



Rockford Middle School Athletics

Registration – All athletes must be registered using [FinalForms](#) prior to the start of tryouts or practice, as well as enrolled in Rockford Public Schools to participate in school sponsored athletics.

A physical is required prior to tryouts or practice on or after April 15, 2025 for the 25-26 school year.

FALL: (August-Mid-October)

Boys Tennis

Grades 7-8; No tryout required

Co-Ed Cross Country

Grades 6-8; No tryout required

Football

Grades 7-8; No tryout required

Sideline Cheer

Grades 7-8; No tryout required

Volleyball

Grades 7-8; Tryout required

WINTER 2: (January-Beginning of March)

Boys Swim and Dive

Grades 7-8; No tryout required

Girls Basketball

Grades 7-8; Tryout required

Wrestling

Grades 6-8; No tryout required

WINTER 1: (Mid-October-Christmas Break)

Boys Basketball

Grades 7-8; Tryout required

Competitive Cheer

Grades 7-8; Tryout required

Girls Swim and Dive

Grades 7-8; No tryout required

SPRING: (Mid-March-End of May)

Co-Ed Track and Field

Grades 6-8; No tryout required

Girls Tennis

Grades 7-8; No tryout required



VISIT ROCKFORDRAMS.ORG FOR MIDDLE SCHOOL AND HIGH SCHOOL ATHLETIC SCHEDULES, ROSTERS, AND ADDITIONAL INFORMATION.