be white for the home team and black or dark for the visiting team. All players on the same team who choose to wear an undergarment must wear the same color.

Undergarment bottoms, if worn, shall be solid-colored and players on the same team who choose to wear an undergarment must all wear the same color. The knee-length socks/sock guards must be visible.

Uniform Tops (Rule 1-5-3) – Home team is required to wear single color WHITE uniform tops front and back – home team should wear only WHITE socks to match.

JEWELRY RULE

Plastic plugs or plugs that are placed in body pierced parts are NOT permitted to be worn in games. This ruling is based on the National Federation Rule Book and may be found in Rule 1-5-5 as the plugs are considered jewelry. “Jewelry shall not be worn except for religious or medical medals. A religious medal must be taped and worn under the uniform. A medical-alert bracelet must be taped and may be visible.”

GOGGLES

Goggles must meet the current ASTM standard for field hockey.

Goggles and a mouth guard **MUST** be worn at all times throughout the duration of the game.

POSTPONEMENT OF GAMES

When a school deems it necessary to postpone a game, the game must be rescheduled on the next mutually available play date including Saturdays and/or Holidays. It is the responsibility of the traveling school to initiate considerations for postponement whenever traveling conditions are hazardous.

All games must be played on or before October 12, 2016. **Games may not be rescheduled into the last week of the season without permission of the Committee Chair.**

WEATHER CONDITIONS

The safety of athletes (*participants*), spectators, coaches/directors, school personnel, and all others present at an athletic contest must be the first and foremost concern to the contest officials and building administrators.

1. When an interscholastic contest has been scheduled and dangerous playing conditions exist or severe weather is anticipated, the following should be considered:
 - a. Prior to beginning an athletic contest, when severe weather is anticipated, the head contest official and the principals of each school, or their designees, will meet to review the suspension and/or postponement procedures. This would include any playing rule book coverage.
 - b. The host school administrator will be responsible for informing contest officials, visiting school administrators and, if applicable, the individual responsible for public address announcements of designated shelter areas.
 - c. When lightning is observed or thunder is heard in the vicinity of a contest conducted outdoors, play should be suspended.
 - d. If any other life-threatening condition occurs, play should be suspended immediately, and predetermined directions to safe locations will be announced.

2. When a suspension of a contest occurs, the following should be considered:
 - a. If the suspension is forty-five minutes or greater, resuming at a later date should be considered.
 - b. Play shall not be resumed until **30 minutes** after the last flash of lightning or clap of thunder.
 - c. When it appears that weather conditions are no longer a threat to the safety of participants, spectators, or contest officials, administrators from all schools involved will meet with the head contest official to determine if play will continue.
 - d. If play is to be resumed, contestants will be given at least a fifteen-minute warm-up period prior to competition.

3. If evacuation is necessary, the following should be considered:
 - a. If lightning is imminent or a thunderstorm is approaching, all personnel, athletes and spectators should evacuate to available safe structures or shelters. A list of the closest safe structures should be announced and displayed on placards at all athletic venues.
 - b. All personnel, athletes and spectators should be clearly informed of available safe structures or shelters in the event a thunderstorm approaches. A list of the closest safe structures should be announced. The person in authority must be

aware of the amount of time it takes to get to each structure and the number of persons each structure can safely hold. For large events, time needed for evacuation is increased and there must be a method (i.e., announcement over loud speaker) for communicating the need for evacuation and directing both athletes and spectators to the appropriate safe shelters.

- c. The most ideal structure is a fully enclosed, substantial building with plumbing, electrical wiring and telephone service, which aids in grounding the structure. A fully enclosed automobile with a hard metal roof and rolled up windows is also a reasonable choice. School buses are an excellent lightning shelter that can be utilized for large groups of people. However, it is important to avoid contact with any metal while inside the vehicle.

Avoid using shower facilities for safe shelter and do not use showers or plumbing facilities during a thunderstorm as the current from a local lightning strike can enter the building via the plumbing pipelines or electrical connections. It is also considered unsafe to stand near utilities, use corded telephones or headsets during a thunderstorm, due to the danger of electrical current traveling through the telephone line. Cellular and cordless telephones are considered reasonably safe and can be used to summon help during a thunderstorm.

When caught in a thunderstorm without availability or time to reach safe structures, you can minimize the risk of lightning-related injury by following a few basic guidelines:

- Avoid being the highest object. Seek a thick grove of small trees or bushes surrounded by taller trees or a dry ditch.
- Avoid contact with anything that would be attractive to lightning. Stay away from freestanding trees, poles, antennas, towers, bleachers, baseball dugouts, metal fences, standing pools of water, and golf carts.
- Crouch down with legs together, the weight on the balls of the feet, arms wrapped around knees, and head down with ears covered.

SPORTSMANSHIP AWARD

The Field Hockey Committee is committed to promoting and recognizing outstanding sportsmanship during the regular season and throughout the tournament. Good sportsmanship is conduct which imposes a type of self-control involving honest rivalry, courteous relations among the players, coaches, and officials, and graceful acceptance of results. In order to make the sportsmanship banner selection process meaningful the committee asks that coaches and athletes from all levels of the program be involved in the voting process.

Areas to be considered:

- A. Neat attire by players, coaches, and managers.
- B. Players supporting one another on the field/court/ice and from the bench.
- C. No acts of unnecessary roughness/taunting.
- D. No inappropriate gestures, language, or expressions.
- E. Players using appropriate and positive communication to their coach.

- A. Players and coaches treating officials with respect—no inappropriate gestures, language, or expressions.
- G. Positive community involvement.

Sportsmanship banners will be presented in all classes in both the North and South division.

Sportsmanship voting will take place at the conclusion of the season using the on-line sportsmanship voting link provided on the MPA website. Any school that receives an ejection, at any level in the program, shall be ineligible for the award. Schools that do not submit a sportsmanship ballot may not be considered for the award.

TOURNAMENTS

OFFICIALS

Officials will be approved by the Field Hockey Committee for all tournament games working in conjunction with the local official assignors. Coaches are strongly encouraged to recommend at least eight, but no more than ten, officials on their officials' nomination ballot to assist in developing the pool of tournament officials. Officials will be assigned from the pool that is created. No tournament game will be played with less than two officials. All officials must attend a fall mandatory clinic, and it is strongly recommended that all officials attend the mid-season meeting.

LIMIT OF TEAM MEMBERS AND PERSONNEL

For all tournament games all players and coaches in the bench area must be listed on the MPA eligibility roster (30 medals will be supplied). Athletic trainers do not need to be listed on the roster.

REGIONAL TOURNAMENT

Ladders for tournament play will be posted on the MPA website (www.mpa.cc). Teams will not be re-seeded if an upset occurs. High seeds will host tournament contests, and, if a tie in standings exists (i.e. regional finals), the team with the most Heal points will host the contest.

The regional prelims, quarter-final, and semi-final games will be played on the home field of the higher seeded team, which shall be the home team. Home teams may charge admission to regional tournament games; the visiting school should be advised. Regulation size field is 100 X 60 yards. All tournament games must be played on a field with a minimum size of 90 yds. x 50 yds. Game time for weekday tournament games will be 3:00pm; Saturday games 1:00pm, unless another time is mutually agreed to by the schools. (Weekday games played after Standard Time has begun should be started at 2:30 p.m.) If a school has a lighted field than the starting time shall be 4:00pm.

In tournament play, a game suspended in the second half may be resumed at the point of interruption or by mutual agreement may be considered a complete game.

In the event that a game must be postponed due to field conditions and the field cannot be used on the next scheduled make-up day listed in the Bulletin, the game must be played at another site. It is the responsibility of the home team to provide an alternate field within the immediate area. If this is necessary, please notify the MPA office and

the assigned officials. **The timer at all tournament games shall be an experienced adult.**

TOURNAMENT SITE/HOST PLAYOFF SITE POLICY

In the event that a site conflict occurs with a school hosting an MPA regional or state championship game and a home regular season or playoff game then the game will be rescheduled, at the request of the host school, to the day prior to the championship game.

STATE TOURNAMENT

In even years, the home teams will be the Northern teams. In odd years, the home teams will be the Southern teams.

POST-SEASON TOURNAMENT OVERTIME PROCEDURE

- I. **Regulation Game:** Two 30 minute halves with halftime (no more than 10 minutes).
Two timeouts per team (cannot be taken back to back).
 - Green Card: player is out for 2 minutes, team plays short. The player may need to continue to sit out her time into the overtime. However, the team starts the overtime full strength – 7 vs 7.
 - Yellow Card: player is out for 5 minutes (**may be increased to 10 minutes depending on the type and severity of the foul**), team plays short. The player may need to continue to sit out her time into the overtime. However, the team starts the overtime full strength – 7 vs 7.
 - Red Card: player is out and ineligible for any further action. Team plays short for the rest of the regulation game. However, the team starts the overtime full strength- 7 vs 7.
- II. **Overtime:** When a tournament game ends with a tied score:
 1. Five (5) minute intermission with a coin toss- between regulation and overtime.
 - Visitors call-Winner of toss determines – Possession vs Direction
 2. Play 7 vs 7 (6 + GK): Two eight (8) minute – SUDDEN VICTORY overtime periods. Sudden victory=goal scored game over!
 3. Two minute intermission between the 7 vs 7 periods. Teams switch ends and change possession. (Same as in the regulation game).
 4. Teams may use any of the remaining timeouts (2 total for the regulation game and overtime).
 5. Unlimited substitutions-must be between the substitution gates. Stokers may be substituted.
 6. If game is still tied at the end of the two 8 minute overtime periods-then play goes to Reduced Number of Corners-6 on 6 until there is a winner.

Green Card During Overtime: player is suspended for 2 minutes during any 7 vs 7 time, the team plays short for the 2 minutes or until the **second**

7 vs 7 is over. During corners: If a player's time has not expired during the 7 vs 7 play-then the player may not play in the first set of corners. Team however, will play at full strength-6 vs 6 – the suspended player may not play until the first set is over.

Yellow Card During Overtime: player is suspended for 5 minutes (may be increased to 10 minutes depending on the type and severity of the foul) during any 7 vs 7 time, the team plays short for the 5 minutes or until the second 7 vs 7 is over. During corners: If a player's time has not expired during the 7 vs 7 play-then the player may not play in the first set of corners. Team however, will play at full strength-6 vs 6 – the suspended player may not play until the first set is over.

Red Card During Overtime: player is INELIGIBLE THE REST OF THE GAME. Team plays short the rest of the overtime, however, during corners the team plays at full strength. A red card given during the corner procedure, then the team plays short. If a team is reduced to <5 players due to disqualification during the corners-the team will forfeit – score 1-0.

III. Corners 6 on 6 (one must be a Goalie)

Five (5) minute break between overtime and corners.

1. Coin Toss - Visitor calls to determine-winner determines which team will play offense or defense first. Order stays throughout the corners.
2. Officials choose the end of the field to play the corners. Head official remains the lead official.
3. The team whose bench is at the other end of the field may go to the opposite side between the 50 yard and the 25 yard line from the circle where the penalty corners will be taken.
4. Teams shall play with only 6 players per team. Goalkeepers do not play on offense however they may take a stroke during the corners if awarded. The players not involved in the immediate corner stand behind the 50 yard line away from the center of the field. Teams can have a maximum of 12 players on the field – 6 on offense and 6 on defense. All other players are on the sideline with the coach. Goalie must go to the 50 yard during her team's offensive corner.
5. Coach may not coach the players at the 50-yard line. Coaching is only allowed during the breaks. Players may not go to the sideline to talk to the coach. The only coaching is for plays that are happening in the corners.
6. Players on the field may change roles (offense/defense) however, substitutions from the sideline are not allowed until the break after the 1st set.
7. Two minutes between each set of corners. A set is three equal opportunity corners.

Equal Opportunity Penalty Corners each team. – Sudden Victory

EX: 1 Team A....1 Team B
2 Team A....2 Team B

3 Team A...3 Team B

1 Set of Corners

OVERTIME PENALTY CORNERS EXAMPLES:

Important to remember -- Equal Opportunity – Sudden Victory

SITUATION # 1: Team A corner goes – does not score

Team B corner goes – scores

Game is over – sudden victory for Team B

SITUATION # 2: Team A corner goes – does not score

Team B corner goes – does not score

Team A corner goes – scores

Team B corner goes – does not score

Game is over – sudden victory

In both situations “Equal opportunity” was provided for both teams

8. Scorekeepers need to be with the trail official, to help trail keep track of the corners and the sets. When a team is ahead and both teams have had equal opportunity –Game over. This could happen at any point in a set.
9. A **Corner** continues until: A) a goal is scored; B) offense hits the ball over the endline, sideline or 25-yard line; C) offense fouls; D) defense clears the ball over the 25-yard line. If defense fouls outside the circle – the offense gets a free hit – corner is still on. If a stroke is called, the corner ends with the stroke outcome.
10. Start each corner with the whistle.
11. Trail official needs to keep corner count and track of sets. Remember, there can be many corners within one corner – only counts as one. Trail officials only call offensive and defensive fouls outside the circle on their side of the field and when the ball travels over the 25 yard line.
12. Players – 6 (offense) on 4 (defense) in the circle plus 2 (defense) flyers who start at the center behind the 50-yard line.
 - **Green Card:** Player is out the rest of that set (of 3 corners). Team plays short.
 - **Yellow Card:** Player is out the rest of that set and the next set (of 3 corners). Team plays short. If 3 yellows are given for the same team = Forfeit. Score 1-0.
 - **Red Card:** Player is ineligible the rest of the game. Team plays short the rest of the way. If two red cards are given = Forfeit. Score 1-0.

VIDEOTAPE

It is recommended that only personnel from the schools involved videotape the game live. Any other use of videotaping will be considered unethical.

NOISEMAKERS, PLACARDS, AND SIGNS

<ol style="list-style-type: none"> 1. Lewiston (1318) 2. Bangor (1169) 3. Oxford Hills (1072) 4. Edward Little (977) 5. Brunswick (821) 6. Mt. Ararat (804) 7. Messalonskee (784) 8. Skowhegan (775) 9. Mt. Blue (696) 10. Brewer (693) 11. Cony (693) 12. Hampden (691) 	<ol style="list-style-type: none"> 1. Lawrence (674) 2. Camden Hills (669) 3. Nokomis (661) 4. Gardiner (594) 5. Morse (586) 6. Waterville (583) 7. Oceanside (571) 8. Erskine (554) 9. Belfast (530) 10. Hermon (498) 11. Old Town (476) 12. John Bapst (470) 13. Winslow (464) 14. Foxcroft (464) 	<ol style="list-style-type: none"> 1. Mt. View (448) 2. Maine Central (436) 3. Central (370) 4. Mattanawcook (348) 5. Orono (346) 6. Stearns (315) 7. Dexter (313) 8. Hall-Dale (303) 9. Winthrop (227) 10. Piscataquis (217) 11. Boothbay (206)
<u>SOUTH</u>	<u>SOUTH</u>	<u>SOUTH</u>
<ol style="list-style-type: none"> 1. Thornton (1422) 2. Bonny Eagle (1134) 3. Sanford (1047) 4. Scarborough (1034) 5. Massabesic (1019) 6. Windham (1005) 7. Deering (927) 8. Portland (868) 9. South Portland (846) 10. Noble (842) 11. Gorham (838) 12. Biddeford (775) 13. Marshwood (739) 14. Westbrook (722) 15. Falmouth (710) 16. Cheverus (465) 	<ol style="list-style-type: none"> 1. Kennebunk (673) 2. Greely (664) 3. Maine Girls' Acad./Waynflete(658) 4. York (625) 5. Leavitt (613) 6. Fryeburg (559) 7. Cape Elizabeth (555) 8. Lake Region (524) 9. Freeport (511) 10. Poland (502) 11. Yarmouth (496) 12. Gray-NG (495) 13. Lincoln (473) 14. Spruce Mountain (465) 	<ol style="list-style-type: none"> 1. Wells (449) 2. Oak Hill (433) 3. Maranacook (421) 4. Mountain Valley (418) 5. Lisbon (384) 6. Sacopee Valley (379) 7. Dirigo (314) 8. Telstar (236) 9. Traip (263) 10. Old Orchard (225) 11. St. Dominic (197) 12. North Yarmouth (167)