



WIAA Bulletin

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Charter Member
National Federation of
State HS Associations

Dow Named to Associate Director Post At WIAA

The Wisconsin Interscholastic Athletic Association announced the hiring of Mel Dow as an associate director for the association on July 22. He filled the position vacated by Deputy Director Wade Labecki, whose retirement becomes effective Sept. 1.

"It is a humbling honor to have the opportunity to become a member of the executive team of the WIAA and serve the student-athletes and schools of Wisconsin," Dow said. "Educationally based athletics and providing valued experiences have been at the core of my career, and I am looking forward to growing with the WIAA."

Dow's responsibilities include the administration, coordination of duties and tournament planning for the sports of baseball, wrestling, and tennis. Other administrative duties include eligibility, coaching contact, camps, out-of-season participation, foreign students, sanctioning requests, and leading respective sport responsibility coaches and 7% committees. He began his position on Aug. 2.

"Mel's passion, work ethic and vision for interscholastic athletics will enhance the service that our WIAA team provides to the member schools and student-athletes,"

See Dow Named, page 4 >



Mel Dow

Ridgeway Named to Assistant Director Position at WIAA

The WIAA announced the hiring of LeVar Ridgeway as an assistant director for the association on June 21. He filled the position vacated by Stephanie Hauser, who assumed the role of executive director on July 1 with the retirement of Dave Anderson.

"We are eager to welcome LeVar to the WIAA team," Executive Director Stephanie Hauser said. "As a passionate leader of education-based athletics and an advocate for student-athletes, his unique experiences in both high school and collegiate athletics will be of great value to this organization."

Ridgeway's responsibilities include the administration, coordination of duties and tournament planning for the sports assigned, as well as and other administrative duties. He began his new role on July 12.

"I am very excited to join the WIAA executive staff, to not only continue the great work that the organization does, but to assist with bringing new ideas and opportunities to enhance the student-athlete experience," Ridgeway said.

Ridgeway has served as the athletics and activities director in the Shorewood

See Ridgeway Named, page 4 >



LeVar Ridgeway

Board Approves Winter Sports Changes; Transfer Accommodations For 2021-22

The Wisconsin Interscholastic Athletic Association Board of Control reviewed and acted on coaches committee recommendations impacting winter sports and additional accommodations for transfer students in response to the impact of the COVID-19 pandemic at its June 23 meeting.

Many students experienced challenges with access and adapting to virtual schooling in 2020-21 following

school closures because of COVID-19. The Board voted unanimously to provide one-time unrestricted eligibility in 2021-22 for student transfers that choose to return to their most recent previous school or after 365 days if they remain at the school they transferred to in 2020-21 because of a better-suited instructional model.

The State Tournament in gymnastics will be altered
See Board Approves Winter Sports, page 16 >

Board Elects Officers; Formation of Competitive Balance Ad-Hoc Committee

Willy Chambers, superintendent of the Black Hawk School District, presided over the first meeting of the 2021-22 Wisconsin Interscholastic Athletic Association Board of Control on Aug 13.

The Board conducted its 2021-22 officer elections. Karl Morrin, district administrator of the Florence School District, will serve as the president-elect, and Dave Steavpack, director of athletics at Manitowoc Lincoln High

School, was elected to the role of treasurer. In addition, Eric Burling, principal at Burlington High School; Michael Endreas, district administrator of the Spencer School District; Ryan McMillen, athletics and activities director at Muskego High School; and Jill Stobber, director of athletics at Waterford High School were introduced as new members of the Board.

See Board Elects Officers, page 16 >

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:

See Mental Health/Mental Wellness, page 18 >

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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 her/his body for sport simply out of not realizing how high her/his 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)

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 payor, 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. ●

- 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

INFORMATION

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 dietician. Disordered eating is a serious concern that can have life-threatening consequences if undressed.

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> ●

Concussion Information

When in Doubt, Sit Them Out!

BACKGROUND

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 is most commonly caused by a direct blow to the head, but can also be caused by a blow to the body. Even what appears to be a mild blow to the head or body can result in a concussion. 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 complex physiologic event that causes problems with brain functioning (energy use and communication between nerves), but does not cause swelling or bleeding that affects 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 in some instances to rule out more severe injuries, like brain bleeds.

Research has shown that adolescent concussion take longer than previously thought to heal, with 20% of high school athletes taking over 4 weeks to fully recover. Athletes must be fully recovered before considering medical clearance to return to full participation.

There are unique concerns surrounding concussion in high school sports:

1. Adolescents get concussions more often than collegiate and professional athletes
2. Adolescents take longer than adults to heal from concussion, unlike musculoskeletal injuries
3. Most high schools may not have access to a team physi-

cian 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 may try to hide symptoms or be reluctant to admit their symptoms due to fear of removal from play

High school injury surveillance research based on injury rates in practice and games has shown that the following sports have higher risk of concussion: Football, Boys & Girls Soccer, Boys & Girls Ice Hockey, Boys & Girls Lacrosse, Wrestling, Girls Field Hockey, Competitive Cheer, and Boys & Girls Basketball.

Noticeable in this data is that the risk for girls is higher than boys in the same sports; in fact, soccer & basketball carry twice the risk for concussion in girls than boys. It is unclear why girls appear to have a higher risk of concussion.

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, coaches are expected to be aware of possible injuries and understand that their athletes may have a concussion. Any athlete with a suspected concussion should be held out of all activity until medically cleared by a healthcare provider. It is important for athletes and coaches to communicate possible injuries to the athletic trainer, parents, and teachers.

See Concussion Information, page 10 ►

Congratulations!!

2021 Spring Tournament Officials

Baseball – Nic Betts, Kendall; Zac Campbell, River Falls; Rodney Davis, Sharon; Paul Feldhausen, Muskego; Toby Formiller, Neenah; Derek Freeman, Nekeosa; Paul Graumann, Sheboygan Falls; Kevin Grossoehme, Milwaukee; Trent Haldiman, Waterloo; Eric Harmon, Baldwin; Rory Holland, Cottage Grove; Lawrence Holschuh, Appleton; Brian Ingli, Arkansasaw; Jason Kelley, Deerfield; Mike Klein, Hewitt; Todd Krueger, Oshkosh; Al Mathy, Marinette; Dale Nehls, Fond du Lac; Michael Pfeil, Evansville; John Purdy, Racine; Ron Quirk, Oak Creek; Corey Scheffler, Menasha; David Steiger, Kimberly; Brent Thompson, Oshkosh.

Girls Soccer – Peter Bernardy, De Pere; Jeffrey Burant, West Allis; Stephen Cavil, Madison; Mahmood Darvish, Belleville; James Friel, Waukesha; Mark Herdeman, West Bend; Jean Lyons, Hartland; Chris Marcum, Eau Claire; Raffi Mesdjian, Oregon; Rod Ottens, Green Bay; Barry Puhl, Winneconne; Joe Wendolek, Stevens Point. **Assistant Referees** – Dennis Aliie, De Pere; Eric Bayer, Campbellsport; Dave Berndt, Cottage Grove; Tom Blau, Sussex; Michael Carreon, Appleton; Fosem Ferengo, Sun Prairie; Dave Frankson, Oregon; Ryan Gutsch, Owen; Scott Irwin, Cambridge; Jeff Jende, De Pere; Randy Matsche, Plover; Jim McNamara, Waterford; Jamie Michalkiewicz, Neenah; Peter Morehouse, McFarland; Matt Nelson, Barneveld; Dale Pocerich, Altoona; Valentyn Potapenko, Milwaukee; Jeff Ribar, Summit; Matt Riesen, Sussex; Jon Schrantz,

Waukesha; Dylan Seitz, Elkhorn; Jason Stroik, Stevens Point; Ted Tyma, Waterford; Phillip Willems, Green Bay.

Softball – Mark Angell, Rice Lake; James Basinger, Greenfield; Donald Baumgart, Kimberly; Nicolas Been, Hammond; Jed Block, Appleton; Larry Buchberger, Wausau; Stephen Clay, Spooner; Mark Craig, Neillsville; Michael De Wyre, Mondovi; Thomas Hack, Wausau; Joe Halbur, Campbellsport; Daniel Hoffman, River Falls; Jerry Holmes, Windsor; Tammy Hutchison, Mount Pleasant; Todd Jahns, Lake Mills; Randall Koehn, Columbus; Martin Marasch, Little Chute; Trevor Nichols, Platteville; Larry Olson, Columbus; John Peterson, Madison; James Rew, Birnamwood; Dean Romanowski, Cadott; Michael Sacotte, Racine; Bruce Schaefer, Chilton; Thomas Ueberroth, Hales Corners; Richard Vande Zande, Horicon; Jason Wolfe, Stevens Point.

Girls Individual & Team Tennis – Meet Referees – Sharon Terry; Liz Danner. **Umpires** – Richard Ariens, Minneapolis (MN); Elizabeth Danner, Oneida; Tom Derouin, Savage (MN); Jana Graf, De Pere; Doug Knutzen, Fond du Lac; Jon Nicoud, Fond du Lac; Sharon Terry, Janesville.

Track & Field – Meet Referee – Jon Hegge, Evansville; **Field Referee & Throws Referee** – Jim Steinberg, Oconomowoc; **Field Referee & Jumps Referee** – Mary DeYoung, De Pere; **Starters** – Joe Rapacz, Iron River; Tom Emmerich, Hartland; Tim DeJardin, Eau Claire. ●



Officials' Education

The NFHS offers educational opportunities for Officials. Four new courses are available on the NFHSLearn.com website, as well as the many sport-specific courses for officials. This year the NFHS is offering all of these courses for FREE! Take a look at what is available:

NEW COURSES: (Free!)

Implicit Bias
Officiating Field Hockey
Officiating Soccer: Pre-Game Conference
The Collapsed Athlete

SPECIFIC SPORTS OFFICIATING COURSES: (Free!)

Interscholastic Officiating
Officiating Basketball
Officiating Basketball: Crew of Three
Officiating Football
Officiating Soccer: Fouls and Misconduct
Officiating Soccer: Offside Rule
Officiating Swimming and Diving
Officiating Track and Field
Officiating Volleyball: Alignment
Officiating Volleyball: Ball Handling
Officiating Wrestling
Umpiring Softball

OTHER IMPORTANT COURSES: (Free!)

Bullying, Hazing and Inappropriate Behavior
Concussion in Sports
Covid-19 for Coaches and Administrators
Heat Illness Prevention
Sudden Cardiac Arrest
Understanding Vaping and E-Cigarettes ●

2021 Cross Country Rules Changes

4-6-5g, 8-6-1e: Clarifies that a competitor should not be penalized for helping another competitor who is distressed or injured when no advantage is gained by the competitor who is assisting.

Rationale: The committee believes when no advantage is gained by a competitor helping a distressed or injured competitor, the competitor assisting should not be penalized for exhibiting good sportsmanship.

8-1-1: Clarifies cross country course markings.

Rationale: The reorganization of the rule states that a course should be clearly marked with any or all of the methods listed in the rule.

8-1-3: Clarifies cross country course layouts.

Rationale: This rule change will not eliminate courses that may be used for smaller meets with limited numbers of participants. The additional language provides a recommended minimum distance for straightaways at the start of all meets. ●

2021-22 Soccer Rules Changes

4-2-10 NEW: Head coverings worn for religious reasons shall not be made of abrasive or hard materials; and must fit securely.

Rationale: This rule addition will allow student-athletes to express their religious beliefs through the wearing of headwear without the approval from the state.

4-2-11 NEW ARTICLE: In addition to the above permitted uses, state associations (or designee) may on an individual basis permit a player to participate while wearing a head covering for medical or cosmetic reasons if it is required by a licensed physician. A physician's statement is required before the state association can approve a covering which is not abrasive, hard or dangerous to any other player and which is attached in such a way it is highly unlikely that it will come off during play. ●

Soccer Change for 2021-22

Length of Periods (7-1-1)

Beginning this fall, please be aware that all subvarsity and varsity regular season contests will be played in two forty (40) minute halves. No overtime will be played.

Penalty kicks could be used to determine which team would advance in a tournament bracket.. ●

2021-22 Volleyball Rules Changes

4-1-6a, b (NEW): Allows players to wear head coverings for religious reasons that fit securely and are made of non-abrasive or soft materials while still requiring head coverings worn for medical reasons to be approved by the state association.

Rationale: Eliminates the need for authorization from the state association for the wearing of religious headwear without data to support an increased risk while maintaining the requirement for approval of head coverings worn for medical reasons – allowing the state association to review for the purposes of risk minimization.

5-3-1, 5-3-1 NOTES: Allows state associations to approve of gray and/or bright blue (cyan) in addition to the white short or long-sleeved polo-style shirts while maintaining that officials must dress in like colors. Simplifies the accommodations for varying climate conditions within the competition facility.

Rationale: Provides state associations with additional officials' uniform options while aligning with trends in the game.

7-1-4 PENALTIES, 9-9-1b (NEW): Eliminates the loss of rally/point penalty for failure to submit the lineup no later than two minutes prior to the end of the timed prematch warmup and one minute prior to the end of the timed interval between sets. The penalty was changed to an unnecessary delay (administrative yellow card) with the escalation of a second unnecessary

delay (administrative red card) if not submitted by the end of the timed prematch warmup or interval.

Rationale: Aligns the penalty with the late roster and lessens the severity of the penalty for a late lineup.

2021-22 VOLLEYBALL MAJOR EDITORIAL CHANGES

State Association Adoption Chart (NEW): Clarifies and organizes all rules that allow for state association adoption.

2021-22 Volleyball Editorial Changes

5-4-3c(22), 5-5-3b(21), Unnecessary Delays Chart

2020-21 Volleyball Points of Emphasis

1. Line Judge Expectations
2. Coach and Official Communication
3. State Association Adoptions – Location of Team Bench
4. Addressing Uniform Concerns ●

2021-22 Swimming and Diving Rules Changes

3-2-5: Changes protocol for declaration of the lead-off swimmer in a relay to be submitted prior to the start of the event.

Rationale: The lead-off swimmer must be declared at the specified time and place prior to the start of the event, which is consistent with entry procedures for identification of all relay participants.

3-3-5: Permits competitors to wear suits providing full body coverage for religious reasons.

Rationale: Eliminates the need for state association authorization of suits providing full body coverage. Added language allows for exercise of religious practice without creating a competitive advantage for the athlete.

3-3-5b,c,d: Permits the application of temporary adhesives for divers.

Rationale: Allows divers to protect themselves from hand slippage, minimizing risks for the diver.

5-4-3 NOTE: Clarifies protocol for conducting swim-offs and what purposes the time can be used.

Rationale: Updated language clarifies the impact of the swim-off time on future seedings.

9-2-1: During championship meets, new language establishes when diving boards should be open for practice if breaks between sessions extend longer than ten minutes.

Rationale: Defines when diving boards shall be made available for practice during the break between sessions of a championship meet unless the meet director establishes specific guidelines prior to the start of competition.

9-3-7 PENALTIES, 9-5-2, 9-5-5, 9-7-4f,

9-7-5k, 9-8-2c: Permits standing forward takeoffs, clearly defining the proper procedure for performing a standing forward takeoff and the protocol for application of the mandatory two-point deduction.

Rationale: The standing forward takeoff is a critical part of the educational process in teaching new dives. This provision allows divers to participate in competition sooner and encourages growth in the sport.

9-5-4b: Clarifies that only four oscillations are permitted before the diver leaves the board.

Rational: The removal of vague language clarifies the number of oscillations a diver may take while on the diving board.

9-6-4: Defines process to rectify announcing errors that occur during diving competition.

Rationale: Language establishes protocol when an announcer error occurs. The diver should not be penalized for the error of meet personnel; the referee retains broad discretion to resolve such problems in the most equitable and efficient way possible.

2021-22 SWIMMING AND DIVING EDITORIAL CHANGES

1-4-2, 4-1-6, 4-4-1, 4-4-2, 4-5-1, 6-2-2, 6-4-1b(3), 8-3-3

2021-22 SWIMMING AND DIVING POINTS OF EMPHASIS

1. Suggested Meet Warm-up Procedures
2. Responsibility of Official, Competitor, and Lap Counter in Distance Events
3. Updating Diving Rules ●

Swimming and Diving Rules Interpretations - 2021-22

CLARIFICATIONS

The following two situations are clarifications to situations added to the Swimming and Diving Rules Book:

9.5.2 SITUATION E: Diver A is performing a dive requiring a forward approach. (a) Prior to assuming the starting position, the diver declares to the referee that the dive will be performed with a standing forward takeoff. Once the dive is performed, the diving referee declares a violation of the forward approach and deducts two points from each judge's score. (b) The diver performs the dive from a standing forward takeoff with no declaration. The diving referee instructs the judging panel to score not more than two points for an unsatisfactory dive. **RULING:** (a) and (b) Correct procedure. **COMMENT:** If the diver does not declare the standing forward takeoff, the dive shall be considered unsatisfactory. If the diver declares a forward standing takeoff, two points are deducted from each judge's score. The referee has discretion in establishing the manner in which the declaration is made. (9-3-7)

9.6.4 SITUATION C: During the second round of diving competition, the announcer reads Diver A's third listed dive, which the diver then performs. The error is discovered upon completion of the dive. The referee instructs the scorer to enter the awards for the dive that was performed adjacent to that dive's listing in round three of the competition (9-6-4). In round three, the announcer is instructed to announce Diver A's second listed dive with the scores for that dive to be entered adjacent to that dive's listing in round two. **RULING:** Correct procedure. In this instance, the diver is not penalized for performing the dives out of order (9-7-5a). No penalty is imposed for the officials' error, which can be rectified by a simple clerical adjustment. **COMMENT:** The diving referee's discretion is broad but may be limited based on when the error occurs. The objective is to place the minimal burden necessary on the diver.

SITUATION 1: Prior to the start of the heat/long whistle, the starter/referee notices that the swimmer in Lane 3 is wearing a suit with an illegally oversized manufacturer's logo. The official notifies the coach who indicates that the swimmer is not able to make an immediate adjustment. The official permits the swimmer to participate in the heat and disqualifies the swimmer upon completion of the race. **RULING:** Incorrect procedure **COMMENT:** If discovered prior to the start of the heat/race, and if a swimmer is unable to make immediate correction of the problem, the swimmer shall not be permitted to compete in that race, shall be disqualified from that event, and shall be charged with that event as one of the swimmer's two individual events. (3-3-2)

SITUATION 2: Swimmer A comes to the blocks wearing a full-body suit including tight head covering that captures all but her face. She indicates that this attire is required by her religious convictions. The referee, noting the apparent compression provided by the suit and assuming a competitive advantage, disqualifies Swimmer A and advises her that she may not compete until she alters her attire to

See *Swimming and Diving Rules Interpretations*, page 20 >

Dow Named from page 1

Executive Director Stephanie Hauser said. "I am confident that he will embrace this new challenge as an opportunity to make a positive difference, and we can't wait to have him here on staff with us to roll up our sleeves and get to work."

Dow has served as the athletics and activities director in the Stoughton School District since 2010. In addition to coordinating and administering the athletic programs and activities for grades 6-12, he supervised extensive athletic facility renovations and was a member of the Stoughton Wellness Coalition. He is credited with increasing sport participation and expanding programming during his tenure. He was also a member of committees for safety, additives, calendar and the selection of honors.

He has also made contributions at the state and national level, serving on the WIAA Sports Advisory Council from 2018-21, the WIAA Sportsmanship Committee from 2014-19 and on the Strategic Plan Committee of the Wisconsin Athletic Directors Association. Dow hosted and served as tournament director of the USA Wrestling World Team Trials in 2014 and 2015.

Prior to his position at Stoughton, Dow spent 11 years at Prairie du Chien High School as a physical education and adaptive physical education teacher. He also served as head wrestling coach and as an assistant coach in football and track & field. Other contributions included developing a student-athlete leadership group and serving as advisor of the Letter Winners Club, chairman of the athletic booster club, and the project chairman and designer of the weight room project.

Other athletics-related experience includes founder and coach of Wisconsin's first visually impaired national wrestling team in 1996-97, assistant wrestling coach at the University of Wisconsin-La Crosse in 1999-2000, and physical education teacher and assistant football, wrestling, and track & field coach at Rampart High School in Colorado Springs, Colo., from 1997-99.

Dow is a 1992 graduate of Prairie du Chien High School, where he participated in football, track & field and wrestling. He earned a master's degree in education from UW-La Crosse in 2002 after receiving a bachelor of science degree in exercise and sports science from there in 1997. He and his wife, Kristen, have one adult son, Tyler, 21, and 17-year old twins, daughter Trista and son Trenton. ●

Ridgeway Named from page 1

School District since 2013. In that position, he coordinated and managed the athletic programs and activities for grades 7-12 and was responsible for all events, facilities, game contracts and official assignments in compliance with district and WIAA regulations.

During his eight years at Shorewood, he led a \$1.5 million project to upgrade the district's outdoor complex. He was also responsible for revamping the district's athletic code to promote WIAA guidelines and optimize performance and participation while enhancing the communication process for students and the school community.

Prior to his position at Shorewood, Ridgeway served 12 years in the athletic department at the University of Wisconsin-Milwaukee in three different positions. In 2001, he worked as the marketing and promotions coordinator for a 13-sport Division 1 intercollegiate program. From 2002-2009, he performed the duties of the director of tickets and events, as well as managing large events and operations for more than 420 home athletic events at the Klotsche Center, U.S. Cellular Arena, Engelmann Stadium and Hank Aaron Field. His final role was as assistant athletic director for marketing and operations from 2009-13, implementing marketing programs, directing all in-game marketing and promotion responsibilities for six sports, and producing marketing and public relation campaigns.

In addition to his work experience, Ridgeway has been involved in a number of professional associations, including the Wisconsin Athletics Directors Association, National Association of Collegiate Directors, UW-Milwaukee Pantherfest, UW-Milwaukee Marketing Committee and the UW-Milwaukee Hall of Fame Committee.

Ridgeway is a native of Milwaukee. He earned a master's degree in Leadership Studies with an emphasis in sports from Marquette University and a bachelor of science degree in Public Policy and Administration from UW-Whitewater. He and his wife, Adrienne, have one daughter, 10-year old Brooke. ●

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 32 of the Senior High Handbook)

Amateur status penalties may be reduced upon request of a school on the basis of documented extenuating circum-

stances, 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 35 of the Senior High Handbook) ●

2021 State Boys Soccer Tournament

Thursday-Saturday, November 4-6

KOHLER Engines Stadium at Uihlein Soccer Park, Milwaukee

Thursday, November 4

Division 1 Semifinals

11 a.m. #1 Seed vs. #4 Seed

1:30 p.m. #2 Seed vs. #3 Seed

Division 4 Semifinals

4:30 p.m. #1 Seed vs. #4 Seed

7 p.m. #2 Seed vs. #3 Seed

Friday, November 5

Division 3 Semifinals

11 a.m. #1 Seed vs. #4 Seed

1:30 p.m. #2 Seed vs. #3 Seed

Division 2 Semifinals

4:30 p.m. #1 Seed vs. #4 Seed

7 p.m. #2 Seed vs. #3 Seed

Saturday, November 6

11 a.m. Division 1 Championship

1:30 p.m. Division 4 Championship

4:30 p.m. Division 3 Championship

7 p.m. Division 2 Championship

2021 State Boys & Girls Cross Country Championships

Saturday, Oct. 30

Ridges Golf Course – Wis. Rapids

Competition will commence at Noon with races in the following order:

Boys' Competition

Noon Division 2

12:35 p.m. Division 1

1:10 p.m. Division 3

Girls' Competition

1:45 p.m. Division 2

2:25 p.m. Division 1

3:05 p.m. Division 3

Open Gyms

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

1. The open gym is made known and available to all students in the designated population of that school that is interested in attending. Open gyms may be gender specific. It is also acceptable to include people from the community. Schools may conduct "open gyms" in any activity. **It is not acceptable to include athletes from another school, public or nonpublic.**
2. There is **no instruction** during the open gym by a coach or anyone else.
3. Coaches may supervise open gyms, but they may not

instruct, organize drills, etc. Coaches can also recreate with students in school sponsored, open gym settings that are purely recreational in nature, i.e., there is no instruction by the coach or anyone, sport skill demonstration, organized drills or resemblance of a practice being conducted.

4. There is no organized competition, such as established teams participating in round-robin competition, etc.

5. A member school is permitted to supervise conditioning programs under the open gym provisions, which may include weight lifting, speed, agility, and/or fitness. The program must be limited to non-sport and non-sport-specific instruction. Basic "instruction" e.g., safe lifting, safe spotting, training regimen and rationale, are permitted. No sport implements and/or sport specific move-

ment/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) ●

2021 NFHS Football Points of Emphasis

By NFHS

Sportsmanship

When considering sportsmanship, many may first think only of the game participants (athletes and coaches) within the timeframe of the game. However, proper sportsmanship also includes the pregame warm-up period, postgame handshake activity, spectator behavior (both students and adults), parents of athletes, public-address announcements and announcers, and bands. All of the above constituents have a role in promoting good sportsmanship.

Players and coaches are the most visible in their displays of sportsmanship. Their behavior sets the tone for fans, game officials and others. As recognizable personalities, it is an expectation that coaches model good behavior. Players must represent their schools and communities as ambassadors of good sporting behavior beginning with pregame activities and concluding with end-of-game activities.

Game officials generally do not assume control until taking the field approximately 30 minutes prior to the scheduled kickoff. Therefore, coaching staffs and game administrators must be vigilant and responsible for ensuring proper sportsmanship during this time. Once the contest begins, school administrators are responsible for the proper conduct of all spectators. This may take the form of reading a sportsmanship public-address announcement prior to the contest and remaining vigilant for possible issues during the contest. Student bodies and spectators in general should be reminded that any behaviors conducted at the expense of the opponents is unacceptable and will be addressed accordingly.

Public-address announcers are responsible for delivering pertinent game-related information – not to be a play-by-play person or cheerleader. Taking liberties with biased and/or inflammatory announcements must not be tolerated. Their purpose is not to editorialize the quality of play or incite the home crowd in any way.

Working with the band/music director, the school administration must set proper guidelines and ensure compliance regarding when live or recorded music may be utilized.

Good sportsmanship does not occur on its own. Only with specific planning and coordination by all constituents is good sportsmanship achievable. Good sportsmanship is about respect. Good sports win with humility, lose with grace and do both with dignity.

Intentional Grounding

Due to the growing prevalence of televised football, one of the most misunderstood rules at the high school level is intentional grounding. Under NFHS rules, intentional grounding is a foul whenever a legal forward pass is

thrown into an area not occupied by an eligible receiver, or when a pass is thrown to prevent a loss of yardage or to conserve time. The only exception to this rule is when the passer intentionally throws the ball forward to the ground immediately after receiving the snap.

Under NFHS rules, it is a foul if there was no eligible receiver in the area of the pass, regardless of the passer's position on the field. Across the country, we are seeing more high school quarterbacks throw the ball away to avoid a sack when outside the pocket, thinking this is legal based on what is seen on television. High school referees need to be aware of these situations and, with the help of the line judge and linesman, make the correct call under NFHS football rules. This is a foul that should be called after the game officials have gathered and discussed the play. When a foul does occur, the penalty flag needs to be thrown by the referee. The penalty is 5 yards from the spot of the foul and a loss of down.

Ineligible Downfield and Line of Scrimmage Formation

In order for the offensive team to have a legal scrimmage formation at the snap (assuming the numbering exception is not being used), at least five Team A players, numbered 50-79, must be on the line of scrimmage. Also, no more than four Team A players may be backs. Only one player may not be on the line but still penetrate the vertical plane through the waistline of his nearest teammate who is on the line. This player must be in position to receive a hand-to-hand snap, but does not have to actually receive it. By rule, he is the only player allowed to be positioned in "no man's land" at the snap. All other players not on the line must be clearly positioned as backs.

Some clarification was recently provided in identifying when an ineligible Team A player is illegally downfield on a pass play. By rule, ineligible Team A players may not advance beyond the expanded neutral zone on a legal forward pass before a legal forward pass that crosses the neutral zone is in flight. The neutral zone expands 2 yards behind the defensive line of scrimmage following the snap. The position of the ineligible Team A player at the moment of the legal pass is the only factor in determining if the player is illegally downfield. When identifying Team A players who are illegally downfield, it is important to make sure that the Team A player is clearly beyond the expanded neutral zone (2 yards) at the moment that the pass is in flight. Players can travel multiple yards in a quick period of time. These players can be legally within the expanded neutral zone when the pass is thrown but beyond as the pass moves downfield. If B touches the pass in or behind the neutral zone, this restriction is terminated. ●

Tennis Coaches

As the season is about to begin, a quick reminder from Coaches Advisory:

Please do not talk with opponent's players during matches. Only engage in conversation if a player requests assistance.

Thanks and best of luck this season. ●

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. ●

2021 State Volleyball Tournament

Resch Center – Green Bay

Session 1

Thursday, November 4 – 10 a.m.
Boys Quarterfinals (Upper Bracket)
#2 Seed vs. #7 Seed
#3 Seed vs. #6 Seed

Session 2

Thursday, November 4 – 1 p.m.
Girls Division 1 Quarterfinals (Upper Bracket)
#2 Seed vs. #7 Seed
#3 Seed vs. #6 Seed

Session 3

Thursday, November 4 – 4 p.m.
Boys Quarterfinals (Lower Bracket)
#4 Seed vs. #5 Seed
#1 Seed vs. #8 Seed

Session 4

Thursday, November 4 – 7 p.m.
Girls Division 1 Quarterfinals (Lower Bracket)
#4 Seed vs. #5 Seed
#1 Seed vs. #8 Seed

Session 5

Friday, November 5 – 9 a.m.
Girls Division 4 Semifinals
#2 Seed vs. #3 Seed
#1 Seed vs. #4 Seed

Session 6

Friday, November 5 – 11:30 a.m.
Girls Division 3 Semifinals
#2 Seed vs. #3 Seed
#1 Seed vs. #4 Seed

Session 7

Friday, November 5 – 2 p.m.
Girls Division 2 Semifinals
#2 Seed vs. #3 Seed
#1 Seed vs. #4 Seed

Session 8

Friday, November 5 – 5 p.m.
Boys Semifinals
Upper Bracket Winners
Lower Bracket Winners

Session 9

Friday, November 5 – 7:30 p.m.
Girls Division 1 Semifinals
Upper Bracket Winners
Lower Bracket Winners

Session 10

Saturday, November 6
9 a.m. – Girls Division 4 Championship
11:30 a.m. – Girls Division 3 Championship

Session 11

Saturday, November 6
2:30 p.m. – Girls Division 2 Championship
5 p.m. – Boys Championship
7:30 p.m. – Girls Division 1 Championship



NFHS General Instructions for Football Game and Play Clock Operators

- A.** The game and play clock operators should report to the game officials at the stadium at least 30 minutes before game time for the following purposes:
- To synchronize timer's watch with official game time as established by the game official responsible for timing.
 - To advise game officials whether the game clock operator and/or play clock operator will be in the press box or on the field/sideline. Determine procedure for communications with both operators and test procedures prior to the games.
 - To discuss coordination of starting, stopping and adjusting the game clock or play clock in accordance with the playing rules.
 - To discuss if the game clock horn (mechanical signal) can be turned off. Preference is for the game clock horn (mechanical signal) to be turned off for the duration of the game.
- B.** The game clock is normally started 30 minutes before game time. The halftime intermission will start on the referee's signal when the players and game officials leave the field. All pregame and halftime activities shall be synchronized with the game clock. The mandatory three-minute warm-up period will be put on the game clock after the intermission time has elapsed and shall be started immediately.
- C.** The game clock operator shall have an extra stopwatch available. In case of failure of the game clock, the game clock operator shall immediately contact the game officials, giving them the correct data regarding the official time. The game official responsible for timing will then pick up the correct game time on the stopwatch. If the game clock becomes inoperative and is subsequently repaired, it will not be used again until the next period or when the referee determines it is operational. The public-address announcer shall indicate the game clock will not be official until the malfunction is corrected and a subsequent announcement is made on the public-address system.
- D. Game Clock Procedures**
- The game clock operator is an integral member of the officiating crew and game administration. Unfair advantages occur when the game clock is not started or stopped correctly by rule. Great care must be exercised to see that no time lag occurs in starting or stopping the game clock.
 - On all free kicks, the nearest game official(s) will signal the legal touching of the ball by indicating that the game clock should start.
 - Any game official may signal a time-out; therefore, the game clock operator should be alert to stop the game clock.
 - The incompletion signal will stop the game clock.
 - The game clock operator will automatically stop the clock following a touchdown, field goal, touchback or safety after the appropriate scoring signal has been made.
 - After the game clock has been stopped, the referee will start it again on the referee's start-the-clock signal and if no such signal is given, the game clock operator will start the clock on the snap without the signal from the referee.
 - The referee may start the game clock again in certain instances before the ready-for-play.
 - The try is not a timed down.
 - There are instances when a period shall be extended by an untimed down. During these extensions, leave the game clock at :00. Do not reset the game clock for the next period until the referee declares the period over by facing the press box and holding the ball overhead.
 - Each state association may decide whether or not to utilize a running game clock in certain situations, and the procedures for those situations.

E. Play Clock Procedures

- The following set of instructions is for the play clock

- operators to assist with the rules on the play clock that now involves a 40-second or 25-second possibility for a delay of game. The following are the instructions for the 40-second and the 25-second play clock, to be used if and when visible play clocks are available to be used.
- Note to the Play Clock Operator: Starting the 40-second play clock "immediately" is to be interpreted as starting the 40 seconds as quickly as the covering official signals the end of the down using Signal #3 (time-out) or Signal #7 (dead ball with one arm straight up) or Signal #10 (incomplete pass). These are the only three signals you should expect at the end of a down prior to the 40-second play clock starting.
 - The following addresses the play situations that require the 40-second option:
 - The Team A (offense) runner is stopped inbounds short of a first down. The game clock continues to run and the 40-second play clock is started immediately except at the end of a 4th down.
 - The Team A (offense) runner is stopped inbounds beyond the line-to-gain (first down). The game clock is stopped for the first down and the 40-second play clock is started immediately. The referee will then restart (wind) the game clock (no whistle involved) as quickly as the football is placed on the ground and ready for play.
 - The Team A (offense) runner or a Team A fumble or a Team A backward pass goes out of bounds. The game clock is stopped and the 40-second play clock is started immediately. The game clock will not start again until the next legal snap.
 - A Team A (offense) legal forward pass is incomplete. The game clock is stopped and the 40-second play clock is started immediately. The game clock will not start again until the next legal snap.
 - There is no signal/whistle from the referee during the 40 seconds except to restart the game clock following a first down inbounds. It is important to note that none of the situations listed above involve an administrative stop/interruption in play. All of those possibilities are addressed in the next section.
 - Administrative Stoppages/Interruptions:** It is always possible for the situations that are listed below to occur during the game that are administrative issues/interruptions to the normal flow of play. This list does not necessarily include every possibility.

- Note to the Play Clock Operator:** Every situation listed below – with two exceptions – will result in a 25-second play clock that is not started immediately at any time, but you will wait until the situation has been addressed and the referee will then utilize Signal #1 which is the very common ready-for-play (with the whistle sounded) or Signal #2 (wind) which restarts both clocks (with the whistle sounded).
Game Situations: (a) any foul occurs; (b) play is stopped for an injured player (40 seconds if a defensive player); (c) any down that involves a score; (d) either team is granted a time-out; (e) play is stopped to address an equipment issue (40 seconds if a defensive player); (f) any down that includes a legal kick followed by a new series; (g) a measurement for a first down; (h) team possession changes during or after a down; (i) the beginning of any period; (j) an inadvertent whistle; and (k) an untimed down. This list includes most 25-second play clock situations, but an extremely rare situation is also a possibility (a dog runs across the field; the lights go out; weather conditions).
- General Statements**
 - Always set the play clock back to 40 during a down in progress. You will have plenty of time to change it back to 25 at the end of the down if necessary.
 - The common ready-for-play whistle/signal is not used for a 40-second play clock.
 - It is very important that the same individual in the press box is not responsible for both clocks. An official on the field will be responsible for the play clock if no visible play clocks are used.
 - The game clock operator must always be ready for the referee to wind/start the game clock when it is stopped. The game clock will always start on a legal snap if it is not already started/running prior to the legal snap.
 - Make certain that you always run the 25-second play clock prior to an extra point try, prior to a kickoff and prior to the kick following a safety.
- Finally, the play clock operator must always be ready for the referee to reset the 40-second clock to 25 seconds if and when the 40 seconds has run down past and below 25 seconds and the football is still not yet on the ground ready for the next down. The referee's signal for this is a pumping motion with one hand up and down near his head. The same pumping motion with both hands is a reset to 40 seconds. ●

PLAY CLOCK/GAME CLOCK PROCEDURES				
Event	Play Clock Starts At	Game Clock Starts	Covering Official's Signal	Referee's Signal
Dead Ball Inbounds	40	Running	S #7	None
Dead Ball Out Of Bounds	40	Snap	S #3	None
Incomplete Pass	40	Snap	S #10	None
Team A Awarded 1st Down	40	Signal	S #3	Wind
Penalty Administration	25	Ready	S #3	Wind
Charged Team Timeout	25	Snap	S #3	Chop
Injury / Helmet Off *	40/25	Ready	S #3	Wind
Measurement	25	Ready	S #3	Wind
Double Change Of Possession – Team A Snaps	25	Ready	S #7	Wind
Change Of Possession - Team B Snaps	25	Snap	S #3	Chop
Touchdown	25	N/A	S #3	Chop
Try, Field Goal, Safety	25	Varies **	Varies **	Chop
Start Of Each Period	25	Varies	Varies	Chop
Legal Kick	25	Snap	S #3	Chop
Start Of Overtime Period	25	N/A	N/A	Chop
Other Administrative Stoppages ***	25	Ready	S #3	Wind
* See Rule 3-6-1a(1)e EXCEPTIONS For Defensive Injuries				
** The Game Clock Will Start on the Legal Touch of a Free Kick				
*** Includes Inadvertent Whistle and Period Extension				
See the Current NFHS Football Rules Book for the NFHS Official Football Signals				

Recommendations and Guidelines for Minimizing Head Impact Exposure and Concussion Risk in Football

The National Federation of State High School Associations (NFHS) and its member associations firmly believe that athletic participation by students promotes health and fitness, academic achievement, healthy lifestyles, and good citizenship. While there will always be a risk of injury, minimizing the risk of head trauma and concussion in all sports is a priority for the NFHS. Over the past several years, the NFHS and the NFHS Sports Medicine Advisory Committee (SMAC) have:

1. Produced a 20-minute online educational course with the Centers for Disease Control (CDC) on "Concussion in Sports."
2. Specifically addressed concussion management in the rules books of all sports, including football.
3. Written several Points of Emphasis in the football rules book focused on limiting helmet-to-helmet contact and blows to the head with the shoulder, forearm, and hand.
4. Disseminated multiple publications regarding concussion management to the member state associations.

In July of 2014, at the request of the NFHS Board of Directors, a task force of medical and scientific experts, high school football coaches, state association personnel, and representatives of several stakeholder organizations met to discuss strategies to reduce head impacts and minimize concussion risk in high school football players during contests and practices, as well as during activities conducted outside of the traditional fall football season (spring and summer practices). The Fundamentals outlined below represent the task force's recommendations and guidelines developed following two days of presentations and discussion of the relevant medical literature and current expert opinion.

The members of the task force fully acknowledge the present limited – though evolving – scientific evidence available to support the Fundamentals outlined below with absolute certainty and explicit detail. Accordingly, the outcomes and clinical relevance of an increasing number of research studies may eventually alter these recommendations and guidelines. Ideally, this emerging data will clarify the potential for long-term adverse cognitive, emotional, and/or neurologic effects from concussions and repetitive blows to the head that may not result in the clinical symptoms of concussion. Based on what is currently known, the guiding principles in developing this report for young athletes and those who oversee, support and administer high school football programs were to reasonably limit overall exposure to multiple blows to the head and body (head impact exposure) and minimize concussion risk, while maintaining the integrity of the game and attempting to avoid unintended consequences.

The Fundamentals below are designed to allow flexibility for the state associations that collectively oversee the more than 15,000 high schools playing football across the country. The teams fielded by these schools may vary tremendously in the number of available players. Team size dictates numerous variables that may affect an athlete's potential head impact exposure. Those variables cannot be easily accounted for by stringent guidelines. For example:

- An athlete playing on offense, defense and special teams will have greater cumulative head impact exposure and will be at higher risk for injury than an athlete playing a single position.
- The fewer the number of players on a team, the greater the chance some players will need to participate in repeated drills, raising head impact exposure and potential injury risk.

As additional evidence emerges, these Fundamentals will evolve and may become more or less restrictive. While the current level of knowledge keeps this task force from making proposals that are specific and rigid, there is consensus that lessening the frequency of contact (and thus head impact exposure) is likely beneficial to overall brain health. The task force also recognizes multiple contributing factors that affect head impact exposure and the parallel effects on an individual football player's brain. For example:

- Position played (linemen receive more total blows than other positions)
- Two-way players versus those who only play offense or defense
- Tackling and blocking techniques
- Practice frequency and duration
- Players that practice and/or compete on multiple levels (such as varsity and sub-varsity)*
- Concussion history
- Genetic predisposition to concussion

*Note: This contributing factor was added to the document by the NFHS SMAC.

It is very likely that each athlete has a unique level of resilience or susceptibility to concussion and further brain injury. While there is currently no definitive way to measure or quantify this resilience or susceptibility, the task force recommends reasonably limiting head impact exposure through the Fundamentals presented below. Individual risk factors that are modifiable, such as position played, total time spent on field, and sport technique, must be also considered when implementing contact limitations.

Fundamentals for Minimizing Head Impact Exposure and Concussion Risk in Football

1. Full-contact should be limited during the regular season, as well as during activity outside of the traditional fall football season. For purposes of these recommendations and guidelines, full-contact consists of both "Thud" and "Live Action" using the USA Football definitions of Levels of Contact.

Rationale: By definition, "Thud" involves initiation of contact at, or up to, full speed with no pre-determined winner and no take-down to the ground. Accordingly, the task force supports that initial contact, particularly with linemen, is just as violent with "Thud" as with "Live Action." However, the task force also recognizes that "Live Action" likely carries

a higher risk for other injuries to the body than does "Thud." The USA Football Levels of Contact "Air," "Bags," and "Control" are considered no- or light-contact, and thus no limitations are placed on their use.

2. Member state associations should consider a variety of options for limiting contact in practices. The task force strongly recommends full-contact be allowed in no more than 2-3 practices per week. Consideration should also be given to limiting full-contact on consecutive days and limiting full-contact time to no more than 30 minutes per day and no more than 60-90 minutes per week.

Rationale: The task force acknowledges that there are insufficient data to specify with certainty a research-validated "best practices" standard for contact limitations. Several states (Alabama, Arizona, Maryland, and Texas) adopted varying limitations on contact prior to the 2013 football season. Preliminary High School RIO injury surveillance data suggest these states have seen a statistically significant decrease in concussion rates during practices, with no increase in concussion or other injuries during games.

3. Pre-season practices may require more full-contact time than practices occurring later in the regular season, to allow for teaching fundamentals with sufficient repetition.

Pre-season acclimatization protocols and regulations regarding heat and hydration take precedent and should always be followed.

While total full-contact practice days and time limitations may be increased during the pre-season, the emphasis should focus on the proper principles of tackling and blocking during the first several practices, before progressing to "Thud" and "Live Contact."

Rationale: The task force acknowledges regular season practice limitations may need to be revised during the pre-
See Recommendations and Guidelines, page 16 >

Blocking Below the Waist in Free-Blocking Zone Addressed in High School Football Rules

The rule regarding blocking below the waist in the free-blocking zone in high school football has been revised for the upcoming 2021 season.

This rule change was recommended by the National Federation of State High School Associations (NFHS) Football Rules Committee at its January 10-12 meeting, which was held virtually this year. This change to the 2021 NFHS Football Rules Book was subsequently approved by the NFHS Board of Directors.

As a result of numerous interpretations of current language regarding blocking below the waist in the free-blocking zone, the committee approved another condition in Rule 2-17-2 that must be met for a legal block below the waist in the free-blocking zone, which is a rectangular area extending laterally 4 yards either side of the spot of the snap and 3 yards behind each line of scrimmage.

The new requirement (2-17-2c) is that the block must be an immediate, initial action following the snap. Under the current rule, an offensive lineman can delay and then block below the waist if the ball is still in the zone. In the committee's ongoing quest to minimize risk in high school football, the change was approved to require the block to be immediate.

"This change makes it easier for game officials to judge the legality of blocks below the waist and minimizes risk of injury for participants," said Bob Colgate, NFHS director of sports and sports medicine and liaison to the Football Rules Committee. "This change lets game officials observe the block and make a call without having to determine where the ball is and what formation the offense lined up in."

Blocking in the back continues to be legal in the free-blocking zone by offensive linemen who are on the line of scrimmage and in the zone at the snap, against defensive players who are in the zone at the snap and the contact is in the zone.

The committee noted there has been no criticism of the current rules governing blocks in the back as they are delayed blocks by nature, above the waist and considered to be a safe and necessary legal block.

"I believe this rule change will help make the interpretation of blocking below the waist consistent across the country starting next football season," said Richard McWhirter, chair of the NFHS Football Rules Committee and assistant executive director of the Tennessee Secondary School Athletic Association.

The Football Rules Committee is composed of one representative from each of the NFHS member state associations that use NFHS playing rules, along with representatives from the NFHS Coaches Association, NFHS Officials Association and NFHS Sports Medicine Advisory Committee.

A complete listing of the football rules changes will be available on the NFHS website at www.nfhs.org. Click on "Activities & Sports" at the top of the home page and select "Football."

According to the most recent NFHS High School Athletics Participation Survey, 11-player football is the most popular high school sport for boys with 1,006,013 participants in 14,247 schools nationwide. In addition, there were 31,221 boys who participated in 6-, 8- and 9-player football, along with 2,604 girls in all four versions of the game for a grand total of 1,039,828. ●

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 nonpublic 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

Simplifying 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

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 non-varsity 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 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 resi-

See [The WIAA Transfer Rule, 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) ●

Concussion Information from page 2

Schools should educate their athletes, coaches and parents in the preseason about the seriousness of concussion and the importance of athletes honestly reporting their symptoms and injuries.

SIGNS AND SYMPTOMS

Signs are what can be seen by others, like clumsiness / stumbling off the field. Symptoms are what the injured player feels, like a headache. Remember, athletes should report their symptoms, but they may not unless they are directly asked about how they feel. Even then, it is important to consider that athletes may not be telling the truth.

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

- Dazed or stunned appearance
- 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

Concussion SYMPTOMS are often categorized into four main areas:

1. Physical – This describes how they feel: headache, nausea, vomiting, dizziness, tired and loss of consciousness (which is uncommon in concussion). Vision and balance problems are also recognized as potential signs and symptoms of a 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.

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. An athlete should never return to play on the same day. "When in doubt sit them out."

It is important to notify a parent or guardian of any athlete with a suspected concussion. All athletes with a concussion must be evaluated and receive written medical clearance by an appropriate health care provider before returning to practice (including conditioning and weight lifting) or competition.

Some injured athletes may require emergency care & necessitate the activation of the Emergency Medical System (911). If you are uncomfortable with the athlete on the sideline or unable to ensure they are going home to a safe environment, it is reasonable to activate EMS/911. The following are other examples to activate EMS:

1. Loss of consciousness, as this may indicate more severe head injury
2. Concern for cervical spine injury
3. Worsening symptoms
4. Decreasing level of alertness
5. Unusually drowsy
6. Severe or worsening headaches
7. Seizures
8. Vomiting
9. Difficulty breathing

MANAGEMENT

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. Athletes with a concussion should never be allowed to return to activity while they still have symptoms.

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, as the athlete might not have the wherewithal to understand and report worsening symptoms. Never allow the injured athlete to drive himself/herself home.

Most concussions are temporary and completely resolve without causing residual or long-term problems. About 20% of high school athletes will take longer than a month to recover. This prolonged recovery is commonly known as Post-Concussion Syndrome (PCS). Common PCS symptoms include headache, difficulty concentrating, poor memory, mood changes and sleep disturbances. This prolonged recovery often leads to academic troubles, family and social difficulties.

Allowing an injured athlete to return too quickly increases the risk for repeat concussion. Repeat head injury while still recovering from a concussion may cause Second Impact Syndrome. This is a rare phenomenon occurring in young athletes that leads to rapid brain swelling, brain damage and potentially 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). It is felt that these long-term complications are very rare in high school athletes, and the risk can be minimized greatly by proper reporting and care of every concussion.

Return to Learn

A major concern in high school students is that concussion can negatively affect school performance and grades. 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 time missed should nearly always be less than 5 days). Injured athletes should be allowed 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 or take a rest break in a quiet area. The school and coaches should maintain regular contact with the injured athlete's teachers and parents to update progress.

All injured students should be removed from PE class until medically cleared.

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

Other Treatment Strategies

Relative rest remains an essential component of concussion treatment. It is helpful for parents to decrease stimulation at home by limiting video games, but a reduction in computer time, phone time, and TV/movies may also be helpful. "Cocoon therapy", or avoiding all brain stimulation, has been shown to negatively impact recovery and is no longer a recommended treatment style.

Physical activity may be beneficial for recovery of injured athletes. However, high-level activity (weight lifting, practice level training and conditioning) should still be avoided. Simple physical exertion, like walking or stationary biking, that does not worsen symptoms may be done for short periods of time. Any post-injury exercise plan should be authorized and overseen by an appropriate health care provider.

An athlete's concussion can interfere with work and social events (movies, dances, attending games, etc.). Good hydration and dietary habits and good sleep habits (8-10 hours per night) are important parts of the recovery process. There are no medications or supplements that help speed the recovery process.

Neuropsychological Testing

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

If neuropsychological testing is available, ideally a baseline or pre-injury test is completed 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 evaluation assessing baseline symptoms, cognitive functioning, visual tracking, reaction time, and balance are ideal.

If there is no baseline available, the injured athlete's computerized test scores can be compared to age established norms. This requires a provider experienced in the use and interpretation of computerized testing. The WIAA feels that neuropsychological testing can be a very useful tool with regard to concussion management.

RETURN TO PLAY

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 written medical 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.

- STAGE ONE: Daily activities that do not increase symptoms (gradual reintroduction of school, work and walking).
- STAGE TWO: Light aerobic exercise: slow to medium pace jogging, stationary cycling. No resistance training. This allows for increased heart rate.
- STAGE THREE: Sport-specific exercise: moderate to higher intensity running or skating drills, but no activities with risk of head impact. This allows for increased heart rate and agility/movement.
- STAGE FOUR: Non-contact training: Higher intensity aerobic fitness, and non-contact/non-collision team training drills (e.g., passing drills). May begin progressive resistance training. This increases coordination and thinking during sport.
- STAGE FIVE: Full contact practice. Following medical clearance, participate fully in normal training activities. This restores confidence and allows coaches to assess functional skills.
- STAGE SIX: Full clearance / Normal game play.

PREVENTION/RISK REDUCTION

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

Wisconsin State Concussion Law (Act 172) was passed in 2011. This law mandates distribution of preseason educational information sheets to be signed by coaches, athletes and parents. It also recommends immediate removal of any athlete with a suspected concussion and no same day return

See Concussion Information, page 20 >

2021 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. 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 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 1/2-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 1/4-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 1/2 inch thick or 3/8 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 1/4 square inches and exceeding 2 1/4 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 non logo 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. ●

Interstate Competition Reminders

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

1. WIAA approval is required for:

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

2. No approval is required:

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

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

4. No approval shall be granted for any tournament, meet, or other contest to qualify for and/or determine a national high school championship but such championships involving schools for visually handicapped or deaf students are exempt from this provision.

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

Interstate competition approval does not need to be a difficult process. But the WIAA office will need certain basic information to process your request. When considering playing a school from another state look over elements governing interstate competition as outlined on p. 24-25 of the Senior High Handbook; Bylaw Art. II, Sect. 5H (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 5H-1 & 2, p. 24-25)
- 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> ●

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 NSF 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/wiseseuse.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> ●

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, stu-

dents 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. If a foreign exchange student has already used the one-year experience at any time, the transfer and residency rule will apply to a succeeding placement.

The Foreign Exchange Student Form is 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)

- 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 an email with the final eligibility status indicated and may view the form online with the office action indicated.

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. ●

NFHS General Instructions for Football Line-to-Gain Crews

The typical line-to-gain crew consists of at least three individuals – A DOWN-MARKER INDICATOR OPERATOR and two to hold the rods. Unless otherwise possible by use of a fourth crew member, the DOWN-MARKER INDICATOR OPERATOR will attach the clip as specified. In some cases where a fourth crew member is present, that member may also be requested to record penalties on a chart provided by the game officials. It is strongly recommended that the members of the crew be adults and wear distinctive vests or jackets furnished by home or game management. Remind crew members that they are assistant officials, not fans.

PREGAME DUTIES

1. The line-to-gain crew shall meet the HEAD LINESMAN on the sideline opposite the press box at least 15 minutes before game time and also five minutes prior to the second-half kickoff. If an auxiliary down-marker indicator is used, the operator shall meet the LINE JUDGE on the press-box side at the same time.
2. The HEAD LINESMAN shall make certain that the official line-to-gain and down-marker indicators have been placed opposite the press box or on the designated sideline and that all are in good working order and conform to the rules. The LINE JUDGE shall make certain that the auxiliary down-marker indicator is in good working order and is placed on the opposite side of the field from the line-to-gain crew.
3. The complete concentration of the crew is absolutely necessary if crew members are to discharge their duties efficiently. The crew must refrain from showing any partisan reaction to the events taking place on the playing field. The crew must be prepared to act immediately on instructions from the HEAD LINESMAN so that teams and all concerned will know the exact situation concerning the down and yards to be gained. The crew shall not move or change the number of the down until signaled to do so by the HEAD LINESMAN. The AUXILIARY DOWN-MARKER INDICATOR OPERATOR shall act only on instructions from the LINE JUDGE. The crew must remain impartial and may not communicate down and distance information to members of the coaching staff or team.
4. While serving on the line-to-gain crew, the crew shall refrain from using items that would distract them from their responsibility (i.e. using electronic devices).

GAME PROCEDURES

1. On the HEAD LINESMAN'S signal, the crew shall move as quickly as possible to the next position.
2. When a runner or pass receiver is going out of bounds in the immediate vicinity, the involved crew member is to quickly and carefully drop the marker and move away from the sideline, keeping his/her eye on the spot of the marker. The crew members away from the play should hold their positions if possible.
3. The HEAD LINESMAN will set the spot of all first downs by going to the sidelines and marking, while facing the field, the exact spot where the rear stake will be set. The front crew member will then be sure the chain is fully extended before setting his/her stake.
4. The DOWN-MARKER INDICATOR OPERATOR, on every new series of downs, will set the down-marker indicator at the spot marked by the HEAD

LINESMAN. When the line-to-gain equipment is moved, the rear rod is to be set behind the down-marker indicator and then the clip shall be placed at the back edge of the 5-yard line nearest the rear rod. The down-marker indicator must be held at all times in an upright position with the down correctly shown.

5. The DOWN-MARKER INDICATOR OPERATOR is to show the number of the down just completed and shall not indicate the new down until so notified by the HEAD LINESMAN. On instruction from the HEAD LINESMAN, the DOWN-MARKER INDICATOR OPERATOR will move the down-marker indicator to a new position with the marker indicator placed at the forward point of the ball and change the marker indicator to the correct down.
6. On all measurements for first down when the chain is moved onto the field, the DOWN-MARKER INDICATOR OPERATOR is to place his/ her marker indicator at the spot of the front rod until a new series of downs is declared or the chain is returned to its previous position.
7. The chain is not extended if it is a first-and-goal situation. The HEAD LINESMAN should provide the DOWN-MARKER INDICATOR OPERATOR a bean bag in this situation to mark location of the box in case it is moved during the down.
8. The DOWN-MARKER INDICATOR OPERATOR should place the marker indicator on the line of scrimmage on all try situations. This will aid players and game officials in determining the line of scrim-

mage on all plays toward the sideline. The chain will not be placed on a try.

9. If the sidelines become crowded and the crew does not have room to efficiently discharge its duties, the crew is to notify the HEAD LINESMAN immediately so that a time-out may be called and sidelines cleared before the game will be allowed to proceed.
10. If the game is delayed for any reason, the crew will stay with the game officials.
11. The official line-to-gain and down-marker indicators shall be operated approximately 2 yards outside the sideline opposite the press box, except in stadiums where the total playing enclosure does not permit. Unofficial auxiliary line-to-gain and down-marker indicators may be used on the sideline opposite the official line-to-gain and down-marker indicators, and shall be operated approximately 2 yards outside the sideline, except in stadiums where the total playing enclosure does not permit. All indicators shall be operated as far off the sideline (up to 2 yards) as facilities permit and as directed by the HEAD LINESMAN and LINE JUDGE.
12. With the 40- or 25-second play clock, it is possible the ball may be snapped prior to the down-marker indicator being set. Should this rare situation occur, the HEAD LINESMAN shall drop a bean bag at the spot where the DOWN-MARKER INDICATOR OPERATOR shall spot the down-marker indicator ●

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 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. ●

Football Editorial Changes – 2021

By NFHS

2021 EDITORIAL CHANGES

1-5-1b(3); 2-10-1; 2-10-2; 3-5-1; 9-4-4 PENALTY, NINE-, EIGHT- AND SIX-PLAYER RULES DIFFERENCES – GENERAL; SIX-PLAYER RULES DIFFERENCES – RULES 2 and 7 ●

dence 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.

In June 2021, the Board of Control provided the following **COVID-19 Educational Waiver**:

Many students experienced challenges with access and adapting to virtual schooling in 2020-21 following school closures because of COVID-19. The Board voted unanimously to provide one-time unrestricted eligibility in 2021-22 for student transfers that choose to return to their most recent pre-

vious school or after 365 days if they remain at the school they transferred to in 2020-21 because of a better-suited instructional model.

The keys to this waiver are: 1) the fact that the student attended your school in the school year prior to the pandemic, 2) left your school due to the manner that you offered educational programming (in-person or virtual), 3) were restricted to nonvarsity, 4) did not receive a waiver, 5) did not compete at the varsity level, and 6) are returning to your school. If they have no prior history at your school and are transferring there, apply the transfer rule.

This process is conducted at the school level starting with the EVTS form and normal paperwork for review.

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. ●

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?

Note: Students open-enrolled to a virtual/online school are not considered home-based/homeschool students (educated by the family as a single unit). ●

NFHS Public-Address Announcers Guidelines

- 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.).
- 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.
- 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).
- Stick to the basics.** Deliver pertinent information while avoiding the use of play-by-play and cheer-leading.
- Be accurate.** Understand the proper terminology used for the sport and avoid the use of slang terms. Wait until officials complete their call(s) before reporting to the spectators.
- Never talk over the action.** Understand the appropriate information to be announced and the proper time in which to announce for each sport.
- 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.
- 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.

- 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.
- 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.
- Announcers shall promote good sportsmanship and a positive environment by what they say and how they act.
- Announcers shall treat the opponents and their fans as guests, not the enemy.
- Announcers shall respect the individuals who are responsible for the conduct and administration of athletic games and events, such as coaches, officials and administrators, and avoid making any comments that reflect positively or negatively on them.
- 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.
- 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.
- 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.
- 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.
- Announcers shall avoid using alcohol and tobacco products at the venue. ●

Nonschool Participation During the School Year

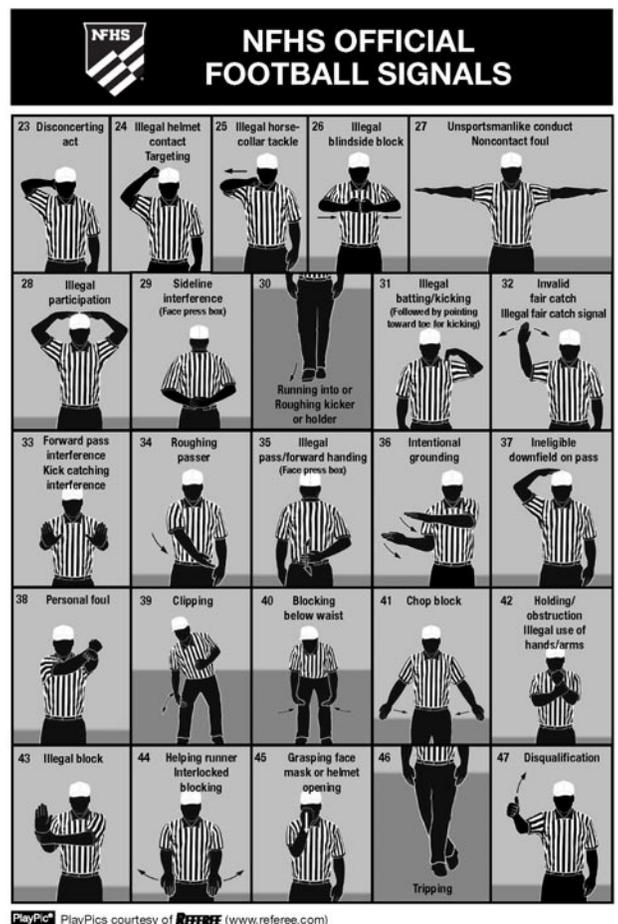
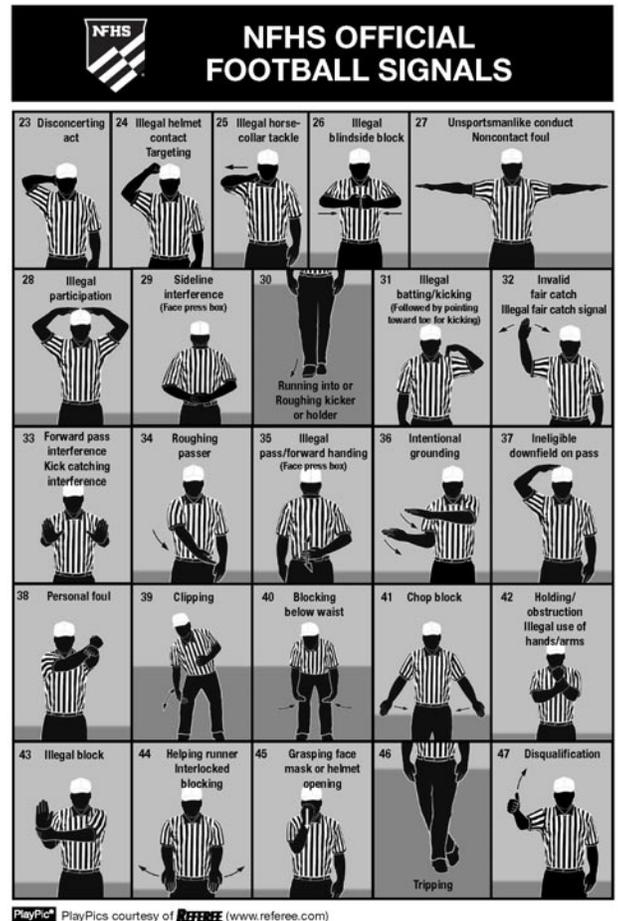
The WIAA membership has several rules in the Rules of Eligibility which affect the non-school participation of WIAA member athletes during the school year.

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 non-school games, meets, or contests in the same sport during the season of practice and competition established by the school. (ROE, page 34, 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 non-school 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

See Nonschool Participation, page 17 >



Recommendations and Guidelines from page 8

season. This should be done in a specific and systematic manner to allow coaches to spend sufficient time teaching proper tackling and blocking techniques. Emphasis should be placed upon inexperienced players, as they slowly work through tackling and blocking progressions with "Air," "Bags," and "Control" using the USA Football definitions of "Levels of Contact."

4. During pre-season twice-daily practices, only one session per day should include full contact.

Rationale: The adolescent brain needs sufficient recovery time following full-contact practices. In addition, concussion signs and/or symptoms may not develop for several hours after the initial injury.

5. Each member state association should review its current policies regarding total quarters or games played during a one-week time frame.

Rationale: High School RIO injury surveillance data consistently show that competition presents the highest risk for concussion. The task force is concerned that participation in games at multiple levels of competition during a single week increases risk for head injury and unnecessarily increases head impact exposure. In addition, games played on consecutive days or those scheduled on the same day (Freshman and Junior Varsity games or Junior Varsity and Varsity games) may not allow the brain an opportunity to adequately recover. Consideration should be given to moderating these situations as much as possible.

6. Consistent with efforts to minimize total exposure to full-contact, head impact exposure, and concussion risk, member state associations with jurisdiction over football outside of the traditional fall football season should review their current policies to assess if those policies stand in alignment with the Fundamentals discussed within this report and, if needed, modify the policies accordingly.

Rationale: Football played outside of the traditional fall

football season presents an opportunity for learning, physical activity, and skill development. However, athletes are at further risk for head impact exposure and concussion during any full-contact activity. Consideration should be given to significantly limiting the total time of full contact. Other factors to consider include time elapsed since the previous football season and whether individual athletes have recently been, or are currently, participating in other contact/collision sports (e.g., Ice Hockey, Lacrosse, Soccer and Wrestling).

7. Each member state association should reach out to its respective state coaches' association on designing and implementing a coach education program that appropriately integrates youth, middle school, and high school football programs in every community. USA Football and the NFHS Fundamentals of Coaching courses should be the primary education resources for all coaches. Education for coaches should also include the proper fitting and care of helmets.

Rationale: The game of football continues to evolve and proper coaching technique at each level is fundamental to keeping the game safe and enjoyable. A proper fitting helmet may help decrease, but not eliminate concussion risk.

8. Each member state association should regularly educate its schools on current state concussion law and policies and encourage schools to have a written Concussion Management Protocol. Schools should also be encouraged to share this information with coaches, parents, and students annually.

Rationale: Many schools experience frequent turnover of Athletic Directors and coaches. Frequent "refreshers" on state concussion laws and policies as well as sample concussion management protocols should be made available to ensure all schools are current on, and prepared for, safe and effective concussion management.

9. An Emergency Action Plan (EAP) with clearly defined written and practiced protocols should be developed

and in place at every high school. When possible, an athletic trainer should be present at all practices and games.

Rationale: An effective EAP should be in place, as a prompt and appropriate response to any emergency situation can save a life. The EAP should be designed and practiced to address all teams (Freshman, Junior Varsity, and Varsity) and all practice and game sites. An athletic trainer is a key component in any strategy to minimize injury risk and optimize safety for all participants.

Resources:

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Broglio SP, Cantu RC, Gioia GA, Guskiewicz KM, Kutcher J, Palm M, Valovich McLeod TC. National Athletic Trainers' Association position statement: management of sport concussion. *J Athl Train*. 2014 Mar-Apr;49(2):245-65.

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Head impact exposure in youth football: high school ages 14 to 18 years and cumulative impact analysis. *Ann Biomed Eng*. 2013 Dec;41(12):2474-87.

Approved by the NFHS Concussion Summit Task Force in August 2014; Approved by the NFHS SMAC in October 2014; and Approved by the NFHS Board of Directors in October 2014. ●

Board Elects Officers from page 1

Mel Dow received formal Board approval as the new associate director of the Association after beginning his position on Aug. 2, and Stephanie Hauser served in her first Board of Control meeting as executive director.

The Board voted in support of forming another ad-hoc committee to re-examine competitive balance. Details and invitations to voluntarily serve on the committee will be sent to member schools and presented at the Area Meetings in September.

The Board approved an executive staff recommendation to partner with GoFan as State Tournament ticketing partner in 2021-22 for boys and girls tennis, boys and girls cross country, gymnastics, boys and girls hockey, softball, boys and girls swimming & diving, boys and girls soccer, boys and girls track & field and team wrestling. The partnership eliminates on-site cash ticket purchases and physical tickets.

Other Board action items approved were appointments to the 2021-22 Coaches Advisory Committee, Middle-Level Council and Conference Realignment Task Force. Also approved were the 2021-22 Board of Control Policies and Procedures Guide, the 2021-22 Media Policies Reference Guide and the annual renewal of the Association's membership in the National Federation of State High School Associations.

A recommendation to move the October Advisory Council and Board of Control

meetings to a day earlier than originally schedule received support from the Board. The Advisory Council will meet Wednesday, Oct. 6, with the joint meeting with the Board of Control Thursday, Oct. 7. The Board also approved continuation of the COVID accommodation to allow the most recently defeated opponent to advance in the Tournament Series if a team is unable to advance because of forfeiture due to COVID guidelines.

Results of a special election conducted for positions on the Advisory Council were presented to the Board. Ty Breitlow, district administrator at Randolph was elected as a small school representative, and Stacy Bolder, associate principal at Tomahawk was voted in as the gender at-large representative.

Among the other topics discussed were the agenda for the 2021 Area Meetings in September, development of the 2021-22 operational budget, maintaining existing COVID guidelines for member schools and a review of the membership's transfer rules related to the COVID pandemic.

The Board also received liaison reports from Paul Manriquez of the Department of Public Instruction, John Ashley of the Wisconsin Association of School Boards and Shawn Groshek of the Wisconsin Athletic Directors Association. ●

Board Approves Winter Sports from page 1

beginning in 2021-22. The Division 1 and Division 2 meets will be held on separate days at Wisconsin Rapids Lincoln High School, which will combine the individual and team components in each division into one meet with the gymnasts only competing one time in an event.

Two wrestling coaches' recommendations received approval, effective in 2021-22. The first implements seeding at the State Individual Wrestling Tournament for all qualifiers in all divisions. Trackwrestling.com will calculate and determine placement on brackets using the criteria developed by the Wisconsin Wrestling Coaches Association. The second was an amended recommendation to change the regular-season maximum number of matches for individuals to 50 with the total number of events for a team remaining at 14 without the limitation of multi-school events within that number.

In hockey, the Board supported a coaches' recommendation to alter the overtime procedure during the Tournament Series. After an eight-minute overtime period, the former 12-minute rest period followed by a 17-minute sudden victory overtime will be eliminated. Play will resume after a three-minute rest period with a five-minute, four-on-four sudden victory period and then continue with the existing subsequent overtime protocol.

The Board reviewed and approved recommendations to implement four changes or

additions to the conference realignment process applied by the Conference Realignment Task Force. Details of the protocol and changes to the timeline detailed on the conference realignment flow chart are available on the Conference Realignment page of the WIAA website.

The Board also ratified spring cooperative programs for the 2021-22 and 2022-23 seasons, the addition of Ryan Wozniak, Ph.D., to the Sports Medical Advisory Committee, and formally approved the transcript of the 2021 Annual Meeting held in May. Approval of a spending resolution during development of the 2021-22 operational budget was also a part of the Board's action items. Other action items approved by the Board include the winter and alternate fall season sports financial statements, and the general fund financial statement and payments for May.

Among the meeting's discussions and reports were a review of spring sports, options and topics for the 2021 Area Meetings in September, legislative updates, a staffing update that included official Board approval of the hiring of LeVar Ridgeway as assistant director to begin July 12, and the New AD Workshop scheduled for July 19.

The Board also received a liaison report from Nathan DeLany of the Wisconsin Athletic Directors Association. ●

2020-21 WIAA Award of Excellence Recipients Announced

The Wisconsin Interscholastic Athletic Association salutes the 33 schools that met the criteria to be named recipients of the Award of Excellence in 2020-21.

The award promotes and recognizes the efforts and achievements of schools in the areas of sportsmanship, ethics, integrity, leadership and character. For the second straight year, schools and athletics administrators experienced additional challenges in 2020-21 with the COVID-19 pandemic to account for guidelines, accommodations and schedule changes.

The recipients of the Award of Excellence, presented to high schools that have verified they have met each of the award's criteria, are:

Baraboo	Madison Memorial
Beaver Dam	Madison West
Brookwood	Marshfield
Crivitz	Mayville
Divine Savior Holy Angels	Muskego
Elkhorn	Onalaska
Fort Atkinson	Oregon
Germantown	Stoughton
Hilbert	Stratford
Hortonville	The Prairie School
Janesville Craig	Watertown
Kenosha Christian Life	Wausau West
Kimberly	West Bend West
Lake Holcombe	Winnebago Lutheran
Lake Mills	Winter
Madison East	Wisconsin Dells
Madison La Follette	

Two of the 33 schools, Baraboo and Stoughton, are receiving the honor for the fifth time in the five years since the award's inception. Five of this year's recipients are being presented with the award for the fourth time, including Brookwood, Fort Atkinson, Kimberly, The Prairie School and Watertown. Nine schools are receiving the recognition for the first time.

Recipients will be presented the Award of Excellence at the fall Area Meetings, which will be conducted in-person, and will be recognized for the achievement on the WIAA website and at the 2022 Annual Meeting.

The criteria applied toward the Award of Excellence include:

- 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)
- 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 – sports-



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) ●

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 2021 Spring State Team Tournaments.

The winners of the prestigious award are Baldwin-Woodville in softball, Rosholt in baseball, Cedar Grove-Belgium in girls soccer, and Brookfield East and Catholic Memorial in boys tennis.

Baldwin-Woodville demonstrated sportsmanship with respectful and positive enthusiasm in its two games at the State Softball Tournament en route to a runner-up finish in Division 2. It's the first time the Blackhawks have been chosen as the recipient of the award in softball and the second time they have received it overall. They also received the award in boys tennis in 1999. They advanced to the championship game this season with a 4-1 win over Marinette in the semifinals. They fell in the title game to Catholic Memorial, 5-4. Honorable mention for the award was extended to Beaver Dam, Blair-Taylor, Cedarburg, Chippewa Falls, Juda/Albany, Lomira, Marinette, Mishicot, Oakfield, Pacelli, Peshigo, Phillips, Seneca and Wilmot Union.

Rosholt is the recipient of the WIAA/Rural Mutual Insurance Sportsmanship Award in baseball for the first time in any sport. The Hornets advanced to the Division 4 championship game with a 6-1 victory over Greenwood, and finished

State runner-up following a 4-0 loss to Boyceville in the final. Boyceville, Catholic Memorial, Greenwood, Jefferson, Kenosha St. Joseph, Marathon, Onalaska, Rice Lake, Southwestern and Union Grove all received honorable mention.

Cedar Grove-Belgium received positive evaluations for their team sportsmanship and positive fan support to earn them the honor in girls soccer for the first time. The Rockets were also recipients of the award in boys soccer in 2006. They were edged in the Division 4 championship game by Brookfield Academy with a 4-3 tally in the shootout following a 1-1 tie after the overtime periods. The Rockets advanced to the title game following a 4-0 victory over Assumption in the semifinals. The schools and communities receiving honorable mention include Ashland, Hudson, New Berlin Eisenhower, Oregon and Plymouth.

Making accommodations for the uniqueness of the 2021 State Boys Team Tennis Tournament with continuing COVID-19 pandemic guidelines, a winner was selected for each division or venue instead of the traditional one per tournament. Brookfield East was selected as the award recipient in Division 1 after the Spartans captured the title with a 7-0 win over Marquette in the championship match. It is the third time Brookfield East has been selected for the award. The previous two were in boys volleyball in 2013 and 2018. The Spartans beat Appleton North 7-0 to advance

from the quarterfinals to the semifinals, and then defeated Neenah 6-1 in the semifinals. Catholic Memorial was chosen for the award in Division 2. The Crusaders edged Brookfield Academy 4-3 in the championship match to win the title. They advanced to the final with a 7-0 blanking of Aquinas in the semifinals. It was the fourth time Catholic Memorial has been recognized at the Sportsmanship Award winner. The previous three occasions were in boys volleyball in 2005, 2006 and 2011.

The WIAA/Rural Insurance Sportsmanship Award is presented to one school program and community—or communities in the case of cooperative programs—that demonstrates outstanding sportsmanship in WIAA team tournaments. 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 ensure support for their teams are positive and that the highest ideals of sportsmanship are demonstrated.

Rural Mutual Insurance began sponsoring the Sportsmanship Award program back in 1965.

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

Nonschool Participation from page 15

for the school team beyond the school's official opening day of practice in order to continue non-school training or competition. (RE – Art. VI)

NONSCHOOL PARTICIPATION – OUT-OF-SEASON

A second rule during the school year is the preseason 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 34, 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 35, Art VI, Sect 3, Par B)

Athletes

In the rule, "Subsequently, students may voluntarily 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. ●

- 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 ath-

letes 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
- 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: night-

mares 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. ●

COVID-19 and Mental Health for High School Athletes

COVID-19 has caused significant disruption in most people's lives. This is painfully true for high school students, who are used to substantial amounts of social interaction throughout their daily lives at school. The lives of high school athletes may be particularly disrupted, as they typically benefit very much from in-person camaraderie from teammates and guidance from coaches. The social distancing recommended in the current context limits that camaraderie and guidance.

Some recommendations for daily strategies of self-care and awareness, adapted from the National Alliance on Mental Illness and National Collegiate Athletic Association, are as follows:

- Space. Create a structured, dedicated, distraction-free work environment to do any virtual school work.
- Routine. Try to maintain a routine that reflects your normal day routine, including how you dress and structured breaks for lunch and mini-breaks. Humans thrive on routine!
- Activity. Regular exercise and mindfulness activities are key during times of crisis. During this crisis in particular, high school students are at risk of experiencing a sudden drop-off in amounts of physical activity (as they no longer have required gym class or sports practices). Exercise and mindfulness activities help mitigate depression and anxiety while improving cognition and confidence. Develop a daily routine for both, even if this is as simple as a 15-minute walk and/or quiet time with deep breathing.
- Time and Energy Management. Be mindful of over- or under-working. Try to structure your daily work in a way that mirrors your normal school/sport hours.
- Accessibility. Develop ways in which you are accessible to friends and family. Public health recommendations may be to physically socially distance, and those should be abided, but connections can be maintained virtually. Humans need to feel and be connected. Utilize video tools such as Skype, Facetime, Google Hangouts, Facebook and WhatsApp to connect visually.
- Support. The National Alliance on Mental Health Illness website provides a comprehensive guide to mental health resources. Know that there is help when needed. ●

Beginning of a New School Year Like Few Others

The past 17 months has certainly presented its share of challenges for this membership – and frankly for all humanity – during a world-wide pandemic that stretched our ingenuity and can-do attitude to successfully return to inter-scholastic participation for thousands of student-athletes.

If we recall, last year at this time the Board of Control decided to move forward with high school sports in Wisconsin, albeit with shortened and delayed starts to the traditional sports seasons as well as an additional season wedged in between the winter and spring seasons. An unprecedented alternate fall season was created for those members unable to compete in the traditional fall seasons because of their local COVID-19 mitigation guidelines and strategies.

As we looked to the start of the 2021-22 school year, we were somewhat encouraged that our lives would be returning relatively close to normal. The variants of the COVID virus is again causing some caution and uncertainty with decision makers within schools in Wisconsin and nationwide. However, we enter this year armed with two influences we didn't have a year ago at this time: knowledge on how to successfully navigate school-based sports through a pandemic and a vaccine.

We continue our efforts to encourage everyone to be vigilant in doing all that can be done to protect themselves and loved ones, teammates and the opportunity to participate this year.

Forgive any of us who are excited about putting the last 17 months behind us with visions, promise and optimism for the year ahead.

Another circumstance enhancing the sensation of a fresh new season is the transition of leadership on the WIAA executive staff. Stephanie Hauser leads the association following the retirement of Dave Anderson this summer. Mel Dow replaces Wade Labecki, who is retiring from his deputy director position prior to the school year, and LeVar Ridgeway steps into the position formerly held by Hauser. A great deal of experience will be replaced by exuberance instinctively associated with new personnel, perspectives, methods and ideas. We enter the year with the same type of anxious confidence and anticipation

that accompanied us before any tip-off, kick-off or start to any race as student-athletes.

With the start of every school year since the Area Meetings were established 45 years ago, a new set of topics and perspectives are shared and discussed among the members, which only adds to the sense of freshness with the introduction of new staff and the perspectives they bring to the timeless traditions of this association.

Among the timely topics on this year's agenda is the re-examination of the ongoing competitive balance discussion and the makeup of representation of another ad-hoc committee approved by the Board of Control at its August meeting. Other subjects on the agenda include our new partnership with GOFAN electronic ticketing; amateur status regulations as they relate to name, image and likeness of high school student-athletes; new NFHS courses available on the website; WIAA Score Center advancements; Conference Realignment Taskforce updates; executive staff outreach initiative to conferences; review of the transfer rules; and the NFHS allowing use of a shot clock by state association approval.

In addition to these discussions, schools received a questionnaire with a number of possible options to select from to identify breakout session topics. The survey also asked members to take advantage of the opportunity to identify any open forum topics to be presented.

We're excited to get together as a membership to share and discuss relevant topics that set the agenda and significantly contributes to the decision-making process this year and beyond. That's why it's so valuable to have as many of our 516 high school members as possible to attend and engage in the process to share their valued perspectives, opinions, ideas and experiences from each corner of the state and from the smallest school to the largest.

If permitted, please join us at any of the seven Area Meetings this fall to exercise the leadership you have in your school communities. See you in September. ●

Keep These Dates in Mind

August 14	Earliest Date for First Girls Tennis Meet	October 22-23	State Girls Team Tennis Tournament (Madison)
August 16	Earliest Day for Cross Country Practice	October 22-23	Level 1 Football
August 16	Earliest Day for Boys Soccer Practice	October 22-23	Cross Country Sectionals
August 16	Earliest Day for Volleyball Practice	October 26 & 30	Boys Volleyball Sectionals
August 18	Earliest Date for First Girls Swimming & Diving Meet	October 28 & 30	Boys Soccer Sectionals
August 19	Earliest Date for First 11-Player Football Game	October 28 & 30	Girls Volleyball Sectionals
August 24	Earliest Date for First Cross Country Meet	October 29-30	Level 2 Football
August 24	Earliest Date for First Boys Soccer Meet	October 30	State Cross Country Meet (Wisconsin Rapids)
August 24	Earliest Date for First Volleyball Match	November 4-5-6	State Boys Soccer Tournament (Milwaukee)
August 26	Earliest Date for First 8-Player Football Game	November 4-5-6	State Volleyball Tournament (Green Bay)
September 6	Labor Day	November 5	Girls Diving Sectionals
September 9	Coaches Advisory Meetings – Baseball (Stevens Point)	November 5-6	Level 3 Football
September 9	Coaches Advisory Meeting – Track & Field (Stevens Point)	November 6	Girls Swimming Sectionals
September 13	Area Meeting – Fox Valley Lutheran	November 8	Earliest Day for Gymnastics Practice
September 14	Area Meeting – Greenfield	November 8	Earliest Day for Hockey Practice
September 15	Area Meeting – Mauston	November 8	Earliest Day for Girls Basketball Practice
September 17	Board of Control Meeting (Stevens Point)	November 12-13	State Girls Swimming & Diving Meet (Madison)
September 7-8	Rosh Hashanah	November 12-13	Level 4 Football
September 16	Yom Kippur	November 13	8-Player Football Finals
September 20	Area Meeting – Oconomowoc	November 15	Earliest Day for Boys Swimming & Diving Practice
September 21	Area Meeting – Rice Lake	November 15	Earliest Day for Wrestling Practice
September 22	Area Meeting – Antigo	November 15	Earliest Day for Boys Basketball Practice
September 27	Area Meeting – Mount Horeb	November 16	Earliest Day for First Girls Basketball Game
September 29	Sports Advisory Meeting (Stevens Point)	November 17	Coaches Advisory Committee Meeting – Volleyball (Stevens Point)
September 29-30	Girls Golf Regionals	November 17	Coaches Advisory Meeting – Soccer (Stevens Point)
October 4-5	Girls Tennis Subsectionals	November 18-19	Football Playoff Championship Games (Madison)
October 4-5-6	Girls Golf Sectionals	November 19	Earliest Day for First Hockey Game
October 6-7	Girls Tennis Sectionals	November 23	Earliest Day for First Boys Basketball Game
October 6-7	Advisory Council Meeting (Stevens Point)	November 23	Earliest Day for First Boys Swimming & Diving Meet
October 7	Board of Control Meeting (Stevens Point)	November 23	Coaches Advisory Committee Meeting – Cross Country
October 8	Deadline for Football Playoff Site Listing	November 25	Thanksgiving Day
October 11-12	State Girls Golf Tournament (Madison)	November 26	Earliest Day for First Wrestling Meet
October 14-15-16	State Girls Individual Tennis Tournament (Madison)	November 30	Coaches Advisory Committee Meeting – Football (Stevens Point)
October 15	Latest Day for Last Football Game (Playoff Teams)	December 1	Officials Advisory Committee Meeting (Stevens Point)
October 18	Earliest Date for Skinfold Measurements (Wrestling)	December 2	Earliest Day for First Gymnastics Meet
October 19, 21 & 23	Boys Soccer Regionals	December 3	Board of Control Meeting (Stevens Point)
October 19, 21 & 23	Girls Volleyball Regionals	December 6	Coaches Advisory Meeting – Swimming & Diving (Stevens Point)
October 20	Coaches Advisory Meeting – Golf (Stevens Point)	December 8	Sportsmanship Summit (Stevens Point)
October 22	Boys Volleyball Regionals	December 8	Conference Realignment Task Force Meeting

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. ●

Swimming and Diving Rules Interpretations from page 4

make it legal. **RULING:** Incorrect procedure. When a swimmer cites religious reasons for wearing a suit as described, the official must permit the swimmer to compete. If the official has concerns about the attire, the official must report those to the state association. (3-3-5)

SITUATION 3: During the 500-yard freestyle, the team member designated as lap counter for Lane 5 (a) is shouting splits to the Lane 5 swimmer; (b) is encouraging the Lane 5 swimmer to "pick it up"; (c) tells the Lane 5 swimmer, "you've got to catch Lane 4." The referee disqualifies the Lane 5 swimmer in all three instances. **RULING:** Incorrect procedure. In (a), the swimmer can easily see his/her splits on the scoreboard and is thus not assisted improperly by the lap counter. In (b) and (c), the counter is providing no physical assistance to the swimmer and is behaving appropriately. **COMMENT:** "Aid" to the swimmer requires some sort of physical action that creates a competitive advantage. (3-4)

SITUATION 4: Timing results are being displayed to thousandths of a second. The referee instructs the scorekeeper to record times to hundredths only and utilize a rounding procedure so that times displaying 5-thousandths or higher are recorded with hundredths rounded up to the next digit. **RULING:** Incorrect procedure. All official times are stated to hundredths only; any times displayed to thousandths are adjusted ONLY by dropping the thousandths digit. (6-2-2)

SITUATION 5: A diver performs 302C using an undeclared standing forward takeoff. In the process of performing the dive, a balk is committed. Upon completion of the dive, the referee instructs the scorer that the score for the dive is zero. **RULING:** Correct procedure. The diver's undeclared standing forward takeoff reduces the score to a maximum of two points (unsatisfactory dive); the balk further reduces the score by two points, resulting in no score. This is NOT considered to be a failed dive for purposes of implementing Rule 9-8-3. **COMMENT:** Other examples of zero-sum dives include failing to come out of a somersault after committing a balk, doing a dive clearly in the wrong position on an undeclared standing forward takeoff, balking and then hitting the board, or failing to come out of a twist with a balk or undeclared standing forward takeoff. (9-3-7) ●

Concussion Information from page 10

to play. Finally, all injured athletes require written medical clearance from an appropriate health care professional. Research has indicated that the state law has helped improve education and awareness of concussion.

Proper equipment fit and use may reduce the risk of concussion.

- Mouthguards have been shown to decrease dental injuries, but have not been shown to reduce risk of concussion.
- Soccer headgear has been shown not to reduce the risk of concussion.
- Helmets are useful in preventing facial injuries and skull fractures; however, helmets have not been reliably shown to decrease concussion rates.
- No third party "add-on" equipment for helmets (external padding or strips applied to the outside of the helmet) have never shown a decrease in concussion risk, and any add-on will void the helmet warranty.

Proper technique for hitting/initiating contact is 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.

Rule changes and proper enforcement of rules have been shown to reduce concussion rates. WIAA limitations in contact football practices have reduced concussion rates since implementation.

All schools should have an Emergency Action Plan for each team and practice / competition area. This plan can be used for any medical emergency from a concussion to a neck injury to anaphylaxis (severe allergic reaction). Ideally, these plans are reviewed annually.

The WIAA encourages every member school to promote concussion education and bring about a positive change in culture by discussing concussion with all teachers, coaches, athletes and parents. We recommend a preseason discussion with athletes and families to set expectations for what will happen if a student has a suspected concussion, including 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 materials can be obtained at no charge through these resources:

www.nfhslearn.com (Concussion in Sports Course)

www.cdc.gov (Heads Up Tool Kit)

www.healthykidslearnmore.com (Concussion Return to Learn Course) ●

Test Dates

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

Listed below are the 2021-22 dates for ACT.

ACT – 2021-22

Test Date	Registration Deadline	Late Fee Required
September 11, 2021	August 6, 2021	August 20, 2021
October 23, 2021	September 17, 2021	October 1, 2021
December 11, 2021	November 5, 2021	November 19, 2021
February 12, 2022	January 7, 2022	January 21, 2022
April 2, 2022	February 25, 2022	March 11, 2022
June 11, 2022	May 6, 2022	May 20, 2022
July 16, 2022*	June 17, 2022	June 24, 2022

*No test centers are schedule in New York for the July test date.

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Publisher: Stephanie Hauser, Executive Director Editor: Todd Clark, Communications Director

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

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