



VBMSL
Virginia Beach Middle School League

Middle School Athletics 2020-2021

All middle school sports fall under the auspices of the *Virginia Beach Middle School League (VBMSL)*, whose competition guidelines and formats are aligned with the *Beach District* (composed of all VBCPS high schools) and the *Virginia High School League (VHSL)*. This past week, the VHSL and Beach District have announced their competition schedules, so it is the VBMSL's intention to move forward with our sports programs in December 2020.

As with all school programs, athletics guidelines must take into account the impacts of COVID-19 and can change based on the Eastern Region health metrics as part of the VBCPS Fall 2020 plan for the return of students to schools.

Season 1 – December 14 – January 29 (Basketball, Academic Challenge)

Season 2 – February 2 – March 5 (Wrestling, Volleyball, Debate)

Season 3 – March 8 – April 23 (Football, Soccer, One- Act Play, Cheer)

Season 4 – April 26 – May 27 (Baseball, Softball, Field Hockey, Track, Forensics)

Specific information regarding tryouts will be announced at least 3 weeks prior to the beginning of a season

Sports Physicals: In the meantime, students will need a *VBMSL Sports Physical*, administered after May 1, 2020 and on file with your school's Student Activities Coordinator, to participate in any athletic activities for the 2020-2021 school year.

The *Middle School Physical Form* (must have **UPDATED JUNE 2017** in the left corner) must be signed and dated in ink by a parent/guardian.

Use the link below :

https://www.vbschools.com/UserFiles/Servers/Server_78010/Image/Students/Athletics%20and%20Activities/Middle%20School%20Sports/ms_form.pdf

-Physical forms are also available at all middle schools or can be found on school websites.

As always, please do not hesitate to contact our Student Activities Coordinator if you have any questions.



COMPASS to 2020
Charting the Course