

MLB bans rolling slides, shortens trips to mound

THE SPORTS XCHANGE

Rolling slides to break up double plays will not be permitted starting with the 2016 season according to new regulations adopted Thursday by Major League Baseball and the Major League Baseball Players' Association.

The World Umpires Association also approved the banishment of so-called block slides after New York Mets shortstop Ruben Tejada suffered a broken leg on a takeout at second base in last year's playoffs by Los Angeles Dodgers infielder Chase Utley.

MLB and the players'

union also signed off on two additions to the pace of play initiative designed to help speed up the game.

According to the new sliding rules, a runner is required to make a bona fide attempt to slide or an umpire can call the runner and the batter out.

"A runner will be specifically prohibited from changing his pathway to the base or utilizing a "roll block" for the purpose of initiating contact with the fielder," the new rule states. "Potential violations of Rule 6.01(j) will be reviewable using instant replay. Also reviewable will be "neighborhood play" calls, which previously were exempted from replay review."

A bona-fide slide occurs

when "a runner begins his slide (or makes contact with the ground) before reaching the base, is able and attempts to reach the base with his hand or foot, is able and attempts to remain on the base (except home plate) after completion of the slide and slides within reach of the base without changing his pathway for the purpose of initiating contact with a fielder.

"A slide shall not be a "bona fide slide" if a runner engages in a "roll block," or intentionally initiates (or attempts to initiate) contact with the fielder by elevating and kicking his leg above the fielder's knee or throwing his arm or his upper body."

The pace of play program

is being expanded from last year to include timed 30-second visits to the mound by managers and coaches and a reduction by 20 seconds of broadcast breaks between innings, which will now be 2:05 for locally televised games and 2:25 for national telecasts.

Manziel case referred to grand jury

Dallas police referred to the grand jury the domestic violence case against Cleveland Browns quarterback Johnny Manziel to decide whether to charge him with misdemeanor assault.

Manziel was involved in an incident with former girlfriend Colleen Crowley on Jan. 30 in Dallas. She said the 2012 Heisman Trophy

winner forced her into his car and hit her repeatedly, resulting in a ruptured eardrum.

The charge could carry up to one year in jail and a \$4,000 fine.

"The investigation of the domestic violence assault involving Jonathan Manziel, which occurred on January 30, 2016, has been completed," the Dallas police department said in a statement released Thursday. "Today, a Class A misdemeanor Assault/Domestic Violence case has been referred to the Dallas County District Attorney's office for presentation to the grand jury. The Dallas Police Department will not release any details of the investigation while it is pending grand jury presentation."

In an interview with TMZ, Manziel denied hitting Crowley. But the Browns apparently are ready to release Manziel next month.

"His future on our team will be addressed here pretty soon," Browns coach Hue Jackson said at the NFL Combine on Wednesday. "But let me say this: I think it's really important that obviously there were some people involved in the situation that happened and I feel very bad about those things as they do happen."

Crowley said in an affidavit that she tried to escape but couldn't and the two struggled inside the vehicle on their way back to her Fort Worth apartment.

SCOREBOARD

Results

HIGH SCHOOL
Unified Basketball
Winslow 62, Hall-Dale 38

COLLEGE

Thursday's Results

Men's Basketball
CCC Semifinals
Roger Williams 75, U-New England 58

Women's Lacrosse
Bates 18, Sewanee 9

Wednesday's Results

BASEBALL
Pomona-Pitzer 7, Bates 5

MEN'S BASKETBALL
Hartford 82, Maine 74

WOMEN'S BASKETBALL
Maine 50, Hartford 44

MEN'S LACROSSE
Bates 14, Endicott 10

Today's games

COLLEGE

Baseball
Maine at New Mexico State, 9 p.m.

Men's Basketball
NAC Semifinals

At Husson, Bangor
No. 4 Thomas vs. No. 1 Husson, 6 p.m.
No. 3 Johnson State vs. No. 2 Colby-Sawyer, 8 p.m.

Women's Basketball
NAC Semifinals

At Husson, Bangor
No. 3 Maine Maritime vs. No. 2 Castleton, 1 p.m.
No. 4 New England College vs. No. 1 Husson, 3 p.m.

Men's Hockey
Maine at Northeastern, 7 p.m.

Women's Hockey
Hockey East Quarterfinals
Maine at Boston College, 2 p.m.

All-stars

HIGH SCHOOL

Indoor track
PVC All-Conference teams

Girls
First Team — 55m: Krystal Grant (Hamptden); **55 Hurdles:** Lauren Stoops (Orono); **200m:** Lauren Stoops (ORO); **400m:** Tiara Tardy (ORO); **800:** Tiara Tardy (ORO); **1 Mile:** Tiara Tardy (ORO); **2 Mile:** Tiara Tardy (ORO); **Shot Put:** Daija Misler (HA); **Long Jump:** Olivia Damboise (Old Town); **Triple Jump:** Olivia Damboise (Old Town); **High Jump:** Olivia St Germain (John Bapst); **Christie Woodside (HA); Pole Vault:** Allison Pickering (ORO); **4x200 Relay:** Orono Lauren Stoops, Katherine O'Brien, Rebecca Lopez-Anido, Tiara Tardy; **4x800 Relay:** Orono Jenna Gaetjen, Olivia Fandel, Lydia Chase, Tiara Tardy

Second Team — 55m: Lauren Stoops (ORO); Ashley Anderson (MDI); **55 Hurdles:** Christie Woodside (HA); Hannah Hopkins (Brewer); **200m:** Ashley Anderson (MDI); Krystal Grant (HA); **400m:** Rebecca Lopez-Anido (ORO); Ashley Anderson (MDI); **800:** Rebecca Lopez-Anido (ORO), Arianna Geiser (BRW); **1 Mile:** Rebecca Lopez-Anido (ORO), Kiona Osterlin (ELLS); **2 Mile:** Rebecca Lopez-Anido (ORO), Olivia Fandel (ORO); **Shot Put:** Mavis Taungatu'a (Buck-sport); **Mackenzie Hanna (MDI); Long Jump:** Moriah Newcomb (BRW), Katherine O'Brien (ORO); **Triple Jump:** Christie Woodside, Simone Withers (HA); **High Jump:** Demitria Givens (Bangor), Rachel Bunker (ELLS), Bayley Bryant (Hermion), McKenna Smith (Old Town); **Pole Vault:** Rihan Smallwood (BAN), Olivia Damboise (OT), Alyssa Vargo (BRW); **4x200 Relay:** Bangor Demitria Givens, Rihan Smallwood, Mykayla Hoggard, Felicity Palmer; **MDI Lily Turner, Sydney Kachmar, Adriana Novella, Ashley Anderson; 4x800 Relay:** Brewer Amber Burris, Hannah Smith, Maria Maxsimic, Arianna Geiser; **John Bapst** Eilidh Sidaway, Emma Bragdon, Margaret Peckenham, Amanda Boyd

Boys
First Team — 55m: Ryan Bender (MDI); **55 Hurdles:** Alex Charette (HA);

200m: Troy Crawford (OT); **400m:** Ryan Bender (MDI); **800:**Tristan Butterfield (ORO); **1 Mile:** Paul Casavant (HA); **2 Mile:** Paul Casavant (HA); **Shot Put:** Austin Lufkin (BRW); **Long Jump:** Erick Seekins (BRW); **Triple Jump:** Hunter Smith (Foxcroft); **High Jump:** Hunter Smith (FA); **Pole Vault:** Johann Bradley (BUC); **4x200 Relay:** Foxcroft Nathaniel Church, Blaine Robinson, Evan Chadbourne, Tobias Hogfeldt; **4x800 Relay:** Foxcroft Tobias Hogfeldt, Gabe Piquette, Chandler Rockwell, Cooper Nelson.

Second Team — 55m: Thomas Darby (HA), Ian Haddow (OT); **55 Hurdles:** Cayd Wortman (BRW), Nick Charalambous (BRW); **200m:** Ryan Bender (MDI), Erick Seekins (BRW); **400m:** Erick Seekins (BRW), Tristan Butterfield (ORO); **800:** Paul Casavant (HA), Jacob Fandel (ORO); **1 Mile:** Jacob Fandel (ORO), Cooper Nelson (FA); **2 Mile:** Adam Schwendt (BAN), Jacob Fandel (ORO); **Shot Put:** Croix Albee (MDI), Garrett Graham (BRW); **Long Jump:** Hunter Smith (FA), Ryan Bender (MDI); **Triple Jump:** Alex Charette (HA), Derek Haas (OT); **Pole Vault:** Dominic Lizotte (BAN), Avery Hallahan, Michael Worcester, Cayd Wortman (BRW); **4x200 Relay:** Old Town Ian Haddow, Austin Robichaud, Thomas Sanborn, Troy Crawford; **Hamptden** Thomas Darby, Jack Dunning, Jarrett Osborne, Marcus Theriault; **4x800 Relay:** Orono Jacob Fandel, William O'Neil, Matt Keresey, Tristan Butterfield; **Brewer** Caleb Marsh, Jon Donnelly, Reed Davis, Nick Luce

All-Academic teams
(Senior athletes with 7 semesters with a GPA of 90 percent or better)

Bangor: Adam Schwendt, Katrina Rock; **Brewer:** Reed Davis, Caleb Marsh, Amber Burris, Julie DiFrederico; **Bucksport:** Natalie Coleman, Mavis Taungatu'a; **Central:** Quannah Gaitings-Harrold, Chris Hersey; **Ellsworth:** Tim Curtis, Rachel Bunker, Ashley King, Courtney Wasson; **Foxcroft:** Nathaniel Church, Joon Yeob Kim, Cooper Nelson, Hunter Smith; **Hamptden:** Mary Dube, Krystal Grant, Brooke Hardy, Lindsay Oliver, Bryanna Parker; **Hermion:** Austin Bemis, Rylee Cushman, Aaron Hallett, Nicholas Langille, Alex Shelley, Bayley Bryant, Deanna Phipps, Al Reynolds, Josie Swoboda, Karli Theberge; **John Bapst:** Nicholas Albright;

Mattawan: Elise Arnold, Vanessa Twombly; **MDI:** Della Hallett; **Old Town:** Connor Archer, Nicholas Diefenbacher-Krall, Derek Haas, Ian Haddow, Noah Hayes, Benjamin Quimby, Austin Robichaud, Peyton Boucher, Lauren Higgins, Brianna O'Leary, Josie Robichaud, Tylisha Spell; **Orono:** Olivia Fandel, Allison Pickering, Samantha Round, Lauren Stoops

College basketball

2016 North Atlantic Conference

Men's All-Conference Teams

First Team — G: Raheem Anderson, Jr., Husson; G: Levi Barnes, Sr., Thomas; F: Trevon Butler, Sr., Husson; C: Peter Donato, Sr., Colby-Sawyer; G: Dezron Wilson, Sr., New England College

Second Team — F: Cameron Anderson, Sr., Green Mountain; G: Thomas Brown, Jr., Green Mountain; G: Rahim Burch, Sr., Johnson State; G: Asim Khan, Sr., Johnson State; G: Wol Majong, Sr., Colby-Sawyer

Player of the Year: Trevon Butler, Sr., Husson

Defensive Player of the Year: Peter Donato, Sr., Colby-Sawyer

Rookie of the Year: Kevin Love, Frosh, Lyndon

Sr. Scholar Athlete of the Year: Greg Davis, Sr., Johnson State

Coach of the Year: Miles Smith, First Season, Johnson State

Sportsmanship Team — Adam Carlsen, Sr., Thomas; Greg Davis, Sr., Johnson State; Cameron Gaudette, Soph., Green Mountain; Eli Itkin, Jr., Husson; Wol Majong, Sr., Colby-Sawyer; Casey McGraw, Sr., Castleton; Logan Nichols, Sr., UMaine-Farmington; Ariya Nozary, Jr., New England College; Dylan Price, Jr., Maine Maritime; Gabriel Torres, Frosh., Lyndon

Wrestling

PVC All-conference teams

First Team — 106: Codi Sirois, Penobscot Valley; **113:** Foster Ashmore, Bucksport; **120:** Daegen Eastman, Mattawan-cook Acad.; **126:** Antonio Ayala, Foxcroft Acad.; **132:** R.J. Nelson, FA; **138:** Peyton Cole, Ellsworth; **145:** Zach Caron, FA; **152:** Brody Boynton, Buck; **160:** Jacob Hessel-tine, Dexter; **170:** Austin Smith, Ellsworth; **182:** Trent Goodman, Ells.; **195:** Brandon Brock, FA; **220:** Michael Pen-

TV-Radio Schedule

AUTO RACING

NASCAR, XFINITY, practice, 9 a.m., 12:30 p.m., FS1-TV
NASCAR, Sprint Cup, practice, 11 a.m., qualifying, 5:30 p.m., FS1-TV
NASCAR, Camping World Truck, practice, 1:30 p.m., 4 p.m., FS1-TV

BASEBALL, COLLEGE

MAINE at NEW MEXICO, 9 p.m., WWNZ Veazie (1400 AM) radio

BASKETBALL, BOYS

Class B State Final, LAKE REGION vs. ELLSWORTH, 8:45 p.m., MPBN-TV, Live Streaming (MPBN.net); WEZQ Bangor, (92.9 FM) radio, Internet (929theticket.com); WOXO Norway (92.7 & 100.7 FM) radio; WDEA Ellsworth (1370 AM) radio; WDEA Internet (www.wdea.am)

BASKETBALL, GIRLS

Class B State Final, GRAY-NEW GLOUCESTER vs. HOULTON, 7 p.m., MPBN-TV, Live Streaming (MPBN.net); WHOU Houlton (100.1 FM) radio; WEZQ Bangor, (92.9 FM) radio, Internet (929theticket.com); WOXO Norway (92.7 & 100.7 FM) radio

BASKETBALL, MEN

VALPARAISO at WISCONSIN (Milwaukee), 7 p.m., ESPN2-TV
BOWLING GREEN at AKRON, 7 p.m., CBSSN-TV
HARVARD at YALE, 7 p.m., FS1-TV
RIDER at MONMOUTH, 9 p.m., ESPN2-TV

BASKETBALL, NBA

CHICAGO at ATLANTA, 8 p.m., ESPN-TV
MEMPHIS at LA LAKERS, 10:30 p.m., ESPN-TV

BASKETBALL, WOMEN

XAVIER at VILLANOVA, 9 p.m., FS1-TV

GOLF

PGA, Honda Classic, second round, 2 p.m., The Golf Channel-TV

HOCKEY, MEN

MAINE at NORTHEASTERN, 7 p.m., WVOM Bangor (103.9 FM), WVOM Rockland (1450 AM), WSY Millinocket (1240 AM), WVOM 101.3 FM Augusta, WLOB 1310 AM Portland radio; UMaine Internet (GoBlackBears.com)

BOSTON UNIVERSITY at NOTRE DAME, 7:30 p.m., NBCSN-TV
MINNESOTA (Duluth) at ST. CLOUD STATE, 9 p.m., CBSSN-TV

HOCKEY, NHL

BOSTON at CAROLINA, 7 p.m., NESN-TV

Men's Hockey

MAINE vs. NORTHEASTERN

Time, site: Friday, Saturday, 7 p.m., Matthews Arena, Boston
Records: Maine 8-20-6 (5-13-2 Hockey East); Northeastern 14-13-5 (8-8-4)

Series, last meeting: Maine leads 52-43-19, Maine 6-3 on 2/21/15
Key players: **Maine —** LW Blaine Byron (8 goals, 13 assists), LW Will Merchant (12 & 8), C Steven Swavely (9 & 10), C Cam Brown (6 & 11), D Dan Renouf (6 & 8), RW Andrew Tegeler (2 & 10), G Rob McGovern (2-11-3, 2.65 goals-against average, .911 save percentage); **Northeastern —** RW Zach Aston-Reese (10 & 20), LW Nolan Stevens (15 & 13), C John Stevens (8 & 17), RW Mike McMurtry (7 & 17), C Adam Gaudette (8 & 14), D Garret Cockerill (7 & 10), G Ryan Ruck (12-10-4, 2.20, .914)

Game notes: Ruck was named the Hockey East Rookie of the Week after stopping 39 of 42 shots in 5-2 and 4-1 victories over Connecticut. Nolan Stevens' 16-point improvement over last year ties him for the fifth best in college hockey. NU's top three scorers are linemates with Aston-Reese and the Stevens brothers so if that line remains intact, the Black Bears are going to have to make sure they keep an eye on them. They will also have to adapt to an ice surface that is five feet wider than their own. Nolan Stevens leads the Huskies in power-play goals (6) and game-winners (4). Northeastern has the nation's No. 15 power play (20.4 percent efficiency). Four of the last 11 games between these two teams have ended in ties. They are 2-2-2 in their last six meetings. NU has won five in a row overall, outscoring opponents 23-6, and is 13-2-3 after a 1-11-2 start. Maine snapped a five-game losing streak with its 3-2 overtime win over Merrimack last Saturday.

driss, FA; 285: Richard Woodward, PVHS

Second Team — 106: Brandon Weston, FA; **113:** Jacob Emery, John Bapst; **120:** Ethan Minnick, Buck; **126:** Logan Lord, Ells.; **132:** Tyler Beam, Dex.; **138:** Isiah Hesselstine, Dex.; **145:** Josh Wright, Ells.; **152:** Dustin Simmons, FA; **160:** Andrew Brown, Ells.; **170:** Bryce Sweet, Dex.; **182:** Billy Brooks, FA; **195:** Jared Smith, JB; **220:** Iziah Thayer, Caribou; **285:** Tanner Hall, Dex.

Honorable mention — 106: Caleb Weeks, Dex.; **113:** Ethan Moulton, PCHS; **120:** Cameron Cookson, FA, **126:** Jacob Wilson, Buck., **132:** Cory Jandreau, Car; **138:** Conner Johnson, FA; **145:** Zach Wilson, PCHS; **152:** Devin Roy, Car; **160:** Ethan Cooley, PCHS; **170:** Matthew Griffith, PCHS; **182:** Daniel Wallace, Dex.; **195:** Dustin Demerchant, Car; **220:** Wally Moon, Ells.; **285:** Vincent Tzeo, Washington Acad.

Tourney scoreboard

HIGH SCHOOL

BOYS HOCKEY
NORTH
Quarterfinals
Tuesday, Feb. 23

Class A
A1: No. 4 Bangor 6, No. 5 Windham/Westbrook 0
A2: No. 3 Edward Little 4, No. 6 Cony/Hall-Dale/Monmouth 3

Class B
B1: No. 4 Winslow 5, No. 5 Brewer 3
B2: No. 3 Messalonskee 5, No. 6 John Bapst 4
B3: No. 2 Camden Hills 4, No. 7 Old Town/Orono 0

Semifinals

Saturday, Feb. 27
At Colisee, Lewiston

Class A
A3: No. 4 Bangor (10-7-2) vs. No. 1 Lewiston (14-2-2), 6:30 p.m.
A4: No. 3 Edward Little (11-8-0) vs. No. 2 St. Dominic (10-7-1), 8:30 p.m.

At Sukee, Winslow

Class B
B4: No. 3 Messalonskee (12-5-2) vs. No. 2 Camden Hills (16-3-0), 5 p.m.
B5: No. 4 Winslow (13-4-2) vs. No. 1 Waterville (16-1-1), 8 p.m.

SOUTH

Quarterfinals
Monday, Feb. 22

Class A
A1: No. 4 Cheverus 6, No. 5 Biddeford 5 (OT)

Tuesday, Feb. 23
Class A
A2: No. 1 Scarborough 7, No. 8 Mass-abesic/Bonny Eagle/Old Orchard 0
A3: No. 3 Thornton Academy 6, No. 6 Noble/Wells 1

A4: No. 2 Falmouth 9, No. 7 South Portland/Freeport/Waynflete 2

Class B

B1: No. 5 Kennebunk 3, No. 4 York 2
B2: No. 6 Cape Elizabeth 5, No. 3 Brunswick 2
B3: No. 2 Gardiner 4, No. 7 Gorham 0

Friday, Feb. 26

Semifinals

At Colisee, Lewiston

Class B
B4: No. 5 Kennebunk (10-8-1) vs. No. 1 Yarmouth (14-4-0), 8 p.m.
B5: No. 6 Cape Elizabeth (8-9-2) vs. No. 2 Gardiner (14-4-1), 8 p.m.

Saturday, Feb. 27

At Colisee, Lewiston

Class A
A5: No. 3 Thornton Academy (12-6-1) vs. No. 2 Falmouth (15-4-0), noon
A6: No. 4 Cheverus (9-9-1) vs. No. 1 Scarborough (14-2-3), 2 p.m.

BOYS BASKETBALL

State finals

Friday, Feb. 26
At Cross Center, Bangor

Class B
B8: No. 2 Ellsworth (17-4) vs. No. 1 Lake Region (19-2), 8:45 p.m.

Saturday, Feb. 27

At Cross Arena, Portland

Class A
A8: No. 5 Oceanside (16-5) vs. No. 2 Falmouth (17-4), 3 p.m.

Class AA
A6: No. 1 Portland (19-1) vs. No. 4 South Portland (12-9), 9 p.m.

At Augusta Civic Center

Class D
D8: No. 1 Valley (19-0) vs. No. 1 Easton (19-2), 2:45 p.m.

Class C

C8: No. 1 George Stevens Acad. (19-1) vs. No. 4 Waynflete (19-2), 8:45 p.m.

GIRLS BASKETBALL

State finals

Friday, Feb. 26
At Cross Center, Bangor

Class B
B8: No. 1 Houlton (20-1) vs. No. 2 Gray-New Gloucester (17-4), 7 p.m.

Saturday, Feb. 27

At Cross Arena, Portland

Class A
A8: No. 1 Lawrence (21-0) vs. No. 1 York (21-0), 1 p.m.

Class AA
AA6: No. 2 Edward Little (16-4) vs. No. 1 Gorham (20-0), 6 p.m.

At Augusta Civic Center

Class C
C8: No. 3 Narraguagus (18-2) vs. No. 2 Boothbay (20-1), 7 p.m.

Hockey

NHL

Eastern Conference
GP W L OTSOPts GF GA
Florida 60 35 18 5 2 77 167 139
Tampa Bay 60 34 22 1 3 72 165 149
Boston 61 33 22 5 1 72 190 170
Detroit 61 30 20 6 5 71 153 158
Ottawa 61 29 26 2 4 64 176 187
Montreal 61 29 27 3 2 63 167 168
Buffalo 61 24 30 2 5 55 144 167
Toronto 59 21 28 5 5 52 145 176

Metropolitan Division

GP W L OTSOPts GF GA
Washington 59 44 11 3 1 92 197 137
NY Rangers 60 34 20 4 2 74 173 155
NY Islanders 58 32 19 4 3 71 168 145
Pittsburgh 59 30 21 4 4 68 155 156
New Jersey 62 30 25 1 6 67 139 149
Carolina 62 28 24 7 3 66 152 164
Philadelphia 60 27 22 5 6 65 148 163
Columbus 62 25 29 4 4 58 162 191

Western Conference

Central Division
GP W L OTSOPts GF GA
Dallas 61 38 17 4 2 82 199 172

Chicago 62 38 19 5 0 81 176 148
St. Louis 62 35 18 5 4 79 156 150
Nashville 61 29 21 10 1 69 159 157
Colorado 63 32 27 4 0 68 169 176
Minnesota 61 27 24 8 2 64 159 155
Winnipeg 59 25 30 1 3 54 152 176