



Athletic Handbook

'23-'24 school year

Table of Contents

- I. NAME AND LOCATION 4
- II. PURPOSE AND PHILOSOPHY 5
- III. ADMINISTRATIVE POLICIES AND PROCEDURES 6
 - A. Medical Coverage 6
 - B. Insurance Coverage..... 6
 - C. Student Eligibility/Participation 6
 - D. Spectator Education..... 7
 - E. Cheerleaders 7
 - F. Home School Participating Student Athletes..... 8
- IV. TOURNAMENTS 8
 - A. Tournament Authority 8
 - B. Teams..... 9
 - C. Admission Fees 9
 - D. Seeding..... 9
 - E. Overnight Stays 10
 - F. Chapels and Other Special Activities at Tournaments..... 10
 - G. Awards 10
 - H. Conduct..... 10
 - I. Equipment..... 11
 - J. Format..... 11
- V. REGULATIONS DURING REGULAR SEASON CONTESTS 11
 - A. Contest Rules 11
 - B. Referees 11
 - C. Equipment..... 12
- VI. CONDUCT AND EXPECTATIONS..... 12
 - A. Visiting Teams 12
 - B. Taunting and Baiting 12
 - C. Coaches 13
 - D. Athletes..... 13
 - E. Parents and Fans..... 13
 - F. School Administrators and Athletic Directors..... 14

G. Acceptable Behavior 14

H. Unacceptable Behavior 14

I. Standards of Dress 15

J. League Off-Season Rules..... 15

Minnesota Association of Christian Schools

Athletic Handbook

Revised, March 29, 2021

The athletic handbook for the Minnesota Association of Christian Schools (MACS) provides a framework for sanctioned interscholastic athletic competition between participating MACS member schools. It is vitally important that the rules and procedures be respected and followed at all times. Although MACS has no part in the planning of, or the jurisdiction over, regular season play with schools outside our association, we encourage the adoption of all the contents of this handbook as the governing rules and regulations for all athletic contests involving individual MACS member schools. Your cooperation and support is appreciated.

I. NAME AND LOCATION

The name of this organization is the Minnesota Association of Christian Schools (MACS). It is the state chapter to the American Association of Christian Schools.

Its principal place of business is at:

Executive Director – Minnesota Association of Christian Schools

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II. PURPOSE AND PHILOSOPHY

The purpose of the MACS athletic program is to provide both competition and fellowship for students of member schools. The competition is to be governed by the philosophy of Christian athletics as described below:

The spirit of competition is alive and well in Christian school athletics, but not at the expense of our testimony for our Lord Jesus Christ, nor at the cost of fellowship between our schools. We believe that competition and participation in athletic events contributes to the physical and spiritual development of our students. It gives students the opportunity to develop life and athletic skills and learning submission to authority and to other team members.

In the heat of competition, players and coaches alike must conduct themselves well in their relationships with game officials, spectators, and opposing coaches and team players. Christian athletes must strive to give maximum physical effort while maintaining self-control. Christian coaches, who are mentoring their athletes in this manner, will glorify the Lord in practices as well as games.

It is our desire to see our MACS schools enjoy fellowship between member schools, not dread playing another of its member schools. Our Christian schools must remember that Jesus Christ is in the audience at every contest. Proper Christian relationships between schools and athletes should be the fruit of competition between our schools. This should also be true when a MACS school plays another school which is not a part of our association.

“And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the Father through Him.” Colossians 3:17

III. ADMINISTRATIVE POLICIES AND PROCEDURES

A. Medical Coverage

Participating schools are required to have completed Emergency Release/Treatment Forms for each student. These forms are to be in the possession of a school or team representative at each game or tournament in case medical attention is required and if parents are not available. Schools are encouraged to equip their teams and coaches with the necessary equipment and supplies, as well as first aid kits for each contest. Host schools should have ice available in case of sports related injuries.

B. Insurance Coverage

All schools participating in MACS are required to have adequate insurance coverage for students, sponsors, and teachers. MACS does not assume responsibility or liability for these coverages. The school's student accident insurance and liability insurance should cover most reasonable and customary sports related injuries or accidents at the site of the contest. MACS and/or the host schools will not be responsible for stolen or damaged articles. All participants are solely responsible for their personal property.

C. Student Eligibility/Participation

Athletic participation in the MACS league is based on the premise that student/athletes are enrolled in the school programs being offered by each of the individual member schools. School programs may be part-time, full-time, or home school, but must adhere to the following guidelines:

1. A student may not be enrolled in a public, charter or other school program which offers the same athletic activity as the member school and still participate in MACS athletics. If a student is enrolled in another Christian school program which does not offer athletics, a letter requesting permission for participation at a MACS school must be submitted to the Athletic Committee at least one month prior to the beginning of the season in which the student desires participation (This would include all co-op agreements.).
2. A student may not be enrolled in a PSEO program in another school and participate in MACS athletics.
3. A student may not participate beyond their senior year. Example: A student attends a school for their senior year and does not graduate. The school allows them to return to complete remaining credits for a second (senior) year. This student may not play during this second make-up year.

4. Each of the member schools must have a written home school policy which addresses home school participation in their athletic program. This policy will be submitted to the MACS Executive Committee to determine compliance with the Athletic Participation Policy.
5. Each of the member schools must have a written policy regarding academic eligibility for athletic participation for all its participants. It is recommended, as a minimum requirement, that all students maintain at least a "C-" average in all classes for which they are enrolled.
6. A committee will be formed which will consider special requests that may be of a special or unique nature or which might need special consideration (special accommodations for small school within our association).
7. A senior high team may consist of students in grades 6-12. At no time may a 9th-12th grade student be eligible to participate on a junior high team unless agreed upon beforehand by both participating schools.
8. Co-ed teams are not permitted at the junior or senior high level.
9. Physicals are required for athletic participation and copies should be kept on file and are good for three years. Students should have new physicals every three years before being allowed to participate in preseason practices. It is recommended that schools utilize the Minnesota High School Athletic Association (MHSAA) Annual Health form on their website and require it be filled out each year.
10. MACS Tournament fees are paid to the schools hosting the state tournaments for each season.

D. Spectator Education

In conjunction with the athletic director, the administration is encouraged by MACS to meet, inform, and educate the student body and parents of the school as to the model behavior expected by the administration during athletic contests. Christ-like, spirit-controlled behavior is encouraged. Ways to communicate this would be by way of assembly, pep rally, parent meetings/orientations, or reminders sent home throughout the school year.

E. Cheerleaders

1. Any cheerleading squad attending an athletic event must have an advisor or leader present.
2. Posters will be permitted but are to be removed by the school preparing them at the conclusion of the tournament or contest.
3. Dance routines are not permitted.
4. Stimulate a desired crowd response using only positive cheers, signs, and praise without antagonizing or demeaning opponents.

5. Treat opposing spirit groups and fans with respect.
6. Know the rules and strategies of a contest in order to cheer at proper times.
7. Maintain enthusiasm and composure.
8. Adhere to the instructions of the host school athletic director.
9. Respect facility and room usage extended to your group.

F. Home School Participating Student Athletes

All homeschool students, who participate in MACS, must fill out the Homeschool Athletic Participation Form and send that form to the MACS office prior to the start of the season they wish to participate in. All constituents are expected to have academic eligibility requirements for all their students. Homeschool students are expected to follow minimum academic requirements as identified on the Homeschool Athletic Participation Form. Students must fill out this form prior to the start of regular season play. Schools not abiding by this policy may not be allowed to participate in the MACS State Tournament and their seeding may also be affected.

Please help us to maintain a standard of fair play in the spirit of competition within our constituency.

IV. TOURNAMENTS

A. Tournament Authority

The MACS athletic director is the tournament decision-maker and should be considered at all times as the one in charge. The authority of contests will be honored with our referees and the athletic director's decision will be final. The athletic director must make all decisions that arise regarding tournament rules and regulations and must settle any disputes pertaining to the same. An official National Federation of State High School Association rulebook and a MACS Athletic Handbook should be available and consulted if necessary.

Tournaments will follow the National Federations Rule Book. If there is a rule change other than what is in the handbook, it will be agreed upon and communicated to all participants beforehand.

B. Teams

All teams involved in MACS will be placed in the proper small or large school tournaments (if there are enough teams) or “play –in” games will take place to determine state tournament participation.

C. Admission Fees

1. Admission fees to the tournaments will be announced by the Athletic Director of MACS in advance of the tournament.
2. The following list of free admissions will be observed at each tournament for each participating school:
 - a. Senior Pastor
 - b. School administrators
 - c. Athletic Director
 - d. Participating team coaches
 - e. Participating team players and managers
 - f. Bus Driver

D. Seeding

1. For seeding purposes, teams involved in MACS should strive to play each other at least one time each year. It is encouraged that each team schedule, at the athletic director meetings, one home and one away game with each MACS school in their regular season game schedule. It is imperative that each MACS school send a representative to the Athletic Director’s Meetings at the conclusion of each season for the purpose of scheduling. Schools outside the city limits, who must travel great distances for athletic contests, are encouraged to participate in tournaments against MACS schools and play at least 5 contests each season against MACS schools. Efforts will be made for special scheduling at the athletic director’s meetings to make this a reality for each season.
2. Once a game is scheduled, please make every effort to maintain the previously agreed upon date. If for some unforeseen reason (example weather) a game cannot be played, please try to make up that game at a later date.
3. All scores of games should be reported to the MACS website no later than the day after the game has been played.
4. The athletic director for MACS will announce the seeding prior to each tournament after meeting with the MACS Athletics Committee.

5. Tournament registrations and rosters should be sent to the tournament host school for the printing of tournament programs. Fees may be given to the MACS Athletic Director at the tournament.

E. Overnight Stays

1. Teams staying at another facility overnight for tournaments are expected to be above reproach in their behavior, attitude and spirit. This includes staying at other schools, colleges, or hotels. You are a testimony for your Savior, your family, and your school at all times.
2. It is ultimately a coaches' responsibility to make sure his or her players are controlled at all times.
3. Coaches or sponsors should be supervising their teams at all times.

F. Chapels and Other Special Activities at Tournaments

1. Tournament chapels are scheduled for each of our tournaments. It is required that all teams participate in these chapels. Teams should dress according to stated dress standards. Considerations will be made for teams who are playing immediately before or after chapel.
2. Special contests/activities are designed to accomplish the purpose of fellowship between schools. These programs have been organized and planned, in advance, to help accomplish this purpose. Teams are expected to participate in these special activities as a part of the tournament experience.

G. Awards

Team trophy presentations as well as individual tournament medals will be given at the conclusion of each tournament. During the tournament, All-Conference Honors will be announced. During each tournament, coaches will meet to determine All-Conference first team, second team, and honorable mention recipients.

H. Conduct

Visiting teams are to respect the host school facilities at all times. Individual schools will be held responsible for any damage to host school facilities. Schools may become ineligible for participation the following year from all MACS tournament play should their players be involved in vandalism of host school property.

I. Equipment

Game balls will be provided for all tournament play. Schools do not need to bring their own practice balls for warm-ups. Please bring both home and away uniforms to all tournament games.

J. Format

Beginning with the 2021-2022 seasons, play-in and first round games (soccer and volleyball) will be hosted by the higher seed on Monday or Tuesday night of tournament week October 25-26. On Thursday and Friday of that week, teams will play in the semi-final rounds on Thursday and the finals will take place on Friday. For the 2021-2022 season, volleyball and soccer will be hosted at Lake Region Christian School in Baxter, MN, and basketball will be hosted at Fourth Baptist Christian School in Plymouth, MN and at Woodcrest Baptist Academy in Fridley, MN. Basketball play-in games and first round games will take place on Monday and Tuesday nights, February 21-22 with the tourney taking place on the 24th and 25th (Thursday and Friday) of February.

V. REGULATIONS DURING REGULAR SEASON CONTESTS

A. Contest Rules

1. The National Federation of State High School Associations Rulebook will be used for all contests and sports, unless contradicted by guidelines from the handbook.
2. Soccer Tie-Breaking Procedures: Procedures will be identical as outlined in the National Federation Rulebook, except there shall only be a maximum of two, full 5-minute overtime periods (not sudden death). If a league game ends in a tie after these periods, then the game is finished.
3. All ties in athletic contests (except for regular season soccer) shall be broken because of seeding purposes.

B. Referees

1. **All referees should be state certified for all junior varsity/varsity contests.** For lower level, junior high games, non-certified officials may be used, but officials must be impartial and competent. The MACS Athletic Director can help schools locate a referee association to get certified referees if individual schools are having difficulty finding them.

2. The arranging of officials for each contest is the responsibility of the home team.
3. If referees do not show up for a contest, then it is the decision of the visiting team whether they will play the contest with substitute referees.

C. Equipment

1. It is the responsibility of the home team to provide the following equipment and personnel:
2. Warm-up balls for basketball/volleyball. Soccer teams may bring their own practice ball. Please make sure your balls are clearly marked.
3. Game balls
4. Scoring equipment
5. Game officials – It is highly recommended that two officials are working the soccer games.
6. Line judges for volleyball matches
7. Official book - If the home team cannot provide an official book, the visiting team may be used as the official book.

VI. CONDUCT AND EXPECTATIONS

A. Visiting Teams

Visiting teams who come to a school to compete are to respect the facilities at all times. Proper supervision is the key and students should not be allowed to roam around the facility. Please make sure that your team is sitting with coaches. Any student, who is guilty of the destruction or vandalism of school or personal property will pay for the replacement/repair of the property.

B. Taunting and Baiting

“Trash-talking,” taunting, baiting is inappropriate and will not be tolerated in any of our league or tournament contests. Coaches will be responsible, at all times, for the conduct of their players on and off the playing field/court. When the coach takes no action, he or she is simply sending the message that this type of behavior is acceptable. Should this type of behavior take place, we are asking our coaches to remove the player from the contest. Should this type of behavior remain unchecked, a formal complaint may be made to the MACS Athletic Director and he

will follow up with the appropriate administration. It is our desire to see exemplary sportsmanship displayed at all MACS contests.

C. Coaches

1. Always set a good example for participants and fans to follow, exemplifying the highest moral and ethical behavior. A coach's behavior is on display for all to see at all times.
2. Instruct participants in proper sportsmanship responsibilities and demand that they make a Christ-like attitude their number one priority.
3. Treat opposing coaches, participants and fans with respect.
4. The coach must be aware that he or she has a tremendous influence, either good or bad, in the education of the student athlete and, thus, shall never place the value of winning above the value of instilling the highest desirable ideals of character.
5. The coach must constantly uphold and honor the dignity of the profession in all personal contact with the student athlete, officials, athletic directors, school administrator, the MACS Athletic Association and the public. The coach shall strive to set an example of the highest ethical and moral conduct.
6. The coach shall be thoroughly acquainted with the contest rules and is responsible for teaching those rules to their team members.

D. Athletes

1. Treat opponents with respect; shake hands prior to and after contests.
2. Respect the judgment of contest officials, abide by rules of the contest and display no behavior that would incite fans.
3. Cooperate with officials, coaches and fellow participants to conduct a fair contest.
4. Accept seriously the responsibility and privilege of representing your Savior, your parents, and your school and community.
5. Live up to a high standard of sportsmanship established by your coach.

E. Parents and Fans

1. Realize that a ticket is a privilege to observe a contest and support high school athletics and is not a license to verbally assault or abuse others.
2. Respect decisions made by contest officials. They are the authority of the game.
3. Be an exemplary role model of supporting teams in every manner possible, including content of cheers and signs.
4. Respect the fans, coaches, and participants.

F. School Administrators and Athletic Directors

1. Develop a program for teaching and promoting the ideals and fundamentals of good sportsmanship within the school.
2. Provide appropriate supervisory personnel for each interscholastic event.
3. Develop a coaches' handbook and a student/athlete handbook and meet with players and parents prior to the start of the season. Administrators should meet with coaches and athletic directors and set the tone of athletic expectations before the start of each school year.
4. Support participants, coaches and fans who teach and display good sportsmanship.
5. Recognize exemplary behavior and actively discourage undesirable conduct by participants, coaches and fans.
6. Attend events whenever possible.

G. Acceptable Behavior

1. Honor the officials as the God-ordained authority over the game.
2. Cheerleaders or cheers should lead fans in a positive manner.
3. There should be handshakes between participants and coaches at the end of each contest.
4. Competitive athletics should always be done with a positive spirit and an eye to honoring the Lord. Every school wants to win, but should not want to win at the cost of destroying fellowship between like-minded schools.
5. Coaches and players should seek out opposing participants to recognize them for outstanding sportsmanship, performance or coaching.
6. Everyone should show concern for an injured player.
7. Encourage surrounding people to display only sportsmanship conduct.
8. Prayer with opposing teams is encouraged.

H. Unacceptable Behavior

1. Disrespectful or derogatory yells, chants, songs or gestures.
2. Booing or heckling an official's decision.
3. Criticizing officials in any way; displays of temper with an official's call.
4. Yells that antagonize opponents.
5. Refusing to shake hands or give recognition for a good performance.
6. Blaming the loss of the game on officials, coaches or participants.
7. Laughing or name calling to distract an opponent.
8. Use of profanity or displays of anger that draw attention away from the game.

I. Standards of Dress

All schools are expected to have a conservative dress policy for their athletes during regular season games and tournaments. Please make sure that teams dress appropriately upon entering the school, during contests, and at the conclusion of games.

J. League Off-Season Rules

1. Summer Camps

Summer Camps and open gyms are acceptable throughout the off-season. Coaches may work with individual players in the off-season on individual skills, but they may not coach their team in leagues or in any other setting. Coaches may go to team camps, but only as observers.

2. Soccer/Volleyball

For the 2021-2022 season, the official start date for soccer and volleyball practices is Monday, August 16. Games may begin the week of August 30. Varsity soccer should have a maximum total of 22 games, while varsity volleyball should have a maximum number of 24 matches (A match is 3 out of 5 games or 2 out of 3 in most tournaments – Tournaments would count as two matches toward the 24 match total). Please also count the MACS State Tournament in your total. There should be no other types of practices like “captain’s practices” prior to your start date.

3. Basketball

Basketball practice may begin on Monday, November 15. If you need to have tryouts or you want to have a Saturday session to determine team placements or to initiate interest in going out for a team, please limit that date to the Saturday prior to the official practice start date beginning (Saturday, November 13). Games may begin the week of November 29. The limit for basketball games in a varsity season is 26. Please remember that tournaments count as two games and please include the MACS tourney as two games in your total.

If there are questions about any of the procedures or policies in the handbook, please contact the MACS Athletic Director and he will answer your questions in a timely fashion.

“And whatsoever you do, do it heartily to the Lord and not to man.” Colossians 3:23

