



WIAA Bulletin

Vol. 96 • Issue No. 1 • August 2019



Charter Member
National Federation of
State HS Associations

Board of Control Approves 8-Player Football Alignment; Elects Officers

Dennis Birr, superintendent of the New Lisbon School District, presided over the first meeting of the 2019-20 Wisconsin Interscholastic Athletic Association Board of Control on August 9.

The Board conducted its 2019-20 officer elections. Eric Russell, superintendent at Baldwin-Woodville, will serve as the president-elect, and Willy Chambers, superintendent in the Black Hawk School District, was elected to the role of treasurer. In addition, Phil Ertl, superintendent in the Wauwatosa School District and Paul Pedersen, Principal at Regis were introduced as new members of the Board.

Among the actions taken by the Board was final approval of a conference alignment plan for eight-player football beginning in 2020. The plan places eight-player programs into seven, six-team conferences and one, five-team conference. Each conference will be paired with another six-team league within their region to provide crossover games.

In other action, the Board gave its approval to new appointments to the 2019-20 Coaches Advisory Committees and the annual renewal of the Association's new membership in the National Federation of State High School Associations. Also approved were editorial modifications to the 2019-20 Media Policies Guide and Administrative Staff Handbook, as well as the newly created Conference Realignment Task Force Handbook.

Among the topics shared in the executive staff reports to the Board were reports on the New Athletic

See Board of Control Approves, page 15 >



Dennis Birr



Eric Russell



Willy Chambers



Phil Ertl



Paul Pedersen

State Boys Volleyball Tournament Moves to Resch Center

Perhaps the most notable of changes in the landscape of the 2019 fall State Tournaments will be the move of the boys volleyball tourney to the Resch Center in Green Bay Nov. 7-9 in conjunction with the girls volleyball tournament.

The girls tournament has been played at the Resch Center since 2002.

State Tournament attendance since the move from Neenah High School in 2002 has grown to include a record attendance of 19,293 in 2016.



The impetus for the move is to spread the awareness for boys volleyball. This switch in tournament location will allow volleyball enthusiasts to watch both girls and boys volleyball in one location in the same weekend. It will also assist schools around the state to enhance the promotion of boys volleyball and highlight the

Boys Volleyball Moves to Resch Center, page 9 >

Board Passes Regulations Impacting Winter Sports at June Meeting

The Wisconsin Interscholastic Athletic Association Board of Control reviewed and acted on committee recommendations impacting winter sports at its June 20 meeting.

The Board voted to increase the maximum number of basketball games permitted in a season from 22 to 24 at the varsity level only beginning in 2020-21. The other change clarifies that individual participation limits will be determined strictly by number of halves. The maximum number of halves a student-athlete may participate in during a season remains unchanged at 66.

In hockey, the Board approved a new overtime procedure for all WIAA Tournament Series games. Teams will remain in the bench area for a three-minute break to be followed by an eight-minute, sud-

den-victory overtime period. If a winner has not been determined following the first overtime, a 15-minute intermission with ice resurfacing will precede a 17-minute, sudden-victory overtime. If a tie remains, the procedure will repeat.

The Board also approved the hockey recommendation to increase the number of team medals at sectionals and at State to 22, which allows for each player on the bench to receive a medal.

Three wrestling-related recommendations were approved by the Board. The season regulation for a two-pound growth allowance with consecutive days of competition will now be in compliance with the NFHS rule. The second new regulation authorizes Trackwrestling.com to seed teams advancing to the State Team Wrestling Tournament following section-

als. The traditionally scheduled seed meeting will now serve as an appeal opportunity to the data-driven seeds.

In addition, the seven-percent committee recommendation clarifies the wrestling season regulation requiring wrestlers competing in the State Tournaments to be at or above their WLP weight in order to reweigh with DXA/hydrostatic.

The one gymnastics recommendation approved by the Board alters the language of the regulation that addresses the eligibility of co-op programs for the team Tournament Series. A cooperative team is eligible for the WIAA team Tournament Series if it consists of a maximum of two schools, or the combined enrollment of the cooperative team does not

See Board Passes Regulations, page 6 >

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The WIAA Transfer Rule

The Wisconsin Interscholastic Athletic Association is governed by its member schools. Rules and policies of the Association are developed, promulgated and implemented by the membership either through membership vote for constitutional issues or through a membership-elected committee structure for sport seasons regulations. Therefore, ownership of the membership's rules and regulations, as well as the responsibility of compliance with them, lies with each member school.

Association Bylaws, which outline the provisions of membership in the Association, and the Rules of Eligibility appear in the WIAA Handbook. WIAA rules and regulations are established by a membership vote at the membership meeting. The Annual Meeting is held in the spring of the year when amendments are presented. The interpretation and enforcement of the rules and regulations are the responsibility of the WIAA executive office and Board of Control.

The members of the WIAA have established seven Articles that outline requirements for student eligibility. This overview document focuses primarily on addressing some of the most common questions of the membership with respect to the transfer provisions of the Association.

Student-athlete eligibility for all levels of WIAA interscholastic competition is governed by WIAA Rules. A full-time student may be afforded up to eight consecutive semesters of interscholastic eligibility upon entry into Grade 9.

Why do the WIAA member schools have a transfer rule?

The WIAA transfer rule is not a recruiting rule. It is a transfer rule which is applied when a student who has established eligibility at any school and who transfers to a WIAA member school. A transfer/residency requirement: assists in the prevention of students switching schools in conjunction with the change of athletic season for athletic purposes; impairs recruitment, and reduces the opportunity for undue influence to be exerted by persons seeking to benefit from a student-athlete's prowess.

A transfer/residency requirement: promotes stability and harmony among member schools by maintaining the amateur standing of high school athletics; by not letting individuals other than enrolled students participate, and by upholding the principle that a student should attend the high school in the district where the student's parent(s) guardian(s) reside. It also helps prevent the displacement of the athletes who have attended the high school for the previous two years and worked to improve their skills as well as their team.

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.

A recruiting/undue influence prohibition discourages exploitation of students; prevents over-emphasis of athletics; gives average student-athletes more opportunity to participate; discourages adults from jeopardizing a student's

eligibility, and prevents misuse of athletic programs. The WIAA membership rule pertaining to recruiting states: No eligibility will be granted for a student whose residence within a school's attendance boundaries, with or without parents, or whose attendance at a school has been the result of undue influence (special consideration due to athletic ability or potential) on the part of any person, whether or not connected with the school.

What is the WIAA transfer rule?

For the purpose of this rule, attendance at one day of school and/or attendance at one athletic practice shall determine 'beginning of school year.' Transferring schools at any time may result in restrictions being imposed on eligibility, or in some cases a denial of eligibility.

"A student who transfers from any school into a member school after the sixth consecutive semester following entry into grade 9 shall be ineligible for competition at any level for one calendar year, but may practice, unless the transfer is made necessary by a total change in residence by parent(s)." (ROE II-3-A-1 & 3)

If a family entirely moves from one school community to another and the transfer is necessary due to this move, the student will more than likely have

unrestricted eligibility. When a transfer takes place during a semester, the eligibility begins after five calendar days (ROE II-3-A-8).

Students will establish eligibility at a WIAA member school at the beginning of 9th or 10th grade. Keep in mind, the residence rule also determines eligibility. Public school students are eligible in the district their parents reside and non-public school students are eligible when they live with their parent(s).

The transfer rule states: Open enrolled and/or tuition paying students entering 9th and/or 10th grade at the beginning of the school year and who are within the first four consecutive semesters of high school will be afforded unrestricted eligibility provided all other rules governing student eligibility are met (ROE II-3-A-2).

Once eligibility is established at the beginning of 9th grade, a transfer without a total and complete move during 9th grade would restrict the 9th grade student to nonvarsity competition for the remainder of the school year at the new school (ROE II-3-A-4). At the beginning of 10th grade, the student attains unrestricted eligibility.

Again, the student who meets the residence rules and who transfers is unrestricted at the beginning of 10th grade (ROE II-3-A-2). A student who transfers during the 10th grade without a total and complete change of residence of the parent(s), will be restricted to nonvarsity for one calendar year (365 days).

In addition, a student transferring at the beginning of 11th grade, or transferring during 11th grade, is restricted to nonvarsity opportunities for one calendar year, provided the student meets the residence rule. The rule states: 10th or 11th grade students who transfer after the beginning of the school year and with written consent from both schools directly involved shall be restricted to nonvarsity opportunities for one calendar year (365 days beginning with first day of attendance at the new school). (ROE – II-3-A-5)

If a student transfers after 11th grade is completed, then the student will only be allowed to

See The WIAA Transfer Rule, page 18 ➤

Simply The Transfer Rule*

A transfer made necessary by a total and complete change of residence of the parent(s) – unrestricted.

Transfers with no change of residence of the parent(s) at the beginning of:

- 9th grade – unrestricted
- 10th grade – unrestricted
- 11th grade – nonvarsity for calendar year
- 12th grade – no competition at any level, but may practice.

Transfers with no change of residence of the parent(s) during the school year:

- 9th grade – nonvarsity for remainder of year
- 10th grade – nonvarsity for calendar year
- 11th grade – nonvarsity for calendar year
- 12th grade – no competition at any level, but may practice.

*Provided the student meets residency requirements

NFHS Adopts New Logo

As the National Federation of State High School Associations (NFHS) heads into the next 100 years serving State associations in sports and activity programs nationwide, it will be doing so with a new logo.

The new logo was unveiled to the membership earlier this month at the close of the NFHS Centennial Celebration. The NFHS and its 51-member state high school associations celebrated the organization's accomplishments at the 100th Annual Meeting at the JW Marriott in downtown Indianapolis.

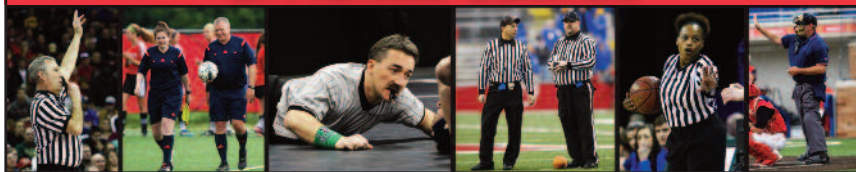
The organization will continue to be branded as the NFHS in the new logo. The new design maintains a resemblance to the shield that has been a part of the NFHS logo since 1997.

"We wanted to retain NFHS as the central component of the new logo because the organization's national presence has continued to spiral upward in the 22 years since the NFHS acronym was adopted," said Dr. Karissa Niehoff, NFHS executive director. "However, as we celebrated our first 100 years, we felt it was important to establish a new look that would signify our ever-increasing role as the national leader in high school sports and performing arts programs."

Counting the Centennial logo that was used during the 2018-19 school year, the new logo will be 10th used by the organization since the first one was adopted in the 1930s. ●



OFFICIALS CORNER



Congratulations!!

2019 Spring Tournament Officials

Spring Baseball – Vernon Daines, Westby; Paul Graumann, Sheboygan Falls; Tim Haldiman, Waterloo; Richard Hohl, Stratford; Kevin Johnson, Iola; Richard Kaiser, Onalaska; Ryan Krcmar, Green Bay; Dale Nehls, Fond du Lac; Rick Prince, Colfax; John Purdy, Racine; Robert Ruhle, Madison; Timothy Tauer, Antigo.

Girls Soccer – Dennis Allie, De Pere; Peter Bernardy, De Pere; Christopher Bizjak, Wausau; Barrett Britt, Delavan; James Friel, Waukesha; Mark Herdeman, West Bend; Christopher Marcum, Eau Claire; Peter Morehouse, McFarland; Michael Murphy, Schofield; Steve VanDeurzen, Kaukauna; Jeff Walker, McFarland; Patrick Weeks, Wauwatosa.

Softball – Joe Halbur, Campbellsport; Brian Ingli, Arkansasaw; Lynn Isensee, Sparta; Robert Kinziger, Luxemburg; Steven Komorowski, Oak Creek; Trevor Nichols, Mineral Point; Dean Romanowski, Cadott; Joel Scott, Beaver Dam; Michael Steidl, Milwaukee; Kerry Storbakken, Janesville; Roger Van Lanen, Suamico; Jason Wolfe, Stevens Point.

Girls Individual & Team Tennis – Meet Referee – Sharon Terry. **Umpires** – Richard Arians, Minneapolis (MN); Chip Asta, Williams Bay; Deb Clausen-Kremer, Sun Prairie; Elizabeth Danner, Oneida; Tom Derouin, Savage (MN); Angie Feltz, Fond du Lac; Dave Hammelman, Brookfield; John Knox, Madison; Jon Nicoud, Fond du Lac; Jean Root, Muskego; Courtney Smith, Janesville; Sharon Terry, Janesville; Henry Thomas, Milwaukee; Mark VanderZanden, Appleton; Kris Williams, Green Bay; Jim Yoshida, Madison.

Track & Field – Meet Referee – Jon Hegge, Evansville; **Field Referee & Throws Referee** – Jim Steinberg, Oconomowoc; **Field Referee & Jumps Referee** – Robert Kern, Milwaukee; **Starter** – Mark Dahl, West Salem; **Starter** – Tom Emmerich, Hartland; **Starter** – Dick Nerbun, Cumberland; **Alternate** – Tim Lee, Viroqua ●

Officials Education

The Officials Education Department continues to partner with the NFHS sports directors to develop meaningful learning tools for officials in each sport. Prospective officials would benefit from any of these courses as they prepare to become a part of the officiating community. Currently, the following courses are in the development stage and are on track for release immediately before the appropriate sport season begins in 2019-20: Field Hockey; Becoming an Official; Basketball: Pregame Conference; Basketball: Three-Person Mechanics; Softball: Umpiring Mechanics; Baseball: Umpiring Baseball; Track and Field: Working a Track and Field Meet; and Diving: Demonstration of Proper Technique for Each Dive. ●

Volleyball Simplified and Illustrated

The first edition of the NFHS Simplified and Illustrated High School Volleyball Rules will be available for purchase on www.nfhs.com by mid-June. This supplemental publication, created in partnership with Referee Enterprises Inc., brings the NFHS volleyball rules to life through illustrations and simplified language. This tool will be a helpful addition to the NFHS Volleyball Rules Book and Case Book/Officials Manual for new and veteran officials and coaches. ●

Volleyball Rules Changes - 2019-20

2-2-2, 2-3j (NEW), 2-4-1e(NEW), 2-4 PENALTIES 3 (NEW), 9-8-1i: When the ball strikes the cables and/or the diagonal poles used to retract ceiling suspended net systems the referee will stop play and determine if the ball was playable. The referee will signal out-of-bounds or replay.

Rationale: Establishes the cables and diagonal poles used to retract suspended net systems as restricted play and aligns officials' treatment of a ball striking either the cables and/or the diagonal poles.

4-2-1, 4-2-1a (NEW), 4-2-1e (NEW), 4-2-2 (NEW): Eliminates the solid-colored uniform requirements, establishes that the libero uniform must clearly contrast with his/her teammates' uniforms and reorganizes the legal uniform rule.

Rationale: Clarifies the requirements for all legal uniforms and simplifies the requirements for the contrasting libero uniform maintaining the compliance of all currently compliant team and libero uniform jerseys.

4-2-4b: Eliminates the use of double zero (00) as a uniform number option.

Rationale: Eliminates confusion surrounding the signaling of "00" and "0".

4-2-4c: Beginning with the 2023 season the body of the uniform number must clearly contrast with the uniform top regardless of borders. This will eliminate the allowance of borders to provide contrast between the number and the uniform number.

Rationale: Allows officials and scorers to easily identify uniform numbers.

5-5-1b; 5-6-1b; 7-1-1a; 7-1 PENALTIES 1; 7-1-2; 7-1-4; 7-1-4 PENALTIES 1, 2: Requires the second referee to collect team rosters at the prematch conference while allowing changes to be made until 10 minutes remain on the pregame clock and establishes lineups to be submitted to the second referee before each set.

Rationale: Eliminates warmup interruptions by officials requesting rosters with 10 minutes remaining on the warmup clock, allowing for a smoother warmup process for coaches, players, officials and scorers.

5-9-2a NOTE: Establishes that the line judge shall take their position and move in line with the extension of the end line when the ball is being served near the line judge's position replacing the old technique to move directly back in line with the sideline.

Rationale: Allows the line judge to watch for foot contact with the end line and move quickly back for a view of the sideline. This is a more appropriate position and transition for line judges.

8-1-6, 8-2-5g (NEW), 8-2-6d: Establishes that the ball remains dead when tossed for serve and it touches any part of the backboard or supports hanging in a vertical position over the serving area and is an illegal serve (Signal 13) and not a service fault.

Rationale: Accurately reflects the action since the ball is not contacted for serve.

2019-20 VOLLEYBALL MAJOR EDITORIAL CHANGES

2-1-5: Clarifies that the attack line shall be measured from the edge of the attack line farthest from the center line to the axis of the center line.

4-2-7: Clarifies the penalty for the removal of any part of the uniform top or bottom as a yellow card charged to the coach for unsporting conduct.

5-5-3b(26): Provides additional instructions for the second referee when conducting the coin toss prior to the deciding set by requiring the second referee to communicate with the first referee the serving team and the proper team benches.

8-1-6, 8-2-5g: Establishes the proper signal for a tossed ball that contacts a backboard or its supports hanging in a vertical position over the serving area is officials signal 13.

NFHS Official Signals Chart: Removes signal 7 "Legal Back-Row Attack" from the chart and establishes the signal as an informal officials' signal in the NFHS Officials Manual renumbering remaining signals.

2019-20 Volleyball Editorial Changes

2-4-1b; 5-2-1b; 10-2 PENALTIES 2; 11-4-2; 12-2 PENALTIES 1a, b; Scoring Section; Officials Signals 19A

2019-20 Volleyball Points of Emphasis

1. Informal Officials Signals
2. Ball-handling
3. Side Folding Retractable Backboards ●

Concussion Information

When in Doubt, Sit Them Out!

A concussion is a type of traumatic brain injury that interferes with normal function of the brain. All concussions are brain injuries. The WIAA recommends avoiding the use of nicknames like "ding" or "bell ringer" to describe concussion because those terms minimize the seriousness of concussion.

A concussion can be caused by a blow to the head or even a blow to the body alone. The force moves or twists the brain in the skull. It is important to know that loss of consciousness is not required to have a concussion. In fact, less than 10% of athletes lose consciousness. A concussion is a very complex physiologic event that causes a problem with brain function not brain structure. Therefore, CT/CAT scan and MRI are usually normal in athletes with concussion. Imaging studies are not indicated for most concussions, but may be needed to rule out brain bleeds or more serious injuries.

Even what appears to be a mild blow to the head or body can cause the brain to suddenly shift or move. This motion can injure and damage brain cells. Research has shown that this damage may take up to 2 weeks to heal, but it can take longer with estimates of nearly 20% of high school athletes taking over 4 weeks to fully recover.

There are unique concerns surrounding concussion in high school sports:

- 1) Adolescents are more vulnerable and get concussions more often
- 2) Adolescents take longer than adults to heal from concussion, unlike muscular-skeletal injuries
- 3) Most high schools may not have access to a team physician or an athletic trainer for all of their teams & activities, thus the responsibility for identifying a possible concussion falls on athletes, coaches and parents
- 4) High school players can be reluctant to admit their symptoms for fear of removal from the contest

Concussion affects people in four areas of function:

- 1) Physical – This describes how they feel: headache, nausea, vomiting, dizziness, tired and loss of consciousness (which is uncommon in concussion).
- 2) Thinking – Poor memory and concentration, responds to questions more slowly and asks repetitive questions. Concussion can cause an altered state of awareness and thinking.
- 3) Emotions – A concussion can make a person more irritable or sad and cause mood swings.
- 4) Sleep – Concussions frequently cause trouble falling asleep and may wake athletes up overnight, which can make them more fatigued throughout the day.

Recent high school injury surveillance information has shown that the following sports have the highest risk of concussion (based on athletic exposures: practice + competition). Concussions occur most frequently in the following sports (in order): football, boys & girls ice hockey, girls lacrosse, girls soccer, boys lacrosse, wrestling, girls basketball, girls field hockey, boys soccer, softball and boys basketball.

Noticeable in this data is that the risk for girls is much higher than boys in the same sports; in fact, soccer & basketball carry twice the risk for concussion in girls than boys.

Most importantly, concussion can happen to anyone in any sport. Concussions also occur away from organized sports in physical education class, on the playground, while skiing or snowboarding, and when involved in a motor vehicle collision.

Everyone involved with high school athletics must be alert for potential injuries on the field and be able to recognize signs and symptoms of concussion. While coaches are not expected to make a diagnosis of concussion, it is expected for coaches to be aware that their athletes may have a concussion and then hold them out of all activity until they are medically cleared

by a healthcare provider. "Signs" are what can be seen by others, like clumsiness, while "symptoms" are what the injured player feels, like a headache.

Remember, athletes should report their symptoms, but they may not unless they are asked and even then it is important to consider that athletes may not be telling the truth. Thus, it is important for schools to educate their athletes, coaching staff and parents in the preseason about the seriousness of concussion and the importance of athletes honestly reporting their symptoms and injuries.

These are some SIGNS of concussion (what others can see in an injured athlete):

- Dazed or stunned appearance

See Concussion Information, page 16 >

Concussion Insurance

The HeadStrong Concussion Insurance Program was specifically developed to insure student athletes from the high cost of concussion treatment and neurological follow up.

The insurance only covers athletes in WIAA recognized sports (baseball, basketball, cross country, football, golf, hockey, soccer, swimming & diving, tennis, track & field, volleyball, and wrestling for boys, and basketball, cross country, golf, gymnastics, hockey, soccer, softball, swimming & diving, tennis, track & field, and volleyball for girls) at WIAA member schools. It does not cover cheer, dance, or club sports.

The student athlete has 'first dollar' coverage (zero deductible) for concussion assessment and treatment.

Coverage is secondary/excess to any other valid and collectable insurance but will become the primary payer, if no other insurance is available.

Program Highlights Include:

- \$0 deductible and no Co-pays
- Tele-med Services, when needed
- No restrictions on specific doctors
- No referrals needed for treatment
- No internal limits
- No specific procedure maximums
- Neurological follow up care when medically necessary and billed at U&C.

Provide/distribute widely - the WIAA Program Guide and the FAQ's along with the instruction to see the AD if there's a need to file a claim or have additional questions. The school may hand out to every youngster/family that brought in their physical card/alternate year card and/or parental permission and code forms.

Ask your trainer and/or coach to let you know immediately of any instance of possible concussion. When there is a reported injury and the need to file a claim, then get the athlete/family the Dear Provider letter, the HeadStrong Claims form and Alternate Insurance form. In addition, provide the who to contact info and how to file a claim are included on the Program Guide.

None of the forms need to come back to or through the WIAA office. It works directly through school AD/administration (to sign the form) to the family, to the carrier. More information is contained online in the AD Resources section. ●

2019 NFHS Football Rules Changes

BY STATE ASSOCIATION ADOPTION, USE OF VIDEO REVIEW ALLOWED FOR STATE POST-SEASON CONTESTS [1-3-7 NOTE (NEW), TABLE 1-7 – 1-3-7 NOTE (NEW)]

Rationale: By state association adoption, instant replay may only be used during state postseason contests to review decisions by the on-field game officials. This adoption would allow state associations to develop protocols for use of video replay.

IMPROVED VISIBILITY OF NUMBERS [1-5-1c, 1-5-1c(6) (NEW)]

Rationale: The purpose of numbers on jerseys is to provide clear identification of players. In order to enhance the ability to easily identify players, the committee has clarified the size requirements for jersey numbers through the 2023 season. The committee also added a new requirement that, effective in the 2024 season, jersey numbers must be a single solid color that clearly contrasts with the body color of the jersey.

REDEFINED REQUIREMENTS FOR A LEGAL SCRIMMAGE FORMATION [2-14-1, 7-2-5a]

Rationale: A legal scrimmage formation now requires at least five offensive players on their line of scrimmage with no more than four backs. This change will make it easier to identify legal and illegal offensive formations.

PROHIBITION ON TRIPPING THE RUNNER [2-45, 9-4-3o (NEW), 9-4-3o PENALTY (NEW)]

Rationale: In an effort to decrease risk, tripping

the runner is now prohibited. It is now a foul to intentionally use the lower leg or foot to obstruct a runner below the knees.

40-SECOND PLAY CLOCK [2-35-1, 3-6-1, 3-6-2a, 7-2-1]

Rationale: To have a more consistent time period between downs, the rules committee approved situations where 40 seconds will be placed on the play clock. The new rule defines when 40 seconds will be placed on the play clock and when 25 seconds will be placed on the play clock.

HORSE-COLLAR TACKLE ADDITION [9-4-3k]

Rationale: Grabbing the name plate area of the jersey of the runner, directly below the back collar, and pulling the runner to the ground is now an illegal personal contact foul.

ILLEGAL KICKING AND BATTING PENALTY REDUCED [9-7 PENALTY]

Rationale: The penalty for illegally kicking or batting the ball was reduced from 15 yards to 10 yards.

2019 EDITORIAL CHANGES

2-6-2b, 5-2-2, 5-2-4, 6-5-4, 7-2-5a, 8-5-2 EXCEPTION, 9-3-8 PENALTY, 10-4-2c EXCEPTION, 10-5-1j

2019 POINTS OF EMPHASIS

1. Proper Procedures for Weather Delays
2. Expanded Neutral Zone as it Applies to Run or Pass Options
3. Free-Blocking Zone and Legal Blocking ●

WIAA Award of Excellence Criteria Added in Fourth Year

The WIAA is continuing its initiative to recognize excellence in our member schools. Each member is eligible and encouraged to participate in the WIAA Award of Excellence program during the 2019-20 school year.

The program is designed to promote and recognize the efforts and achievements of schools in the areas of sportsmanship, ethics, integrity, leadership and character. Please take this opportunity to embrace and promote the qualities of administrative excellence that the award represents.

Two new elements of the criteria were added to qualify for the 2019-20 award. The two additional criteria to the existing list are:

- Athletic Director maintains and updates all information in the WIAA School Directory annually.
- Athletic Director does due diligence in striving to achieve staff compliance with all WIAA coaching requirements (i.e. rules video, exam, officials' rankings)

The pre-existing criteria applied toward the Award of Excellence are:

- Athletic Director conducted regular occurring meetings with a Captain's Club/Team Leadership Council/Etc.— sportsmanship, ethics and/or integrity is on the agenda and is discussed
- Athletic Director conducted regular occurring meetings with coaches - sportsmanship, ethics and/or integrity is a topic that is on the agenda and is discussed
- Athletic Director conducted at least one informational meeting with student-athletes and their parents - sportsmanship, ethics and/or integrity is a topic that is on the agenda and is discussed
- Athletic Director attended conference meetings - sportsmanship, ethics and/or integrity is a topic that is on the agenda and is discussed
- Coaches and student-athletes attended a sportsmanship summit/leadership conference/etc.
- There was school representation at one of the seven WIAA Fall Area Meetings
- There was school representation at WIAA Annual Meeting in April
- Athletic Director made the student body aware of sportsmanship initiatives through school assemblies, announcements, posters, etc.
- Three or more athletic teams gave back to their school or community through volunteerism
- Athletic Director has taken the Free NFHS Sportsmanship course
- Three or more head coaches have taken the Free NFHS Sportsmanship course
- Athletic program had no coach ejections at any level
- Athletic program had no coach or player assault of an official at any level
- Athletic director nominated/submitted a boy and/or a girl for WIAA Scholar Athlete recognition (either for local or state level recognition)

The application form, once completed, requires the signatures of the school's athletic director, principal, superintendent and the school board president to verify their school has achieved the required criteria.

The recipients of the 2018-19 Award of Excellence, presented to high schools that met each of the award's criteria, are:

Baraboo	Northland Pines
Brookwood	Northwestern
Cambridge	Racine Horlick
Fort Atkinson	Racine Lutheran
Germantown	Saint Croix Central
Hudson	Stoughton
Kenosha St. Joseph Catholic	Stratford
Kettle Moraine	The Prairie School
Kimberly	Union Grove
Menomonie	University School of Milwaukee
Mercer	Watertown
Middleton	Wausau West
Muskego	Wisconsin Rapids
Necedah	

Five of the 27 schools are receiving the honor for the third time, including Baraboo, Hudson, Racine Horlick, Stoughton and Wisconsin Rapids Lincoln. Ten of this year's recipients are being presented with the award for the second time, including Brookwood, Cambridge, Fort Atkinson, Kimberly, Middleton, Northwestern, Racine Lutheran, The Prairie School, University School of Milwaukee and Watertown.

The online school entry application for the Award of Excellence is available in the School Directory database on the WIAA website. Athletic Directors may access the form by navigating to the School Directory database and selecting the "Award of Excellence" option in the "Forms" dropdown menu at the top of the page. Please submit your application between the completion of your spring sports season and the deadline of June 30, 2020. Any questions about the Award of Excellence, please contact Stephanie Hauser at the WIAA office (715) 344-8580.

Recipients will be presented with the Award of Excellence at the fall Area Meetings and will be recognized for the achievement on the WIAA website, *Bulletin* and at the Annual Meeting. ●



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:

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

2. No approval is required:

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

b. If only one other school is involved.

- 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.
- No approval shall be granted for any tournament, meet, or other contest to qualify for and/or determine a national high school championship but such championships involving schools for visually handicapped or deaf students are exempt from this provision.
- 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?
- If a basketball tournament, are there more than 8 teams in your bracket?
- Are all schools you will compete against 9-12 high schools? (no post secondary/prep academies)
- Are all schools you will compete against full members of their state association?

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

2019 NFHS Football Points of Emphasis

Proper Procedures for Weather Delays

At some point during the high school football season, many parts of the country have to address weather issues. Some of these, according to NFHS guidelines, dictate a suspension/delay during a game. Most of the time, the delay is due to lightning and thunder (either lightning seen or thunder heard); and when a suspension or delay occurs, the teams are sent to a safe, sheltered area until the weather situation has ended. NFHS guidelines on handling lightning and thunder delays require use of the 30-minute rule, meaning when the game has been suspended, play cannot resume until at least 30 minutes have elapsed following the last sighting of lightning or the sound of thunder. Once the game is suspended, each further instance of lightning or thunder requires a reset of the clock and the commencement of a new 30-minute interval.

Seldom is there a problem with game officials or site administrators following the basic 30-minute rule when there is lightning or thunder. However, some game officials and administrators are not abiding by the mandatory halftime intermission and warm-up rule when there is a lightning delay near the end of the first half. If there is such a delay late in the second period, once the second period is completed, NFHS playing rules require a halftime intermission of at least 10 minutes followed by the required 3-minute warm-up period before the third period may begin. Coaches or game officials cannot shorten the halftime intermission or the warm-up period. However, both coaches could agree to shorten (end) the second period during the delay, and then the third period could start after the delay as soon as the mandatory warm-up period is completed.

It is important for game officials, coaches and administrators to be aware of the intermission and warm-up rules on nights when the weather could present delays and to administer those NFHS football rules correctly.

Free-Blocking Zone and Legal Blocking

The free-blocking zone is a rectangular area established when the ball is snapped. It extends 4 yards laterally on either side of the ball, and 3 yards behind each line of scrimmage. Blocking below the waist and blocking in the back may be permitted in the free-blocking zone provided that certain conditions are met.

Offensive and defensive linemen may block each other below the waist in the free-blocking zone

provided that all players involved in the blocking are on their line of scrimmage and in the free-blocking zone at the snap, and the ball is in the zone. Each team's line of scrimmage is a vertical plane through the point of the ball closest to that team's goal line.

Offensive linemen may block defensive players in the back in the free-blocking zone as long as the blocker is on his line of scrimmage and in the free-blocking zone at the snap, the opponent is in the free-blocking zone at the snap, and the contact is in the zone.

To determine whether blocking below the waist and blocking in the back are legal, game officials must first determine whether players are in the free-blocking zone at the snap. Since offensive linemen are in the zone if any part of their body is in the zone at the snap, game officials must check the spacing between offensive linemen. As long as the line is using "normal" splits and the formation is "balanced" (i.e., the distance between the outside foot of each lineman and the inside foot of the adjacent linemen is no greater than 2 feet and an equal number of linemen are on each side of the snapper), all players, including the tight end, are deemed to be in the zone at the snap. If the splits are wider than 2 feet, the tight end is considered out of the zone and therefore cannot legally block below the waist or in the back.

Once game officials determine which players are in the zone at the snap, the next determination is whether a block below the waist or a block in the back occurs in the free-blocking zone. Because the free-blocking zone disintegrates once the ball leaves the zone, it may be difficult to determine whether the ball is in the zone at the time the block occurs when the offense is using a "shotgun" formation (a formation where there is no direct hand-to-hand snap and the player who receives the snap is more than 3 yards behind his line of scrimmage), due to the very short time interval between the snap and the ball leaving the zone.

In addition to observing blocking by offensive linemen, game officials must also be alert to defenders "cutting" running backs and wide receivers who are not on their line of scrimmage or in the free-blocking zone at the snap. Restrictions on blocking below the waist apply equally to offensive and defensive players. Finally, offensive players in the backfield can never legally block below the waist or in the back. ●

NFHS Football Conduct Rules

NFHS football playing rules include Unsportsmanlike Acts (NFHS Football Rules Book, page 71) Rule 9-5-1, 2: No player shall act in an unsportsmanlike manner once the game officials assume authority for the contest. Specific examples are listed in the rules book.

Acts that are intended to engender ill will toward individuals on the field, have no place in educational activities. The NFHS football playing rules clearly outline that unsportsmanlike conduct by players 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 unsportsmanlike acts by players.

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. ●

Board Passes Regulations from page 1

exceed the enrollment of the largest stand-alone program of the previous year.

There were two Medical Advisory Committee recommendations to receive approval. The first increases the maximum head, neck or cervical injury evaluation time from four minutes to five minutes. The other requires any student-athlete that loses consciousness must be medically evaluated and cleared to play before being allowed to return to participation.

In other sport-related Board action, the boys golf season in 2020 will be moved one week later to accommodate for the American Family Insurance Championship that will be held the traditional week of the State Boys Golf Tournament at University Ridge Golf Course. The new dates for the State meet in 2020 will be June 15-16.

Approval of the Board was granted for the details and composition of the Conference Realignment Task Force. The committee will be comprised of 15 members appointed to three-year terms by the executive staff with two co-chairs to be determined by the task force.

In other realignment-related action, the Board gave its initial approval of a revised conference alignment plan for eight-player football beginning in 2020 to account for the new formation of the Kickapoo/LaFarge co-op.

Membership rules require a 40-day window for schools involved in conference alignment plans to appeal the first consideration of the Board before it takes final action. Thus, schools had until July 30, 2019, to file an appeal of the initial vote. The Board gave final consideration of the plan at its meeting on Aug. 9, 2019.

Another realignment-affiliated item addressed by the Board was approval of the newly created Mid-West Wisconsin Girls Soccer Conference consisting of nine programs, including Adams-Friendship, Altoona, Amherst, Arcadia, Assumption, Mauston, Melrose-Mindoro/Gale-Ettrick-Trempealeau, Regis/McDonell Catholic and Wautoma.

Other action items approved by the Board include the general fund financial statement and payments

for May. The Board also ratified spring cooperative programs for the 2019-20 and 2020-21 seasons. It also approved returning to a two-year approval process for hockey co-ops, retaining a one-year process for gymnastics and creating an even-year co-op approval process for football. Approval of a spending resolution during development of the 2019-20 operational budget was also a part of the Board's action items.

Among the meeting's discussions and reports were a review of the 2019 spring State Tournaments, an appropriate approach to seeding the Section 1 in the Division 1 Tournament Series for all sports, awareness of possible legislation for assault on a sport official, potential topics for discussion at the 2019 Area Meetings, and the New AD Workshop scheduled for July 22.

The Board also received liaison reports from John Ashley of the Wisconsin Association of School Boards, Michael Thompson of the Department of Public Instruction and Todd Sobirsky of the Wisconsin Athletic Directors Association. ●

NFHS Football Jersey and Pant Rules

RULE 1-5-1

ART. 1 . . . Mandatory Equipment. Each player shall participate while wearing the following pieces of properly fitted equipment, which shall be professionally manufactured and not altered to decrease protection:

b. Jersey:

1. A jersey, unaltered from the manufacturer's original design/production, and which shall be long enough to reach the top of the pants and shall be tucked in if longer. It must completely cover the shoulder pads and all pads worn above the waist on the torso.
2. Players of the **visiting team** shall wear jerseys, unaltered from the manufacturer's original design/production, that meet the following criteria: The body of the jersey (inside the shoulders, inclusive of the yoke of the jersey or the shoulders, below the collar, and to the bottom of the jersey) shall be white and shall contain only the listed allowable adornments and accessory patterns in a color(s) that contrasts to white:
 - (a) as the jersey number(s) required in 1-5-1c or as the school's nickname, school logo, school name and/or player name within the body and/or on the shoulders,
 - (b) either as a decorative stripe placed during production that follows the curve of the raglan sleeve or following the shoulder seam in traditional yoke construction, not to exceed 1 inch at any point within the body of the jersey; or as decorative stripe(s) added in the shoulder area after production, not to exceed 1 inch per stripe and total size of combined stripes not to exceed 3.5 inches,
 - (c) within the collar, a maximum of 1 inch in width, and/or
 - (d) as a side seam (insert connecting the back of the jersey to the front), a maximum of 4 inches in width but any non-white color may not appear within the body of the jersey (inside the shoulders, inclusive of the yoke of the jersey or the shoulders, below the collar, and to the bottom of the jersey). The exception to (d) would be what is stated in (b) above.
 - (e) The visiting team is responsible for avoidance of similarity of colors, but if there is doubt, the referee may require players of the home team to change jerseys.

NOTE: One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel. By state association adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on the uniform without compromising its integrity.

3. Players of the **home team** shall wear jerseys, unaltered from the manufacturer's original design/production, that meet the following criteria: The body of the jersey (inside the shoulders, inclusive of the yoke of the jersey or the shoulders, below the collar, and to the bottom of the jersey) may not include white, except as stated below. Effective **2021**, the jerseys of the home team shall be a dark color that clearly contrasts to white. If white appears in the body of the jersey of the home team, it may only appear:
 - (a) as the jersey number(s) required in 1-5-1c or as the school's nickname, school logo, school name and/or player name within the body and/or on the shoulders,
 - (b) either as a decorative stripe placed during production that follows the curve of the raglan sleeve or following the shoulder seam in traditional yoke construction, not to exceed 1 inch at any point within the body of the jersey; or as decorative stripe(s) added in the shoulder area after production, not to exceed 1 inch per stripe and total size of combined stripes not to exceed 3.5 inches,
 - (c) within the collar, a maximum of 1 inch in width, and/or
 - (d) as a side seam (insert connecting the back of the jersey to the front), a maximum of 4 inches in width but any white color may not appear within the body of the jersey (inside the shoulders, inclusive of the yoke of the jersey or the shoulders, below the collar, and to the bottom of the jersey). The exception to (d) would be what is stated in (b) above.
 - (e) The visiting team is responsible for avoidance of similarity of colors, but if there is doubt, the referee may require players of the home team to change jerseys.

NOTE: One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel. By state association adoption, to allow for special occasions, commemorative or

NFHS Football Jersey and Pant Rules, page 14 ►

Guidelines on Handling Practices and Contests During Lightning or Thunder Disturbances

These guidelines provide a default policy to those responsible or sharing duties for making decisions concerning the suspension and restarting of practices and contests based on the presence of lightning or thunder. The preferred sources from which to request such a policy for your facility would include your state high school activities association and the nearest office of the National Weather Service.



PROACTIVE PLANNING

1. Assign staff to monitor local weather conditions before and during practices and contests.
 2. Develop an evacuation plan, including identification of appropriate nearby safer areas and determine the amount of time needed to get everyone to a designated safer area:
 - a. A designated safer place is a substantial building with plumbing and wiring where people live or work, such as a school, gymnasium or library. An alternate safer place from the threat of lightning is a fully enclosed (not convertible or soft top) metal car or school bus.
 3. Develop criteria for suspension and resumption of play:
 - a. When thunder is heard or lightning is seen*, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for at least 30 minutes and vacate the outdoor activity to the previously designated safer location immediately.
 - b. 30-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or lightning is witnessed* prior to resuming play.
 - c. Any subsequent thunder or lightning* after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.
 - d. When lightning-detection devices or mobile phone apps are available, this technology could be used to assist in making a decision to suspend play if a lightning strike is noted to be within 10 miles of the event location. However, you should never depend on the reliability of these devices and, thus, hearing thunder or seeing lightning* should always take precedence over information from a mobile app or lightning-detection device.
- * – At night, under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be safe to continue an event. If no thunder can be heard and the flashes are low on the horizon, the storm may not pose a threat. Independently verified lightning detection information would help eliminate any uncertainty.
4. Review the lightning safety policy annually with all administrators, coaches and game personnel and train all personnel.
 5. Inform student-athletes and their parents of the lightning policy at start of the season.

Revised and Approved March 2018 (Source: NFHS Rule Book) ●

NFHS Public-Address Announcers Guidelines

1. **Be early and be prepared.** If possible arrive at the facility one hour before game time. Visit with both coaches to ensure proper pronunciation of players and coaches names. Also, review any scripted pre-competition announcements required by the school (i.e., National Anthem, emergency procedures, concession and facility announcements, etc.).
2. **Work with the officials.** Communicate with the officials before the game regarding plans for the pre-competition, during competition and post-competition announcements and ask for their feedback. Make sure the final plan works for all involved.
3. **Promote sportsmanship.** Create a positive competitive environment through non-biased promotion of fair play. This may be in the form of a scripted pledge of sportsmanship and/or in the vocal display of respect for all participants (players, coaches and officials).
4. **Stick to the basics.** Deliver pertinent information while avoiding the use of play-by-play and cheerleading.
5. **Be accurate.** Understand the proper terminology used for the sport and

NFHS Public-Address Announcers Guidelines, page 17 ►

Amateur Status Still at the Heart of High School Sports

The popularity and interest in sports is the caveat for professional athletes to be widely targeted for product and service endorsements hoping to commercialize on an individual's exploits and popularity. Unfortunately, familiarity with the concept of these endorsements and those hoping to capitalize on the notoriety of high school athletes are all too frequently adopted by local or regional businesses and organizations.

School administrators, coaches, parents, student-athletes, businesses and organizations must all be aware of amateur status provisions and its impact on high school students' athletic eligibility. The member schools of the WIAA have approved the amateur status provisions listed in its Rules of Eligibility, which are made available to schools in the membership Handbook and the Rules at a Glance information provided each year, as well as to anyone who has access to the Internet on the WIAA Web site (www.wiaawi.org).

The membership's regulations state that a student shall be an amateur in all sports sponsored by the Association in order to compete in any sport. It also states all students shall become ineligible for all further participation in the school's interscholastic program for violation of any of the amateur status provisions. With high school career-ending ramifications, amateur status regulations must be understood and carefully monitored. Student-athletes are in violation of the members' amateur status rules if they:

- 1) *...accept, receive and/or direct to another, reimbursement or award in any form of salary, cash, or share of game or season proceeds for achievement in athletics. A student may receive: school mementos valued not more than \$200, an award valued no more than \$100 retail, and may retain non-school competition apparel worn by the student as part of the team uniform.*
- 2) *...sign a contract or agreement for services as a participating athlete.*
- 3) *...receives compensation or benefit, directly or indirectly, for the use of name, picture, and/or personal appearance as an athlete because of ability, potential, and/or performance as an athlete.*
- 4) *...receive free and/or reduced rates on equipment, apparel, camps/clinics/instruction and competitive opportunities that are not identical for all other participants.*
- 5) *...is identified as an athlete, provides endorsement as an athlete, or appears as an athlete, in the promotion of a commercial/advertisement and/or profit-making event, item, plan or service.*

Note: When an athlete has been identified with or without permission and/or awareness resulting in a violation of this rule, the penalty may be reduced once the violation has been rectified.

- 6) *...plays in any contest (school or nonschool) under a name other than his/her own name.* (page 35 of the Senior High Handbook)

Amateur status penalties may be reduced upon request of a school on the basis of documented extenuating circumstances, when accompanied by evidence of complete restitution made by the athlete if the circumstance is applicable.

Student-athletes, as well as parents, are required to read and sign the Athletic Eligibility Information Bulletin, acknowledging their familiarity with the membership's rules and regulations. The consent of the student-athlete and the student-athlete's parents should be required before any third party (recruiters, club teams, fitness centers, businesses and organizations) uses a student-athlete in any form of publicity.

There have been instances whereby a business or organization--without knowledge or permission of the school or individual--uses the likeness of student-athletes in order to capitalize on the student-athlete's popularity, which creates a violation. The most heart-wrenching application of the member's rules and subsequent sanctions on the school or individual for a violation occurs when a business or organization exploits a student-athlete without the student-athlete, parent or school having knowledge of the action.

The three most common considerations of a student having been identified as a student-athlete are by text or spoken word, by apparel and by props. Apparel does not necessarily apply to just the school's uniform to convey the student is an athlete. The advice and best practice the Executive Staff can offer is to use young adults such as recent graduates who have no high school eligibility remaining.

A second option, but less preferred, is to use

younger/pre-high school students who may not yet be subject to WIAA membership provisions.

Another best practice recommendation is to simply use actors; students who are not athletes at all. That provides far greater liberties. It is considered best practice because of the numerous experiences the membership has encountered where one promotion stimulates another with a neighboring business that does not consider the precautions nor does it understand or have knowledge of the membership's amateur status regulations.

Compliance and familiarization of amateur status rules--and the consequences of violations--requires continued efforts by the membership to educate student-athletes and their parents.

Keep in mind, while student-athletes may be reimbursed for actual costs associated with transportation, food, lodging, and entry fees for competition, the family may not crowd source to raise money for those same costs.

In addition, the athlete and family must pay all costs associated with camps, clinics, and specialized training. Athletes may not receive discounts. The rule states:

It is not permissible for any person or organization, except the student or parents, to pay for any of the cost or fee of any kind of nonschool activity involving specialized training or similar instruction. Students must pay 100 percent of any expenses, including transportation, to any nonschool (out-of-season) camps, clinics, or specialized training. Schools are reminded that free and/or reduced rate opportunities afforded to select individuals can impact on amateur status. (page 38 of the Senior High Handbook) ●

Who May Participate on Public School Teams?

- Full-time public school students who attend the school in grades 9-12 and receive 100% of their educational programming from that member school.
- A Home-based Private Education (home school) student who resides in the school district and meets the state law definition of Home-based Private Education student. The law states: "(3g) HOME-BASED PRIVATE EDUCATION PROGRAM. "Home-based private educational program" means a program of educational instruction provided to a child by the child's parent or guardian or by a person designated by the parent or guardian. An instructional program provided to more than one family unit does not constitute a home-based private educational program."

How to verify a student meets the state law:

- Make sure the student is enrolled in home school via the DPI form PI-1206 online before participating.
- Make sure the student resides in your district (driver's license, utility bill, etc.).

If your district has multiple high schools, utilize the same method that you use for placement of full-time students attending your schools. Coaches should not recruit home school children. If approached, coaches should direct families to the school athletic director or principal. Home school families should approach your district with a request.

The student must meet the required rules on the same basis and to the same extent that all other full-time students at the school must provide:

- Physical, Code of Conduct, WIAA rules, Emergency Locator, and Concussion Law

Determine how you will verify home school grades when your students receive their grades (ie: grade checks and quarter/semester grade reports).

General Questions to ask and to assess:

- Did the student attend a school?
- Is the student a transfer student?
- Are there prior academic or discipline issues that need to be addressed with suspensions? ●

Disordered Eating/Relative Energy Deficiency in Sport

Disordered Eating in Student-Athletes: The Basics

Disordered eating in student-athletes includes a wide range of eating concerns. These range from the athlete who inadvertently is not eating enough to fuel their body for sport simply out of not realizing how high their caloric needs are, all the way to the extreme of a full blown eating disorder and associated complications. Eating disorders include anorexia nervosa (being significantly underweight with distorted body image and intense fear of gaining weight) and bulimia nervosa (recurrent episodes of bingeing and purging; purging may involve use of excessive exercise beyond that recommended by coaches in order to compensate for food eaten). Athletes may underfuel because of wanting to try to achieve a competitive advantage in sport, meet appearance standards for sport or for society, or for other reasons. Ultimately, underfueling is not a sustainable way to achieve success in sport, and athletic performance will suffer if disordered eating continues. Young athletes may find themselves on a slippery slope in which a desire to "eat healthy" turns into food restriction and rigid dieting in the hopes of improving athletic performance.

Signs and Symptoms of Disordered Eating in Student-Athletes

- Significant or sudden weight loss, gain, or fluctuations (or failure to gain expected weight in a child/adolescent who is still growing)
- Fatigue
- Cold intolerance
- Unexpected athletic performance decline
- Bowel changes (constipation or diarrhea)
- Trouble concentrating (e.g., on school work or coaches' instructions)

- Dizziness
- Chest pain or heart palpitations

Risk Factors

Risk factors for disordered eating in sport include the following:

- Participation in sports in which lean body physique is felt by some to be advantageous (e.g., cross country, track)
- Participation in sports in which artistic quality, in addition to technical skill, is felt to be important (e.g., gymnastics)
- Anxiety or depression
- Family members with disordered eating
- Perfectionism

Complications

Complications that may result from disordered eating in sport include:

- Changes in menstrual cycles (either not starting menstruation at all by the expected age, no longer getting menstrual cycles, or getting menstrual cycles less often, lighter, or for a shorter duration than usual)
- Low bone mineral density, which can result in stress fractures and eventual osteoporosis
- Abnormal levels of electrolytes such as potassium
- Dehydration
- Problems with the cardiovascular system (heart and blood vessels)
- Mental health conditions and suicide
- Weakened immune system
- Changes in metabolism

Note that some people reference the term "Female Athlete Triad", which is becoming outdated. However, the idea still applies that the three elements of the Triad, disordered eating, menstrual cycle changes, and lowered bone mineral density,

can occur in athletes who are not eating enough calories to fuel their activity levels.

A newer term being used is RED-S (Relative Energy Deficiency in Sport). The International Olympic Committee has used the "RED-S" terminology since 2014. This term is preferred over Female Athlete Triad in recognition of the fact that male athletes can suffer from disordered eating as well (though it is a more common problem in females). Additionally, the RED-S term conveys that there are more than just three issues when it comes to underfueling in sport.

Treatment

The ultimate treatment for disordered eating in sport is increased caloric intake. Any athlete suffering from signs and symptoms of disordered eating should be referred for professional help to a sports medicine physician, pediatrician, family medicine physician, internal medicine physician, psychiatrist, psychologist/therapist/counselor, and/or registered dietitian. Disordered eating is a serious concern that can have life-threatening consequences if unaddressed.

In the meantime, parents and coaches can be helpful via the following:

- Educate athletes on the energy demands of their sport.
- Create an environment that supports eating at least three meals and one to two snacks daily. Talk about having a regular breakfast, full lunch at school, and a pre-practice snack to provide energy for training.

Resources

- 1) Sample Training Day Menu
- 2) NCAA Resources Related to Disordered Eating <http://www.ncaa.org/sport-science-institute/disordered-eating> ●

Boys Volleyball Moves to Resch Center from page 1

caliber of play showcased at the tournament each year.

Attendance at the boys tournament at Wisconsin Lutheran College, where the tournament has been held since moving from Waukesha West High School in 2008, peaked at 6,006 in 2014.

Along with more exposure for boys volleyball, the move will bring more teams in southern Wisconsin, including 41 from Milwaukee-area conferences, to another part of the state where boys volleyball programs are underrepresented in comparison to their girls volleyball counterparts.

According to NFHS statistics, boys volleyball is already one of the fastest growing sports in the country since 2012 and could be in position for greater growth nationwide. Twenty-four states offer boys volleyball as a sponsored sport.

The volleyball tournament schedule has been modified to accommodate

the addition of seven boys matches during the three-day period. Below is the schedule for the 2019 State Volleyball Tournament.

In recognition and promotion of the boys tournament moving to the Resch Center in conjunction with the girls tournament, the WIAA is encouraging attendance at the event by offering a "Buy One, Get One" promotion Thursday-Friday, Nov. 7-8.

Patrons purchasing and retaining a ticket for any girl's session can redeem the ticket at the Will-Call area for admission into a boy's session the same day without purchasing another ticket. Likewise, purchase of a ticket for a boy's session will be redeemable for admission to a girl's session on the same day without purchasing another ticket. Separate tickets for same-gender sessions and for both Saturday's championship matches will be required for admission. ●

Thursday, Nov. 7

Session 1 - 10 a.m.

Boys Quarterfinals

Court 1 – #2 Seed vs. #7 Seed

Court 2 – #3 Seed vs. #6 Seed

Session 2 - 1 p.m.

Boys Quarterfinals

Court 1 – #4 Seed vs. #5 Seed

Court 2 – #1 Seed vs. #8 Seed

Session 3 - 4 p.m.

Girls Division 1 Quarterfinals

Court 1 – #2 Seed vs. #7 Seed

Court 2 – #3 Seed vs. #6 Seed

Session 4 - 7 p.m.

Girls Division 1 Quarterfinals:

Court 1 – #4 Seed vs. #5 Seed

Court 2 – #1 Seed vs. #8 Seed

Friday, Nov. 8

Session 5 - 9 a.m.

Girls Division 4 Semifinals

Court 1 – #2 Seed vs. #3 Seed

Court 2 – #1 Seed vs. #4 Seed

Session 6 - 11:30 a.m.

Girls Division 3 Semifinals

Court 1 – #2 Seed vs. #3 Seed

Court 2 – #1 Seed vs. #4 Seed

Session 7 - 2 p.m.

Girls Division 2 Semifinals

Court 1 – #2 Seed vs. #3 Seed

Court 2 – #1 Seed vs. #4 Seed

Session 8 - 5 p.m.

Boys Semifinals

Court 1 – Upper Bracket Winners

Court 2 – Lower Bracket Winners

Friday, Nov. 8

Session 9 - 7:30 p.m.

Girls Division 1 Semifinals

Court 1 – Upper Bracket Winners

Court 2 – Lower Bracket Winners

Saturday, Nov. 9

Session 10

Girls Division 4 Championship - 9 a.m.

Girls Division 3 Championship - 11:30 a.m.

Session 11

Girls Division 2 Championship - 2 p.m.

Boys Championship - 4:30 p.m.

Girls Division 1 Championship - 7 p.m.

WIAA Position Statement Performance Enhancing Supplements

Note: This policy statement is related to use of dietary supplements. For information on steroid use, see the WIAA Steroid Policy.

The WIAA strongly opposes the use of supplements by high school athletes for performance enhancement due to the lack of published scientific research that documents the benefits and/or risks of supplement use, particularly in adolescents. Supplements should only be used on the advice of one's health care provider for health-related reasons, not for the purpose of gaining a possible competitive advantage. School personnel and coaches should never recommend, endorse, or encourage the use of any supplement, drug, or medication for performance enhancement to a student athlete.

Products typically promoted as performance enhancing include: dietary or nutritional supplements, ergogenic aids, health supplements or sport supplements. While some mainstream supplements are made by responsible manufacturers, a growing number of products contain dangerous and hidden ingredients, including steroids and pro-hormones. In making a decision to use a supplement, several factors should be considered.

- **Evaluating Supplements for Discouraged or Banned Substances:** Supplements are not regulated like drugs, food or medication. Supplement companies do not have to follow the same "truth in labeling" regulations as for food or medication. Supplement labels are not required to list all the ingredients in the product and can omit listing ingredients that are in a bottle. A growing number of products contain dangerous and undisclosed ingredients, including steroids, stimulants and dangerous drugs. Proprietary ingredients are a "company secret" and do not have to be listed on the label. To minimize the risk of taking a supplement that contains a banned ingredient, visit the NFS Certified for Sport website <http://www.nsf sport.com/> or Informed Choice <http://www.informed-choice.org/> for a listing of supplements that have been tested for purity and potency.
- **Health Consequences:** Supplement products have been known to be contaminated with banned or harmful ingredients. Taking supplements with dangerous hidden drugs such as designer steroids has been a known cause of liver injury, stroke, kidney failure, and pulmonary embolism. Supplement products with hidden stimulants can cause irregular heart rhythm, increased blood pressure, stroke, and even death.
- **Contamination:** Supplements can accidentally contain banned or discouraged ingredients due to cross-contamination when manufacturing equipment isn't cleaned properly between batches of products. In other cases manufacturers will spike a product with stimulants or pro-hormones without listing them on the label to deceive the athletes that the product will cause big gains while claiming the product is "all natural" or "legal."
- **Sources of information:** Supplement store staff or company distributors get paid by selling a product. They are well-trained to sell the most popular product with the biggest profit margin. The staff generally may not have training in nutrition, biochemistry or pharmacology. In addition, they may not know or understand WIAA rules/regulations of supplement use by athletes. A supplement/product that is "legal" for the company to sell to the athlete, however, may not be allowed for an athlete to use.
- **Testimonials from professional athletes:** Supplement companies frequently advertise their products with testimonials from professional athletes or well-known sports figures. These testimonials are not proof that a supplement works. Athletes who are paid to endorse a product are generally at the end of their career and did not use the supplement when they were young and training to become successful.
- **Pre-Workout Boosters:** These products claim to provide increased energy and endurance for a workout. Supplements in this category generally contain several sources of stimulants – many not listed on the label – that affect the heart and blood pressure and can cause serious health consequences. In addition, this category of products has a history of containing hidden banned supplements, including illegal pro-hormones and steroids. Use of pre-workout boosters has caused many athletes to fail drug tests, be suspended from competition, and has been related to several deaths.
- **Protein Powders:** Most diets supply adequate protein. However, in cases where athletes can't eat enough food or when protein needs are higher than normal, limited supplementation may be needed. In these cases, a physician or sport dietitian consultation may be helpful. If extra protein is needed, read

labels carefully. Protein powders may contain discouraged or banned ingredients not listed on the label. A 2007 study by Informed Choice Labs randomly selected 50 protein powders off the shelves of well-known supplement stores. They found that 25% of the powders contained anabolic steroids. In addition 11% of the protein powders tested positive for stimulants not listed on the label. Look for labels that list protein as the first ingredient, have few added ingredients and do not claim to be "mass builders."

The primary reason student-athletes choose to use supplements are to gain mass and weight, get stronger, reduce body fat, and have more energy. Student athletes who want to improve athletic performance should focus on good training strategies, a good diet, and proven recovery strategies that stress the 4 "R's": rest, refuel, rehydrate, and repair. In the vast majority of cases, a few changes to the student-athlete eating habits will lead to muscle growth, fat loss, improved strength and faster recovery.

For a copy of the WIAA Performance Enhancing Supplement and Banned Substances Policy visit

<http://www.wiaawi.org/Portals/0/PDF/Health/performanceenhancers.pdf>

National Institutes of Health Center for Complementary and Integrative Health
<https://nccih.nih.gov/health/supplements/wiseuse.htm>

True Sport Nutrition Guide

http://www.truesport.org/library/documents/resources/nutrition_guide/NutritionGuide.pdf

NSF Certified for Sport

<http://www.nsf sport.com/>

USADA Dietary Supplement and Safety Education

<http://www.usada.org/substances/supplement-411>

Informed Choice

<http://www.informed-choice.org/>

Drug Free Sport

<http://www.drugfreesport.com/>

American College of Sport Medicine – Protein Intake or Muscle Maintenance

http://www.acsm.org/docs/default-source/files-for-resource-library/protein-intake-for-optimal-muscle-maintenance.pdf?sfvrsn=688d8896_2

Taylor Hooton Foundation

<http://taylorhooton.org/minimising-the-risk-of-taking-contaminated-supplements/>

National Federation of High School Sports Supplement Position Statement

<http://www.nfhs.org/media/1014747/2012-nfhs-smac-supplements-position-statement.pdf> ●

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. 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 participating 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 non-school unlimited contact window in all sports except football, during the summertime, when school is not in normal session. ●

Mental Health/Mental Wellness

General Information

Involvement in sports can have a very positive effect on the mental health of high school students. However, mental illnesses, such as depression, anxiety, and others, occur in athletes just like they do in everyone else. Mental illness may not be detected in athletes as easily as in others, though. This is for a number of reasons, including:

- Athletes may have a tendency to deny signs of "weakness".
- Athletes may be afraid of not being allowed to play.
- Athlete behaviors may resemble symptoms of mental illness, but can be chalked up to being a normal part of being a good athlete. This might include careful attention to diet, which may actually be part of an eating disorder.

How and Why Mental Illness Occurs in Athletes

Mental illness in athletes may relate directly to the athlete's sport, or it may have nothing to do with the sport. There are 3 possible relationships between the athlete's sport and their mental illness:

- The illness is caused or worsened by the sport (for example, an athlete who develops an eating disorder directly related to wanting to be thin for their sport)
- The athlete chooses the sport as a way to cope with the mental illness (for example, the athlete with anxiety who finds that running helps them to feel less anxious)
- The sport and the mental illness are completely coincidental and have nothing to do with each other

Unique Risk Factors for Mental Illness in Athletes

While athletes are probably at similar risk for most mental illnesses compared to the general population, there are several unique factors that may especially put athletes at risk for these conditions. These include:

- Injuries (including concussion)
- Lack of balance in life (no free time, including time with friends)
- Pressure of competition
- Overtraining (training too hard for too long without enough time for recovery)
- Failure in sport
- Harassment and discrimination related to personal characteristics such as race/ethnicity or sexual orientation
- Coaching styles that do not match up with how the athlete performs best

Depression

Like most other mental illnesses, depression probably occurs in athletes at the same rate as in the general population. Symptoms of depression include (and note a person does not need ALL of these symptoms in order to have depression):

- Feeling sad, down, hopeless, or tearful on most days
- Feeling irritable on most days
- Not looking forward to or enjoying things that used to make the person happy
- Feeling worthless
- Lower energy than usual
- Worse concentration than usual
- Appetite changes (either much lower or much higher than usual)
- Sleep changes (either trouble falling or staying asleep or sleeping more than usual)
- Thoughts of death or dying, including suicidal thoughts

On rare occasion, someone who has times of feeling depressed may have a condition called **bipolar disorder**. This is a disorder in which they not only may have times of depression, but they also have times of abnormally elevated mood (called mania or hypomania). In this condition, they have multiple days or weeks on end of feeling euphoric, not needing very much sleep and still feeling rested and very energetic (this is different than simple insomnia in which they wish they could sleep but can't), feelings of being better than everyone around them, talking much more quickly than usual, engaging in uncharacteristically risky behaviors without thinking through the consequences, engaging in much more activity than usual, seeming more sexual than usual, and reckless spending of relatively large amounts of money. Importantly, this is not

just feeling better than they feel compared to when they are depressed. It is a dramatic state of elevated mood in which people around them notice they are not their usual selves, and the behaviors and symptoms create problems in their lives.

Student athletes with depression, bipolar disorder, or any number of other psychiatric disorders may be at risk for **suicide**. A large study that compiled the results of numerous smaller studies found no significant difference in the rates of suicide attempts between athletes and non-athletes. However, risk factors for suicide may be different for athletes compared to non-athletes. Sometimes, suicide in athletes may be related to acute, sudden events or changes that are specific to an athlete (e.g., failing to make a team or get a starting spot, or perceived rejection by a coach).

Anxiety

Anxiety may also occur in athletes at the same rates as in the general population. Some symptoms of anxiety are similar to those of depression. It is possible that athletes can have both depression and anxiety. Symptoms of anxiety may include (and note a person does not need ALL of these symptoms in order to have anxiety):

- Worry about many things (for example, sports, school, friends, family, day to day obligations) in a way that feels difficult to control and happening on most days

Mental Health/Mental Wellness, page 17 ➤

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.

Note: Coaching contact out-of-season is **NOT** allowed during the school year with athletes the coaches will coach the next year. ●

Spring Team Sportsmanship Award Winners Selected

The Wisconsin Interscholastic Athletic Association, in partnership with Rural Mutual Insurance Company, has selected the team Sportsmanship Award winners for the 2019 Spring State Team Tournaments.

The winners of the prestigious award are Union Grove in baseball, Ashland in girls soccer, Mishicot in softball and Eau Claire Memorial in boys tennis.

Union Grove is the recipient of the WIAA/Rural Mutual Insurance Sportsmanship Award in baseball for the first time and for the second time across all sports. The Broncos also won the softball Sportsmanship Award in 2007. The Broncos' and their fans endured the postponement of their semifinal game a day because of a lengthy rain delay. They advanced to the Division 2 championship game with a 6-1 victory over McFarland, and finished State runner-up following an 8-3 loss to Antigo in the final. Antigo, Belmont, Boyceville, Fond du Lac, Markesan, Ozaukee, Stratford, Webster and West De Pere all received honorable mention.

Ashland's sportsmanship and positive fan support earned them the honor in girls soccer for the third time, also earning the award in the sport in 2009 and 2013. It's also the sixth sportsmanship recognition overall. In addition to girls soccer, they also claimed the award in summer baseball in 2005, boys soccer in 2013 and gymnastics in 2016. Members of the team were witnessed extending well-wishes to members of the Catholic Memorial team following their 5-0 loss to the Crusaders in the Division 3 semifinals. The schools and communities receiving honorable mention include St. Mary Catholic and Edgewood.

Eau Claire Memorial isn't a stranger to the Sportsmanship Award. The Old Abes earned the sportsmanship honor in boys team tennis

for the second time with the first coming in 2014. It is also the 11th time the school and community have received the sportsmanship honor overall. They were selected for the honor in boys hockey, including 1992, 2000, 2016 and 2017; girls tennis in 1998, 2004 and 2011; girls soccer in 2005; and boys basketball in 1970.

Mishicot demonstrated positive and respectful enthusiasm in its two games at the Softball State Tournament en route to a runner-up finish in Division 4. It's the first time the Indians have been chosen as the recipient of the award in any sport. They notched a 5-1 win over Pacelli in the semifinals and fell 13-4 to Horicon in the championship finals. Honorable mention for the award was extended to Belmont, Blair-Taylor, Campbellsport, Chippewa Falls, Ellsworth, Gilman, Kenosha Bradford/Reuther, Prescott, Pulaski, Seymour, Southern Door, Thorp, Tri-County and Waukesha North.

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.

Rural Mutual Insurance has sponsored the Sportsmanship Award program for 54 years.

The selection process includes evaluations from contest officials, tournament management, as well as, security personnel, crowd control and ushers, and WIAA staff members. ●



NFHS Courses @ NFHSLearn.com

Understanding Vaping and E-Cigarettes - Free



Vaping is the act of inhaling an aerosol created by an e-cigarette or similar device. The term "vaping" misleads the user into thinking they are inhaling a vapor and something potentially safe or at least harmless. This is just one reason why the NFHS, with support from the Office of the U.S. Surgeon General, has created Understanding Vaping and E-cigarettes. This course helps dispel such misconceptions and highlights specific risks such as nicotine addiction for youth who try vaping and e-cigarettes.

WIAA Note: *An athlete using an e-cigarette could be violating a code by violating state statutes that do not allow minors to use e-cigarettes and violating a state law is against most codes of conduct. Also, with an athlete using a tobacco-like cigarette, it could be seen as conduct unbecoming since we do not want athletes to appear smoking and wish to have them appear as role-models. When updating your code of conduct, member schools may wish to add tobacco-like products to list of tobacco products banned.*

Student Mental Health and Suicide Prevention - Free

It's widely known that stress, anxiety and depression create challenges for both society and individuals, including interscholastic students. And severe conditions can lead to the worst outcomes, such as suicide.

The NFHS is proud to bring you this course on Student Mental Health and Suicide Prevention in response to this reality. With a focus on wellness, including both physical and psychological, this course highlights causes, strategies and provides helpful resources.

For students, their peers and anyone responsible for their care and well-being, take the course Student Mental Health and Suicide Prevention.

Protecting Students from Abuse - Free

Abusive behaviors and misconduct do not belong within athletic and activity programs. To assist in creating an enjoyable and safe environment for students, the U.S. Center for SafeSport, in collaboration with the NFHS, has developed "Protecting Students from Abuse." The course presents definitions of several types of abusive behaviors and misconduct, the signs and symptoms of abuse, and the ways in which someone can report these behaviors. The course also includes some DOs and DON'Ts for making a report.

This course is not intended to describe your obligations under the law. ●



New NFHS Officers, Board Members Elected for 2019-20

Mark Beckman, executive director of the Montana High School Association (MHSA), is the new president of the National Federation of State High School Associations (NFHS) for 2019-20.

Beckman, who is the 60th president of the NFHS, began his one-year term July 3 following the NFHS Summer Meeting in Indianapolis.

Kerwin Urhahn, executive director of the Missouri State High School Activities Association (MSHSAA), 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: Mike Burnham, executive director, Maine Principals' Association, Section 1; Sally Marquez, executive director, New Mexico Activities Association (NMAA), Section 6; and Dr. Kim Wilbanks, superintendent, Jonesboro (Arkansas) Public Schools, at-large, Sections 2 and 6.

The NFHS, based in Indianapolis, Ind., writes playing rules for 16 sports for boys and girls at the high school level. For more information, visit the NFHS website at www.nfhs.org. ●

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 ensures 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. Direct placement refers to a pre-existing relationship with a family, school and/or community which affects the student's placement.

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.

Keep in mind that international students are not the same as Foreign Exchange Program students. International students are treated the same as domestic students where residency and transfer rules apply. ●

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 – IN-SEASON

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. Athletes may compete in not more than two nonschool competitions with school approval during each regular sport season. The contest(s) will not count against the individual maximum for the athlete in that sport. Nonschool competition will not be allowed during the respective WIAA tournament series in a sport. A student becomes ineligible in a sport for the remainder of the season for competing in more than two nonschool games, meets, or contests 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.), fun runs (including "banditing"), etc. During the season, athletes may participate in a skills contest with approval of the school. Specific skill contests (punt, pass, and kick, shooting contests e.g., free throws, 3-point, drive, chip and putt) isolate separate skills outside of the traditional competition setting. The skill contest may not include physical contact or extreme fatigue as the actual sport competition. Fun runs are not considered skills contests. There can be no school coach involvement. All other eligibility rules including amateur status apply. 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

See Nonschool Participation During the School Year, page 15 ►

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. ●

Sports Report "PLUS" Exemplary sportsmanship as submitted by licensed officials.

The following reports of good sportsmanship have been submitted to the WIAA. Appreciation goes out to those officials taking the time to give recognition to those schools and individuals deserving of acknowledgement.

BASEBALL

Oak Creek @ Kenosha Tremper – May 14, 2019

After a serious injury on the field occurred, the players on both squads were mindful of the seriousness of the situation and conducted themselves as would have been expected. Several players gravitated towards each other, the team jersey that they were wearing did not matter at that moment. It was in recognition that a fellow baseball player had been hurt, and although it is a competition, camaraderie amongst constituents of a game that they love. My hat is off to all those who recognized that another person was in need and to do "the right thing."

Reporting Official: Chuck Runge

North Fond du Lac @ Omro – May 10, 2019

A note of appreciation to Coach Goetz and Coach Behringer for teaching sportsmanship to their players. Hats off to the student athletes of North Fond du Lac for their positive cheering. Ripken Frost and Taner Marquadt your leadership skills were noticed.

Reporting Official: Phil Punzel

Random Lake @ St. Mary Central – April 26, 2019

Thank you to both Random Lake and St. Mary's Catholic for your hustle and sportsmanship throughout a recent contest. Blake Hall and Tyler Landgraf of Random Lake and Holden Fischer of St. Mary Catholic, thank you for your hustle, warming up the pitcher between innings, picking up bats and helmets, and the positive dialog with both myself and opponents. All of us involved in a baseball game appreciate positive sportsmanship, thank you to these young men and their respective programs for going above and beyond to make the game enjoyable and exciting. Best of luck for the rest of the season!

Reporting Official: Brent Thompson

Elkhorn @ Waterford – April 23, 2019

Both head coaches were easy to talk with before and during the game. The players hustled on and off the field the entire game. Very polite and cooperative catchers on both teams too, and no "gripping" on pitches that could have gone either way, just a couple of "where was that" and an "OK". But the best was at the end, when a staff member from Waterford H.S. gave each of us an "officials goody bag" that had some snacks in it, a bottle of water, and a thank you card for taking the time out of our day to be an umpire at their athletic event. In all the years of umpiring, I've never been given such an item after the game with thanks for being there.

Reporting Official: Steven Kurkowski

De Pere vs. Notre Dame – April 16, 2019

In a recent baseball game between Notre Dame and De Pere, many acts of positive sportsmanship were observed. De Pere players Brett Bradison and Sean Teitz showed excellent sports-

manship during their various interactions with opponents and officials. Notre Dame player Tyler Nystrom showed numerous positive acts of sportsmanship throughout the contest. Phil and I wanted to congratulate these young men, their coaches, and their parents for the players' excellent display of positive sportsmanship at an education based athletic event. Best of luck to both teams in the future!

Reporting Official: Brent Thompson

Kiel @ Brillion – April 9, 2019

Just a note of appreciation to Coach Shimek of Brillion and Coach Mey of Kiel for their work. Both coaches truly understand that the athletic field is an extension of the classroom as they taught and modeled to their players great sportsmanship. Carter Stebane of Brillion, your enthusiasm for the game was evident by your hustle and words of encouragement given to your teammates. Have a great season.

Reporting Official: Phil Punzel

Laconia @ Omro – April 4, 2019

Both the Laconia and Omro school administrators should be very proud of their varsity baseball players and coaches for their display of positive sportsmanship during the contest. Jared Hoffman and Ethan Rens of Laconia and Rikken Frost of Omro were obvious leaders of their teams, especially in showing respect for opponents, as well as helping retrieve bats and foul balls near the plate. They offered a kind word to the umpires and were noticeably appreciative of their coaches and teammates. Best of luck the rest of the season to both teams!

Reporting Official: Brent Thompson

Fox Valley Lutheran @ Waupaca – April 2, 2019

A note of thanks to Activities Director Aaron Jensen and his crew at Waupaca High School. My officiating partner Brent Thompson and I had the privilege of working the game. Aaron welcomed us and made us feel right at home while managing three other home events. Coach Mondelle and Coach Kramer thank you for leadership in modeling sportsmanship. Special thanks to Isaiah Ulman from FVL and Jack Menzies from Waupaca. These two athletes demonstrated leadership skills through their positive encouragement towards their teammates and hustle on and off the field. All in all it was a great day for spring sports.

Reporting Official: Phil Punzel

TRACK & FIELD

Packy Paquette Invitational - Superior – April 5, 2019

I observed an exceptional act of sportsmanship by Jonathan Santana of Shell Lake. He was in his final lap of the 400-meter race, and with 50 meters remaining, his teammate fell down in front of him 20 meters from the finish line. Jonathan stopped to lend a helping hand to his teammate who severely sprained his ankle and had to be helped off the track. I complimented him,

and he responded "My teammates health is more important than me finishing the race." What a great act of sportsmanship.

Reporting Official: Michael Jahn

Dennis Simpson Invitational - Superior – March 29, 2019

I observed many acts of good sportsmanship, but this one stood out from all the others. Sam Nelson, a young lady from Webster High School, helped a young lady from Hayward High School up after she fell down at the end of a highly competitive 800-meter run. Sam displayed compassion and concern for this young lady from Hayward. Sam is coached by Roy Ward. Congratulations!

Reporting Official: Michael Jahn

SOFTBALL

Green Bay West vs. Peshtigo JV – April 27, 2019

Today was an excellent display in sportsmanship, encouragement, and teamwork. Both coaches can be proud of their players. Both schools can stand tall knowing their programs have exceptional player leadership. In the first game of the double-header, I witnessed the encouragement from the Green Bay West catcher, #20 Kenley Knight. The praise and encouragement she gave her team was exciting to watch and hear. She acknowledged the Peshtigo team players when they got a good hit and came up to bat the next time. In the second game, I had the opportunity to be the field umpire. This is where I noticed another outstanding display of sportsmanship. Throughout the game, Peshtigo #24 Emma Gilligan was the spokesperson for encouragement on defense. She was the leader on the field. Emma would also congratulate the Green Bay West players when they had a great hit, or great play on defense. These ladies with their positive attitudes and their leadership are the reason I continue to officiate. I want to recognize and commend both of these ladies, Kenley Knight and Emma Gilligan, as they were keeping with the highest standards of WIAA sportsmanship.

Reporting Official: Jim Kostura

Weyauwega-Fremont @ Mayville – April 25, 2019

Weyauwega-Fremont Coach Brianne McCoy is an excellent, positive and understanding coach. I wish all coaches were like this, and I thought I needed to let their athletic director know this.

Reporting Official: Raymond Raatz

New Glarus @ Cambridge – April 16, 2019

Head coaches Dean Freeland and Myken Deada promoted and exhibited good sportsmanship and both schools deserve recognition. Both teams, including players and coaches, showed exemplary sportsmanship in the contest, win or lose. Everyone was friendly and polite, and the players from both

See Sports Report "PLUS", page 15 >

NFHS Football Jersey and Pant Rules from page 7

memorial patches, not to exceed 4 square inches, may be worn on the uniform without compromising its integrity.

c. Numbers:

1. The numbers shall be clearly visible and legible using Arabic numbers 1-99 inclusive and shall be on the front and back of the jersey.
2. The numbers, inclusive of any border(s), shall be centered horizontally at least 8 inches and 10 inches high on front and back, respectively.
3. The entire body of the number (the continuous horizontal bars and vertical strokes) exclusive of any border(s) shall be approximately 1 ½-inches wide.
4. The color and style of the number shall be the same on the front and back.
5. Through the 2023 season, the body of the number (the continuous horizontal bars and vertical strokes) shall be either:
 - (a) a continuous color(s) contrasting with the jersey color; or
 - (b) the same solid color(s) as the jersey with a minimum of one border that is at least ¼-inch in width of a single solid contrasting color.
6. Effective with the 2024 season, the entire body of the number (the continuous horizontal bars and vertical strokes) shall be a single solid color that clearly contrasts with the body color of the jersey.

d. Pads and Protective Equipment – The following pads and protective equipment are required of all players:

1. Hip pads and tailbone protector which are unaltered from the manufacturer's original design/production.
2. Knee pads which are unaltered from the manufacturer's original design/production, which are worn over the knee and under the pants and shall be at least ½ inch thick or ¾ inch thick if made of shock absorbing material.

3. Shoulder pads and hard surface auxiliary attachments, which shall be fully covered by a jersey.
4. Thigh guards which are unaltered from the manufacturer's original design/production.

e. Pants - which completely cover the knees, thigh guards and knee pads and any portion of any knee brace that does not extend below the pants.

RULE 1-5-3

ART. 3 . . . Illegal Equipment. No player shall participate while wearing illegal equipment. This applies to any equipment, which in the opinion of the umpire is dangerous, confusing or inappropriate. Illegal equipment shall always include but is not limited to:

a. The following items related to the **Game Uniform**:

1. Jerseys and pants that have:
 - (a) A visible logo/trademark or reference exceeding 2 ¼ square inches and exceeding 2 ¼ inches in any dimension.
 - (b) More than one manufacturer's logo/trademark or reference on the outside of either item. (The same size restriction shall apply to either the manufacturer's logo/trademark or reference).
 - (c) Sizing, garment care or other nonlogo labels on the outside of either item.
3. Tear-away jerseys or jerseys that have been altered in any manner that produces a knot-like protrusion or creates a tear-away jersey.
4. Any transverse stripe on the sleeve below the elbow.

c. The following items related to **Other Illegal Equipment**:

1. Ball-colored helmets, jerseys, patches, exterior arm covers/pads, undershirts or gloves.
5. Jerseys, undershirts or exterior arm covers/pads manufactured to enhance contact with the football or opponent.
9. Equipment not worn as intended by the manufacturer. ●

Sports Report "PLUS" from page 14

sides played hard but never lost sight of sportsmanship during the game. It was the kind of game that was a joy to umpire.

Reporting Official: Rich Fronheiser

Marion @ Bowler – April 22, 2019

I had the pleasure of working a DH on 4-22 between Bowler and Marion. The weather didn't look good going forward so the coaches hustled to get the games going early. I will likely not work with a better group of young ladies or coaches. When the players addressed me or my partner for any reason it was preceded by sir, and followed by thank you. The girls handed each other bats and picked up catchers masks throughout the games. They congratulated each other for good plays. The coaches coached hard and gave great instruction to their teams, but they also smiled and had fun with the kids. Late in game the contest was getting a little lopsided, the coach leading instructed her runner on 3rd base to leave early to end an inning. The girls will learn a lot more than just softball when they have the opportunity to play for coaches and in front of fans like this. They learn how to treat adults and opponents with respect.

Reporting Official: Gary Hagberg

SOCCER - GIRLS

Wausau East vs. Wausau West – May 4, 2019

From the coaches, to the players to the spectators, the sportsmanship was outstanding as they showed respect to each other and the officials working the contest. If a girl was fouled they helped each other up and even apologized to each other. This is the kind of soccer match that is a pleasure to experience and work. Keep up the good work coaches and girls at Wausau East and Wausau West.

Reporting Official: Rob Weise

Spooner @ Hayward – April 30, 2019

The soccer press box is being replaced; so the public address system was not working. Both teams decided they would line up together and sing the national anthem. As a veteran of 23 years of military service in the Army and the Wisconsin Army National Guard, along with being an Iraq War veteran, I was so proud of both teams. It gave me "goose bumps" and made my eyes water a little as we all sang the national anthem together before the game. This moment made me extremely proud to be an American, and I was even more proud of the student athletes from Spooner and Hayward. A job well done by some fine young Americans!

Reporting Official: Jim Richie

Eau Claire North @ Chippewa Falls – April 30, 2019

On a cold and rainy day, I had forgotten my gloves in my duffel bag and planned to simply suffer through the game. Part way through the first half, #25 for Eau Claire North (I'm sorry I didn't get her name) noticed me trying to keep my hands warm. She said she had some gloves, but I said I'd be fine and finished the half. At halftime, #25 took the time to dig out the gloves from her bag, and as we were about to go on the field for the second half, she came over to me and gave me the gloves to wear. I thanked her and was able to keep my hands warmer in the second half. It was such a sweet gesture and so kind of her to think about others, despite her being in the heat of competition. The world could use more people like this.

Reporting Official: Ryan Gutsch

Nonschool Participation During the School Year from page 13

practice in order to continue non-school training or competition. (RE – Art. VI)

NONSCHOOL PARTICIPATION – OUT-OF-SEASON

A second rule 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, "Subsequently, students may volun-

tarily assemble at any time without school and/or school coach involvement." Students may 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). There is no coaching contact allowed out of season during the school year. "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

The rule now allows any student to compete in up to two non-school competitions of the same sport during the regular season with school approval. But no approval shall be provided during the WIAA tournament. The rule has been directed at students participating in non-school games, meets, or contests. Non-school competitions shall be counted in the same manner as provided in the season regulations of a given sport. The sports of tennis, volleyball, and wrestling provide team tournaments. All other sports count contests, meets, or games on an individual basis. Non-school competitions do not count against a student's individual maximum allowed competitions as part of a school team. ●

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 non-public.**
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, and/or 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) ●

Board of Control Approves from page 1

Directors Workshop, progress on development of online submittable Eligibility Verification of Transfer Students and Foreign Student Eligibility Verification forms, and an update on a special election to serve a one-year term representing medium schools on the 2019-20 Advisory Council.

Other topics discussed were the agenda for the 2019 Area Meetings in September, development of the 2019-20 operational budget and a review of the 2019 NFHS Summer Meeting. The Board also received liaison reports from Mike Thompson of the Department of Public Instruction, John Ashley of the Wisconsin Association of School Boards and Todd Sobrisky of the Wisconsin Athletic Directors Association. ●

- Change in the level of consciousness or awareness
- Confused about assignment
- Forgets plays
- Unsure of score, game, opponent
- Clumsy
- Answers more slowly than usual
- Shows behavior changes
- Loss of consciousness
- Asks repetitive questions or memory concerns

These are some of the more common SYMPTOMS of concussion (what an injured athlete feels):

- Headache
- Nausea
- Dizzy or unsteady
- Sensitive to light or noise
- Feeling mentally foggy
- Problems with concentration and memory
- Confused
- Slow

Injured athletes can exhibit many or just a few of the signs and/or symptoms of concussion. However, if a player exhibits any signs or symptoms of concussion, the responsibility is simple: remove them from participation. **"When in doubt sit them out."**

It is important to notify a parent or guardian when an athlete is thought to have a concussion. Any athlete with a concussion must be seen by an appropriate health care provider before returning to practice (including conditioning and weight lifting) or competition.

While all concussions are serious injuries, some injured athletes will require emergency care. Anytime you are uncomfortable with an athlete on the sideline, it is reasonable to activate the Emergency Medical System (911). The following are reasons to activate the EMS, as any worsening signs or symptoms may represent a medical emergency:

- 1) Loss of consciousness, this may indicate more serious head injury
- 2) Decreasing level of alertness
- 3) Unusually drowsy
- 4) Severe or worsening headache
- 5) Seizure
- 6) Persistent vomiting
- 7) Difficulty breathing

If you suspect a player may have a concussion, that athlete should be immediately removed from play. The injured athlete should be kept out of play until they are cleared to return by an appropriate health care provider. If the athlete has a concussion, that athlete should never be allowed to return to activity (conditioning, practice or competition) that day.

All athletes are individually assessed and some athletes may be able to begin gentle, non-contact aerobic exercise prior to full recovery. The level of exercise should not cause an increase of symptoms. The athlete should do this exercise under the guidance of the treating healthcare provider (who has experience with concussion management). The athlete should be at full academics (full days of school and doing homework/tests) before allowing this degree of exercise and the exercise should not be associated with practice, but instead independent aerobic fitness. No weight lifting/resistance training until medical clearance. No return to practice without medical clearance.

A player with a concussion must be carefully observed throughout the practice or competition to be sure they are not feeling worse. Even though the athlete is not playing, never send a concussed athlete to the locker room alone and never allow the injured athlete to drive home.

Most concussions are temporary and they resolve without causing residual problems. In the adolescent population, around 20% of athletes with concussion have symptoms that persist beyond 2-4 weeks. These symptoms of headache, difficulty concentrating, poor

memory and sleep disturbances can lead to academic troubles among other problems. Concussion symptoms may even last weeks to months (post-concussion syndrome).

Allowing an injured athlete to return too quickly increases the risk for repeat concussion. Repeat concussion may cause Second Impact Syndrome. Second Impact Syndrome is a rare phenomenon which happens only in young athletes that causes rapid brain swelling and death. Repeat concussions may increase the chance of long term problems, such as decreased brain function, persistent symptoms and potentially chronic traumatic encephalopathy (a disorder that cause early degeneration of the brain similar to what is seen with Alzheimer's disease).

A major concern with concussion in the high school athlete is that it can interfere with school performance. Symptoms (headache, nausea, etc.), poor short-term memory, poor concentration and organization may temporarily turn a good student into a problem student. The best way to address this is to decrease the academic workload, and potentially taking time off from school or going partial days (although the time missed should nearly always be less than 5 days). Injured athletes should have extra time to complete homework and tests, and they should be given written instructions for homework. New information should be presented slowly and repeated. Injured athletes will need time to catch up and may benefit from tutoring. If an athlete develops worsening symptoms at school, he/she should be allowed to visit the school nurse. The school and coaches should maintain regular contact with the injured athlete's parents to update progress.

Athletes with a concussion should return to full speed academics without accommodations before returning to sports (practice and competition).

Relative rest remains an essential component of concussion treatment. Further contact is to be avoided at all costs due to risk of repeat concussion and Second Impact Syndrome. Physical exertion can also worsen symptoms and prolong concussion recovery – this includes aerobic conditioning and resistance training. Physical activity should not be started without authorization by an appropriate health care provider.

It is also important to remember that the athlete's concussion can interfere with work and social events (movies, dances, attending games, etc.). It is important for injured athletes to sleep 8-12 hours overnight. It is also helpful for parents to decrease brain stimulation at home by limiting video games, but a reduction in computer time, text messaging, and TV/movies may also be helpful.

Neuropsychological testing has become more commonplace in concussion evaluation as a means to provide an objective measure of brain function. It is best used as a tool to help ensure safe return to activity and not as the only piece of the decision making process. Testing is currently done using computerized neuropsychological testing (example: ImPACT, Axon Sports) or through a more detailed pen and paper test administered by a neuropsychologist.

If neuropsychological testing is available, ideally a baseline or pre-injury test is obtained prior to the season. This baseline should be done in a quiet environment when the athlete is well rested. It is felt that baseline testing should be repeated every one to two years for the developing adolescent brain. Multi-modal baseline evaluations that assess baseline symptoms, cognitive functioning, and balance is ideal. If there is no baseline available, the injured athlete's scores can be compared to age established norms. The WIAA feels that neuropsychological testing can be a very useful tool with regard to concussion management.

RETURN TO PLAY

Current recommendations are for a stepwise return to play program. In order to resume activity, the athlete must be symptom free and off any pain control or

headache medications that they were not taking prior to the concussion. The athlete should be carrying a full academic load without any significant accommodations for 1-2 days. Finally, the athlete must have clearance from an appropriate health care provider.

The program described below is a guideline for returning concussed athletes when they are symptom free. Athletes with multiple concussions and athletes with prolonged symptoms often require a prolonged or different return to activity program and should be managed by a physician that has experience in treating concussion.

The following program allows for one step per 24 hours. The program allows for a gradual increase in heart rate/physical exertion, coordination, and then allows contact. If symptoms return, the athlete should stop activity and notify their healthcare provider before progressing to the next level.

STEP ONE: About 15-30 minutes of light aerobic exercise at a slow to medium pace. This allows for increased heart rate.

STEP TWO: More strenuous sport-specific exercise (running, sprinting, skating) without any equipment or contact. This allows for more complex movement and agility.

STEP THREE: Begin non-contact drills in full uniform. May also begin progressive resistance training. This allows for increased coordination and thinking during exertion.

STEP FOUR: Following medical clearance, full practice with contact. This helps restore confidence and allows coaching staff to fully assess athlete.

STEP FIVE: Full game clearance

PREVENTION

There is nothing that truly prevents concussion. Education and recognition of concussion are the keys in reducing the risk of problems with concussion.

Proper equipment fit and use may reduce the risk of concussion. However, helmets do NOT prevent concussion. They are used to prevent facial injuries and skull fractures. Most importantly, proper technique for hitting/contact are vital, for example, athletes that lower their head while making a football tackle have a significantly higher risk for concussion and neck injuries. Athletes should never lead with their head or helmet. Studies have shown that soccer headgear and mouthguards do not decrease concussion risk, although mouthguards are proven to decrease dental and facial trauma.

All schools should have an Emergency Action Plan. This plan can be used for any medical emergency from a concussion to a neck injury to anaphylaxis (severe allergic reaction). There should be an emergency action plan for every practice and competition area which should be practiced yearly.

The WIAA encourages every member school to promote concussion education and bring about a positive change in concussion culture by discussing this topic with all teachers, coaches, athletes and parents. We recommend a preseason discussion with athletes and families to set forth expectations for what will happen if a student has a concussion and the steps the student must go through to return to play. Coaches should use in-season concussions as "teachable moments" to remind teammates about the importance of reporting their injuries and supporting their injured teammate through the recovery process.

Further reading and additional education material can be obtained through the following locations:

www.nfhs.com

www.nfhslearn.com (free concussion education video)

www.cdc.gov/concussion/headsup/high_school.html (Heads Up program) ●

Mental Health/Mental Wellness from page 11

- Trouble sleeping (especially falling asleep)
- Lower energy than usual
- Worse concentration than usual
- Muscle tension
- Feeling fidgety or restless
- Feeling irritable much of the time

There are also specific types of anxiety that can occur, including:

- **Social anxiety disorder:** This is a condition in which someone has significant fear and anxiety about being negatively judged and evaluated by others. People with this condition may be viewed as extremely shy or unfriendly, but in actuality, these people would like to be able to make friends. They dislike being the center of attention and being observed while doing something, and this can make it hard for some people to participate in certain sports, especially individual sports.
- **Panic disorder:** This is a condition in which someone has sudden, severe attacks of intense anxiety and fear lasting several minutes. They usually involve physical symptoms such as feeling short of breath, feeling one's heart beat hard in the chest, or feeling dizzy. Sometimes the symptoms can feel similar to how people feel when they exercise intensely, and that can make an athlete with panic disorder start to avoid their sport out of fear that exercise will bring on an actual panic attack.
- **Obsessive-compulsive disorder (OCD):** This is a condition in which someone has repeated, unwanted thoughts that come into their mind that they have difficulty controlling (obsessions) and/or behaviors that they feel must be performed over and over (compulsions). Examples include intense fear of germs and associated washing of hands over and over, or ordering things "just so" or symmetrically to an extreme degree. OCD is different than superstitious rituals. Rituals are common among athletes, and examples include wearing the same pair of socks for every game or eating the same meal before each race.
- **Post-traumatic stress disorder:** This is a condition in which someone has suffered any sort of trauma (for example, physical, verbal, or sexual abuse, assault, major accidents or illnesses). Associated with that trauma, they have symptoms that may include: nightmares or flashbacks about it, avoidance of anything that reminds them of the trauma, increased startle response, and any of a number of symptoms of depression and

anxiety. Traumas unique to athletes may include "out of the ordinary" sport-specific adverse events, such as severe injuries (especially if they involve threats to physical integrity), lethal accidents, loss of a crucial game, public cheating scandal, or teammate suicide.

Treatment and Resources

- Athletes may reach out to any of a number of people, including coaches, athletic trainers, team physicians, parents, school nurses, school counselors, or others, with mental health concerns. In emergency situations such as when someone is suicidal, any of these contacts should ensure the athlete gets emergency treatment, such as in the emergency room. Additionally, athletes in the U.S. and those who work with them may call the **National Suicide Prevention Lifeline at 1-800-273-8255**.
- For non-emergency issues, athletes should be referred to health care providers who are familiar with mental illness if it is suspected that they might be suffering from such a condition. These providers include pediatricians, family medicine physicians, internal medicine physicians, sports medicine physicians, psychiatrists, psychologists, or other counselors/therapists. Early signs that an athlete might be suffering from mental illness include changes in personality, demeanor, interactions with peers, and general behavior.
- Treatment may include talk therapy (psychotherapy), medications, or changes in the environment. The athlete will usually be allowed to continue to participate in the sport. However, if the sport itself is significantly contributing to the symptoms, then a break from sport may be necessary.
- The National Federation of State High School Associations (NFHS) has developed a document entitled "Addressing Mental-health Issues in Student-Athletes" that is available here: <https://www.nfhs.org/articles/addressing-mental-health-issues-in-student-athletes/>
- A great resource to consider using is the Crisis Text Line or CTL. You can reach out to CTL at any time to ask advice, or your friend or loved one can reach out for support. Here's how it works. Crisis Text Line serves anyone, experiencing any difficulty, and provides access to free support and information via text. **Just text the word START to 741-741 from anywhere in the U.S.** A live, trained crisis counselor receives the text and quickly responds. ●

NFHS Public-Address Announcers Guidelines from page 7

avoid the use of slang terms. Wait until officials complete their call(s) before reporting to the spectators.

6. **Never talk over the action.** Understand the appropriate information to be announced and the proper time in which to announce for each sport.
7. **Be on your toes and keep your cool.** Weather alert, emergency evacuation, severe injury are possible reasons that play could be delayed, and communication becomes essential to facilitate coordinated school/facility emergency procedures. Be familiar with the emergency management plan. The calm tone and direct delivery of instructions to participants and spectators is essential.
8. **Be professional.** Take your job seriously by addressing coaches, officials, administrators and athletes with respect regardless of team affiliation. Be properly dressed and exhibit professional behavior at all times by respecting all school/facility policies.

NASPAA Code of Conduct

The National Association of Sports Public Address Announcers (NASPAA) is the professional association for sports public-address

announcers. The following principles and expectations underscore the NASPAA's public-address announcing philosophy. Public-address announcers who utilize these guidelines will be in a position to announce virtually any athletic event with confidence.

1. Announcers shall understand that their role is to provide pertinent information in a timely manner and to do so professionally and not attempt to be bigger than the game or event by doing play-by-play or by providing commentary in an effort to entertain or to draw attention to himself or herself.
2. Announcers shall understand that because they have a tremendous influence on the crowd and that cheerleading or antics designed to incite the crowd for the purpose of gaining an advantage for their team is inappropriate.
3. Announcers shall promote good sportsmanship and a positive environment by what they say and how they act.
4. Announcers shall treat the opponents and their fans as guests, not the enemy.
5. Announcers shall respect the individuals who are responsible for the conduct and administra-

tion of athletic games and events, such as coaches, officials and administrators, and avoid making any comments that reflect positively or negatively on them.

6. Announcers shall respect the participants of all teams and remain neutral when introducing the starting participants, announcing substitutions and the outcome of plays or performances of the participants.
7. Announcers shall be competent. This means following approved announcing guidelines, expectations and policies, such as emergency procedures, provided by the administration or the host facility.
8. Announcers shall be prepared, such as being familiar with the correct pronunciations of the participants' names, knowing the rules of the sport, the officials' signals and how the game is played.
9. Announcers shall exhibit professional behavior and represent their school, organization or association with respect and dignity at all times by what they say, how they act and how they appear.
10. Announcers shall avoid using alcohol and tobacco products at the venue. ●

practice and may not compete at any level. The rule states: Open enrolled and/or tuition paying students entering 12th grade as transfer students are ineligible for competition at any level for one calendar year, but may practice (ROE II-3-A-1 & 3).

In the event of divorce or legal separation, whether pending or final, residence at the beginning of the school year shall determine eligibility for students entering 9th and/or 10th grade. At the beginning of 11th grade, a student would be restricted to nonvarsity for one calendar year. In situations involving transfer after the sixth consecutive semester following entry into grade 9 the student is ineligible to compete at any level for one calendar year, but may practice (ROE – II-3-A-6).

Waivers and Extenuating Circumstances

When waivers are available, the rule will state that the opportunity to seek a waiver is available. The WIAA's residence and transfer rules continue to retain a waiver provision, which may be provided at the request of a member school in situations where extenuating circumstances can be documented.

The residence and transfer requirement may be waived according to the following provisions (ROE – II-5-A):

1. After a student has not participated and/or has been restricted to nonvarsity competition for one calendar year because parents do not live within that school's attendance boundaries, he/she becomes automatically eligible under this Section regardless of parents residence and for as long as enrollment is continuous (uninterrupted) in that school.
2. The residence and transfer requirement may be waived, if requested in advance, by a member school on behalf of one of its students and upon presentation of documentation detailing extenuating circumstances. Such documentation must include communications from (a) parents, (b) person(s) with whom student is living within requesting school's attendance boundaries and (c) school officials within whose attendance boundaries parents reside. Depending upon the nature of extenuating circumstances, eligibility may be limited to nonvarsity competition except in situations involving transfer after a student's fourth consecutive semester following entry into grade 9.
3. In cases associated with Section 1, A, (2) and (4), Section 2, A, (1) and Section 3, A, (1) of this Article, first-time 9th grade students will be permitted one transfer upon appropriate petition to the Board of Control if the student has attended no more than three days of practice and/or has attended no more than three days of school.

Extenuating circumstance is defined as an unforeseeable, unavoidable and uncorrectable act, condition or event that results in severe burden and/or involuntary change, that mitigates the rule.

In considering a waiver request based on extenuating circumstances, the element of events outside a student or family's control vs. choices/decisions/ actions which contain knowable/predictable outcomes or consequences, is always an integral part of the review. Denial is

made when it appears this student's situation has come about largely as a result of choices, decisions and/or actions made by the student or his/her family and/or when there is no evidence or documentation to support a given request. It is important to provide documentation that clearly demonstrates an involuntary transfer rather than a transfer by choice.

Required documentation to be sent as one complete package:

- EVTS (Eligibility Verification of Transfer Student) form - exchanged between schools and WIAA - may serve as documentation from "sending" school.
- "Sending" family – explaining circumstances leading to transfer
- "Receiving" family – documenting acceptance, school enrollment, residence, and meeting graduation requirement
- Receiving/requesting school – student transcripts
- Supplemental documentation that can be helpful when requesting a transfer/residence waiver includes: medical, law enforcement/courts, foster care, HHS, military, e.g.

If and when a student would transfer and become a full-time student at the new school, then the family should schedule to meet with the school athletic director to discuss the circumstances of the transfer.

The athletic director will make the initial evaluation on whether the circumstances meet the member's definition of extenuating circumstances and whether they find the reasons compelling, thus making them willing to advocate for their new student by filing a waiver to the WIAA office.

WIAA Transfer Rule – History

When the original WIAA Constitution was written in 1896, the Constitution included: Pupils enrolled for the first time shall not be excluded from any contest because of absence during the previous term. But a student entering from another secondary school shall not be allowed to compete unless he has done the work required in section one, as a resident student for at least one term. (Otte, 1997, p. 8)

In 1898, the transfer rule was removed and transfers must not have been a problem as in the previous two years.

In 1928, the WIAA membership adopted the following language: "except as noted, below, any boy who has been certified as a member of a high school athletic team shall be ineligible to compete for a different high school." The exception related to boys whose parents moved as well as to boys in free tuition districts. (Otte, 1997, p. 198)

In 1950, "The Board felt that ... a free tuition student should be permitted to choose his school for athletics as freely as he chooses it for purely educational subjects" (Otte, 1997, p. 229). It does not matter why the transfer took place whether academics or athletics.

In 1961, the Board produced a new procedure for guardianship cases (Otte, 1997, p. 315). Both schools and parents would have to "provide evidence supporting need for guardianship. Betterment of home life will be the basic criteria for approval." Evidence of "physical residence in the

district" also would be required. (Otte, 1997, p. 316)

In 1966, the Board added extenuating circumstances waivers. The membership passed "boys who transfer for any reason (or no particular reason at all) would be eligible automatically after sitting out one calendar year." The members passed the amendment and a minority were fearful boys who would be taking advantage of the permissiveness by transferring early and giving up a year of non-varsity eligibility. (Otte, 1997, p. 306)

1978 changes allowed non-resident students to be eligible for non-varsity competition during their year of ineligibility. The transfer rule now applied to varsity only. (Otte, 1997, p. 347)

In 1989, Chapter 220 and Open Enrollment concerns were addressed (Otte, 1997, p. 451). Editorial changes stated the student must be enrolled by the third Monday of September to be eligible for the rest of the year and parents who had a home in one district and an apartment in another district "may be required to provide evidence of a total move." (Otte, 1997, p. 416)

In 1990, the transfer rule addressed divorced families – Allowing student of divorced or separated parents automatic eligibility in district of residence of either custodial parent at the beginning of any school year. (Otte, 1997, p. 418)

In 1992, the membership approved a revision which "declared a student ineligible for a year if he/she or parents falsified "records or information furnished a school" and clarified that students transferring from non-WIAA schools, like those coming from WIAA schools, carried their ineligibility status with them. (Otte, 1997, p. 418)

In 2006, the membership approved the removal of practice and competition at any level for transfers after the fourth consecutive semester (10th grade). The rule established eligibility at the beginning of 9th and 10th grades. If a transfer happened during 9th grade, the student is restricted for the remainder of the school year. If the student transferred during 10th grade, the student has non-varsity eligibility for 365 calendar days. Betterment was removed from extenuating circumstances. The rule went into effect in 2008. A student who transferred after 10th grade could not practice or compete at any level.

In 2010, the membership allowed practice for the transfer after the fourth consecutive semester, but the student cannot compete at any level.

In 2016, the membership allowed nonvarsity competition for one year for a student who transfers at the beginning of or during 11th grade.

At the 2018 WIAA Annual meeting the member schools voted to extend non-varsity eligibility to eleventh grade students not residing in the district that their parents reside.

In 2019, the WIAA membership passed an exception for a student who transfers into a member school without ever participating in a try-out, practice, scrimmage, or contest on a team sponsored by a school or club in a WIAA recognized sport while attending classes at any school in grades 9-12 is unrestricted.

Otte, M. (1997). *More Than a Game*. Wisconsin Interscholastic Athletic Association. Amherst, WI: Palmer. ●

Area Meetings to Emphasize Documented Bullying Reports on Waiver Requests

The Area Meetings coming up next month are the perfect platform for the executive staff to listen to voices of the membership. It also serves as the ideal opportunity to review, inform and layout the details of recent changes to rules and policies, as well as providing awareness to concerns and interests that require membership engagement.

One such topic that will be presented for the membership's awareness addresses bullying as it relates to extenuating circumstances in student transfer waiver requests.

The executive office receives many requests for transfer waivers annually, approximately 300 in 2018-19. With a fair number of those requests, bullying is stated as the reason, or one of the reasons, a student is requesting a transfer.

Bullying is serious, and it needs to be treated as such. Unfortunately, it may too often become an increasingly casual or convenient allegation in an attempt to invoke the extenuating circumstances condition for approval of transfer waivers. At times, these allegations are presented without any substantiated evidence or documentation.

Without making any judgments to whether such claims are the truth or meet the threshold of bullying, it often places the executive staff and school administrators in a precarious situation. If a member school submits a request for a transfer that declares allegations of bullying as the cause, isn't that an accusation that the sending school is unsafe? And, as a sending school, isn't consent for these waiver requests somewhat of an admission to that accusation?

Preventing bullying in our schools has been an emphasis for the Department of Public Instruction and the State of Wisconsin. Schools are required by state statute to have a policy prohibiting bullying and to have a model school policy that includes a definition.

The model school policy also requires a procedure for reporting, a procedure for investigating reports of bullying, and the requirement that school officials and employees report any incidents of bullying.

With these protocols in place to identify and report bullying in schools, it would be reasonable to believe schools would have supportive documented reports from reliable sources that a student has been subject to bullying and that every attempt has been made to rectify the situation before submitting a transfer waiver request. Therefore, moving forward, documented reports and

accounts of bullying incidents in relation to transfer requests will be required to invoke the extenuating circumstances condition of the transfer rule waiver.

Other topics such as the football-only conference alignment passed last April and the new conference realignment process and task force, as well as other new rules and regulations will be reviewed.

In addition, a pair of topics that may show up next April at the Annual Meeting in form of Constitutional amendments are on the agenda to solicit membership input. In his Director's Report last April, Dave Anderson alluded to topics destined for Area Meeting discussions.

If traditional schools transition to offering residency options, how and when should those schools be classified as residential school in regards to the transfer rule eligibility? Residential schools, as stated in the Residence and Transfer section of the Rules of Eligibility, are not bound by the residential requirements. Consider the possible scenarios with no residency requirements, and it's pertinent to have

a membership discussion on how to navigate the changing landscape of member schools.

Remaining on the topic of the student eligibility and the transformation of schools, if a single-gender member school transitions to a co-ed enrollment, when will a school become reclassified for enrollment count in terms of tournament placements? Currently, the enrollments of single-gendered schools are doubled for their count. What is the threshold for schools to be reclassified? Is it once a school begins enrolling or offering

sports for both genders, or when a certain ratio for each gender is attained?

One topic that has been identified and scheduled for the break-outs is the philosophy and realities of extra playing opportunities and their impact on participation numbers. These opportunities were put in place to assist programs with low participation numbers maintain levels of programs. Are additional innings in baseball and softball or extra periods in hockey, halves in basketball or sets in volleyball being utilized in the way they were intended?

There is great membership benefit in these opportunities to come together early in the school year to review, discuss, share and set the course for the coming year's agenda. Each year, the executive staff and Board of Control embraces this opportunity to engage with all of you.

We look forward to seeing everyone again in September! ●

Bullying is unwanted, aggressive behavior among school-age children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have serious, lasting problems.

In order to be considered bullying, the behavior must be aggressive and include an imbalance of power and repetition.

— Department of Public Instruction website

Keep These Dates in Mind

August 21 Earliest Date for First Girls Swimming & Diving Meet
August 22 Earliest Date for First Football Game
August 27 Earliest Date for First Cross Country Meet
Earliest Date for First Boys Soccer Meet
Earliest Date for First Volleyball Match
September 2 Labor Day
September 9 Area Meeting – Fox Valley Lutheran
September 10 Area Meeting – Greenfield
September 11 Area Meeting – Mauston
Coaches Advisory Meetings – Baseball (Stevens Point)
September 12 Coaches Advisory Meeting – Track & Field (Stevens Point)
September 13 Board of Control Meeting (Stevens Point)
September 16 Area Meeting – Oconomowoc
September 17 Area Meeting – Rice Lake
September 18 Area Meeting – Antigo
September 23 Area Meeting – Mount Horeb
September 30-October 1 Rosh Hashanah
October 2 Sports Advisory Meeting (Stevens Point)
October 2-3 Girls Golf Regionals
October 9 Yom Kippur
October 7-8 Girls Tennis Subsectionals
October 7-8-9 Girls Golf Sectionals
October 9-10 Girls Tennis Sectionals
October 10-11 Advisory Council Meeting (Stevens Point)
October 11 Board of Control Meeting (Stevens Point)
Deadline for Football Playoff Site Listing
October 14-15 State Girls Golf Tournament (Madison)
October 16 Coaches Advisory Meeting – Golf (Stevens Point)
October 17-18-19 State Girls Individual Tennis Tournament (Madison)

October 18 Latest Day for Last Football Game (Playoff Teams)
October 21 Earliest Date for Skinfold Measurements (Wrestling)
October 22, 24 & 26 Boys Soccer Regionals
Girls Volleyball Regionals
October 25 Boys Volleyball Regionals
October 25-26 State Girls Team Tennis Tournament (Madison)
Level 1 Football
Cross Country Sectionals
October 29 & November 2 Boys Volleyball Sectionals
October 31 & November 2 Boys Soccer Sectionals
Girls Volleyball Sectionals
November 1-2 Level 2 Football
November 2 State Cross Country Meet (Wisconsin Rapids)
November 7-8-9 State Boys Soccer Tournament (Milwaukee)
State Volleyball Tournament (Green Bay)
November 8 Girls Diving Sectionals
November 8-9 Level 3 Football
November 9 Girls Swimming Sectionals
November 11 Earliest Day for Gymnastics Practice
Earliest Day for Hockey Practice
Earliest Day for Girls Basketball Practice
November 15-16 State Girls Swimming & Diving Meet (Madison)
Level 4 Football
November 16 8-Player Football Finals
November 18 Earliest Day for Boys Swimming & Diving Practice
Earliest Day for Wrestling Practice
November 19 Earliest Day for First Girls Basketball Game
November 20 Coaches Advisory Meeting – Soccer (Stevens Point)
November 21-22 Football Playoff Championship Games (Madison)



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Stevens Point WI 54482-8833

WIAA BULLETIN

Official Publication

(ISSN 0195-0606)

Published 4 times August 2019, October 2019, February 2020 and May 2020, at Stevens Point, Wisconsin by the Wisconsin Interscholastic Athletic Association. Member schools receive the Bulletin at no cost and officials receive the BULLETIN as part of their licensing fee. Subscription rate is \$12.00 per year pre-paid. Headquarters and general business office at 5516 Vern Holmes Drive, Stevens Point, WI, 54482-8833. Periodicals postage paid by Stevens Point, WI and additional mailing offices. Postmaster, direct change of address correspondence to, WIAA Bulletin, 5516 Vern Holmes Drive, Stevens Point, WI, 54482-8833.

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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 2019-20 dates for ACT.

ACT – 2019-20

Test Date	Registration Deadline	Late Fee Required
September 7, 2019	August 9, 2019	August 25, 2019
October 26, 2019	September 27, 2019	October 13, 2019
December 7, 2019	November 1, 2019	November 18, 2019
February 8, 2020	January 10, 2020	January 17, 2020
April 18, 2020	March 13, 2020	March 30, 2020
June 13, 2020	May 8, 2020	May 25, 2020
July 18, 2020	June 19, 2020	June 29, 2020

Area Meetings Schedule

The meetings will convene at 9 a.m. Meeting materials will be distributed at the meetings.

District 4	Mon., Sept. 9	Fox Valley Lutheran H.S. (Appleton)
District 7	Tues., Sept. 10	Greenfield High School
District 3	Wed., Sept. 11	Mauston High School
District 6	Mon., Sept. 16	Oconomowoc High School
District 1	Tues., Sept. 17	Rice Lake High School
District 2	Wed., Sept. 18	Antigo High School
District 5	Mon., Sept. 23	Mount Horeb High School