



# BULLETIN



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WIAAWI.ORG

## Melissa Gehring Joins WIAA Executive Staff

The Wisconsin Interscholastic Athletic Association announced the hiring of Melissa Gehring as an assistant director for the association today. She assumed her role at the organization's headquarters on Aug. 1, 2022.

"I was fortunate to have benefitted from my participation in athletics during my formative years," Gehring said. "After spending the last decade working to provide similar experiences and opportunities for the students in Beaver Dam, I'm honored to have the privilege to continue that effort on a state-wide level."

Gehring's responsibilities will include the administration, coordination of duties and tournament planning for the sports assigned as well as other administrative duties.

"We are very excited for Melissa to join our staff," Executive Director Stephanie Hauser said. "With the addition of her experience, talent and passion for education-based athletics, we will continue to grow as a

*See Melissa Gehring Joins WIAA Executive Staff, page 4 >*



Melissa Gehring

## Board Conducts First Meeting of 2022-23; Elects Officers

Karl Morrin, district administrator in the Florence School District, presided over the first meeting of the 2022-23 Wisconsin Interscholastic Athletic Association Board of Control on Aug. 12.

The Board conducted its 2022-23 officer elections. Paul Pedersen, president at Regis High School, will serve as the president-elect, and Jill Stobber, athletics and activities administrator at Waterford High School, was elected to the role of treasurer. In addition, Cory Hinkel, district administrator of the Luck School District; Dennis Birr, superintendent in

the Fall River School District; and Dan Retzki, director of athletics & activities and associate principal at Green Bay Preble High School were introduced as new members of the Board.

The Board reviewed and approved a football-only fast track realignment request from Milwaukee Public Schools,, which required unanimous support of all conference schools. The action moves the Washington/Fuller Collegiate co-op from the Richardson Division of the league to the Blackburn

*See Board Conducts First Meeting, page 4 >*

## Competitive Balance Ad Hoc Committee Eyeing Elements of Colorado Model

The Wisconsin Interscholastic Athletic Association Competitive Balance Ad Hoc Committee held its 12th meeting at the organization's headquarters on Aug. 3.

The committee discussed how various plans under consideration could address the competitive balance issues identified during the meeting. With-

out addressing the plan's details, the group agreed that some of the basic components of the Colorado Plan provide the best fit for Wisconsin.

Consistent with previous meetings, the group reviewed its purpose statement and new information collected through the competitive balance feed-

*See Competitive Balance, page 8 >*

## Board Approves Winter Sports Changes; Girls Wrestling Moves to Kohl Center

The Wisconsin Interscholastic Athletic Association Board of Control reviewed and acted on coaches' committee recommendations impacting winter sports, including significant Tournament Series changes in Wrestling at its June meeting.

Six wrestling coaches' recommendations received approval, effective in 2022-23, including the addition of a 16-competitor bracket to qualify for the girls State Individual Tournament to be held in conjunction with the boys Individual Wrestling State Tournament at the Kohl Center.

A number of the changes impact the structure of the boys wrestling Tournament Series. One implements a super-regional format for the Divisions 2 and 3 tournaments. The format combines two regionals into one in both divisions. Similar to the format in Division 1, the top four individuals advance to sectionals and the top two teams move on to the team sectionals.

Another recommendation approved in wrestling alters the Tournament Series team format in Division 1. Beginning next season, the top two teams from each regional in Division 1 will advance to the team sectionals similar to the existing Divisions 2 and 3 team format.

Two other wrestling changes to the Tournament Series adds an assistant referee at the team sectional final matches, and the other eliminates the coaches' seed meeting for the State Team Wrestling Tournament to exclusively utilize electronic seeding.

The sixth recommendation receiving approval by the Board eliminates a WIAA adaptation to an NFHS rule that allowed competitors to lower shoulder straps on uniforms. The NFHS rule pro-

*See Board Approves, page 6 >*

## In This Issue

2021-22 WIAA Award of Excellence Recipients Announced.....	8	Eligibility Waivers for Foreign Exchange Students.....	23	NFHS General Instructions for Football Game and Play Clock Operators.....	15
2022 Girls Tennis State Individual & Team Championships.....	6	Football Points of Emphasis – 2022.....	11	NFHS General Instructions for Football Line-to-Gain Crews.....	13
2022 NFHS Football Jersey and Pant Rules.....	17	Fox Cities Embroidery Becomes Licensed Online Store Partner.....	5	NFHS Public-Address Announcers Guidelines.....	21
2022 Spring Tournament Officials.....	3	Guidelines on Handling Practices and Contests During Lightning or Thunder Disturbances.....	4	NFHS Courses @ NFHSLearn.com.....	7
2022 State Boys & Girls Cross Country Championships.....	6	Interstate Competition Reminders.....	21	Nonschool Participation During the School Year.....	21
2022 State Boys Soccer Tournament.....	9	Joan Gralla Receives National Recognition for Service to WIAA Membership.....	10	Officials' Education.....	3
2022 State Volleyball Tournament.....	10	Kage Retires, Britz Hired As Administrative Assistant at WIAA.....	5	Open Gyms.....	10
2022-23 Officials Registration.....	3	Keep These Dates in Mind.....	27	Recommendations and Guidelines for Minimizing Head Impact Exposure and Concussion Risk in Football.....	2
2022-23 Soccer Rules Changes.....	9	Mental Health/Mental Wellness.....	14	School Involvement in Out-of-Season Activity.....	9
Amateur Status Still at the Heart of High School Sports.....	19	NFHS 2022 Cross Country Rules Changes – Comments on the Rules.....	25	Split-Season Sports.....	16
Coaches Participating Against Athletes in the Off-Season.....	11	NFHS 2022 Football Rules Changes.....	6	Spring Tournament Sportsmanship Award Recipients Announced.....	13
Concussion Information.....	2	NFHS 2022-23 Swimming and Diving Rules Changes.....	7	Test Dates.....	28
Concussion Insurance.....	2	NFHS 2022-23 Swimming and Diving Rules Interpretations.....	7	The WIAA Transfer Rule.....	5
Conference Realignment Reminders.....	16	NFHS 2022-23 Volleyball Rules Changes.....	3	Who May Participate on Public School Teams?.....	17
Contacting WIAA Office.....	24			WIAA Position Statement – Performance Enhancing Supplements.....	18
Disordered Eating/Relative Energy Deficiency in Sport.....	19				

# 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 pre-

sentations 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

*See Recommendations and Guidelines, page 12 ►*

## 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 physician or an athletic trainer for all of their teams & activities, thus the responsibility

*See Concussion Information, page 20 ►*

## 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, volleyball and wrestling for girls) at WIAA member schools. It does not cover open gyms, 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:

- \$25,000 Accident Medical Concussion Coverage (includes neurological follow-up)
- \$0 deductible and no Co-pays
- \$5,000 Accidental Death + Dismemberment
- 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 athlete/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 in the Program Guide.

A school administrator must sign the claim form on the bottom "Insured Representative" to verify the incident happened at a WIAA event/practice.

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. **Note: Information and forms are available to schools on the AD Resource page of the WIAA website. ●**

# Congratulations!!

## 2022 Spring Tournament Officials

**Baseball** – Richard Breitreutz, Mayville; Zachary Campbell, River Falls; Vernon Daines, La Crosse; Kevin Grosseohme, Milwaukee; Brian Ingli, Arkansaw; Mark Jandrin, Luxemburg; Richard Kaiser, Onalaska; Owen Kirk Kaul, Hustisford; Ryan Krcmar, Green Bay; John McGinley, New Richmond; Chris Nicholson, Beloit; Robert Ruhle, Madison.

**Girls Soccer** – Erin Frias, Belgium; Cletus Gerhartz, Sobieski; Mark Herdeman, West Bend; David Irwin, Oshkosh; Brian Kriese, Green Bay; Parker LeMire, Eau Claire; Patrick Murphy, Wausau; Jonathan Schrantz, Waukesha; Dylan Seitz, Elkhorn; Eric Stuart, Elkhart Lake; Steve Van Deurzen, Kaukauna; Kip Wilson, Cottage Grove. **Assistant Referees** – Dennis Allie, De Pere; Hassan Benani, Madison; Armand Bennage, Pleasant Prairie; Peter Bernardy, De Pere; Dave Berndt, Cottage Grove; Jason Bettin, Waukesha; Ken Bettin, Brown Deer; Kyle Beyersdorf, Appleton; David Braden, Waukesha; Andrew Bratland, River Falls; Brad Bubolz, Kiel; Thomas Gritton, Neenah; Scott Irwin, Cambridge; J. Jeff Jende, De Pere; Brandon Joly, Seymour; Lionel Kimmel, Menomonee Falls; Steve Laack, Wausau; Michael Murphy, Schofield; Tyler Peterson, Greenfield; Ryan Shanklin, Appleton; Timothy Stilwell, Hayward; Matthew Sumner, Grafton; Mike Walsh, Plymouth; Phillip Willems, Green Bay.

**Softball** – Jed Block, Appleton; Larry Buchberger, Wausau; Michael Colombo, Greenfield; Jack Fleming, New Berlin; Lynn Isensee, Sparta; Michael Kirschbaum, Holmen; Steven Komorowski, Oak Creek; Chet Marcum, Merrill; William Niebuhr, De Forest; James Schaefer, Green Bay; Steve Steiner, New Holstein; Richard Vande Zande, Horicon.

**Girls Individual & Team Tennis – Meet Referee** – Sharon Terry. **Umpires** – Turner Albrecht, Milwaukee; Todd Anderson, Racine; Richard Arians, Madison Lake (MN); Matt Bauman, Madison; Joyce Casey, Brookfield; Liz Danner, Oneida; Keith Galipo, Milwaukee; Jana Graf, De Pere; Jan Hammelman, Castle Rock (CO); Dave Hammelman, Castle Rock (CO); Sarah Jones, Janesville; Doug Knutzen, Fond du Lac; Deb Kremer, Sun Prairie; Jon Nicoud, Fond du Lac; Kathleen Pudlo, Crystal Lake (IL); David Shorr, Stevens Point; Henry Thomas, Milwaukee; Bart Triefler, Glendale; Sam Walker, Milwaukee; Adrienne Welker, Elgin (IL); Jim Yoshida, Madison.

**Track & Field – Meet Referee** – Jon Hegge, Evansville. **Field & Throws Referee** – Jim Steinberg, Oconomowoc. **Field & Jumps Referee** – Robert Kern, Milwaukee. **Starters** – Tim DeJardin, Eau Claire; Frank Furdek, Milwaukee; Tim Lee, Viroqua; Joe Rapacz, Iron River. ●



## Officials' Education

The NFHS offers educational opportunities for Officials. Many sport-specific courses for officials are offered, as well as other important courses. Once again, the NFHS is offering all of these courses for FREE! Take a look at what is available:

### SPECIFIC SPORTS OFFICIATING COURSES: (Free!)

- Interscholastic Officiating
- Officiating Basketball
- Officiating Basketball: Crew of Three
- Officiating Basketball: Pre-Game – **new!**
- Officiating Football
- Officiating Soccer: Fouls and Misconduct
- Officiating Soccer: Offside Rule
- Officiating Soccer: Pre-Game Conference
- 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 – Revised
- Concussion in Sports
- Heat Illness Prevention
- Implicit Bias
- Sportsmanship
- Sudden Cardiac Arrest
- The Collapsed Athlete
- Understanding Vaping and E-Cigarettes ●

## NFHS 2022-23 Volleyball Rules Changes

**3-1-3 PENALTY, 4-2 PENALTY 3:** Adds language allowing state associations to determine the appropriate action/penalty when padding requirements are not met and a team does not have six legal uniforms.

**Rationale:** Clarifies that state associations have the authority to determine the action and/or penalty(s), if necessary, to address these issues.

**4-1-6:** Allows hair adornments provided they are securely fastened and do not present a safety hazard while eliminating the length limitation of 2 inches for bobby pins, flat clips and flat barrettes.

**Rationale:** Creates inclusivity of hair styles while maintaining that the risk of injury to the athlete, teammates and opponents should not be compromised.

**4-2-1f:** Eliminates the manufacturer logo/trademark/reference restrictions on the waistband ONLY of the uniform bottom.

**Rationale:** Allows for multiple and eliminates size restrictions of manufacturer logos/trademarks/references on the uniform waistband ONLY, minimizing issues related to illegal uniform bottoms.

**5-6-3b, e; 5-7-3e:** Eliminates the sounding of the audio device when an improper server or an ille-

gal libero replacement is recognized by the official's table and establishes that the official scorer shall notify the second referee during the first dead ball.

**Rationale:** Allows the match to continue without interruption until the second referee is notified and can verify the improper server/illegal replacement during the next dead ball.

**7-1-2c (NEW):** Requires the head coach to indicate the playing captain with a "C" next to the player's number on the lineup.

**Rationale:** Aligns language in the Case Book and Officials Manual that requires playing captains to be indicated on the lineup.

**11-2-1:** Allows requests for time-outs by the head coach or playing captain to be signaled or verbalized.

**Rationale:** Establishes that both verbal and non-verbal signals for a time-out are permitted.

**12-2-5a:** Adds that assistant coaches may stand during a dead ball situation and ask the second referee to verify the number of substitutions used by their team.

**Rationale:** Clarifies that assistant coaches may ask the second referee, during a dead-ball situation, for the number of time-outs and/or the number of substitutions used by their team. ●

## 2022-23 Officials Registration

### Officials Registration Window\*

May 1 – July 31

**NEW!**

### Late Registration Windows (no processing fee)

September 15 – 30

January 1 – 15

\*Officials are highly encouraged to register during the Officials Registration Window. The majority of competitions are contracted by AD's and Assignors during the summer months. More opportunities will be available for those who register during this window. ●



team and to improve in our efforts to provide the best possible service to our 516 member schools.”

Gehring has served in the Beaver Dam School District since 2002. Most recently, she has held the positions of associate principal and athletics/activities director since 2013. In those roles, she coordinated and managed the high school athletic programs and activities. Gehring was responsible for all events, facilities, extra-curricular safety, security, transportation and branding. In addition, she had oversight of the Physical Education, Health and Music Departments.

During her nine years in those positions, she led the facility design, planning and implementation of a successful \$49 million referendum. She was also responsible for navigating an all-sport conference realignment process, development of a department mission statement, creating higher academic eligibility standards and accountability, and development of a Unified Sports program.

Upon joining the district in 2002, Gehring served as varsity volleyball coach, assistant softball coach, and Unified Sports basketball coach until 2012. She also taught history, sociology, gen-

eral psychology, advanced placement psychology and served as the social studies department chair in 2013, when she added the role of interim dean of students for one year.

Prior to her experiences at Beaver Dam H.S., Gehring held a number of roles at the University of Wisconsin-Eau Claire after she played on the Blue-Golds’ women’s volleyball team from 1999-2001 and on the women’s basketball team in 1998-99. She worked as an office assistant in planning and preparations for events, volleyball camp counselor, student assistant women’s basketball coach, freshmen orientation adviser and intramural official.

In addition to her work experiences, Gehring has held leadership committee positions at the statewide and national levels. She is a current member of the WIAA Sports Advisory Committee and the Conference Realignment Task Force. Gehring is also the District 6 representative and the former District 6 gender representative for the Wisconsin Athletic Directors Association, and she has coordinated the State Leadership Training Institute program for the organization. Further-

more, she was an AD Insider presenter in 2020.

Gehring’s athletic administration involvement at the national level includes serving as the Wisconsin representative on the National Interscholastic Athletic Administrators Association Professional Development Academy as well as a member of the 2021 U Executive Leadership Cohort program.

Among the honors she has been bestowed is being named the WADA District 6 Athletic Director of the Year in 2021 and being credited with Beaver Dam H.S. earning the WIAA Award of Excellence three times.

Gehring earned a Bachelor of Science degree in history and political science education from the University of Wisconsin-Eau Claire in 2002. She received master’s degree in Teaching and Learning from Carroll University in 2008, and obtained an Educational Leadership Certification from Concordia University-Mequon in 2014.

Originally from Eau Claire, Wis., Gehring resides in Beaver Dam and is married to her husband, Bill. They have five children, Maddie, Ian, Donovan, and twins Bella and Elsa. ●

## **Board Conducts First Meeting from page 1**

Division, and it moves Milwaukee Reagan to the Richardson Division from the Blackburn Division beginning this fall.

Among the reports presented by the executive staff to the Board, the State Boys Golf Championships will again be held at The Meadow Valley Course at Blackwolf Run in Kohler next spring. In addition, the State Girls and State Boys Swimming & Diving Championships will continue to be held at Waukesha South High School in 2022-23.

Other Board action items approved were appointments to the 2022-23 Coaches Advisory Committee, the extension of the COVID-19 tournament substitution policy, the 2022-23 Media Policies Reference Guide and the annual renewal of the Association’s membership in the National Federation of State High School Associations.

Results of a special election conducted for positions on the Advisory Council were presented to the Board. Andrea Sheridan, district administrator at Athens was elected as a small school representative, and Kent Kindschy, district administrator at Turtle Lake was also voted in as a small school representative. Another special election will be held for the gender and minority at-large representatives on the Advisory Council. The deadline for declaring candidacy for these two positions is Monday, Aug. 22, 2022.

Among the other topics discussed were the agenda for the 2022 Area Meetings in September, development of the 2022-23 operational budget, a review of the New AD Workshop and a report on the recent competitive balance ad hoc committee deliberations.

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. ●

## **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) ●*

## 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

**See The WIAA Transfer Rule, page 22 >**

## Fox Cities Embroidery Becomes Licensed Online Store Partner

The Wisconsin Interscholastic Athletic Association and Fox Cities Embroidery have entered into an agreement making the Hortonville-based company the platform for the association's official online store.

August signals the official launch of the **WIAA online store – powered by Fox Cities Embroidery**. The agreement directs Fox Cities Embroidery to manage and operate the online store at all times with a variety of items.

Products with the WIAA logo and branding are available in various colors, styles and sizes with personalized apparel and merchandise options. The online store offers a one-stop shopping experience for WIAA-licensed logo apparel and officiating uniforms and gear, supplied by Smitty Officials Apparel.

The officiating options on the store feature NFHS- and WIAA-approved apparel and equipment for respective sports such as officiating shirts and pants, whistles, game cards, caps, duffle bags, jackets and lanyards. More sport-specific items are also available such as baseball umpire masks, chest protectors and indicators; football penalty flags and chain clips; and wrestling armbands and flip discs.

In an effort to help get new officials ready for their first contest, starter kits are available. These kits include the approved uniform and gear you need to get started in the respective sports at an affordable price with a discount.

"Fox Cities Embroidery is excited to grow our relationship with the WIAA, member schools and officials," said Travis Korth, account manager at Fox Cities Embroidery. "We are happy to provide a one-stop shop for officials gear and WIAA-Licensed apparel for WIAA officials and their membership."

School Districts, athletic teams, officials' associations and businesses that are seeking an experienced apparel vendor for any of the following items, please contact Travis Korth at Fox Cities Embroidery at: [travis@foxcitiesembroidery.com](mailto:travis@foxcitiesembroidery.com) or 920-779-9560. Fox Cities Embroidery specializes in online apparel stores, bulk screen printed orders, rush orders for conference, regional championship and State-bound apparel, uniforms, sporting equipment, promotional products and corporate wear to name a few specialties. ●



## Kage Retires, Britz Hired As Administrative Assistant at WIAA

Julie Kage, administrative coordinator for the executive director at the Wisconsin Interscholastic Athletic Association for the past 34 years, retired July 31, and Kristin Britz begins her position as administrative assistant for Executive Director Stephanie Hauser on Aug. 9.

Kage served as assistant to three different directors during her career, including Doug Chickering, Dave Anderson and Stephanie Hauser. Since joining the staff in 1988, she had various responsibilities in addition to assisting the executive director in the day-to-day operations of the association throughout her 34-year career, including assisting the executive director with conference realignment, coaches' ejections and minimum weight requirements in wrestling.

"Julie's 34 years of experience and wealth of institutional knowledge will be greatly missed," Hauser said. "Her dedication to the WIAA membership for such a significant length of time is appreciated by all."

Britz joins the WIAA after most recently serving one year in the Stevens Point Area School District. Following a stint as attendance secretary at P.J. Jacobs Junior High School from August 2021 until January 2022, she became the school's head secretary.

Prior to her school positions in Stevens Point, Britz worked in the Oshkosh Area School District. After serving on the office technical staff at South Park Middle School from May 2018-June 2020, she filled the position of elementary and middle school registrar in the district in June of 2020. Additional work experience includes serving as a retirement plan pension processor at Sentry Insurance in Stevens Point from 2014 to 2018.

"Kristin's fresh perspective, talents and related work experience will help our staff in our efforts to connect with and serve the 516 schools in the membership," Hauser said.

Britz's office responsibilities will be to assist in the coordination of athletic-related services; compile and organize data; respond, interact and represent the association with customary inquiries from the membership and other constituents; general clerical tasks and compiling various committee meetings; and other projects assigned by the executive director. ●



Julie Kage



Kristin Britz

## Board Approves from page 1

hibits lowering shoulder straps on uniforms, which will be enforced in 2022-23.

In basketball, two coaches' proposals were enacted. The first simply defines a tournament as any event that is bracketed and plays to a winner. The clarification is intended to assist member schools in scheduling multi-team events in relation to seasonal game maximums. The other eliminates the appeal process and creates only one deadline for submitting statistics for the 3-Point Challenge.

It is noteworthy that the coaches' recommendation to allow the use of a shot clock in nonconference games if mutually agreed to by both head coaches was not reviewed and voted on by the Board. In 2021, the membership passed a regulation stating all proposed recommendations must be approved by majority vote of the Advisory Council before advancing to the Board of Control. If the recommendation is not supported by the Advisory Council, the Board of Control does not have the opportunity to review and vote on the proposal. The Advisory Council opposed the recommendation by a 13-1 vote.

The State Tournament in gymnastics will return to the modified Capital Cup format beginning in 2023. The team competition in both Division 1 and Division 2 will be conducted Friday and individual competition in both divisions will be conducted Saturday.

In addition, the Board voted in support of a Sport Medical Advisory Committee proposal to communicate emergency action plan recommendations to host schools in pre-event information and in tournament planning materials.

The Board also received a report on updates to the conference realignment process by Jeremy Schlitz and Lance Bagstad of the Conference Realignment Task Force and approved one task force recommendation. Conferences will not be created with less than seven schools unless they are paired with another conference except through the fast-

track process, which requires unanimous support from all schools directly impacted by the realignment.

The Board approved spring cooperative programs for the 2022-23 and 2023-24 seasons, a spending resolution to continue spending until the 2022-23 budget is approved, winter season sports financial statements, and the general fund financial statements and payments for May.

Results of a special election were shared with the Board. Dan Retzki, associate principal and athletic director at Green Bay Preble, was elected for a one-year term representing District 4 to complete the term of Dave Steavpack, who is retiring. On the Advisory Council, Andrea Sheridan, district administrator at Athens, was elected to a three-year term representing small schools. Kent Kindschy, district administrator at Turtle Lake, was elected to a two-year stint to complete the term of Cory Hinkel of Luck, who was elected to the Board of Control.

Among the meeting's discussions and reports were a review of the recently completed spring sports tournaments; development of the agenda for the 2022 Area Meetings in September; an update on the progress of the lacrosse ad hoc committee, a staffing update that included the retirement announcement of Julie Kage effective in August as well as the progress of the search for an additional assistant director position; the continued efforts to recruit and retain licensed officials; an overview of the online Eligibility Verification of Transfer Student form, comments concerning member cooperation in completing and submitting Coaches Not Licensed to Teach and Sanctioned Event Request forms; and a reminder of the New AD Workshop scheduled for July 18.

The Board also received liaison reports from John Ashley of the Wisconsin Association of School Boards and Shawn Groshek of the Wisconsin Athletic Directors Association. ●

## NFHS 2022 Football Rules Changes

**1-2-3g NOTES 3. (NEW):** Team Box May Be Extended By State Association Adoption By state association adoption, the team box may now be extended beyond the 25-yard line.

**1-3-3:** Ball May Be Changed Between Downs

Any game official may order the ball changed between downs.

**1-4-3:** The Number "0" Is Now Legal

The single digit number "0" is now a legal number.

**2-3-8:** A Chop Block Has Been Redefined

A chop block has been redefined as an illegal combination block where contact is made above and below the waist.

**3-4-7:** Clarified The Offended Team's Game Clock Options

**Clarified the offended team's game clock options following a foul committed with less than two minutes remaining in either half.**

**3-6-1a(1)e EXCEPTION 2. (NEW):** Added A New Exception To The Play Clock Administration

Added a new exception to the play clock administration following a foul committed only by the defensive team.

**7-5-2 EXCEPTION 2. (NEW):** Added A New Exception For The Passer

Added a new exception that allows the passer to legally throw the ball away to conserve yardage.

### 2022 EDITORIAL CHANGES

2-28-2; 5-2-4; 6-2-6; 10-2-2; 10-2-3; FOOTBALL FUNDAMENTALS - VII-2, X-3-E; RESOLVING TIED GAMES - 5-1-1, 8-3; NINE-, EIGHT- AND SIX-PLAYER RULES DIFFERENCES - RULE 2 and 7

### 2022 POINTS OF EMPHASIS

Targeting / Defenseless Player  
Legal Uniforms and Equipment  
Sportsmanship ●

## 2022 Girls Tennis State Individual Championships

**Thursday-Saturday, October 13-15, 2022**  
**Nielsen Stadium, Madison**

### Thursday, October 13

**10:30 a.m.**

Play will involve all first round matches

### Friday, October 14

**8:30 a.m.**

Coaches meeting and briefing session

**9 a.m.**

Competition continues through quarterfinals of singles and doubles

### Saturday, October 15

**8:30 a.m.**

Consolation Semifinals

**9 a.m.**

Championship Semifinals

## 2022 Girls Tennis State Team Championships

**Friday-Saturday, October 21-22, 2022**  
**Nielsen Stadium, Madison**

### DIVISION 1

#### Quarterfinals – Friday, October 21 - 5:30 p.m.

Match-1: #1 Seed vs. #8 Seed  
Match-2: #4 Seed vs. #5 Seed  
Match-3: #3 Seed vs. #6 Seed  
Match-4: #2 Seed vs. #7 Seed

#### Semifinals – Saturday, October 22 - 9 a.m.

Match-5: Winner Match #1 vs. Winner Match #2  
Match-6: Winner Match #3 vs. Winner Match #4

#### Championship Match – Saturday, October 22 - 2 p.m.

Match-7: Winner Match 5 vs. Winner Match 6

### DIVISION 2

#### Semifinals – Saturday, October 22 - 9 a.m.

Match-1: #1 Seed vs. #4 Seed  
Match-2: #2 Seed vs. #3 Seed

#### Championship Match – Saturday, October 22 - TBD

Match-3: Winner Match #1 vs. Winner Match 2

## 2022 State Boys & Girls Cross Country Championships

**Saturday, October 29 – Ridges Golf Course – Wisconsin Rapids**

### Girls' Competition

12:00 p.m. – Division 3  
12:35 p.m. – Division 2  
1:10 p.m. – Division 1

### Boys' Competition

1:45 p.m. – Division 3  
2:25 p.m. – Division 2  
3:05 p.m. – Division 1



# NFHS 2022-23 Swimming and Diving Rules Interpretations

## Clarifications

**3.4 SITUATION E:** 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), (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. Verbalization of information that is concurrently displayed in the venue is not a violation.

**4.1.6 SITUATION A:** At the conclusion of a relay event, a coach brings a recording device to the meet referee to show that the opposing team's third swimmer left the block prior to the second swimmer touching the end wall. **RULING:** Electronic devices, including video, shall not be used to review officials' decisions made during the meet. The use of video review is not permitted.

**SITUATION 1:** By league policy each school may enter two teams in the prelims of each relay event in the league championship meet (3-1-1), with only the faster of the two advancing to finals. One of the swimmers who was declared for and competed on Team B in prelims has an exceptionally fast split, causing the coach to move that swimmer to Team A, which had the fastest overall time, for the finals. **RULING:** Improper. **COMMENT:** The swimmer may not move to the new relay team as this would be considered an additional event. A swimmer cannot participate in the same event on two different relay teams. The same conclusion would apply if relay entries are identified by listing eight names per team and the same swimmer is listed on both teams. Once a swimmer competes in the event as part of one relay team, the swimmer is limited to that relay team only during that event. (3-1-1)

**SITUATION 2:** The coach of Team A requests the following accommodations by the meet referee prior to the start of the meet: (a) the wearing of full-body-coverage attire for religious reasons, (b) starter's use of hand signals for forward and backstroke starts to assist hearing impaired; (c) use of a "tap pole" at each end of the lane of a blind swimmer to notify the swimmer of the proximity of the turning walls; (d) use of an artificial hand by an amputee. In all cases, the referee refuses without a specific letter from the state association permitting such accommodation. **RULING:** In (a), incorrect procedure. If the referee believes the attire creates a competitive advantage for the swimmer, his/her opinion should be communicated directly to the state association AFTER the competition is concluded. In (b), (c) and (d), correct procedure. **COMMENT:** Current NFHS rules (see Appendix B, pages 105-106) provide for accommodations requiring written state association approval which should be provided to the meet referee, describing the specific accommodation the state association will permit to assure that no advantage is gained thereby. (3-3-5)

**SITUATION 3:** A diver performs 301C using an undeclared standing forward takeoff. In the process of performing the dive, the diver hits the board with the diver's toes. Upon completion of the dive, the referee instructs the scorer that the score for the dive is zero. **RULING:** Correct. The diver's undeclared

standing forward takeoff reduces the score to a maximum of two points (unsatisfactory dive); hitting the board 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 a failure to come out of a somersault after committing a balk, doing a dive clearly in the wrong position on an undeclared standing forward takeoff, failing to come out of a twist with a balk or undeclared standing forward takeoff. (9-3-7)

**SITUATION 4:** In the eighth round of diving during a championship meet, the announcer reads the dive for the ninth round, and the diver performs that dive. The error is immediately discovered, the diver chooses to accept the scores and the referee instructs the scorer to record the awards for the dive performed and to announce the diver's eighth dive in the next round. The coach informs the referee that switching these two dives would place the diver out of compliance per NFHS diving order requirements with respect to diving sessions in a championship event. **RULING:** The referee should verify that acceptance will not create a violation of a legal order of dives, causing an unfair competitive advantage (and possibly result in a penalty in a later round). Before allowing the diver to accept the scores, the referee needs to check the diver's list to verify that no rules are being violated. Within these limitations, the diving referee has broad discretion to assure the least possible negative impact upon the diver for the official's error. If it is necessary for the diver to perform Dive #8 before competition continues, the diver should be provided an adequate time to rest, and then should perform dive #8. (9-6-4) ●

## NFHS 2022-23 Swimming and Diving Rules Changes

**2-3-1, 2-4-4:** Moves all language from referencing end wall height Rule 2-3-1 and establishes new nationally recognized standards for newly constructed or renovated facilities after January 1, 2023.

**Rationale:** The new specifications provide consistency for high school swimming and adheres to national trends.

**2-4 Table:** Establishes new nationally recognized standards for newly constructed or renovated facilities after January 1, 2023.

**Rationale:** The new specifications provide consistency for high school swimming and adheres to national trends.

### 2022-23 SWIMMING AND DIVING EDITORIAL CHANGES

2-7-2b, 2-7-3, 3-4 PENALTY, 4-2-2e, 6-5-3, 7-2-4, 8-1-3 PENALTY 2, 8-3-2 NOTE, 9-7-5 NOTE

### 2022-23 SWIMMING AND DIVING POINTS OF EMPHASIS

1. Sportsmanship
2. Diving Announcer Error
3. Relay Entries
4. Provide Deck Space for Officials
5. Diving Area Safety ●



## NFHS Courses @ NFHSLearn.com

### COVID-19 for Coaches and Administrators – Free

The COVID 19 pandemic presents a myriad of challenges to high school athletic and activity programs. To help address some of those challenges, the National Federation of State High School Associations has developed "COVID-19 for Coaches and Administrators."

The NFHS Sports Medicine Advisory Committee developed "Guidance for Opening Up High School Athletics and Activities" to aide state associations during this unprecedented event. This course will present material from that document along with some other helpful information and materials to assist school administrators and coaches conduct workouts, practices and contests as safely as possible.

### The Collapsed Athlete – Free

High school coaches know the importance of preparation. You spend hours developing practice and game plans. You work tirelessly to perfect performance all in an effort to help your students excel in their sport or activity and in life.

Every year high school students endure serious injuries and suffer life-threatening medical emergencies while participating in sports and activities. The causes are many and varied. Some may result from known medical conditions, while others may be a consequence of the activity, environmental conditions, or an unrecognized medical condition.

The bottom line, when you witness the collapse of an athlete, you may be responsible for their immediate and appropriate care. But what do you do? Who do you call? Where do you start?

This course will teach you the importance of developing Emergency Action Plans and practicing them, including assigning responsibilities to team members. You'll discover the three H's; HEART, HEAT and HEAD and their relationship to potentially fatal injuries and HEAD and their relationship to potentially fatal injuries and illnesses.

When your athlete collapses and you need to act, you will know an action plan designed to take you step by step through the process of helping the collapsed athlete. You will be prepared when any emergency arises.

### Title IX - Free

Over 3.4 million girls participate in High School Athletics every year. This participation is fueled by the flagship legislation for girls' participation, Title IX. The NFHS has developed this Title IX course to help interscholastic professionals know the history and impact of Title IX and understand the responsibilities of a school and staff pertaining to girls athletic programs. This course discusses the standards at which Title IX compliance is evaluated and breaks down the factors involved in supporting girls programs.

### Understanding Vaping and E-Cigarettes – Free

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

# 2021-22 WIAA Award of Excellence Recipients Announced

The Wisconsin Interscholastic Athletic Association salutes the 39 schools that fulfilled criteria to be named recipients of the Award of Excellence in 2021-22.

The award promotes and recognizes the efforts and achievements of schools in the areas of sportsmanship, ethics, integrity, leadership and character.

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	Lake Holcombe	Oregon
Beaver Dam	Lake Mills	Port Washington
Brookwood	Little Chute	Sevastopol
Crivitz	Luther	Sheboygan Falls
Divine Savior Holy Angels	Madison Memorial	The Prairie School
Franklin	Manitowoc Lutheran	Watertown
Germantown	Marshfield	Waukesha West
Hilbert	Mayville	Waunakee
Hortonville	Monona Grove	West Bend West
Janesville Craig	Necedah	Winnebago Lutheran
Johnson Creek	New Lisbon	Winter
Kettle Moraine Lutheran	Northwestern	Wisconsin Dells
Kimberly	Oak Creek	Wisconsin Lutheran

One of the 39 schools, Baraboo, is receiving the honor for the sixth time in the six years since the award's inception. Four of this year's recipients are being presented with the award for the fifth time, including Brookwood, Kimberly, The Prairie School and Watertown. Six schools are receiving the recognition for the first time, including Kettle Moraine Lutheran, Little Chute, Monona Grove, New Lisbon, Port Washington and Sevastopol.

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 2023 Annual Meeting.

The criteria applied toward the Award of Excellence in 2021-22 included:

- 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 – 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)

In 2022-23, there will be four new criteria added to the Award of Excellence standards. To receive the award, schools will be responsible for these additional items:

- Athletic director or designee submits the online season Schedule/Results Verification Form by the established deadlines for all bracketed team sports (baseball, basketball, football, hockey, soccer, softball, volleyball)
- Athletic director or designee completes and submits the accurate enrollment count on the Enrollment Form by the established deadline
- Athletic director or designee completes and submits the accurate data on the online Sports Participation Form by June 30
- Athletic director or designee submits the completed online Fan Ejection Form within three days following the event the ejection occurred, requiring a fan to miss the next competition ●



## Competitive Balance from page 1

back portal. The committee proceeded to meet in small groups to consider various plans, including those from other states.

After reviewing those plans, the committee met as an entire group to answer key questions. The first was whether the group believed, after considering data that had been collected, analyzed and reported by Baird to the committee, that a competitive balance issue exists and should be addressed. The committee unanimously agreed that a competitive balance concern does exist and should be addressed.

Next, the committee worked to identify specific competitive balance issues. Among the items, committee members agreed that athletes, coaches, parents and administrators perceive some schools have unfair advantages or disadvantages. Moreover, in responding to data collected and presented by Baird, correlations do exist between particular variables and tournament success. Finally, while enrollment is currently the only factor used for divisional placement, committee members agreed that factors, other than

strictly enrollment, should be considered to create more competitive balance in the Tournament Series.

Before adjourning, the committee discussed some next steps, including creating a subcommittee to meet in the coming weeks to address some of the details of a plan that will be presented to members at the upcoming WIAA Area Meetings. The committee will meet again, virtually, on Wednesday, Aug. 31.

For more information on the proceedings of the Competitive Balance Ad Hoc Committee, access the Competitive Balance homepage at: [www.wiaawi.org/Schools/Competitive-Balance](http://www.wiaawi.org/Schools/Competitive-Balance).

In addition, members are encouraged to provide feedback after each of the committee's meetings on the WIAA website portal at: [schools.wiaawi.org/Forms/Feedback/FeedbackSelection/](http://schools.wiaawi.org/Forms/Feedback/FeedbackSelection/).

For a video summary of the meeting, access the WIAA website at: [www.wiaawi.org/Videos/Executive-Director](http://www.wiaawi.org/Videos/Executive-Director). ●



# 2022-23 Soccer Rules Changes

## NATIONAL FEDERATION ALLOWED ADAPTATIONS

**Rule 5-1** - Schools must use a single referee and two WIAA licensed assistant referees for all varsity duals (conference and nonconference).

### Rule 7-1-1 - Length of Periods

(1) All varsity regular season contests will be played in two forty (40) minute halves. No overtime will be played.

(2) All sub-varsity contests will be played in two forty (40) minute halves. No overtime will be played.

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

Overtime shall not be played at the JV or freshmen level. Penalty kicks could be used to determine which team would advance in a tournament bracket.

**Rule 12-8** - Yellow cards received during regular season or tournament competition must be counted. Once a player has accumulated five yellow cards, they are suspended for the next game. Once the player accumulates three additional yellow cards, they are suspended for the next two games, three more, they are suspended three games, etc. These are minimum penalties. All yellow cards must be reported to the WIAA. Note: Any team whose players and coaches, during the regular season, collectively receive a total of 24 or more yellow cards (including all second yellow/red cards) will be prohibited from participating in the WIAA State Tournament series. Any yellow cards received by the coach will count toward the 24 card total. Straight red cards count as two yellow cards.

**Rule 12-8** - If a player receives a red card or a second yellow card resulting in disqualification, that individual is suspended for the next scheduled game. These are minimum penalties. All yellow and red cards must be reported to the appropriate head coach and to the WIAA.

Any school whose players/coaches, during the regular season, collectively accumulates five or more straight red cards for abusive/profane language will be prohibited from participating in the WIAA State Tournament series. Additionally, any individual player who accumulates three straight red cards for abusive/profane language will be prohibited from participating in the WIAA State Tournament series. Note. This rule does not apply to straight red cards received during the tournament series.

**Rule 4-2-1-2** - Soft and yielding caps may be worn during inclement weather.

**Rule 7-1-3** - In the event a game must be suspended because conditions make it impossible to continue before one complete half has been played, the game will continue from that point unless both coaches agree to let the recorded score stand. If at least one half of the game has been completed, the game is an official game.

**Rule 7-1-5** - Following the completion of the first half, anytime the score differential reaches eight or more goals, the coaches may mutually agree to end the game. After 60 minutes of play, if there is a score differential of 8 or more the game shall end.

**Rule 6-3** - Schools shall provide a scorer and score table for all varsity contests.

## STATE ASSOCIATION REGULATIONS

a. Pre-Game Protocol - For consistency statewide, the following pre-game protocol will be used prior to scheduled kickoff:

(1) 15 minutes - officials begin their on-field responsibilities

(2) 10 minutes - coach and captain(s) meet with officials for pre-game conference.

(3) 7 minutes - official blows whistle and

(a) Teams line up on the touch line and shake hands.

(b) National Anthem and/or player introductions.

(c) Play begins.

b. Post-game handshakes are recommended, not required. Note: Officials' jurisdiction follows NFHS Rules 5-1-2

c. Officials will be required to submit a game report to the WIAA following the completion of any level dual or multi-school tournament if any yellow and/or red cards are issued. Officials are required to report to the WIAA any yellow cards issued in a varsity contest.

d. Non-varsity teams shall be allowed to wear old varsity uniforms, which are now unapproved, because of recent National Federation uniform rule changes provided participant safety is not jeopardized.

e. Coaches must report to their school administration within 48 hours following a contest any player or coach ejection. School administrators must then report the ejection to the WIAA via written communication within three (3) school

days following the contest. This written communication must also include a plan of action to prevent future ejections. Officials will continue to provide electronic reports to the WIAA.

## STATE ASSOCIATION RECOMMENDATIONS

- It is recommended that restraining ropes or lines be placed a minimum of five yards from the sidelines for purposes of crowd control.
- It is recommended that both teams benches be on the same side of the field with spectators located on the opposite side.
- It is recommended that when a field clock is used, the clock shall be counted up from 0:00 to 40:00. ●

## 2022 State Boys Soccer Tournament

Thursday-Saturday, November 3-5  
KOHLE Engines Stadium at  
Uihlein Soccer Park, Milwaukee

### Thursday, November 3

#### Division 2 Semifinals

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

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

#### Division 1 Semifinals

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

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

### Friday, November 4

#### Division 4 Semifinals

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

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

#### Division 3 Semifinals

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

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

### Saturday, November 5

11 a.m. - Division 2 Championship

1:30 p.m. - Division 1 Championship

4:30 p.m. - Division 4 Championship

7 p.m. - Division 3 Championship

## 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 sanctioned school contact period between the end of school and July 31 (5 days for all WIAA sports). This does not prevent outside organizations, such as recreation departments which are not a part of the school, service clubs, etc., from renting school facilities and conducting these types of competitions, but the school itself cannot be directly involved.

A further reminder that the WIAA has a rule which states "A school may not conduct intramural programs which involve athletes with past status on a school team (varsity, junior varsity, sophomore, freshman), except during the established school season of a sport." A school cannot, for example, conduct intramural volleyball during the spring, with girls' volleyball players participat-

ing. 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. ●

# Joan Gralla Receives National Recognition For Service to WIAA Membership

Joan Gralla, a former member of the Wisconsin Interscholastic Athletic Association office staff, and 14 other leaders in high school activity programs across the country received National Federation of State High School Associations Citations on June 30 at the annual NFHS Summer Meeting in San Antonio, Texas.

The award honors individuals who have made contributions to the NFHS, state high school associations, athletic director and coaching professions, the officiating avocation and fine arts/performing arts programs. The NFHS Citation is one of the most highly regarded achievements in high school athletics.

Joan Gralla retired in December 2020 after almost 40 years on the WIAA operations staff. Gralla began working at the executive office in 1981. She has had various responsibilities during her career at the WIAA.

One of her most notable responsibilities over the years has been her work with WIAA officials licensing. She oversaw the officials department, which included the staff liaison for the Officials Advisory Committee, as well as leading the efforts in recruiting and retaining licensed officials.

Gralla also served as the staff liaison for the Middle Level Advisory Council, which has the authority to initiate amendments pertaining to rules and regulations for schools affiliated with middle level membership that affects grades 6-8 students. She also supervised the Noncertified Coaches program, which entailed verifying complete and accurate information and determining application approval or denial, and led the coaches education efforts of the executive office.

Among her other membership responsibilities were the compilation and report preparation for school participation records, as well as the accuracy, approval and reporting of out-of-state competition sanctioning requests. In addition, she was responsible for the compilation of school enrollment counts and member school size classification for sports lists, and preparing ballots and compiling results of membership elections.

Additional office responsibilities she performed included obtaining, creating and providing content, advertising and proofing for membership publications, including the WIAA Bulletin, calendar, State Tournament souvenir programs, media releases, and the annual yearbook.

Gralla also processed and prepared State Tournament media credentials, assisted in compiling State Tournament official statistics, maintained the "Games Wanted" listing on the WIAA website, and oversaw the office's shipping and receiving operation, as well as the scheduling and supervision of the office reception desk. ●



## 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-skill-specific instruction. Basic 'instruction' e.g., safe lifting, safe spotting, training regimen and rationale, are permitted. No sport implements and/or sport specific movement/drills should be part of the open gym or weight room. These conditioning programs must be made known and accessible to all interested students and must be voluntary.

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

## 2022 State Volleyball Tournament

November 3-5 – Resch Center, Green Bay

### Session 1

Thursday, November 3 – 10 a.m.

Boys Quarterfinals (Upper Bracket)

#2 Seed vs. #7 Seed

#3 Seed vs. #6 Seed

### Session 2

Thursday, November 3 – 1 p.m.

Girls Division 1 Quarterfinals (Upper Bracket)

#2 Seed vs. #7 Seed

#3 Seed vs. #6 Seed

### Session 3

Thursday, November 3 – 4 p.m.

Boys Quarterfinals (Lower Bracket)

#4 Seed vs. #5 Seed

#1 Seed vs. #8 Seed

### Session 4

Thursday, November 3 – 7 p.m.

Girls Division 1 Quarterfinals (Lower Bracket)

#4 Seed vs. #5 Seed

#1 Seed vs. #8 Seed

### Session 5

Friday, November 4 – 9 a.m.

Girls Division 4 Semifinals

#2 Seed vs. #3 Seed

#1 Seed vs. #4 Seed

### Session 6

Friday, November 4 – 11:30 a.m.

Girls Division 3 Semifinals

#2 Seed vs. #3 Seed

#1 Seed vs. #4 Seed

### Session 7

Friday, November 4 – 2 p.m.

Girls Division 2 Semifinals

#2 Seed vs. #3 Seed

#1 Seed vs. #4 Seed

### Session 8

Friday, November 4 – 5 p.m.

Boys Semifinals

Upper Bracket Winners

Lower Bracket Winners

### Session 9

Friday, November 4 – 7:30 p.m.

Girls Division 1 Semifinals

Upper Bracket Winners

Lower Bracket Winners

### Session 10

Saturday, November 5

9 a.m. – Girls Division 4 Championship

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

### Session 11

Saturday, November 5

2:30 p.m. – Girls Division 2 Championship

5 p.m. – Boys Championship

7:30 p.m. – Girls Division 1 Championship

# Football Points of Emphasis - 2022

## SPORTSMANSHIP

Good sporting behavior is one of the fundamental ingredients to the continued success and enjoyment of education-based high school sports and activities. In fact, in the 103-year history of organized high school sports in the United States, good sportsmanship has been one of the most important outcomes of high school activity programs.

NFHS playing rules are written to encourage sportsmanship. Participation in these programs should promote respect, integrity and sportsmanship. However, for these ideals to occur, everyone involved in these programs must be doing their part.

The NFHS is concerned that unsporting behavior in education-based athletics has increased across all sports. As a result, the NFHS has made sportsmanship the No. 1 Point of Emphasis for the 2022-23 school year.

Sportsmanship, or good sporting behavior, is about treating one another with respect and exhibiting appropriate behavior. It is about being fair, honest and caring. When these types of appropriate behavior occur, competitive play is more enjoyable for everyone.

Coaches set the tone during football games with their display of sportsmanship. If these individuals act in a sportsmanlike manner, their behavior sets the tone for players, spectators and others. If coaches, however, are complaining constantly about the decision of game officials, spectators are more likely to do the same.

There must be a collaborative, working relationship between game officials and game administration to promote good sportsmanship and safely conduct the game. Everyone has their roles to play in creating a positive, sportsmanlike atmosphere at games.

Game officials should focus on the actions of players, coaches and other sideline personnel. A positive, open line of communication between game officials and coaches ultimately results in a better game for everyone involved.

Game officials, however, should never engage with spectators who are exhibiting unsporting behavior. Once the game begins, school administration is responsible for dealing with unruly spectators. A proactive approach by school administration includes monitoring the behavior of spectators and intervening as needed.

If spectators are using demeaning or profane language at game officials – or at others in the stands – those individuals should be removed from the game by school administration.

In recent years, a heightened level of unsportsmanlike behavior has been occurring by spectators at high school football games, and it must be stopped. The use of demeaning language, or hate speech, by students, parents and other fans must cease.

High school football and other activities exist to lift people up, not demean or tear people down. The goal is to treat everyone fairly and treat each other with respect. Any speech or harassment that is insulting, demeaning or hurtful will not be tolerated.

High schools must establish a culture that values the worth of every single person – both players on the school's team and players on the opposing team. There must be a no-tolerance policy regarding behavior that shows disrespect for another individual.

Good sports win with humility, lose with grace and do both with dignity. It takes the efforts of everyone every day to ensure that sportsmanship remains one of the top priorities in education-based activity programs.

In providing an optimal experience to players, fans, coaches and game officials, the NFHS has continually made sportsmanship a priority. Players and coaches are the most visible exhibitors of good sportsmanship. The behavior of coaches and players sets the tone for fans, game officials and others. There is no place in scholastic sports for language that defames, demeans, abuses or bullies another competitor, teammate, game official or fan. Language of this nature should not be tolerated in the school building, at games or at practice. Education-based athletics, and specifically high school football, should serve as an example of how intense competition and civility can coexist.

Coaches and players must represent their schools and communities as ambassadors of good sporting behavior beginning with pregame activities and concluding with end-of-game procedures. Game officials are charged with enforcing NFHS football rules and penalizing unsportsmanlike behavior.

Communities are often defined by their treatment of, and interaction with, visiting teams and their fans. Foul language and inflammatory speech are not acceptable displays of sportsmanship and good sporting behavior.

Sportsmanship is a basic, vital component of education-based athletics. The lessons learned, humility, respect and integrity are the cornerstones of sportsmanship. Those lessons do not include the acceptance of profane or foul language. Those same lessons are forged and exhibited long before they are on display in the spotlight of the athletic arena. More importantly, they remain in place long after the final whistle of athletic competition. Good sports make sportsmanship a priority.

## TARGETING/DEFENSELESS PLAYER

The NFHS Football Rules Committee feels coaches, game officials and players have all worked together to recognize and remove most targeting fouls from the game, but considerable work still needs to be done understanding/penalizing illegal defenseless player contact. As stakeholders in the game, removing needless contact from football should be prioritized by coaches, game officials and players.

Targeting is an act by any player who takes aim and initiates contact against an opponent above the shoulders with the helmet, forearm, hand, fist, elbow or shoulders. A defenseless player is a player, who, because of his physical position and focus of concentration, is especially vulnerable to injury. For added defenseless player clarification, please refer to 2.32.16 COMMENT in the 2022 NFHS Football Case Book.

Since defenseless players are especially vulnerable to potential injury, coaches should use video, on-field demonstrations, and establish zero tolerance of this illegal contact during practice and games to help players realize the importance of contacting players legally.

Game officials must have a clear understanding of the guidelines for defenseless player contact (Rule 9-4-3g). They must diligently observe all action and watch for illegal contact against players who are deemed defenseless. Any player contacting a defenseless player is responsible to make legal contact. Game officials must draw a distinction between contact necessary to make a legal block or tackle and that which is excessive. When there is a question in the game officials' mind

*See Football Points of Emphasis, page 25 ➤*

## 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 program contact window in all sports except football, during the summertime, when school is not in normal session. ●



- 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-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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- Urban JE, Davenport EM, Golman AJ, Maldjian JA, Whitlow CT, Powers AK, Stitzel JD.
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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. ●

# Spring Tournament Sportsmanship Award Recipients Announced

The Wisconsin Interscholastic Athletic Association, in partnership with Rural Mutual Insurance Company, has selected the team Sportsmanship Award winners for the 2022 Spring State Team Tournaments.

The winners of the prestigious award are St. Croix Falls High School in baseball, Superior High School in softball, Assumption High School in girls soccer, and Eau Claire Memorial High School in boys tennis.

St. Croix Falls demonstrated sportsmanship with respectful and positive enthusiasm in its two games at the State Baseball Tournament en route to a runner-up finish in Division 3. It's the first time the Saints have been chosen as the recipient of the award. They advanced to the title game with an 8-0 shutout over Kenosha St. Joseph in the semifinals before falling 8-4 to Cuba City in the championship game. Honorable mention for the award was extended to Amherst, Arrowhead, Columbus Catholic, Cuba City, Eau Claire North, Kenosha St. Joseph, Oakfield and Regis.

Superior is the recipient of the WIAA/Rural Mutual Insurance Sportsmanship Award in softball for the first time. The Spartans have previously won the award five times, all coming in the sport of boys hockey (1996,

1997, 2008, 2014 and 2015). They shutout Cedarburg 10-0 in five innings in their Division 1 quarterfinal match-up before falling to eventual champion, Kaukauna, in five innings by the identical score of 10-0 in the semifinals. Assumption, Baldwin-Woodville, Barneveld, Edgar, Grantsburg, Luther, Poynette, Sun Prairie, Thorp and Wisconsin Lutheran each received honorable mention.

Assumption received positive evaluations for their team sportsmanship and positive fan support to earn the honor in girls soccer. It's the first time the Royals have been bestowed the honor in any sport. They fell in their Division 4 semifinal match-up, 5-1, to eventual champion Lake Country Lutheran. The schools and communities receiving honorable mention include Cedarburg, De Pere, Muskego, Waunakee and Whitefish Bay.

Eau Claire Memorial was selected as the award recipient after the Old Abes advanced to the State Team Tennis Tournament for a membership-leading 24th time. They lost their Division 1 quarterfinal match, 6-1, to eventual runner-up Neenah. It is the third time Eau Claire Memorial has been selected for the award in boys tennis. The previous two were in 2014 and

2019. The Old Abes have won 12 Sportsmanship Awards overall. In addition to their three boys tennis honors, they were recipients of the award in boys hockey four times (1992, 2000, 2016 and 2017) girls tennis three times (1998, 2004 and 2011), once in boys basketball (1970) and once in girls soccer (2005).

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.

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

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



## 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 scrimmage 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. ●

# 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 three possible relationships between the athlete’s sport and their mental illness:

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

## Unique Risk Factors for Mental Illness in Athletes

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

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

## Depression

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

- Feeling sad, down, hopeless, or tearful on most days
- Feeling irritable on most days
- Not looking forward to or enjoying things that used to make the person happy
- Feeling worthless
- Lower energy than usual
- Worse concentration than usual
- Appetite changes (either much lower or much higher than usual)

- Sleep changes (either trouble falling or staying asleep or sleeping more than usual)
- Thoughts of death or dying, including suicidal thoughts

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

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

## Anxiety

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

- Worry about many things (for example, sports, school, friends, family, day to day obligations) in a way that feels difficult to control and happening on most days
- Trouble sleeping (especially falling asleep)
- Lower energy than usual
- Worse concentration than usual
- Muscle tension
- Feeling fidgety or restless
- Feeling irritable much of the time

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

- **Social anxiety disorder:** This is a condition in which someone has significant fear and anxiety about being negatively judged and evaluated by others. People with this condition may be viewed as extremely shy or unfriendly, but in actuality, these people would like to be able to make friends. They dislike being the center of attention and being observed while doing something, and

this can make it hard for some people to participate in certain sports, especially individual sports.

- **Panic disorder:** This is a condition in which someone has sudden, severe attacks of intense anxiety and fear lasting several minutes. They usually involve physical symptoms such as feeling short of breath, feeling one’s heart beat hard in the chest, or feeling dizzy. Sometimes the symptoms can feel similar to how people feel when they exercise intensely, and that can make an athlete with panic disorder start to avoid their sport out of fear that exercise will bring on an actual panic attack.
- **Obsessive-compulsive disorder (OCD):** This is a condition in which someone has repeated, unwanted thoughts that come into their mind that they have difficulty controlling (obsessions) and/or behaviors that they feel must be performed over and over (compulsions). Examples include intense fear of germs and associated washing of hands over and over, or ordering things “just so” or symmetrically to an extreme degree. OCD is different than superstitious rituals. Rituals are common among athletes, and examples include wearing the same pair of socks for every game or eating the same meal before each race.
- **Post-traumatic stress disorder:** This is a condition in which someone has suffered any sort of trauma (for example, physical, verbal, or sexual abuse, assault, major accidents or illnesses). Associated with that trauma, they have symptoms that may include: nightmares or flashbacks about it, avoidance of anything that reminds them of the trauma, increased startle response, and any of a number of symptoms of depression and anxiety. Traumas unique to athletes may include “out of the ordinary” sport-specific adverse events, such as severe injuries (especially if they involve threats to physical integrity), lethal accidents, loss of a crucial game, public cheating scandal, or teammate suicide.

## Treatment and Resources

- Athletes with mental health concerns may reach out to any of a number of people, including coaches, athletic trainers, team physicians, parents, school nurses, school counselors, or others. 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)

*See Mental Health/Mental Wellness, page 26 >*





# 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:
1. To synchronize timer's watch with official game time as established by the game official responsible for timing.
  2. 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.
  3. To discuss coordination of starting, stopping and adjusting the game clock or play clock in accordance with the playing rules.
  4. 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**
1. 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.
  2. 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.
  3. Any game official may signal a time-out; therefore, the game clock operator should be alert to stop the game clock.
  4. The incompletion signal will stop the game clock.
  5. 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.
  6. 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.
  7. The referee may start the game clock again in certain instances before the ready-for-play.
  8. The try is not a timed down.
  9. 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.
  10. 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**
1. The following set of instructions is for the  
*See NFHS General Instructions, page 16 ►*

## 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 and Fouls

\*\* 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

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.

2. **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.
3. **The following addresses the play situations that require the 40-second option:**
  - (a) 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.
  - (b) 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.
  - (c) 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.
  - (d) 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.
  - (e) If Team B (defense) is the only team to commit a foul.
4. 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.
5. **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.
6. **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

## Conference Realignment Reminders

This year, the conference realignment task force will focus strictly on football proposals. Any changes to current football conferences during this cycle would then take effect in the fall of 2024.

Due to the nature of football-specific conference realignment, its unique scheduling realities and playoff qualification, everyone needs to be familiar with the conference realignment process and cognizant of the realignment requests published on Nov. 16. Football conference realignment changes can create a "ripple effect" throughout areas, districts and the entire state. This equation is further complicated as schools contemplate 8-person vs. 11-person football to maintain programming. Please remember, if your school is changing from 11-person to 8-person or vice versa, you will need to apply for admittance into a conference via the conference realignment process.

If your school or conference has a realignment plan for consideration, an application must be *initiated* no later than Oct. 1. These applications would then need to be *finished* by November 1 to be reviewed for completeness and accuracy by the final deadline on Nov. 15.

Fast track applications will be accepted at any time prior to the start of the first affected season of play. It's important to note that for an application to be a fast track all impacted schools in all affected conferences must be in agreement with the change(s). This "100 percent agreement" must be documented, showing the support of each individual school, and included with the application.

This year student-athletes will be competing in the first football season reorganized by this Conference Realignment process. As the process continues to evolve, we want to thank athletic administrators, commissioners, officials, coaches, and the members of the Task Force for their continued efforts, along with their patience and flexibility, that make this undertaking possible. ●

## 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. ●

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).

### 7. General Statements

- (a) 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.

- (b) The common ready-for-play whistle/signal is not used for a 40-second play clock.
- (c) 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.
- (d) 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.
- (e) 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.
8. 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. ●

# 2022 NFHS Football Jersey and Pant Rules

## RULE 1-4-3

**ART. 3 . . .** Each player shall be numbered 0 through 99 inclusive.

## 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 0-99 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" 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 1/2"
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.

*See 2022 NFHS Football Jersey and Pant Rules, page 18 >*

## 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). ●



# WIAA Position Statement – Performance Enhancing Supplements

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

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

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

- **Evaluating Supplements for Discouraged or Banned Substances:** Supplements are not regulated like drugs, food or medication. Supplement companies do not have to follow the same "truth in labeling" regulations as for food or medication. Supplement labels are not required to list all the ingredients in the product and can omit listing ingredients that are in a bottle. A growing number of products contain dangerous and undisclosed ingredients, including steroids, stimulants and dangerous drugs. Proprietary ingredients are a "company secret" and do not have to be listed on the label. To minimize the risk of taking a supplement that contains a banned ingredient, visit the NFS Certified for Sport website <http://www.nfsport.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 hid-

den 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/wisecuse.htm>

True Sport Nutrition Guide

[http://www.truesport.org/library/documents/resources/nutrition\\_guide/NutritionGuide.pdf](http://www.truesport.org/library/documents/resources/nutrition_guide/NutritionGuide.pdf)

NSF Certified for Sport <http://www.nfsport.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](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>

## 2022 NFHS Football Jersey and Pant Rules from page 17

- turer's original design/production.
- 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 1/4" absorbing material.
- Shoulder pads and hard surface auxiliary attachments, which shall be fully covered by a jersey.
- High guards which are unaltered from the manufacturer's original design/production.
- 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:

- The following items related to the **Game Uniform:**

- Jerseys and pants that have:
  - A visible logo/trademark or reference exceeding 2 1/4" and exceeding 2 1/4"
  - 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).
  - Sizing, garment care or other nonlogo labels on the outside of either item.
- Tear-away jerseys or jerseys that have been altered in any manner that produces a knot-like protrusion or creates a tear-away jersey.
- Any transverse stripe on the sleeve below the elbow.

- The following items related to **Other Illegal Equipment:**

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

# 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)
- 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 dietitian. Disordered eating is a serious concern that can have life-threatening consequences if unaddressed.

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

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

### Resources

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

## 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.wiaa.wi.org](http://www.wiaa.wi.org)).

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

1) ...accept, receive and/or direct to another, reimbursement or award in any form of salary, cash, or share of game or season proceeds for achievement in athletics. A student may receive: school mementos valued not more than \$200, an award valued no more than \$100 retail, and may retain non-school competition apparel worn by the student as part of the team uniform.

2) ...sign a contract or agreement for services as a participating athlete.

3) ...receives compensation or benefit, directly or indirectly, for the use of name, picture, and/or personal appearance as an athlete because of ability, potential, and/or performance as an athlete.

4) ...receive free and/or reduced rates on equipment, apparel, camps/clinics/instruction and competitive opportunities that are not identical for all other participants.

5) ...is identified as an athlete, provides endorsement as an athlete, or appears as an athlete, in the promotion of a commercial/advertisement and/or profit-making event, item, plan or service.

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

6) ...plays in any contest (school or nonschool) under a name other than his/her own name.

(page 35 of the Senior High Handbook)

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

See *Amateur Status*, page 23 ►

## Concussion Information from page 2

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.

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

**See Concussion Information, page 28 ►**



## 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 prior school approval during each regular sport season. The contest(s) will not count against the individual maximum for the athlete in that sport. Non-school competition will not be allowed during the respective WIAA tournament series in a sport. A student becomes ineligible in a sport for the remainder of the season for competing in more than two nonschool games, meets, or contests in the same sport during the season of practice and competition established by the school. (ROE, page 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 nonschool competitions or races, including scrimmages, against other teams. This restriction applies to normal non-school games as well as “gimmicks” such as reduced numbers competition (3-on-3 basketball, 6-player soccer, 3-on-3 soccer, 7-on-7 football, etc.), fun runs (including “banditing”), etc. During the season, athletes may participate in a skills contest with approval of the school. Specific skill contests (punt, pass, and kick, shooting contests e.g., free throws, 3-point, drive, chip and putt) isolate separate skills outside of the traditional competition setting. The skill contest may not include physical contact or extreme fatigue as the actual sport competition. Fun runs are not considered skills contests.

*See Nonschool Participation During the School Year, page 26 ►*

## NFHS Public-Address Announcers Guidelines

1. Be early and be prepared. If possible arrive at the facility one hour before game time. Visit with both coaches to ensure proper pronunciation of players and coaches names. Also, review any scripted pre-competition announcements required by the school (i.e., National Anthem, emergency procedures, concession and facility announcements, etc.).
2. Work with the officials. Communicate with the officials before the game regarding plans for the pre-competition, during competition and post-competition announcements and ask for their feedback. Make sure the final plan works for all involved.
3. Promote sportsmanship. Create a positive competitive environment through non-biased promotion of fair play. This may be in the form of a scripted pledge of sportsmanship and/or in the vocal display of respect for all participants (players, coaches and officials).
4. Stick to the basics. Deliver pertinent information while avoiding the use of play-by-play and cheerleading.
5. Be accurate. Understand the proper terminology used for the sport and avoid the use of slang terms. Wait until officials complete their call(s) before reporting to the spectators.
6. Never talk over the action. Understand the appropriate information to be announced and the proper time in which to announce for each sport.
7. Be on your toes and keep your cool. Weather alert, emergency evacuation, severe injury are possible reasons that play could be delayed, and communication becomes essential to facilitate coordinated school/facility emergency procedures. Be familiar with the emergency management plan. The calm tone and direct delivery of instructions to participants and spectators is essential.
8. Be professional. Take your job seriously by addressing coaches, officials, administrators and athletes with respect regardless of team affiliation. Be

*See NFHS Public-Address Announcers Guidelines, page 25 ►*

## 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.wiaawi.org/Portals/0/PDF/Eligibility/InterstateCompRequest.pdf> ●

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 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).

### 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

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 residence and transfer rules continue to retain a waiver provision, which may be provided at the request of a member school in situations where extenuating circumstances can be documented.

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

1. After a student has not participated and/or has been restricted to nonvarsity competition for one calendar year because parents do not live within that school's attendance boundaries, he/she becomes automatically eligible under this Section

regardless of parents residence and for as long as enrollment is continuous (uninterrupted) in that school.

2. The residence and transfer requirement may be waived, if requested in advance, by a member school on behalf of one of its students and upon presentation of documentation detailing extenuating circumstances. Such documentation must include communications from (a) parents, (b) person(s) with whom student is living within requesting school's attendance boundaries and (c) school officials within whose attendance boundaries parents reside. Depending upon the nature of extenuating circumstances, eligibility may be limited to nonvarsity competition except in situations involving transfer after a student's fourth consecutive semester following entry into grade 9.
3. In cases associated with Section 1, A, (2) and (4), Section 2, A, (1) and Section 3, A, (1) of this Article, first-time 9th grade students will be permitted one transfer upon appropriate petition to the Board of Control if the student has attended no more than three days of practice and/or has attended no more than three days of school.

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

In considering a waiver request based on extenuating circumstances, the element of events outside a student or family's control vs. choices/decisions/actions which contain knowable/predictable outcomes or consequences, is always an integral part of the review. Denial is made when it appears this student's situation has come about largely as a result of choices, decisions and/or actions made by the student or his/her family and/or when there is no evidence or documentation to support a given request. It is important to provide documentation that clearly demonstrates an involuntary transfer rather than a transfer by choice.

Required documentation to be sent as one complete package:

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

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

The athletic director will make the initial evaluation on whether the circumstances meet the mem-

See The WIAA Transfer Rule, page 26 ➤

# Eligibility Waivers for Foreign Exchange Students

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

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

## Article II – Residence and Transfer

### Section 4 – Foreign Exchange Students

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

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

Note 1: The foreign exchange program must assign students to host families by a method that ensures that no student, school or other interested party may influence the assignment for athletic or other purposes. The foreign exchange student may not be selected or placed on any basis related to his/her athletic interests or abilities. Direct placement refers to a pre-existing relationship with a family, school and/or community which affects the student's placement.

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

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

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

## Amateur Status from page 19

extenuating circumstances, when accompanied by evidence of complete restitution made by the athlete if the circumstance is applicable.

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

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

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

A second option, but less preferred, is to use younger/pre-high school students who may not yet be subject to WIAA membership provisions.

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

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

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

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

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



# Contacting WIAA Office – 715-344-8580

		Email	Extension
Annual Meeting and Area Meetings	Stephanie Hauser	shauser@wiaawi.org	1168
Athletic Directors/WADA Liaison	Tom Shafranski	tshafranski@wiaawi.org	1175
Award of Excellence	Todd Clark	tclark@wiaawi.org	1180
Baseball	Mel Dow	mdow@wiaawi.org	1177
Basketball	Kate Peterson Abiad	kpabiad@wiaawi.org	1178
Board of Control and Advisory Council	Stephanie Hauser	shauser@wiaawi.org	1168
Bulletin	Todd Clark	tclark@wiaawi.org	1180
Cheer and Spirit Groups	Stephanie Hauser	shauser@wiaawi.org	1168
Coach-Athlete Contact	Mel Dow	mdow@wiaawi.org	1177
Coaches Advisory	Kate Peterson Abiad	kpabiad@wiaawi.org	1178
Coaches Education and Conduct	Kate Peterson Abiad	kpabiad@wiaawi.org	1178
Conference Alignment	Melissa Gehring	mgehring@wiaawi.org	1184
Conference Commissioners	Melissa Gehring	mgehring@wiaawi.org	1184
Contractual Interpretations	Stephanie Hauser/Todd Clark	shauser@wiaawi.org/tclark@wiaawi.org	1168/1180
Cooperative Teams	Sheila Schulfer	ssschulfer@wiaawi.org	1166
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# NFHS 2022 Cross Country

## Rules Changes – Comments on the Rules

**4-3-1b(5):** The change should minimize the final issues related to logo/trademark reference on uniform bottoms. In the sport of track and field uniform bottoms are increasingly being purchased by the athlete and not school issued. It is becoming more difficult to purchase some garments without the logo completely around the waistband. Allowing larger logos around the waistband has no bearing or impact on the race or event.

**4-3-1b(8):** The NFHS Track and Field Rules Committee added this rule to clarify for officials that there is no need for an athlete to get prior authorization from the state association for religious headwear.

**8-1-1a NOTE (NEW):** The change states that other methods of marking a course should be used with a single wide line to help identify the turns and route of the course as a single wide line may not be the shortest route. ●

### Football Points of Emphasis from page 11

about the severity of contact, the contact should be deemed excessive.

Legal contact is required by players at all times. It is imperative that players have a clear understanding of what contact is acceptable and be able to recognize when players are considered defenseless. Players must realize that when contacting any player, the responsibility for making legal contact resides with the person making the contact. Forceful contact that is avoidable should be considered unnecessary.

To ensure the long-term success of high school football, risk minimization must remain a priority for all stakeholders of the game. Coaches, game officials and players must understand the importance of removing unnecessary contact from the game. A concerted effort must be made by all to eliminate targeting and illegal defenseless player contact from football.

#### LEGAL UNIFORMS AND EQUIPMENT

The purpose of the NFHS Football Equipment Rules is to ensure the safety and protection of both the player wearing the equipment and their opponent. Due to the potential for injury, it is essential that game officials strictly enforce equipment rules and that coaches support that enforcement.

The head coach is primarily responsible for the legality of a team's equipment. Prior to the start of each game, the head coach must verify to the referee and another game official that all players are legally equipped in compliance with the rules and that no illegal equipment will be used. Most equipment violations can be prevented by the coaching staff communicating the equipment rules to players prior to the teams arriving at the game.

During pregame duties, game officials should take time to spot-check players for illegal or improperly worn equipment and alert players and

coaching staffs of any potential violations. Game officials should not allow any players to participate until all equipment issues have been resolved.

Prior to the ball becoming live, game officials through normal observations should verify that each player is properly and legally equipped. If a player is observed to not meet proper equipment rules, the play clock should be stopped and the equipment violation addressed. Different rules will apply to enforcement depending if the stoppage was for illegal, improperly worn or missing equipment.

Unless halftime or overtime intermission occurs, any time the play clock is interrupted for improperly worn or missing equipment by a player, the player is to be removed from the game for at least one play. Examples of improperly worn equipment include but are not limited to: Knee pads that do not cover the player's knees; shoulder pads that are not fully covered by the jersey; undershirts not tucked in that extend below the top of the waistline of the pants; and failure to wear a tooth or mouth protector. If any equipment becomes improperly worn during play, correction must be made before continued player participation is allowed. The player would not be required to be removed from the game if the repair can be made promptly and does not delay the ready for play by more than 25 seconds.

Any time a player is found participating with illegal equipment, the player is to be removed from the game and the head coach should be penalized for unsportsmanlike conduct. Examples of illegal equipment include but are not limited to: Eye shade that is not a solid stroke or includes words, numbers, logos or other symbols; eye shields that are not clear (without the presence of any tint); play cards not worn on the wrist or arm; and uniform adornments (exemptions are legal towels and sweatbands properly worn). ●

### NFHS Public-Address Announcers Guidelines from page 21

properly dressed and exhibit professional behavior at all times by respecting all school/facility policies.

#### NASPAA Code of Conduct

The National Association of Sports Public Address Announcers (NASPAA) is the professional association for sports public-address announcers. The following principles and expectations underscore the NASPAA's public-address announcing philosophy. Public-address announcers who utilize these guidelines will be in a position to announce virtually any athletic event with confidence.

1. Announcers shall understand that their role is to provide pertinent information in a timely manner and to do so professionally and not attempt to be bigger than the game or event by doing play-by-play or by providing commentary in an effort to entertain or to draw attention to himself or herself.
2. Announcers shall understand that because they have a tremendous influence on the crowd and that cheerleading or antics designed to incite the crowd for the purpose of gaining an advantage for their team is inappropriate.
3. Announcers shall promote good sportsmanship and a positive environment by what they say and how they act.
4. Announcers shall treat the opponents and their fans as guests, not the enemy.
5. Announcers shall respect the individuals who are responsible for the conduct and administration of athletic games and events, such as coaches, officials and administrators, and avoid making any comments that reflect positively or negatively on them.
6. Announcers shall respect the participants of all teams and remain neutral when introducing the starting participants, announcing substitutions and the outcome of plays or performances of the participants.
7. Announcers shall be competent. This means following approved announcing guidelines, expectations and policies, such as emergency procedures, provided by the administration or the host facility.
8. Announcers shall be prepared, such as being familiar with the correct pronunciations of the participants' names, knowing the rules of the sport, the officials' signals and how the game is played.
9. Announcers shall exhibit professional behavior and represent their school, organization or association with respect and dignity at all times by what they say, how they act and how they appear.
10. Announcers shall avoid using alcohol and tobacco products at the venue. ●

## The WIAA Transfer Rule from page 22

ber's definition of extenuating circumstances and whether they find the reasons compelling, thus making them willing to advocate for their new student by filing a waiver to the WIAA office.

### WIAA Transfer Rule – History

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

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

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

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

In 1961, the Board produced a new procedure for guardianship cases (Otte, 1997, p. 315). Both schools and parents would have to "provide evidence supporting need for guardianship. Betterment of home life will be the basic criteria for approval." Evidence of "physical residence in the district" also would be required. (Otte, 1997, p. 316)

In 1966, the Board added extenuating circumstances waivers. The membership passed "boys who transfer for any reason (or no particular reason at all) would be eligible automatically after sitting out one calendar year." The members passed the amendment and a minority were fearful boys who would be taking

advantage of the permissiveness by transferring early and giving up a year of non-varsity eligibility. (Otte, 1997, p. 306)

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

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

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

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

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

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

In 2016, the membership allowed nonvarsity

competition for one year for a student who transfers at the beginning of or during 11th grade.

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

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

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

## Mental Health/Mental Wellness from page 14

apy), 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. ●

## Nonschool Participation During the School Year from page 21

There can be no school coach involvement. All other eligibility rules including amateur status apply. Additionally, a student who was a member of a school team during the previous year may not delay reporting for the school team beyond the school's official opening day of 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. ●



## High School Sports: A Road Map to Success

The start of interscholastic sports and the new school year each fall brings a sense of renewal and a fresh start, both academically and for those participating on high school athletic teams throughout the state. It's an ideal time to remind ourselves why we do what we do for the youth in our classrooms and athletic venues.

One of the more comprehensive resources available to help identify the importance and value of extracurricular activities in the total education experience in our schools is the Case for High School Activities compiled and published by the National Federation of State High School Associations. It's a document referenced often when asked why we have sports in our schools or to justify support for programs, facilities or referendums addressing these opportunities.

There are numerous reasons for touting the support for education-based athletics, and the Case for High School Activities identifies several of them. These can't be overstated or shouted from the mountaintops enough as these programs enhance, change and, yes, even save young lives.

Research, as documented in the Case for High School Sports, indicates students involved in school-based activities are more likely to experience:

- Better educational performance
- Positive development of lifelong skills
- Healthier behaviors
- Better citizenship
- Enhanced engagement in school and sense of belonging

For instance, according to examples included in the Case for High School Activities, studies have found student-athletes of diverse backgrounds earn higher grades, graduate at a higher rate, drop out of school less frequently, and score higher on state assessments than do non-athletes. Their participation also taught lifelong skills such as discipline, work ethic and emotional control. In addition, students involved in educational activities often have healthier behaviors and decision making, leading to better physical and mental health, while reporting less negative health risks and behaviors.

Moreover, research indicates participation in interscholastic athletics also extends beyond high school. Studies have shown a positive correlation between participation in sports and success in college and career aspirations, community engagement and volunteering, physically active lifestyles, greater self-esteem and satisfaction toward goals in the family domain. Most encouraging is these

benefits expand across different diverse student populations in regards to socioeconomic status, gender, ethnicity, ability levels and educational aspirations.

Space prohibits a detailed review of all the research and evidence of the participation benefits summarized in the Case for High School Sports, but you are encouraged to access the resource on the NFHS website.

What we learned over the past couple of years really emphasizes the point about engagement and belonging. Studies as well as personal experiences and heartbreaking tragedies we learned about during the COVID-19 pandemic, revealed the mental and emotional impact of sport-season cancellations and school closures had on teenagers. It identifies exactly why these programs are essential – connectivity.

Connecting with peers and adult leaders and mentors are important social aspects of the maturation process, especially in the mental and emotional development of teenagers. The interactions and the responsibility to maintain relationships through interpersonal behaviors were significantly altered for a long period of time relative to adolescence.

Research by Dr. Tim McGuire revealed 65 percent of student-athlete respondents reported anxiety symptoms, and 25 percent of those were moderate to severe. Likewise, 68 percent reported depression symptoms, including 33 percent being moderate to severe. That was 3.5 times higher than historical data prior to the pandemic. In addition, it was reported that a 12.5 percent decrease in health-related quality of life was experienced during the pandemic, which may be attributed to the reported 50 percent decrease in physical activity and other social factors.

High school sports participation numbers indicate that we're probably not completely back to pre-COVID counts, but it's important to continue to stress the importance of these vital activities to students in our member schools and their parents and communities.

Now, more than ever, is the time for students, parents, coaches, administration and communities to actively engage in building and maintaining these opportunities. They should never be taken for granted or allowed to be dismissed by those that have their own ulterior motives and agendas.

Let's celebrate the ability to connect and make these life-enriching experiences happen. After the past couple of years, we may have some catching up to do because the stakes are high in our rural, suburban and city member high schools. ●

## Keep These Dates in Mind

August 17	Earliest Date for First Girls Swimming & Diving Meet	October 5-6	Girls Tennis Sectionals
August 18	Earliest Date for First 11-Player Football Game	October 6	Board of Control Meeting (Stevens Point)
August 23	Earliest Date for First Cross Country Meet	October 10-11	State Girls Golf Tournament (Madison)
August 23	Earliest Date for First Boys Soccer Meet	October 13-14-15	State Girls Individual Tennis Tournament (Madison)
August 23	Earliest Date for First Volleyball Match	October 14	Latest Day for Last Football Game (Playoff Teams)
August 25	Earliest Date for First 8-Player Football Game	October 7	Deadline for Football Playoff Site Listing
September 5	Labor Day	October 17	Earliest Date for Skinfold Measurements (Wrestling)
September 8	Coaches Advisory Meetings – Baseball (Stevens Point)	October 18, 20 & 22	Boys Soccer Regionals
September 8	Coaches Advisory Meeting – Track & Field (Stevens Point)	October 18, 20 & 22	Girls Volleyball Regionals
September 10	Area Meeting – Fox Valley Lutheran	October 26	Coaches Advisory Meeting – Golf (Stevens Point)
September 11	Area Meeting – Greenfield	October 21	Boys Volleyball Regionals
September 12	Area Meeting – Mauston	October 21-22	State Girls Team Tennis Tournament (Madison)
September 16	Board of Control Meeting (Stevens Point)	October 21-22	Level 1 Football
September 17	Area Meeting – Oconomowoc	October 21-22	Cross Country Sectionals
September 18	Area Meeting – Rice Lake	October 25 & 29	Boys Volleyball Sectionals
September 19	Area Meeting – Antigo	October 27 & 29	Boys Soccer Sectionals
September 26	Area Meeting – Mount Horeb	October 27 & 29	Girls Volleyball Sectionals
September 26-27	Rosh Hashanah	October 28-29	Level 2 Football
September 28	Sports Advisory Meeting (Stevens Point)	October 29	State Cross Country Meet (Wisconsin Rapids)
September 28-29	Girls Golf Regionals	November 3-4-5	State Boys Soccer Tournament (Milwaukee)
October 3-4	Girls Tennis Subsectionals	November 3-4-5	State Volleyball Tournament (Green Bay)
October 3-4-5	Girls Golf Sectionals	November 4	Girls Diving Sectionals
October 5	Yom Kippur	November 4-5	Level 3 Football
October 5	Advisory Council Meeting (Stevens Point)	November 5	Girls Swimming Sectionals

## Concussion Information from page 20

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 health-care 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 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](http://www.nfhslearn.com) (Concussion in Sports Course)

[www.cdc.gov](http://www.cdc.gov) (Heads Up Tool Kit)

[www.healthykidslearnmore.com](http://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 2022-23 dates for ACT.

### ACT – 2022-23

Test Date	Regular Deadline	Late Deadline
September 10, 2022	August 5, 2022	August 19, 2022
October 22, 2022	September 16, 2022	September 30, 2022
December 10, 2022	November 4, 2022	November 11, 2022
February 11, 2023	January 6, 2023	January 20, 2023
April 15, 2023	March 10, 2023	March 24, 2023
June 10, 2023	May 5, 2023	May 19, 2023
July 15, 2023	June 16, 2023	June 23, 2022

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