



WIAA Bulletin

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Charter Member
National Federation of
State HS Associations

Board Action Impacts Winter Sports Regulations

The Wisconsin Interscholastic Athletic Association Board of Control approved a number of coaches advisory committee recommendations in each winter sport that affect the season regulations at its summer meeting.

The sport of wrestling had a pair of recommendations added to the season regulations. The schedule of the State Team Tournament at the UW Fieldhouse will be altered. The Division 1 semifinals will be moved from 9 a.m. Saturday morning to Friday at 7:30 p.m., which will follow the quarterfinals scheduled for 5:30 p.m. in the revised schedule. The Divisions 2 and 3 semifinals, traditionally scheduled for 1 p.m. Saturday, will begin at 10 a.m. The finals in all three divisions are scheduled to begin at 3:30 p.m.

The other approved wrestling recommendation edits to the Medical Policies and Procedures Manual, identifies schools that are able to use the TrackWrestling.com program with electronic bout sheets will be given priority when attempting to assign individual and team regionals and sectionals. The basketball season regulations will experience a number of changes with the approval of four recommendations. The first will apply a mercy rule for varsity games during the regular season and throughout the Tournament Series beginning in 2013-14. A running clock will be implemented once the point differential reaches 40 points at any time after the conclusion of the third quarter unless a timeout is called. Regardless if the score differential subsequently dips below 40 points, the running clock remains in effect until the conclusion of the game.

Another approved recommendation mandates three-person officiating crews for all WIAA Tournament Series boys and girls basketball games beginning in 2014. Three-person crews have been assigned to the regional finals since 2008, at the sectional level since 2007 and at the State Tournament since 2006.

The Board also supported a basketball coaches' recommendation that was amended to apply to all sports to allow schools to request a waiver of the rule requiring a day of rest after six days of consecutive practice or competitions when weather forces games to be postponed during the Tournament Series. In addition, schools in Division 1 will no longer be allowed to host sectionals.

See Board Decisions, page 3 >

2013-14 Board of Control Conducts First Meeting

Dean Sanders, district administrator at Lake Mills, presided over the first meeting of the 2013-14 Wisconsin Interscholastic Athletic Association Board of Control on August 9.

Brad Ayer, district administrator at Clear Lake, and Steve Knecht, coordinator of Athletics, Physical Education and Recreation in the Kenosha school district were introduced as new Board members for Districts 1 and 7, respectively. In addition, Bill Yingst, the Board of Education president at Durand, attended his first meeting as the appointed representative of the Wisconsin Association of School Boards.

The Board also conducted its 2013-14 officer elections. Mike Beighley, the district administrator at Whitehall, was elected president-elect; and Corey Baumgartner, the principal at Kiel, will serve as treasurer.

The final consideration of a Board-modified conference realignment proposal involving the Coulee, Mississippi Valley and Southwest Wisconsin Conferences failed to receive approval. The modified proposal would have maintained the current conference structure with a mandate to schedule two football-only crossover games between the Coulee Conference and Southwest Wisconsin Conference by the 2014 season. The Board anticipates a presentation of another plan at its meeting in September.



Brad Ayer



Steve Knecht



Bill Yingst



Dean Sanders



Mike Beighley



Corey Baumgartner

The Spring Sports Spectacular reviewing the 2013 spring and summer State tournaments is scheduled to be broadcast Sunday, Aug. 25. The program will air at 1 p.m. on WAOW-TV (Wausau), WXOW-TV (La Crosse), WQOW-TV (Eau Claire), WKOW-TV (Madison) and WYOW-TV (Eagle River). It is scheduled to air at noon on KBJR-TV (Duluth/Superior) and WACY-TV (Appleton/Green Bay), and at 11 a.m. on WMLW-TV (Milwaukee).

The Board also approved new appointments to the 2013-14 Coaches Advisory Committees and approved the renewal of the Association's membership in the National Federation of State High School Associations, as well as the WIAA's agreement to join the NFHS Network. The Board also received staff reports on the New Athletic Directors Workshop, licensed officials background checks, the State Summer Baseball Tournament and a preview of the 2013-14 operational budget. In addition, Mike Thompson, liaison for the Department of Public Instruction, and Brian Smith of Waunakee, the liaison for the Wisconsin Athletic Directors Association, presented updates in their reports to the Board. ■

WIAA Advisory Council (Non-Public Schools) Special Election

A special election will take place for a non-public school representative on the Advisory Council. This will be a 2-year term beginning with the October 10, 2013 meeting. Todd Fischer, the current representative, is unable to fulfill his remaining two years on the Council.

Eligible candidates are administrators, assistant administrators, high school principals or assistant high school principals of non-public school member senior high schools.

The time line of the special election process is as follows:

Aug. 5, 2013 – Announce that declarations of candidacy will be accepted.

Aug. 27, 2013 – Deadline for filing declarations of intent to run.

Aug. 29, 2013 – If more than twice as many

candidates file, a primary election will be held and the primary ballot mailed to schools on this date. If a primary is not needed the general election ballot will be sent on this date.

Sept. 12, 2013 – Deadline for returning primary election ballot. If a primary is not needed the general election ballot will be due back on this date.

Sept. 16, 2013 – If primary is needed, general election ballots will be sent.

Sept. 30, 2013 – If primary is needed, deadline for returning general election ballots.

Oct. 10, 2013 – Successful candidate will be seated for the Advisory Council meeting.

Interested and eligible candidates should send or email a letter declaring their candidacy to the attention of Joan Gralla at the WIAA office jgralla@wiaawi.org ■

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website < <http://www.wiaawi.org> >

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Football Points of Emphasis Prohibition On Contact to and with the Helmet

In an effort to minimize the risk of catastrophic head and neck injuries, the NFHS Football Rules Committee continues to urge KEEPING THE HEAD OUT OF FOOTBALL. While the wearing of a football helmet can never guarantee the elimination of head and neck injuries, all levels of football have increased their focus on reducing these types of injuries as much as possible. It is recognized that one of the biggest steps in that endeavor is to eliminate direct helmet-to-helmet contact and any other contact both with and to the helmet.

Direct helmet-to-helmet contact and any other contact both with and to the helmet must be eliminated from the sport of football at the interscholastic level! Using the helmet to inflict punishment on the opponent is dangerous and illegal. Coaches and game officials must be diligent in promoting the elimination of contact to and with the helmet, as follows:

- Coaches -- through consistent adherence to proper and legal coaching techniques.

- Game Officials -- through strict enforcement of pertinent playing rules and game administrations.

Coaches must insist that players play "heads-up" football by utilizing proper and safe techniques, - not only during games, but on the practice field as well. Coaches must shoulder the responsibility of consistently reinforcing with their players that using the top or face of the helmet goes against all tenets of the basic techniques of safe and legal blocking and tackling.

The No. 1 responsibility for game officials must be player safety. Any initiation of contact with the helmet is illegal; therefore, it must be penalized consistently and without warning. Player safety is really a matter of attitude, technique, attention and supervision. Football players will perform as they are taught; therefore, there must be a concentrated focus on consistently enforcing the existing rules. And contrary to most other rule enforcements, when in doubt, contact to and with the helmet should be ruled as a foul by game officials. Contact to and with the helmet may be considered a flagrant act and may be penalized by disqualification if a game official considers the foul so severe or extreme that it places an opponent in danger of serious injury.

Consistent education, recognition and penalty enforcement of contact to and with the helmet must be adhered to throughout practice time and contests, regardless of the situation. Whether it is in the first practice, last practice, first quarter of the first game or overtime of the state championship, contact to and with the helmet must be discouraged and taken out of the game by coaches, players and game officials. It is hoped that this concentrated approach will be a positive step toward reinforcing player safety!

(NFHS Football Rule Book, pp. 86-89.)

1. Prohibition on Contact to and with the Helmet
2. Reconditioning and Recertification of Football Equipment
3. Free Blocking Zone ■

Dziak Joins Executive Office

Eric Dziak (pronounced like the French name Jacques) has been hired for the newly created technology coordinator position at the executive office. He began his new position on Aug. 1.



Eric Dziak

"We are pleased to welcome Eric and the skills and experience he possesses to the office staff," Anderson said. "His skills and extensive experience will enhance our technology efforts both internally and those that interface with our membership."

The technology coordinator position will be responsible for the development of internal software applications and solutions that enhance the performance of the WIAA staff and member schools, as well as direct and coordinate the management of the WIAA website.

Dziak's experience includes 12 years in the information technology field. Most recently, he was a quality assurance analyst for the past year at Wausau Financial Systems in Mosinee, Wis. Among his responsibilities were the development of coded tools and solutions for testing and creating software utilities for solution management.

He was the information technology manager at Encore Unlimited, LLC, in Stevens Point from 2005-12. In that position, he created and managed the information technology department which was responsible for the creation of the website, data center, IT security strategies, research and testing of IT solutions, a disaster recovery solution and the training of staff.

He began his career in IT at the Copp's Division of Roundy's in Stevens Point in 2001, where he worked as an applications administrator until 2005. In his role, he built and managed inventory control for staff and the daily movement of perishable grocery inventory. In addition, he managed and was responsible for a number of system plans and conversions.

He received an associates degree in CIS-Programmer/Analyst from Mid-State Technical College in 2003. He currently resides in Stevens Point with his wife, Carley, and two sons, Andrew and Alex. ■

2013 NFHS Football Rules Changes

1-5-3a(5)a Solid-colored towels now legal.

1-6 Use of communication devices expanded.

2-4-1 Definition of a catch clarified.

3-5-10d Loss of helmet after the down clarified.

6-5-6 Kick-catching interference penalty added. PENALTY; 2-9-2; 5-2-1, 2; 6-5-4; 10-4-2b

7-5-10 Pass interference penalties revised. PENALTY; Table 7-5 - Perhaps the most significant rules change next season will be one that reduces the penalty for pass interference. While the 15-yard penalty will remain for both offensive and defensive pass interference, the loss of down has been removed for offensive pass interference and the automatic first down has been eliminated for defensive pass interference.

8-3-3 Score on a try clarified.

9-3-8c Blocking on free kicks revised. (NEW)

9-4-3i Initiating contact with a helmet-less opponent is now an illegal personal contact foul. (NEW)

9-6-4g Players continuing to play without a helmet is now illegal participation. (NEW)

COMMENTS ON THE 2013 RULES CHANGES

SOLID-COLORED TOWELS NOW LEGAL (1-5-3a(5)a): The committee modified the rule regarding the authorized wearing of a moisture-absorbing towel. Towels that are one solid color may now be worn, as long as they are not the color of the football or penalty flag. The towel cannot have no more than one visible manufacturer's logo/trademark, which cannot exceed 2 1/4 square inches in any dimension. Towels worn by teammates must be the same color. Previously, the towel could only be white and unmarked.

USE OF COMMUNICATION DEVICES EXPANDED (1-6): The committee has expanded use of communication devices to allow, coaches, players and nonplayers to use any form of available communication technology during authorized conferences outside the 9-yard marks (7-yard marks in nine-, eight- and six-player competition), on the sidelines and during the halftime intermission period. Use of communication devices by players except during conferences outside the 9-yard marks continues to be prohibited.

DEFINITION OF A CATCH CLARIFIED (2-4-1): The committee clarified the definition of a catch. An airborne player who has forward progress

stopped inbounds and is carried out of bounds by an opponent before contacting the ground is awarded a catch at the spot of forward progress.

LOSS OF HELMET AFTER THE DOWN (3-5-10d): The committee clarified that if the helmet comes completely off during subsequent dead-ball action related to the down, and is not directly attributable to a foul by the opponent, the player must leave the game for at least one down (unless half-time or overtime intermission occurs). An official's time-out shall be called.

KICK-CATCHING INTERFERENCE (6-5-6 PENALTY; 2-9-2; 5-2-1; 5-2-2; 6-5-4; 10-4-2b): The committee added a 15-yard penalty to the existing option of accepting an awarded fair catch for kick-catching interference. The option to try a scoring free kick after an awarded fair catch remains.

PASS INTERFERENCE PENALTIES REVISED (7-5-10 PENALTY; Table 7-5): This rule change removes the automatic first down for defensive pass interference and the loss of down for offensive pass interference. The 15-yard penalty provision remains for both fouls.

CLARIFICATION ON SCORE ON A TRY (8-3-3): The committee clarified that the touchdown scoring team is the only team that can score on a try.

BLOCKING ON FREE KICKS REVISED (9-3-8c NEW): A new provision added to the existing rule stipulates the kicking team may initiate contact once the receiving team has initiated a block within the neutral zone.

INITIATING CONTACT WITH A HELMET-LESS OPPONENT (9-4-3i NEW): In the interest of minimizing risk, the committee added a new illegal personal contact foul. This foul is charged to any player who initiates contact with an opposing player whose helmet has come completely off.

ILLEGAL PARTICIPATION FOR PLAYERS CONTINUING TO PLAY WITHOUT A HELMET (9- 6-4g NEW): Continuing with focus on risk minimization, the committee determined that a helmet-less player shall not block, tackle or otherwise participate beyond the immediate action in which the player is engaged when the helmet came completely off. The penalty would be a live-ball, basic-spot foul.

(National Federation of State High School Associations, 2013 NFHS Football Rules Book, pp. 89-90) ■



Officials Corner

Congratulations! 2013 Spring & Summer Tournament Officials

BASEBALL SPRING – Louis Eisenman, Schofield; Dan Grawe, Appleton; Daniel Hoffman, River Falls; Lawrence Holschuh, Kimberly; Todd Jahns, Cedarburg; Al Mathy, Marinette; AJ Minick, Bristol; Michael Pfeil, Evansville; Robert Ruhle, Madison; Roger Van Lanen, Green Bay; Daniel Viken, Marshall; Tim Wagner, Jefferson

BASEBALL SUMMER – Michael Contreras, Sturtevant; Kevin Grosseohme, Milwaukee; Brian Henson, Franklin; Michael Kieser, West Bend; Jon Kradecki, South Milwaukee; Bruce Schaefer, Chilton

GIRLS SOCCER – Christopher Bizjak, Wausau; Barrett Britt, Waukesha; Mahmood Darvish, Belleville; Mark Herdeman, West Bend; David Irwin, Oshkosh; Ryan Koessler, Kenosha; Todd Mader, Madison; Justin Marien, Pewaukee; Brian McKay, Madison; Jamie Michalkiewicz, Neenah; Barry Puhl, Oshkosh; Erin Rickard, Cedarburg; Jonathan Schrantz, Waukesha

SOFTBALL – Mark Angell, Rice Lake; Charles Bloedorn Jr., Fond du Lac; Thomas Hack, Wausau; Patrick Hammond, Eau Claire; Randall Koehn, Columbus; William Lapp, Morrisonville; Martin Marasch, Little Chute; Michael Steidl, Milwaukee; Randy Tylke, Greenfield

BOYS INDIVIDUAL & TEAM TENNIS – Meet Referee - Joyce Tessiatore. **Umpires** - Deb Clausen, Sun Prairie; Ryan Denu, Madison; Dan Drvaric, Waukesha; Matt Fehlhaber, West Bend; Sue Kubichek, West Bend; Jon Nicoud, Fond du Lac; Gary Schlei, Hartland; Tom Seitz, Brookfield; Courtney Smith, Janesville; Sharon Terry, Janesville; Tom Tessiatore, Arbor Vitae; Henry Thomas, Milwaukee; Mark VanderZanden, Appleton; Dorothy Vogel, Janesville; Nancy Wilson Schlei, Hartland; Jim Yoshida, Madison

TRACK & FIELD – Meet Referee - David Weidemann, Winneconne. **Field Referee** - Kirby Symes, River Falls; Monroe; **Starter** - Michael Jahn, Maple; **Starter** - Thomas Johnson, Beaver Dam; **Starter** - Tim Lee, Viroqua; **Alternate** - Jon Lewis, West Salem ■

Board Decisions from page 1

tional semifinals or finals if they advance to play in those games, essentially guaranteeing a neutral site.

Two hockey coaches' advisory recommendations were approved by the Board. The first sets the maximum game limit to 24 beginning in 2013-14. The previous language stated a maximum of 20 games with allowance for two designated multi-game contests. In addition, hockey coaches will now be required to report their team's game disqualifications to their school's administration within 48 hours following the incident. School administrators are required to report the disqualification, to include a plan to prevent future game disqualification penalties, to the WIAA executive office within three school days following the game involving the disqualification.

The most notable of five gymnastics recommendations approved revises the schedule of the

State Gymnastics Meet beginning in 2014. The change moves the team competition to Friday afternoon and evening, and the individual competition to Saturday, reversing the traditional days of those competitions.

The other four gymnastics recommendations ratified involves event management. In meets with four or more teams, line judges will now be required and the warm-up time may now be stopped for bar and vault modifications. In addition, a non-modified Capital Cup meet will require a two-minute touch for each team in each event, which replaces the current recommended language. The final recommendation to receive approval identifies required ranges for the equipment and apparatus at sectional meets.

In other action, the Board approved the Medical Advisory Committee's edits to the Medical Policies

Nonschool Participation During the School Year

The WIAA membership has several rules in the Rules of Eligibility which affect the non-school participation of WIAA member athletes during the school year.

NONSCHOOL PARTICIPATION - INSEASON

The first rule, during the season of the sport: It is the philosophy of this Association that a student owes loyalty and allegiance to the school and team of which he/she is a member during the season of a given sport. A student becomes ineligible in a sport for the remainder of the season for competing in a nonschool game, meet, or contest in the same sport during the season of practice and competition established by the school. (ROE, page 37, Art VI, Sect 1, Par A and WIAA Rules at a Glance III - Students - D)

WIAA rules do not prevent athletes from practicing with non-school teams or from receiving private skills instruction during the school season. However, they may not participate in any nonschool competitions or races, including scrimmages, against other teams. This restriction applies to normal non-school games as well as "gimmicks," such as reduced numbers competition (3-on-3 basketball, 6 player soccer, 3-on-3 soccer, 7-on-7 football, etc.), specific skill contests (punt, pass, and kick, shooting contests e.g., free throws, 3 point), fun runs (including "banditing"), etc. Additionally, a student who was a member of a school team during the previous year may not delay reporting for the school team beyond the school's official opening day of practice in order to continue non-school training or competition. (RE - Art. VI)

NONSCHOOL PARTICIPATION - OUT-OF-SEASON

A second rule, which has just been changed, during the school year is the pre-season assembly rule: It is the philosophy of this Association that athletes should not be unreasonably restricted. Subsequently, students may voluntarily assemble at any time without school and/or school coach involvement. (ROE, page 37, Art VI, Sect 1, Par A)

The third part of the rule is the All-Star competition rule: A student becomes ineligible in a sport for a maximum of one year from date of last offense for participating in an all-star game or similar activity. (ROE, Page 38, Art VI, Sect 3, Par B)

Athletes

In the rule, it will state: "Subsequently, students may voluntarily assemble at any time without school and/or school coach involvement." Students may now assemble out of season in any manner they choose during the school year and during the summer. However, their high school coaches and high schools may not be involved. The assembly must be open to any and all along with being voluntary.

Coaches

The fundamental rule with coaching contact has not changed. Coaches may not have coaching contact with any athletes they will be coaching the following school season during restricted times (except their own children). "Coaches" include head coaches, assistant coaches, volunteer coaches, and coaches who may be coaching the next year. Coach involvement does include organizing, determining nonschool rosters, providing instruction, coaching at the contest, etc.

In Season

Also, the athlete may not participate in the same sport during the school season with a nonschool team. A student becomes ineligible in a sport for the remainder of the season for competing in a nonschool game, meet, or contest in the same sport during the season of practice and competition established by the school. ■

and Procedures Manual and the Sportsmanship Committee's recommendation to not allow spectators with facemasks of any type for identification purposes at Tournament Series events.

Also approved was a policy regarding transgender student-athletes and all the applications for the 2013-14 and 2014-15 spring cooperative team arrangements. The Board also discussed other Association-related items, including a review of the 2013 spring tournaments, possible topics for the 2013 Area Meetings, and the development of the 2013-14 budget.

The Board also received a 2012-13 staff summary of eligibility and foreign exchange students, sanctioning requests and coaches not licensed to teach. In addition, the Board liaisons from the Department of Public Instruction and the Wisconsin Athletic Directors Association presented updates. ■



Wade Labecki

A Review of Sports Medical Updates

Schools are reminded that health information is provided on the WIAA web site. Please review the information and provide it to your coaches.

WIAA Medical Policies and Procedures

The WIAA Medical Policies and Procedures has been updated. It will be printed and shipped to the schools with the winter mailing. Please review the information provided.

Emergency Action Plans

Every school should have an Emergency Action Plan for practice and games at all levels. Emergency situations may arise at any time during athletic events. Expedient action must be taken in order to provide the best possible care to the sport participant. The development and implementation of an emergency action plan will help ensure that the best care will be provided.

The components of an Emergency Action Plan are:

1. Emergency Personnel
2. Emergency Communication
3. Emergency Equipment
4. Roles of First Responder
5. Venue Directions with a Map
6. Emergency Action Plan Checklist for Non-Medical Emergencies

Coaches and Athletes Need to Know:

- Emergency Procedures
- Medical Policies
- Emergency First-Aid Checklist

HAVE A PLAN which TELLS the people WHAT TO DO. Establish three teams using an adult and several team members:

- Call 911 Team
- Find nearest phone & call 911
- Meet the Ambulance
- Call Contacts
- CPR/AED Team
- Start CPR
- When AED arrives
- Turn It On and Follow Voice Prompts
- AED Team
- Get the AED
- Get the Athletic Trainer

PRACTICE THE EMERGENCY PLAN – REGULARLY

Please review the regulations that provide for safe & healthful facilities for competitors and spectators as outlined in state statutes 254.11 to 254.178 and be familiar with school emergency evacuation procedures. An excellent resource is the Anyone Can Save A Life program: <http://anyonecansavealife.org/>

Heat is a Priority

All athletic programs should have a Heat Acclimatization Program. Among the fundamentals of a Heat Acclimatization Program are 1) a slow progression in activity level – duration and intensity; 2) adjusting workouts as heat and humidity increase, including close monitoring and a prompt response to developing problems; and 3) proper hydration. Please review the Model Policy for Managing Heat and Humidity. There are two apps of smart phones which will provide the heat index. The links are provided on the WIAA web site.

Member schools are encouraged to view the latest online, free course created by the NFHS entitled, "[*A Guide to Heat Acclimatization and Heat Illness Detection*](#)". The course is filled with relevant, up-to-date content on heat acclimatization and heat illness that coaches of all levels and experience will benefit from. Given the hot, dry summer and the fact that fall practices

Eligibility Waivers for Foreign Exchange Students

The residence and transfer rules establish eligibility for students. When a student from a foreign country comes to experience the American educational system and American culture, they do not meet the residence or transfer rules. Therefore, they must receive a waiver requested by the school before competing at any level of competition. A transfer/residency requirement: also prohibits foreign students, other than students who are participants in an established foreign exchange program accepted for listing by the Council on Standards for International Educational Travel (CSIET), from displacing other students from athletic opportunities.

WIAA member schools have the following requirements in the Rules of Eligibility for Foreign Exchange Students:

Article II – Residence and Transfer Section 4 – Foreign Exchange Students

A. This provision applies to students participating in foreign exchange programs. Foreign students attending a member school, but not participating in an exchange program, may receive consideration under Section 5, waivers and/or nonvarsity eligibility in accordance with Section 1B and 2B of this Article.

1) The residence requirement may be waived for one year, upon request, for students involved in foreign exchange programs that have received a 'Full' listing status by the Council on Standards for International Educational Travel (CSIET). For students who are "directly placed" through an exchange program, students who are placed through an exchange program not affiliated with CSIET, or students who will not be in attendance for at least one complete semester from start to finish, eligibility will be limited to nonvarsity competition.

Note 1: The foreign exchange program must assign students to host families by a method that en-

sures that no student, school or other interested party may influence the assignment for athletic or other purposes. The foreign exchange student may not be selected or placed on any basis related to his/her athletic interests or abilities.

Note 2: All foreign students must have a physical conducted in the United States prior to participating in practice or competition.

2) Foreign exchange students who transfer after attending one day of school and/or one athletic practice are ineligible for varsity competition at the new school unless approval is granted by the Board of Control in accordance with the waiver provisions described in Section 5 of this Article.

3) Foreign students attending and residing at member residential schools are exempt from the residence requirements.

Note: Transfer provisions apply identically to all students, both foreign and domestic.

The Foreign Exchange Student Form is now electronic and can be found online by administrators after logging into the web site. It is located under schools/eligibility rules and forms.

Foreign Student Eligibility Verification Form (Online Form rSchool)

- AD fills out form and submits
- AD receives confirmation on-screen that the WIAA office has received the submitted form and an email confirmation will be sent for school records.
- The form is routed to the WIAA office.
- AD will receive two emails: one with the link to the printable form with final eligibility status indicated and a second email with password to retrieve the form.

Students who have utilized the Foreign Exchange waiver and decide to remain in the country and at the school for more education will have restricted eligibility based on the transfer rule. ■

begin shortly, the timeliness of this course's release could not be better. The course can be accessed through the NFHS Learning Center at www.nfhslearn.com.

This course should be a must see for coaches of all sports and this course can be taken on mobile devices, including ipads and tablets.

Model Policy for Managing Heat & Humidity

1. Thirty minutes prior to the start of an activity, and again 60 minutes after the start of that activity, take temperature and humidity readings at the site of the activity. Using a digital sling psychrometer is recommended. Record the readings in writing and maintain the information in files of school administration. Each school is to designate whose duties these are: generally the athletic director, head coach or certified athletic trainer.

2. Factor the temperature and humidity into the Heat Index Calculator and Chart to determine the Heat Index. If a digital sling psychrometer is being used, the calculation is automatic.

3. If the Heat Index is below 95 degrees:

All Sports

- Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
- Optional water breaks every 30 minutes for 10 minutes in duration.
- Ice-down towels for cooling.
- Watch/monitor athletes carefully for necessary action.

If the Heat Index is 95 degrees to 99 degrees:

All Sports

- Provide ample amounts of water. This means that water should always be available and athletes should

be able to take in as much water as they desire.

- Optional water breaks every 30 minutes for 10 minutes in duration.
- Ice-down towels for cooling.
- Watch/monitor athletes carefully for necessary action.

Contact sports and activities with additional equipment:

- Helmets and other possible equipment removed while not involved in contact.
- Reduce time of outside activity. Consider postponing practice to later in the day.
- Recheck temperature and humidity every 30 minutes to monitor for increased Heat Index.

If the Heat Index is above 99 degrees to 104 degrees:

All Sports

- Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
- Mandatory water breaks every 30 minutes for 10 minutes in duration.
- Ice-down towels for cooling.
- Watch/monitor athletes carefully for necessary action.
- Alter uniform by removing items if possible.
- Allow for changes to dry t-shirts and shorts.
- Reduce time of outside activity as well as indoor activity if air conditioning is unavailable.
- Postpone practice to later in the day.
- Contact sports and activities with additional equipment
- Helmets and other possible equipment removed if not involved in contact or necessary for safety. If nec-

See Sports Medical Updates, page 5 ►

Sports Medical Updates from page 4

essary for safety, suspend activity.

Recheck temperature and humidity every 30 minutes to monitor for increased Heat Index.

If the Heat Index is above 104 degrees:

All sports

- Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.

Note: When the temperature is below 80 degrees there is no combination of heat and humidity that will result in need to curtail activity.

Sudden Cardiac Arrest

Sudden cardiac arrest is the leading cause of death in young athletes while training or participating in sport competition. Even athletes who appear healthy and have a normal preparticipation screening may have underlying heart abnormalities that can be life threatening.

There is potential for effective secondary prevention of sudden cardiac death by having automated external defibrillators (AEDs) easily accessible and trained staff available. The presence of trained individuals and access to AEDs at sporting venues provides a potential means of early defibrillation, not only for athletes but also for spectators, coaches, officials, event staff and other attendees in the case of sudden cardiac arrest.

It is advisable to have an **Emergency Action Plan** in place for all sport practice and competition sites that outlines the plan of action in case of the sudden collapse of an athlete. It is advisable to review and practice the emergency action plan with respective school personnel, coaches, on site medical personnel and local EMS.

Basic actions include:

1. have a cell phone available at all venues
2. immediately activate EMS
3. immediately initiate continuous CPR (push hard, push fast, push often)

Your school's medical personnel (team physician, licensed athletic trainer, school nurse) and/or local EMS may wish to assist in the development and implementation, if not already in place, of the emergency preparedness plan for the management of the collapsed athlete. The "Inter-association task Force recommendations on emergency Preparedness and Management of sudden cardiac arrest in high school and college athletic Programs; a "consensus statement" is one source of guidance as to the development and implementation of an emergency action plan for the management of sudden cardiac arrest in an athlete. Every school should consider requiring CPR training and basic life saving skills for all coaches whether paid or volunteer. In addition, someone on the coaching staff at each level should have basic life saving skills.

Please visit the Project Adam web site. Project ADAM (Automated Defibrillators in Adam's Memory) is a not-for-profit program of Herma Heart Center at Children's Hospital of Wisconsin. The mission of the program is to serve children and adolescents through education and deployment of life-saving programs that help prevent sudden cardiac arrest. Project ADAM provides everything schools need to plan, fund and develop their program, including planning templates, a comprehensive planning manual and access to pediatric health care professionals at Children's Hospital of Wisconsin.

Lightning

The following guidelines should be followed when making decisions as to whether to suspend or restart a contest/practice based on the presence of lightning.

1. Assign staff to monitor local weather conditions before and during events.
2. Develop an evacuation plan, including identification of appropriate nearby shelters.
3. Criteria for suspension and resumption of play:
 - When thunder is heard, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play and take shelter immediately.
 - Thirty-minute rule. Once play has been suspended, wait at least 30 minutes after the last thun-

der is heard or flash of lightning is witnessed prior to resuming play.

- Any subsequent thunder or lightning after the beginning of the 30-minute count, reset the clock and another 30-minute count should begin.

(Source: NFHS Rule Book)

Performance Enhancing Substances

Information for the Performance Enhancing Substances has been updated. The WIAA is against the use of anabolic-androgenic steroids and other performance enhancing substances (PES). Member schools shall devote time each year to positive programs which highlight prevention and education of the risks, benefits and adverse effects of PES. Coaches, teachers, sports medicine staff and school administrators who ignore or encourage the use of PES, provide and/or sell PES to athletes (including indirect distribution through a third party) shall be subject to their own school's provisions regarding discipline.

Discouraged--The WIAA identifies 'Restricted' substances. These restricted substances can be legally purchased, but are prohibited in connection with school programs. They include: Creatine, Caffeine-enhanced products, Energy drinks (e.g., Red Bull, Amp, Advance by PowerAde, Coke Blak), Herbal Caffeine, No Doz, Protein Powders and other substances as identified in the materials.

Preventing athletes from taking supplements

Coaches, parents, administrators and licensed athletic trainers should send a strong message that discourages the use of supplements for performance enhancement. This can be done through a positive example of healthy behaviors regarding exercise and diet. In addition there are messages you can send to your athletes to counteract the advertising plays regarding supplements. These include:

If it's too good to be true, it probably is.

There's no short-cut to excellent performance; it takes hard work.

Let the buyer beware: If someone can gain from your decisions, check it out thoroughly before you choose

If you win naturally, you'll know it was you who won.

No drug is harmless and free of consequences.

Even natural substances in unnatural amounts may have short-term or long-term negative health risks.

We advocate against the use of creatine and androstenedione because we believe they are too risky to be used by young athletes.

There is not enough research on the long-range risks of creatine or androstenedione to make these substances worth the risk of using them.

I'm your coach (or athletic trainer, or athletic director) and I don't think the use of these substances is a good choice for you, or for the team.

The WIAA has provided the following informational avenues to our members:

- Articles in the WIAA Bulletin
- Pamphlets cards are sent to each member school's Athletic Director.
- Wallet cards are sent to each member school's Athletic Director.
- The DVD 'Make the Right Choice' which contains two videos that address the supplements issue, were sent to schools. Additional copies are provided upon request.

- Resource links on the WIAA web site.
- Public Service Announcements
- Discussion at the WIAA Annual Meeting, Sport Rule Meetings, and Area Meetings

WIAA Sports Medical Advisory Committee

Conrad Andringa, MD, Chairman, Madison
Patrick McKenzie, MD, Green Bay
Claudia Reardon, MD, Madison
Laurel Rudolph, MD, Marshfield
Dave Ulery, MD, Oconomowoc
Don Wackwitz, MD, Madison
Kevin Walter, MD, Milwaukee
Jason Abels, LAT (WATA Liaison), Waukesha
Jane Foos, RD, CD (ADA Liaison), Menomonie ■

School Involvement In Out-Of-Season Activity

A reminder that schools cannot be involved in conducting out-of-season competition during the school year or during the summer. This means a school cannot conduct 3-on-3 basketball tournaments, co-educational volleyball tournaments, softball tournaments, etc., outside the designated school season for that particular sport. The one exception is in the summertime during the Board of Control approved unrestricted contact period between the end of school and July 31 (5 days for all WIAA sports). This does not prevent outside organizations, such as recreation departments which are not a part of the school, service clubs, etc., from renting school facilities and conducting these types of competitions, but the school itself cannot be directly involved.

A further reminder that the WIAA has a rule which states "A school may not conduct intramural programs which involve athletes with past status on a school team (varsity, junior varsity, sophomore, freshman), except during the established school season of a sport." A school cannot, for example, conduct intramural volleyball during the spring, with girls' volleyball players participating. It wouldn't make any difference how many were on a given team, or whether it was co-ed volleyball, if girls' volleyball players were involved, it would be a violation.

WIAA rules do not prevent students from participating in nonschool out-of-season competitions. However, school facilities cannot be used for students to practice for these competitions, unless a nonschool group or organization has made arrangements through normal procedures, to use these facilities.

WIAA Bylaws state that schools, including their administrators, athletic director and coaches, shall not become involved directly or indirectly with the coaching, management, direction, and/or promotion of any kind of all-star game or similar contest involving students with remaining WIAA high school eligibility in any sport, if such all-star games or similar contests are held during the established school year. ■

Split-Season Sports (Golf, Soccer, Swimming, Tennis)

WIAA rules prevent coaches from having coaching contact with their athletes outside the season, during the school year, in any sport. The rules further prevent schools from offering a sport season, except as outlined in the WIAA Season Regulations. An athlete working as a clinician, under the direction of his/her coach, is considered to be coaching contact.

This means, for example, that boys' tennis players cannot serve as assistant coaches, clinicians, instructors, etc., during the girls' tennis season, in the school program. Obviously, girls' tennis players are similarly restricted during the boys' tennis season. Boys' tennis players cannot practice with the girls' tennis team because the boys' tennis season is defined in Season Regulations and the school cannot make opportunities available outside the season. Again, girls' tennis players are similarly restricted. Swimming, soccer, and golf are other sports with split seasons where these rules apply. ■



Tom Shafranski

High School Ice Hockey Rules Changes Focus on Eliminating Dangerous Hits



In continuing efforts to minimize the risk of injury in the sport, the National Federation of State High School Associations (NFHS) Ice Hockey Rules Committee approved changes that will strengthen the language for dangerous hits as well as give game officials discretion for issuing a game disqualification when a player illegally hits another player from behind.

Rule 6-7-2 states, "No player shall push, charge, cross-check or body-check an opponent from behind into the boards or goal frame," and a violation would result in a major and misconduct penalty or — if flagrant — game disqualification.

The checking-from-behind change was one of four major rules revisions approved by the committee at its April 22-23 meeting in Indianapolis. The changes were subsequently approved by the NFHS Board of Directors.

"Checking from behind is the most dangerous act in the sport," said Dan Schuster, NFHS assistant director of coach education and staff liaison to the Ice Hockey Rules Committee. "With all of its rules changes, the goal of the committee is to minimize the risk of injury."

In another risk-minimization change, Rule 6-41-3 now states, "No player shall deliver a check to an unsuspecting and vulnerable player." This addition was implemented to eliminate blind-side hits from the sport as well as to stress legal body-checking.

"This helps protect the defenseless player," Schuster said. "The committee is striving to take these dangerous and unnecessary hits out of the game."

The final rules change dealing with risk minimization is Rule 3-3-5. The rule now includes a goalkeeper's glove as being a piece of equipment that, if it becomes displaced, requires play to be immediately stopped.

In the spirit of sportsmanship and fair play, the committee elected to institute Rule 6-42-1 and 2, which prohibits the embellish-

ment of acts in an attempt to draw a penalty through any exaggerated or deceitful actions or to attempt to worsen an already called penalty. The infraction for both is a minor penalty call.

"Some kids are putting themselves in position where it looks like they get checked from behind, when in fact, they are merely attempting to draw a major penalty," Schuster said. "The committee wants to eliminate these acts from the game."

According to the NFHS High School Athletics Participation Survey, ice hockey is the 15th-most popular boys sport at the high school level with 35,732 participants in 1,612 schools. An additional 8,833 girls participated in the sport at 600 schools.

This press release was written by Jason Haddix, a 2013 spring intern in the NFHS Publications/Communications Department. He is a senior at Indiana University-Purdue University Indianapolis studying journalism and medical imaging. ■

WIAA Ice Hockey Cash Flow Bulletin

As school-based ice hockey programs continue to struggle with current economic issues, it is important for school officials to maintain oversight of their ice hockey programs. Through discussions with school administrators of WIAA Ice Hockey programs, we repeatedly learn of situations where ice hockey programs, boys and girls, are not in compliance when it comes to receipt of funding and payment of ice hockey student fees and expenses for their program(s).

With the large student fees often required by school districts allowing student-athletes to compete on a school's ice hockey program, it is important to get cash flow situations properly aligned prior to the start of the WIAA Ice Hockey season. This is the time of year to check into the funding of WIAA Ice Hockey programs and should school administrators identify cash flow problems, to get them rectified prior to the emotionally charged period during the season. This often requires modifications to current practices with Ice Hockey Booster Clubs and/or Rink Associations as well as with a school's business office.

Examples of non-compliance funding situations include the following:

1. Monetary funds provided to the school by outside sources are not handled in accordance with school district gift acceptance policies.
2. Booster Clubs and/or Rink Associations directly paying officials fees, travel expenses, uniforms, ice time and/or coaches salaries. WIAA member schools must make these payments.
3. Booster Clubs and/or Rink Associations not allowing student-athletes to try out or participate on a school ice hockey team because player fees or insurance fees have not been paid.

Additional non-compliance situations that violate WIAA Amateur Status regulations that have been brought to our attention include:

1. Booster Clubs and/or Rink Associations providing financial assistance for hockey player's student fees.
2. One school from a co-op program reducing the fees for students from their school to participate in ice hockey, while the other schools in the co-op program do not reduce their fees.
3. One school from a co-op program not providing monies raised in a fundraiser for their school to the lead school of the co-op for distribution amongst all schools/players' participation fees in the co-op program.
4. A student-athlete receiving a reduced student participation fee based upon the amount the student rose during a fundraising campaign.

If your school ice hockey program is allowing any of the examples identified above or if you have questions regarding the cash flow of funding your school's ice hockey program or any other athletic program, please contact Tom Shafranski, WIAA Assistant Director, via email at tshafranski@wiaawi.org or by calling (715) 344-8580. ■

Unified Sport - Play Unified, Live Unified

Team sports bring people together. Special Olympics Unified Sports teams do that too and much more. Half a million people worldwide take part in Unified Sports, breaking down stereotypes about people with intellectual disabilities in a really fun way.

Dedicated to promoting social inclusion through shared sports training and competition experiences, Unified Sport joins people with and without intellectual disabilities on the same team. It was inspired by a simple principle: training together and playing together is a quick path to friendship and understanding.

In Unified Sports, teams are made up of people of similar age and ability, which makes practice more fun and games more challenging and exciting for all. Having sport in common is just one more way that preconceptions and false ideas are swept away.

Project UNIFY is a U.S. national project, funded by the U.S. De-

partment of Education. It is much more than a re-naming of existing school-based programs; rather, it is an innovative response to the unequivocal research that shows Special Olympics local programming can contribute to eradicating the social and environmental walls to inclusion.

The magic of Project UNIFY is manifested in the inclusive friendships formed as youth with and without intellectual disabilities work together as leaders to create communities of caring and respect. Youth become core leaders in their high school and middle school communities using Unified Sport as the catalyst for fostering positive school climates.

To see how you can begin to change your school and community, visit the Special Olympics Resources Homepage or contact your local Special Olympics representatives for more information on getting involved with Special Olympics Project UNIFY. ■



New NFHS Officers, Board Members Elected

Harold Slemmer, Ed.D., executive director of the Arizona Interscholastic Association (AIA), is the new president of the National Federation of State High School Associations (NFHS) for 2013-14. Slemmer, the 54th president of the NFHS, began his one-year term June 28 following the NFHS Summer Meeting in Denver, Colorado.

Tom Mezzanotte, executive director of the Rhode Island Interscholastic League (RIIL), was elected by the NFHS Board of Directors to the position of president-elect for the upcoming year.

In addition, the following individuals were approved by the NFHS National Council for four-year terms on the NFHS Board of Directors: Gary Ray, executive director of the West Virginia Secondary School Activities Commission (WVSSAC), Section 2; Gary Musselman, executive director of the Kansas State High School Activities Association (KSHSAA), Section 5; and Toni Hill, superintendent of the Bloomfield (Missouri) School District, at large, Sections 5 and 8.

Slemmer was named executive director of the AIA in 1999 after nine years as inaugural principal of the award-winning Mountain Pointe High School in Phoenix. Under Slemmer's leadership, Mountain Pointe received numerous awards, including A+ Schools Recognition semifinalist three times.

Slemmer has been recognized as a leader in curriculum development, high school administration and instruction at the high school and university levels. He was the recipient of the Distinguished Arizonan Award in 2001 and the North Central Accreditation Association's Circle of Excellence. In 2002, in response to his efforts in character development, Slemmer was appointed to the Arizona Governor's Commission on Character Education.

Slemmer has made presentations in 20 states on educational and ethics training programs and policies, including AIA's "Pursuing Victory with Honor" initiative. At the national level, he served on the National Presence Subcommittee of the 2002-2005 NFHS Strategic Planning Committee.

An NCAA Division I athlete at Arizona State University, Slemmer played football for Frank Kush while working toward his bachelor's degree in 1975. He also received his master's (1976) and doctorate of education (1986) degrees from Arizona State.

Mezzanotte was named executive director of the RIIL in 2004 after serving more than 30

years in the Providence (Rhode Island) School Department. He has held administrative positions at various high schools and middle schools in Rhode Island, including assistant principal of Mount Pleasant High School and head principal at S.W. Bridgham Middle School and Providence Classical High School. In addition, he served in central administration as the executive director of student support services for the Providence School District.

Mezzanotte's involvement in high school athletics started in 1972, when he coached varsity football at Johnston (Rhode Island) High School as well as varsity girls volleyball at Providence Central High School.

Mezzanotte had extensive involvement with the RIIL prior to joining the staff. He was a member of the RIIL Principals' Committee on Athletics for 10 years and served terms as chairman and director of football.

Mezzanotte, who received his bachelor's and master's degrees from Providence (Rhode Island) College, previously served on the Rhode Island Association of School Principals Executive Board. He has received many awards, including the 2011 Rhode Island Athletic Trainers Association Service Award and the 2008 United States Scholar-Athlete "Power of Good Award."

Ray joined the WVSSAC staff in 2001 as assistant executive director and was appointed the association's executive director in 2007. A graduate of Winfield (West Virginia) High School, Ray earned his bachelor's degree from Glenville (West Virginia) State College and received his master's degree from the West Virginia College of Graduate Studies.

Ray served as assistant football coach and track coach at Oak Hill (West Virginia) Collins High School, which later became Oak Hill High School, until 1976. After a short stint at Bufalo (West Virginia) Putnam High School, he returned to Oak Hill in 1978 to become the athletic director and assistant principal. Ray was then promoted to principal in 1995 and to director of schools in Fayette County in 1997.

Prior to joining the WVSSAC, Ray was involved with the West Virginia State Coaches Association and the West Virginia Athletic Directors Association (WVADA), including service as vice president and president of the WVADA.

A former member of the WVSSAC Board of Directors, Ray served on various WVSSAC committees, including the TARGET Committee and the Sportsmanship Committee. On the na-

tional level, he was a member of the NFHS National Records Committee.

Musselman joined the KSHSAA staff in 1988 as assistant executive director, a position he held until being promoted to executive director in 1996. A graduate of Ness City (Kansas) High School, Musselman earned his bachelor's degree in secondary education from Kansas State University in 1974 and his master's in secondary school administration from Wichita State University in 1987.

Musselman began his teaching and coaching career in 1974 at Independence (Kansas) Junior High School. He then held teaching and coaching positions at Andover (Kansas) Junior-Senior High School, Beloit (Kansas) Junior-Senior High School and Halstead (Kansas) High School. Prior to joining the KSHSAA staff, Musselman was the principal at LaCrosse (Kansas) High School.

Musselman has served on numerous NFHS committees, including the Football Rules Committee, the Citizenship/Equity Committee and the Marketing Committee. Musselman served three terms as chair of the NFHS TARGET Committee (1992-95), which was involved with drug education/prevention programs. He was a member of three different NFHS Strategic Planning Committees, and he has been involved with other national organizations, including the National Association of Secondary School Principals and United School Administrators.

Hill recently completed her first year as superintendent of schools for Bloomfield (Missouri) R-XIV School District after holding the same position at Portageville (Missouri) School District for the previous six years. Hill earned her bachelor's and master's degrees from Southeast Missouri State University, where she also earned a specialist degree in educational administration.

Hill began her teaching career for the Hayti (Missouri) R-II School District in 1996. A year later she joined the Bloomfield staff as a math and science teacher. She was a middle school principal in 1999-2000 and a high school principal for six years before beginning her service as a superintendent in 2006.

At the state level, Hill has been a member of the Missouri State High School Activities Association Board of Directors since 2007. In addition, Hill has coached volleyball at various levels throughout her career in education. ■

Coaches Participating Against Athletes in the Off-Season

Except during Board of Control approved coaching contact days, WIAA rules indicate that coaches may not provide sport instruction to, or have coaching contact with student-athletes during the off-season. This rule and its interpretation had prevented coaches from participating against their athletes in structured, non-school league competition, during the off-season. The WIAA Board of Control approved a request by the WIAA staff for a change in interpretation. The present interpretation allows coaches to participate against their athletes in league competition, organized by a non-school entity, during the off-season. This means a volleyball coach, for example, could be participat-

ing in a volleyball league which included his/her volleyball players as members of other teams.

It continues to be a violation of WIAA rules for coaches to participate on the same team as their athletes, in out-of-season play, and to be involved in playing pickup activity with their athletes during the off-season except in school sponsored Open Gyms. The other obvious exception to this is in the sports of baseball, cross country, golf, gymnastics, soccer (must conclude by July 31 for fall soccer), softball, swimming & diving, tennis, track & field and wrestling, during the summertime, when school is not in normal session. ■

Sportsmanship and Public Address Announcers

(Point of Emphasis):

SPORTSMANSHIP:

Sportsmanship includes the public address announcers who have influence on the sporting atmosphere at all contests. In order for sports to serve a purpose in the educational system, students must obtain positive educational benefits from participation in the game. Players, coaches, officials, cheerleaders, game announcers, students and spectators all play a vital role in the promotion of good sportsmanship. It is essential that all individuals involved understand that the playing field is an extension of the classroom. Therefore, values such as respect for self and others, fairness, self-discipline and responsibility must be an integral part of the high school game. Everyone needs to take a part in developing and implementing these fundamental values by setting and reinforcing clear expectations at practice and on the playing field.

Acts that are intended to engender ill will toward individuals, have no place in the educational activities. The rules clearly outline that unsportsmanlike conduct includes, but is not limited to:

- any "baiting" or "taunting" acts
- acts such as diving into the end zone with no defender present
- excessive face painting or marking of equipment
- inappropriate language that attacks one's ethnicity, race, religion, sex or disability
- use of disconcerting gestures
- one or more back flips
- jump shooting a football as though it were a basketball
- dunking or attempting to dunk a football over the crossbar
- interacting with spectators
- bringing attention to one's self through choreographed movements and displays of symbolic gestures and signs
- standing with crossed arms on chest
- strutting back and forth.

These must be penalized immediately as unsporting acts.

The rules also extend to any acts or excessive celebrations involving the entire team. Team rituals performed at any time including prior to and following games that are designed to intimidate, embarrass, ridicule or demean others should not be tolerated. The WIAA member schools have policies located in the Senior High Handbook.

Since coaches are the most influential persons in teaching good sportsmanship, one of their fundamental responsibilities is to inspire players to conduct themselves in a manner which best represents the values of high school sports. Coaches must stress respect for opposing players and not tolerate conduct that demeans or embarrasses the opponent.

School assemblies involving cheerleaders, pep groups and other student leaders can provide opportunities for informing students and adult spectators of their responsibility to uphold the standards of good sportsmanship conduct before, during and after games.

In summary:

- Individuals, regardless of their roles in athletics, are expected to be aware of their influence on the behavior of others and act in a responsible manner at all times.
- Coaches, players, cheerleaders, announcers, students, officials and spectators must make an extra effort to model the type of behavior that illustrates the educational values of interscholastic athletics.
- Good sportsmanship maintains an educational perspective and can be exhibited by:
 - understanding the game and following the rules of the contest at all times;
 - managing behavior at all times by exercising self-control;
 - shaking hands with opponents prior to and/or after the contest;

- appreciating skilled performances regardless of school affiliation;
- exhibiting respect for officials and accepting and abiding by their decisions;
- being a good host to opponents;
- displaying pride in your actions at all time;

• losing without excuses and winning without boasting.

PUBLIC ADDRESS ANNOUNCERS:

The public-address announcer contributes in a major way to the atmosphere for the event. This individual should never be an advocate from behind the microphone, and should always remember that this is an educational event that is taking place as an extension of the classroom. An effective public-address announcer is an individual who sets the proper atmosphere for the event by doing advance preparation for the game, having the proper voice quality, knowing the game and officials' signals, knowing when to speak, and maintaining a professional approach to the game at all times. The unseen, but often-heard voice is an important part of the administration and the enjoyment of interscholastic events. To accomplish this, public-address announcers must:

- not attempt to be bigger than the game or event by doing play-by-play or by providing commentary;
- be impartial, with announcements (written or impromptu) being made with no show of favoritism, in a positive, non-disrespectful manner;
- understand that cheers and antics designed to incite the crowd for the purpose of gaining an advantage are inappropriate such as yelling, booing or heckling officials or their calls;
- use proper language at all times;
- treat the opposing coaches, participants, cheerleaders and their fans as guests;
- never criticize players, coaches or officials. ■

Westosha Central Video Selected As Winner of 2013 PSA Contest

A video created and submitted from Westosha Central High School in Salem, Wis., is the winner of the fourth annual WIAA Public Service Announcement Video Contest, which offers a student's perspective of the benefits of interscholastic athletics through membership in the WIAA.

Westosha Central student Garrison Asma created and produced the video titled "Stronger As We Go," which portrayed the dedication and drive of today's student-athletes in improving through perseverance and effort. Tiffany Blease was the advisor to the project.

Watch the video on YouTube at: <http://youtu.be/O5rDGuyvKU0> or on the WIAA website at <http://www.wiaawi.org/News/SchoolVideoContest.aspx>.

Videos receiving honorable mention were "Play Like Champions" created by Vince Pintarro, Hunter Hart, Coty Gular and Connor Shepherd of Tomah High School; "Strength of the Pack" by Kaela Huber of Ashland High School; "Worth It" by Kendall Motzkus and Tyler Passineau of West Bend East/West High Schools; and "Student-Ath-

letes" by Paul Theodoroff, Morgan Ross and Travis Waibel of Sheboygan North High School.

The videos were judged based on creativity, quality, ability to inspire and a number of other categories. The contest involves interested students in any academic discipline to partner for a multi-media experience detailing the relationship the WIAA has with member schools, their students, their communities and fans of high school athletics. Members of the WIAA Executive Staff and PlayOn! Sports evaluated and judged the contest.

All member schools were permitted to enter one or more videos in the contest. The winning video and selected honorable mention videos submitted in the correct formats with appropriate and completed consent forms will receive recognition of participation. Selected videos will also be posted on the WIAA's YouTube site and played at available video display boards at venues of future State Tournaments. In addition, each school and student entering the contest receive a certificate. ■

Spring and Summer Team Sportsmanship Award Winners Selected

The Wisconsin Interscholastic Athletic Association, in cooperation with Rural Mutual Insurance Company, has selected the team Sportsmanship Award winners for the 2013 Spring and Summer State Team Championships.

The winners of the prestigious award are Lake Country Lutheran in spring baseball, Kettle Moraine in summer baseball, Ashland in girls soccer, Appleton East in softball and Arrowhead in boys tennis.

It is the second time Lake Country Lutheran has been a recipient of the Rural Mutual Insurance/WIAA Sportsmanship Award. In 2012, the school was honored in girls soccer along with their co-op partner University Lake School. The Lightning finished runner-up in Division 4 this season, falling 6-4 in the title game to Greenwood. They blanked Potosi 12-0 in their semifinal match-up to advance to the championship game.



Ellsworth, Greenwood, Oconto, Osseo-Fairchild, Potosi, Stoughton, Waunakee, Wausaukee and Westby received honorable mention for the award.

Kettle Moraine was selected as the winner of the award in summer baseball. It's the second Sportsmanship Award for the Lasers overall. They also received the honor with their co-op program in girls hockey in 2012. On July 19, they fell in their semifinal to eventual champion New Berlin West, 7-6 in eight innings. Last year's Sportsmanship Award winner Sheboygan Falls received honorable mention this season.

Appleton East was determined by evaluation to have earned the Sportsmanship Award at the State Softball Tournament after receiving honorable mention the last five years. The Patriots were edged 1-0 in nine innings in their State quarterfinal match-up against Menomonee



Falls. It is their second Sportsmanship Award in the sport, which also accounts for their overall total. The previous honor came back in 2000. Schools receiving honorable mention were Algoma, Germantown, Grantsburg, Monroe, New Lisbon, New London, Oshkosh West, Pacelli, Shell Lake and Stevens Point.

Ashland was selected as the Sportsmanship Award winner for its efforts to preserve the ideals of sportsmanship at the State Girls Soccer Tournament. The Oredockers and their fan base demonstrated outstanding sportsmanship in a 7-0 loss to eventual champion Catholic Memorial in the State semifinals. It is the third time Ashland has been cited for its positive sportsmanship. The Oredockers were bestowed the honor in girls soccer in 2009 and were co-recipients in summer baseball in 2005. Honorable mention for the award was extended to De Pere, Eau Claire Memorial, last year's winner Lake Country Lutheran/University Lake/Trinity, Middleton, Neenah, Ozaukee and Xavier.



It is the first time Arrowhead has been named the recipient of the Sportsmanship Award in boys tennis, and it is the second time the school has received the award across all sports. In 2004, the school and its fans were recognized in boys volleyball. The Warhawks defeated Waukesha West 4-3 in the Division 1 quarterfinals before the Wolverines dropped their semifinal match 4-3 to Neenah. Eau Claire Memorial, Edgewood and Wausau East received honorable mention for the award.

The WIAA/Rural Mutual Insurance Sportsmanship Award is presented to one school and community in each of the State team tournaments. The award winners are determined by the conduct and sportsmanship displayed by athletes, coaches, cheer and support groups, mascots, bands and



spectators. Additional consideration is given for the effort of school administrators and chaperones to insure support for their teams are positive and that the highest ideals of sportsmanship are upheld. Award winners receive a plaque and banner in recognition of the honor. Schools receiving honorable mention are acknowledged with a certificate of recognition.

The selection process includes contributions and evaluations from contest officials, tournament management, police and security personnel, crowd control and ushers, WIAA staff members, area hotels and restaurants. ■

Open Gyms

Coaches and schools cannot be involved in out-of-season practice for athletes. However open gyms do not violate WIAA rules if they are conducted according to the following guidelines:

1. The open gym is made known and available to all students in the designated population of that school that is interested in attending. Open gyms may be gender specific. It is also acceptable to include people from the community. Schools may conduct "open gyms" in any activity. It is not acceptable to include athletes from another school, public or nonpublic.
2. There is no instruction during the open gym by a coach or anyone else.
3. Coaches may supervise open gyms, but they may not instruct, organize drills, etc. Coaches can also recreate with students in school sponsored, open gym settings that are purely recreational in nature, i.e., there is no instruction by the coach or anyone, sport skill demonstration, organized drills or resemblance of a practice being conducted.
4. There is no organized competition, such as established teams participating in round-robin competition, etc.
5. A member school is permitted to supervise conditioning programs under the open gym provisions, which may include weight lifting, speed, agility, fitness. The program must be limited to non-sport and non-sport-skill-specific instruction. Basic 'instruction' e.g., safe lifting, safe spotting, training regimen and rationale, are permitted. No sport implements and/or sport specific movement/drills should be part of the open gym or weight room. These conditioning programs must be made known and accessible to all interested students and must be voluntary.

Schools and coaches must clearly understand that the philosophy of the open gym is that youngsters from that school may attend, for wholesome recreation, or for purposes of improving their skills if they choose, but it's something they do on their own. It would be a violation of WIAA rules to mandate attendance at open gyms, or to provide incentives for athletes to attend open gyms, or to limit participation based on athletic status, or to allow athletes from other schools to come and work out or compete against your school's athletes. (BL - Art. II and RE - Art. VI, Sect. 2) ■

WIAA Spring Spectacular to Air on Statewide Network

A one-hour review of the 2013 spring and summer State Tournaments will be featured in the Spring/Summer Sports Spectacular to be aired on the statewide television network on Sunday, August 25.

Below are the dates and times the program is scheduled to air:

Sunday, August 25

Station	Location	Time
WMLW	Milwaukee	11 a.m.
WACY	Appleton/Green Bay	Noon
KBJR	Duluth/Superior	Noon
WAOW	Wausau	1 p.m.
WKOW	Madison	1 p.m.
WQOW	Eau Claire	1 p.m.
WXOW	La Crosse	1 p.m.
WYOW	Eagle River	1 p.m.

Please Review the WIAA Transgender Policy Sent to Schools Last Spring

<http://www.wiaawi.org/Portals/0/PDF/Eligibility/WIAAtransgenderpolicy.pdf>

Interstate Competition Reminders

WIAA Bylaws prohibit member schools from competing against school teams that are not members of their respective state associations. They also limit the number of events member schools may schedule in nonbordering states to one competition, event and/or scrimmage per team each school season. Schools may schedule any number of events in bordering states within season game maximum limitations. Bylaws also provide that competition which involves out-of-state teams may require additional WIAA and/or National Federation sanctioning.

1. WIAA approval is required for:

a. Any interstate competition and/or event (other than scheduled conference events) in which four or more schools participate, including events hosted by WIAA member schools.

b. Any interstate competition which involves schools from three or more states, including events hosted by WIAA member schools.

2. No approval is required:

a. If only one adjacent state and a total of no more than three schools are involved.

b. If only one other school is involved.

3. Except for events held in bordering states (MN, IL, MI and IA), no approval shall be provided for more than one out-of-state competition, event and/or scrimmage per team each school season.

4. No approval shall be granted for any tournament, meet, or other contest to qualify for and/or determine a national high school championship.

5. Both schools must count the contest in the same manner (scrimmage or contest). On school may not count it as a scrimmage while the other school counts it as a contest.

Interstate competition approval does not need to be a difficult process. But the WIAA office will need certain basic information to process your request. When considering playing a school from another state look over elements governing interstate competition as outlined on p. 27 of the Senior High Handbook; Bylaw Art. II, Sect. 5G (these are the fundamental elements we need to know in order to approve, or tell you no approval is needed.) You can also forward the following questions to the event sponsor:

- Dates of event.
- Who is sponsoring the event and where the event will be held.
- Does this event require NFHS sanctions? (found in 5G-1 & 2, p. 27)
- If so, has the event received sanctioning?
- Are all schools you will compete against **9-12 high schools**? (no post secondary/prep academies)
- Are all schools you will compete against **members** of their state association?

Please use the Interstate Competition Request Form provided on the WIAA web site for this purpose when requesting approval.
<http://www.wiaawi.org/0/PDF/Eligibility/InterstateCompRequest.pdf> ■

Amateur Status

In a television commercial, free food, up on the billboard, in the black and white newspaper ad, or the glossy brochure.

A student may not accept, receive and/or direct to another, any cash or merchandise awards for achievement in athletics. This means athletes may not accept items such as shoes, shirts, jackets, sweaters, sweatshirts, jerseys, warm-ups, equipment, balls, duffel bags, backpacks, watches, rings, billfolds, coupons, gift certificates, e.g., regardless of their value for athletic accomplishments, such as being on a winning team, being selected for the school varsity team, or being a place winner in an individual tournament, etc.

They may receive an award which is symbolic in nature, such as trophies, medals, ribbons, event T-shirts, event hats, game balls or other items of no intrinsic value. Rules further prevent athletes from receiving compensation or benefit, directly or indirectly, for the use of name, picture and/or personal appearance as an athlete. This includes receiving free and/or reduced rates on equipment, apparel, camps/clinics/instruction and competitive opportunities that are not identical for all other participants. A student may not be identified as an athlete, provide endorsement as an athlete, or appear as an athlete in the promotion of a commercial/advertisement and/or profit-making event, item, plan or service.

Also, an athlete violates this rule if he/she plays in any contest (school or non-school) under a name other than his/her own.

An increase has been seen in organizations using athletes to show the accomplishments of their service or business. Many times these may be an athlete being showcased in a newsletter such as: Returning to competition after having their knee repaired at a clinic or hospital; an athlete making the all-state team and being identified as ACME fitness center's athlete; or an article using an athlete who stayed at a facility or used a facility.

Everyone must be cautious when an athlete is being used to promote a service or business whether profit or non-profit. For photographers there are several rules, but it is important to keep in mind that athletes may not be identified.

Athletic directors need to be aware of possible situations which may lead to loss of eligibility of their student-athletes. Educate your athletes, coaches, and parents. (RE - Art. IV) ■

Pupil Nondiscrimination Guidelines

An updated copy of the Pupil Nondiscrimination Guidelines for Athletics will be printed and shipped to schools in the winter mailing. Please be sure to review the information. ■

Coaches Education Information



If you have coaches that are not licensed to teach (CNLT) in the state of Wisconsin, it is a WIAA requirement that they complete the required coaches education training before they can begin to coach their second year.

The following do not have to take this required training:

A student teacher while student teaching.

An individual with an administrator's or counselor's license.

Guest lecturers (one time appearance).

Anyone that has coached in an educational institution for five or more years (prior to the 1994-95 school) with or without a current teaching license.

The following must take the approved courses before they can coach a second year:

Anyone that does not fit one of the above listed categories.

Anyone that does not have a current license to teach in Wisconsin.

The following conditions do not exempt a person from the requirement:

Holding a license that has expired.

Being a volunteer

Being unpaid

Being an occasional, but regularly scheduled lecturer or demonstrator.

Having been a student teacher, but is not longer officially in that capacity.

Being a nonvarsity coach

Being an assistant coach.

CNLT's can meet the WIAA coaches education requirement by taking either the American Sports

Education Program (ASEP) Sport First Aid and Coaching Principles courses or the National Federation of State High School Associations (NFHS) Fundamentals of Coaching and First Aid for Coaches courses.

Both the ASEP and NFHS courses are offered online and can be accessed from the WIAA homepage.

The cost of the NFHS Fundamentals of Coaching is \$35 and the First Aid for Coaches is \$45. The cost of the ASEP Coaching Principles is \$70 and Sport First Aid is \$50.

If you have any questions about the coaching course offerings or about the WIAA coaches education requirements, please contact Joan Gralla at the WIAA office 715-344-8580 or jgralla@wiaawi.org. ■



Wisconsin Interscholastic Athletic Association

5516 Vern Holmes Drive

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Publisher: Dave Anderson, Executive Director

Editor: Todd Clark, Communications Director

Telephone (715) 344-8580 FAX (715) 344-4241 email < info@wiaawi.org >

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Test Dates

Students participating in interscholastic sports often find conflicts between these events and college test dates.

Listed below are the 2013-2014 and 2014-2015 dates for ACT.

ACT - 2013-2014

Test Date	Registration Deadline	Late Fee Required
September 21, 2013	August 23, 2013	August 24-September 6, 2013
October 26, 2013	September 27, 2013	September 28-October 11, 2013
December 14, 2013	November 8, 2013	November 9-22, 2013
February 8, 2014*	January 10, 2014	January 11-24, 2014
April 12, 2014	March 7, 2014	March 8-21, 2014
June 14, 2014	May 9, 2014	May 10-23, 2014

ACT - 2014-2015

September 13, 2014	February 7, 2015*
October 25, 2014	April 18, 2015
December 13, 2014	June 13, 2015

* No test centers are scheduled in New York for the February test date.

Tournament Series Information & Reminders

The WIAA requires the assistance and cooperation from participations and host managers to provide the membership, media and the public timely, accurate and complete information for posting on the WIAA website.

The executive office collects results for all team sports each evening of regional and sectional play. Host managers must report scores immediately following the conclusion of the game their school hosted.

Please report the score by completing the online score reporting form <www.wiaawi.org/scores.aspx> or by calling (715) 344-8580 and selecting the appropriate sport's score reporting voice box if someone does not answer.

