

Interscholastic



Eligibility Committee

The next and final meeting for the Eligibility Committee will be on Monday, March 11, 2019. Any school wishing to request a waiver for a student for spring sports should contact Patty Newman at the MPA office (pnewman@mpa.cc) to schedule a hearing.

Cooperative Individuals Participating At Regional/State Championships

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

If an athlete from the sending school is

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

Recognition Counts

MPA Hall of Excellence

Nominations are now being accepted for the 2019 class of the *MPA Hall of Excellence*. If you have had an athlete, a coach, or an administrator that has had a significant impact on high school activities in Maine, please consider nominating that individual. Also, consider outstanding officials, adjudicators, media, or health care providers that may have had a similar type of impact.

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

10th Annual Larry LaBrie Award

The MPA is calling for nominations for this prestigious award. The deadline is February 15, 2019. Last year's recipients were Bob Arsenault, Roger Arsenault, Dennis Crow, and Dennis Kiah.

Please contact Mike Burnham for further information.

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

Notes and Updates

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

Cooperative Team Policy — Schools with **individual students** wishing to participate as individuals with another school in the spring sports of tennis and outdoor track must apply on a form that can be found by clicking [HERE](#) and must be filed prior to the first countable contest (April 11, 2019). Participation is defined as attending practices and contests with the school team. Schools with **cooperative teams** in sports such as football and ice hockey are reminded that these teams are approved for no more than a two-year period and are aligned to the classification cycle. Schools wishing to start **cooperative teams** must apply three months in advance of the starting date of the applicable sport season. **The deadline for applying for a cooperative team in the fall is May 30, 2019.** All cooperative agreements that are in place for 2018-2019 will expire at the end of this school year with new classification for 2019-2020. All current and new cooperative agreements for 2019-2020 will require a new application. Regulations for cooperative individuals or cooperative teams may be found on pages 25-26 of the MPA Handbook.

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

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

MPA Ball Contracts

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

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

Electronic Ticketing

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

For teams competing at the **Cross Insurance Center** in Bangor or at the Cross Insurance Arena in Portland pre-

sale tickets may be purchased online at <http://www.ticketmaster.com>.

Tickets for all events may still be purchased at the ticket office on the day of the event. It is also important to note that the number of available electronic tickets in the sport of swimming will be capped at 50. An electronic ticket for swimming and diving does not guarantee a reserved seat. Due to limited seating at the swim venues, all tickets will be on a first-come, first-served basis.

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

New England High School Tournaments

Sites and Dates for 2019

Event	Date	Site
Indoor Track	March 2, 2019	Reggie Lewis Center, Boston, MA
Wrestling	March 1-2, 2019	Providence Career and Technical Academy, Providence, RI
Spirit	March 16, 2019	Worcester State University, Worcester, MA
Outdoor Track	June 8, 2019	Thornton Academy, Saco
Golf	June 19, 2019	Bretwood Golf Course, Keene, NH

Undergrad Tournaments

This is a reminder that following the winter season (February 23), the Sport Season Policy does not allow an MPA member school's team to play or practice outside the sports season, use school equipment or facilities, be transported by the school or a school-affiliated organization, or use the school name.

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

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

Private School Law

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

MPA Mission Statement

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

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

Performing Arts Students Develop Skills Needed for Life and Work

By Treva Dayton

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

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

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

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

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

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

Coaches— Recruit Officials!

Coaches are encouraged to recommend former players to consider becoming officials. While a select few may have an opportunity for advanced play, MOST high school players do not continue BUT remain keenly interested in the game. With an increasing shortage of competent and conscientious officials anticipated, the assistance of coaches in identifying and encouraging personable, knowledgeable, and competitive individuals to "get involved" would be helpful.

Outdoor Track Official

If you have individuals interested in becoming a certified track and field official there will be training sessions held at the following sites:

- March 17—Gorham Recreation Center;
- March 24, 2019—Augusta Recreation Department; or
- April 7—Orono Municipal Building.

Baseball NOCSAE Stamp

The NFHS Baseball Rules Committee has postponed the rule that all approved baseball must have the NOCSAE stamp. The requirement has been delayed one year (2020 season), allowing manufactures and schools to use existing inventory during the 2019 season.

Live-Streaming of Championship Events

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

- ◆ **Cheering**—State Championships, February 9
- ◆ **Basketball**—Quarterfinal Games, February 13–23
- ◆ **Girls' Ice Hockey**—State Championship, February 16
- ◆ **Wrestling**—All Championship Matches, February 16
- ◆ **Boys' Ice Hockey**—State Championships, March 9

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

live-streamed through NSN [link](#) as well as being available through the NFHS Network. The state championship basketball games may be seen on Maine Public Broadcasting Network (MPBN) Television.

To access the live streaming, you will need to purchase a subscription at www.NFHSnetwork.com/me. The event will also be available on mobile devices at m.nfhsnetwork.com and subscribers can download the NFHS Network app from the iTunes store.

CALL THE MPA HELP LINE

(207-622-0217)

Extensions:

- Dick Durost-124
- Mike Bisson-141
- Mike Burnham-125
- Holly Couturier-126
- Tammy McNear-122
- Patty Newman - 130
- Diane Patnaude - 127

*We are here
to help you
and answer
questions!*

What Image Does Your P.A. Announcer Project?

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

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

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

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

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

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

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

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

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

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

Good luck on a great school, athletic year!

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

Public-Address Announcers Guidelines

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

2019 Maine State Speech and Debate Championship Tournament

Sponsored by the Maine Forensic Association and the Maine Principals' Association

~ Thornton Academy, Saco—Saturday, January 26, 2019 ~

Place	Name	School
Congress House I		
1	Ethan Eickmann	Kennebunk
2	Lance Dinino	Kennebunk
3	Chloe Brzozowski	Brunswick
Congress House II		
1	Ruth Metcalf	Kennebunk
2	Bambi, Zhuang	Scarborough
3	Everett Beals	Kennebunk
Congress House III		
1	Kayley Roche	Kennebunk
2	Carson Bell	Greely
3	Rory Sheehan	Kennebunk
Congress Senate		
1	Joseph Bergeon	Kennebunk
2	Will Pearson	Cape Elizabeth
3	Seth Delisle	Scarborough
Dramatic Interpretation		
1	Caitlyn Bull	Falmouth
2	Annabelle Bourassa	Skowhegan
3	Shannon Dye	Falmouth
Duo Interpretation		
1	Johnston & Hladky	Brunswick
2	LaRou & Buckley	Cape Elizabeth
3	DelTergo & Harrington	Falmouth
Extemporaneous Speaking		
1	Victoria Bradley	Skowhegan
2	Sophie Routhier	South Portland
3	Lauren Cutter	Cape Elizabeth
Humorous Interpretation		
1	Robert Kruse	Skowhegan
2	Joe Pooler	York
3	Colby Caldwell	Bangor
Informative Speaking		
1	Oscar Brautigam	Falmouth
2	Robert Kruse	Skowhegan
3	Kerry O'Donnell	Falmouth

Place	Name	School
Lincoln-Douglas Debate—Varsity		
1	Noah Robinson	Bangor
2	Paige Camp	Lincoln
3	Raina Sparks	Cape Elizabeth
Lincoln-Douglas Debate—JV		
1	Riley Stevenson	Lincoln
2	Scott Peterson	Lincoln
3	Ogechi Obi	Bangor
Lincoln-Douglas Debate—Novice		
1	Libby Greenlaw	Falmouth
2	Jared Savage	Biddeford
3	Margaret Archibald	Thornton
Oral Interpretation of Literature		
1	Adara Moore	Poland
2	Annabelle Bourassa	Skowhegan
3	Madeline Vaughan	Thornton
Oral Declamation		
1	Joe Pooler	York
2	Izabella Rodrigues	Cape Elizabeth
3	Sophie Harrington	Falmouth
Original Oratory		
1	Stella DelTergo	Falmouth
2	Alyssa Landry	Biddeford
3	Victoria Broadley	Skowhegan
Poetry Reading—Novice		
1	Joao Victor	Lewiston
2	William Jackson	Waterville
3	Emiley Campbell	Waterville
Program Oral Interpretation		
1	Caitlyn Bull	Falmouth
2	Romy Gerstenberger	Skowhegan
3	Makena Deveraux	Cape Elizabeth

Continued on Page 6

Girls Lacrosse Rules Changes—2019

2-7-3: Requires all headgear to be worn properly and securely affixed with the chinstrap in place as intended for use.

Rationale: Ensures appropriate wearing of headgear, minimizing the risk of injury.

2-9-2: Adds the option of white bottoms by the goalkeeper.

Rationale: Aligns the goalkeeper's uniform with the undergarment color options.

3-7-2d: Requires the horn to sound twice to indicate a timeout.

Rationale: Differentiates between the horn for time out and other horns.

4-8-1, 4-8-2 NEW, 4-8-3c: Establishes the release of the ball from the crosse before time expires as a legal shot.

Rationale: Eases the determination of a legal shot when time is expiring.

5-1-1; 5-1-3; 5-2 PENALTIES; 5-4-1 thru 4 NEW; 6-3-1a, c; 6-3-2a; 9-1-1c(3); 13 NEW: Establishes the specific allowances for restarting play with a self-start.

Rationale: Decreases the amount of official involvement in restarting play and allows for greater flow of the game.

5-4-3b: Establishes alternate possession in the critical scoring area is awarded at the closest dot.

Rationale: Simplifies the administration of alternate possession in the critical scoring area.

7 PENALTIES 1: Moves the administration of goal circle fouls to the dot.

Rationale: Eases administration of goal circle fouls and minimizes the risk of injury.

10-1-1 PENALTIES 3c, e; 13 NEW: Establishes a penalty zone that must be cleared when a major foul by a defensive

player occurs in the 8-meter arc.

Rationale: Increasing safety around 8-meter free position.

10-1-1 PENALTIES 3 NOTE: Establishes specific allowance to the placement of defensive players ball-side on the adjacent hash for an 8-meter free position.

Rationale: Increases the flow of the game by eliminating delays while players compete for the inside position.

12-8-1 EJECTION PENALTIES 3: Establishes that an ejected player receiving a red card may be prohibited from attending the next game per state association administration if in attendance at the next game

Rationale: Clarifies state administrative options for ejections.

2019 Girls Lacrosse Editorial Changes:

2-4-3c; 2-6-1; 3-5-1; 4-6-1; 5-2-3b; 5-2-5; 5-2-5e; 5-2-5 PENALTY; 11; 12-8-1; 13 DEFINITION OF TERMS – EJECTED PLAYER, RUNNING CLOCK; Appendix B-8; Appendix B 19-20; Appendix B-20; Appendix B-21

2019 Girls Lacrosse Points of Emphasis:

1. Obstruction of Free Space to Goal – Opportunity to Shoot
2. Rough and Dangerous Play
3. Empty Stick Check – Intentional vs. Incidental Contact

2019 Maine State Speech and Debate Championship Tournament . . . *Continued from Page 5*

Place	Name	School
Prose Reading—Novice		
1	Elizabeth Steeves	Skowhegan
2	Colette Carillo	Waterville
3	Lauren Whitlock	Brunswick
Public Forum—Novice		
1	Blum-Levine & Nguyen	Deering
2	Cheung & Mohamed	Deering
3	D'Aquilla & Leclerc	York
Public Forum—Varsity		
1	O'Meara & Reid	Deering
2	Carpenter & Rudnick	Falmouth
3	Rabinowitz & Ryan	Falmouth
Storytelling		
1	Maggie Pono	Skowhegan
2	Elizabeth Steeves	Skowhegan
3	Mike Mackenzie	Cape Elizabeth

Baseball Rules Changes—2019

1-3-1 — Modified the effective date that baseballs shall meet a NOCSAE performance standard. (Effective January 1, 2020).

6-1-3 — Modified an element of the pivot foot requirement.

Officials' Signals — Created a signal for a 3- or 4-person mechanic to indicate the direction of rotation to the umpiring crew.

Officials' Signals — Created a signal for a game umpire to alert his or her partner of relevant information.

2019 Baseball Points of Emphasis:

1. Sportsmanship
2. Compliance of Players' Equipment
3. Baserunner's Responsibilities

Boys Lacrosse Rules Changes—2019

1-6-2: Measuring the length of the head at the front (face) of the head.

1-7-1: The pocket/net must be completely attached to the head and the side walls, leaving no gaps large enough for a ball to pass through.

1-9-1j: Beginning January 1, 2021, a goalkeeper chest protector designed for lacrosse that incorporates the NOCSAE ND200 at the time of manufacture shall be used by all goalkeepers.

4-5-9: A shot is considered a ball propelled toward the goal by an offensive player with the intent of scoring a goal. A shot can only be made when the ball is parallel to or above the goal line extended. Additionally, it can be either thrown from a crosse, kicked, or otherwise physically directed.

4-9-3: If any of the following occur between the end of the period and the shot entering the goal, the goal will be disallowed:

- a. The ball makes contact with any member of the attacking team or his equipment;
- b. The ball is touched by a player of either team other than the defending goalkeeper after hitting the goalkeeper or his equipment, goal posts or crossbar.

4-14-3: If the ball does not touch the center line or something over the center line, no infraction has occurred. A defensive player may reach over the center line with his crosse and bat the ball to keep it in his team's offensive half and thus prevent an over-and-back violation. However, he may NOT reach over the center line and bat the ball with his foot or any other part of his body excluding his gloved hand wrapped around his crosse. If he does so, it shall be a turnover.

5-3 PENALTY: Penalty for violation of Article 5 is a two - or three- minute, non-releasable foul, at the official's discretion. An excessively violent violation of this rule may result in an ejection.

5-4-4: A player shall not initiate a body check legally but slides up into or follows through to an opponent's head or neck.

5-4-5: A player shall not body-check a player in a defenseless position. This includes but is not limited to: (a) body-checking a player from his "blind side;" (b) body checking a player who has his head down in an attempt to play a loose ball;

and (c) body-checking a player whose head is turned away to receive a pass, even if that player turns toward the contact immediately before the body check.

5-4-6: A player shall not initiate targeting, which is intentionally taking aim at the head/neck of an opponent for the purpose of making violent contact. This could include a check with the crown of the helmet (spearing) that targets the head or neck of an opponent. **PENALTY: Three-minute, non-releasable foul. An excessively violent violation of this rule may result in an ejection.**

5-4-7: A player shall not initiate targeting that intentionally takes aim at a player in a defenseless position. **PENALTY: Three-minute, non-releasable foul. An excessively violent violation of this rule may result in an ejection.**

5-10e: A coach who is on the field and obstructs play.

5-12-1 PENALTY: Three-minute non-releasable penalty for a player, substitute or non-playing team member or a one-minute non-releasable penalty for a coach and ejection for the remainder of the game. The ejected coach shall be removed from the premises (bench and field area). The ejected player, substitute or non-playing team member shall be removed from the premises if there is authorized school personnel present to supervise the ejected student. If no authorized school personnel is available, the student shall be confined to the bench area. The sponsoring authority is responsible for notifying the appropriate school of the ejection.

6-3-2a: A player shall not use the portion of the handle that is between his hands to hold an opponent, when his hands are more than shoulder-width apart.

6-3-3e: Holding is permitted if a player uses the portion of the handle that is between his hands, which are no more than shoulder-width apart, to hold an opponent on the torso with no more than equal pressure and no thrusting motion.

6-5-2b(4): A player shall not exchange his crosse with that of a teammate during live play while the ball is in either crosse.

6-11-2: A player in possession of the ball with both hands on his crosse shall not use his hand or arm to push the body of the player applying the check. NOTE: Illegal body checks (5-3), "spearing" (5-4-3) and unnecessary roughness (5-9-3 SITUATION E) shall be strictly enforced as personal fouls.

Softball Rules Changes—2019

1-1-7, 2-22-4, Table 5-1, 5-1-10: The media shall be prohibited from being in live-ball area. The home team or game management may designate an area for the media in dead ball territory.

Rationale: Clarifies that game management may designate a media area in dead ball territory.

1-5-2a: The knob may be molded, lathed, welded or adjustable, but must be permanently fastened.

Rationale: Clarifies that an adjustable knob is permissible, provided the knob is permanently fastened by the manufacturer.

1-8-4: Defensive players are permitted to wear a shield on their face/head protection in the field but it must be constructed of a

molded, rigid material that is clear and permits 100 percent (no tint) allowable light transmission.

Rationale: In an effort to promote risk minimization, tinted eye shields are prohibited for defensive face/head protection.

6-1-1 PENALTY, 6-1-2 Thru 4 PENALTY, 6-2-1 PENALTY, 6-2-7 PENALTY: in the case of an illegal pitch, the batter is awarded a ball. The penalty that permitted base runners to be awarded one base without liability to be put out is removed.

Rationale: The new language creates more balance between

Track & Field and Cross Country Rules Changes—2019

4-3-1: Eliminates redundant language and expands definition of foundation garments.

Rationale: This change expands the current interpretation of foundation garment to include any item worn under the uniform top and/or bottom as well as eliminate duplicate language in same rule.

4-3-2: Clarifies uniform language for relay and cross country team members.

Rationale: Slight differences in design of uniform do not negatively impact the identification of a relay or cross country team. The expectation of this rule is that all relay and cross country team members can be clearly identified as representing the same school.

6-6-11, 6-8-12: Records measurement in discus and javelin to the nearest lesser inch or centimeter.

Rationale: Clarifies measurements when using metric system.

6-9-4, 6-9-5: Clarifies pit measurements for long jump and triple jump.

Rationale: Ensures pit measurements are within industry standards for safety.

8-1-1 thru 3: Clarifies legal course layout.

Rationale: Clarification of course markings.

8-3-2 thru 5: Clarifies order of finish based on torso.

Rationale: Clarifies that no matter the system used, the order of finish is based on when the torso crosses the finish line.

2019 Editorial Changes:

6-2-20: Provides consistent language in the rules book, case book and officials manual.

Rationale: Consistency with wording in the rules books.

2019 Editorial Changes:

4-6-5 Notes, 5-1-3, 8-6-1 thru 3, 5-2-3, 5-3-6, 6-5-1, 6-9-1

2019 Points of Emphasis:

1. Uniforms
2. Wearable Technology
3. Officials Safety and Recommendations in Vertical and Horizontal Jumps

2019 Maine State Speech and Debate Championship Tournament



Softball Rules Changes-2019 ... Continued from Page 7

offense and defense. The batter should receive the award rather than runners already on base.

2019 SOFTBALL MAJOR EDITORIAL CHANGES

2-65-2: Clarifies there can be no appeal of the play that occurred prior to the umpire awarding an intentional walk.

6-1-2a, b: Clarifies what motion constitutes the start of the pitch and when the step back of the non-pivot foot may be taken.

APPENDIX H: An Appendix regarding DP/FLEX rules was added for quick reference.

2019 SOFTBALL EDITORIAL CHANGES

2-65-2, 3-5-1 NOTE, 5-1 Table, 5-1-1k, 6-2-5, 7-1-2 PENALTY 3, 8-2-4 PENALTY, 8-4-3, 10-1-1

National Girls & Women In Sports—February Events

Maine Red Claws, February 1, 2019

Pre-game speakers forum, 4:30-5:30 p.m., Clarion Hotel, 7 p.m. game at Portland Expo.

Maine Mariners, February 2, 2019

Pre-game speakers forum, 4:00 - 5:30 p.m. and 6 p.m. game, Cross Insurance Arena.

University of Maine, February 24, 2019

Pre-game sports fair, 11:30 a.m. (pending) prior to final home women's hoops game, Augusta Civic Center, 1 p.m. tipoff.

The Maine Sports Commission is a presenting sponsor and anyone interested in tickets may e-mail Sheila Brennan Nee (see e-mail address below), Strategic Director, Maine Sports Commission she will e-mail you the ticket links accordingly.

sheila@mainesportscommission.com

The Maine Red Claws Celebrate



- Sue Bluch, WNBA Referee Performance & Development
- Ednlesha Curry, UMaine Men's Assistant Basketball Coach
- Jo Dill, Maine Senior Games
- Christy Gardner, US Women's Para Ice Hockey

Feb. 1, 2019 - 4:30-5:30 p.m. Clarion Hotel - Portland
1230 Congress Street, Portland
Red Claws game to follow - 7 p.m. Portland Expo
Tickets: <https://groupmatics.events/NGWSD>



National Girls and Women In Sports Day







WOMEN IN SPORTS NIGHT!

presented by the Maine Sports Commission



MARINERS
HOCKEY



NATIONAL GIRLS &
WOMEN IN SPORTS DAY
LEAD HER FORWARD

Cross Insurance Arena - February 2nd, 2019

4:00PM - Guest Speakers
5:00PM - General Doors Open
6:00PM - Puck Drop
Mariners vs. Adirondack

Contact Molly Brenerman
to book your tickets today!
207-761-436
molly_brenerman@comcastspectacor.com

The evening includes a special pre-game presentation with guest speakers. Join us with your athlete friends, family or teammates to hear stories from some of Maine's female athletes and how sports has impacted their lives. Game ticket and pre-registration required.

National Girls & Women in Sports Day is an annual day of observance held during the first week of February to acknowledge the accomplishments of female athletes and recognize the influence of sports participation for women and girls.

SPEAKERS

Kristina Sabasteanski



**Vermont National Guard Veteran
& Two-Time Olympian**

April Fournier

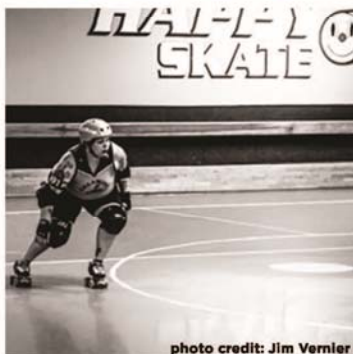


photo credit: Jim Vernier

Maine Roller Derby;
**co-founder of first all-Indigenous
women's roller derby team**

Kirsten Beverley-Waters



**Yogi, Coach, &
Cancer Survivor**

#GirlsPlayMaine