



WIAA Bulletin

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Charter Member
National Federation of
State HS Associations

Board of Control Elects Officers; Votes On Various Action Items

Scott Winch, district administrator in the Stratford School District, presided over the first meeting of the 2017-18 Wisconsin Interscholastic Athletic Association Board of Control on Aug. 11.

The Board conducted its 2017-18 officer elections. Eric Coleman, student services supervisor of Milwaukee Public Schools, will serve as the president-elect. Steven Knecht, principal at Kenosha Tremper High School, was elected to the role of treasurer. In addition, Dennis Birr, district administrator in the New Lisbon School District, and Dave Steavpack, director of athletics at Manitowoc Lincoln High School, were introduced as new members of the Board.

Among the actions taken by the Board included a 9-2 vote to not revisit the decision from its June 22 meeting to implement a 35-second shot clock in basketball beginning with the 2019-20 season.

In other action, the Board gave its approval to the new appointments to the 2017-18 Coaches Advisory Committees, editorial modifications to the 2017-18 Media Policies Guide and updates to the Administrative Staff Handbook. In addition, approval was granted for the annual renewal of the Association's membership in the National Federation of State High School Associations.

Among the topics shared in the executive staff reports to the Board were the New Athletic Directors Workshop and the State Summer Baseball Tournament. Other topics discussed were the agenda for the 2017 Area Meetings in September and a review of the NFHS Summer Meetings. The Board also received liaison reports from John Ashley of the Wisconsin Association of School Boards and Peggy Seegers-Braun of the Wisconsin Athletic Directors Association. ●



Scott Winch



Eric Coleman



Steven Knecht



Dennis Birr



Dave Steavpack

Board Approves Basketball Shot Clock, Two Boys Hockey Divisions & State Tournament Seeding

The Board of Control reviewed and approved a number of committee recommendations impacting winter sports, gave initial review and consideration of a newly conceived divisional placement plan for basketball, and engaged in robust membership-related discussions at its June 22 meeting.

Following a lengthy discussion, the Board voted to implement the use of a 35-second shot clock in basketball for varsity games only to begin with the 2019-20 season.

In other basketball-related action, coaches qualifying for the State Tournament will determine the seeds for the four qualifying teams in each of the five divisions with a Wisconsin Basketball Coaches Association representative breaking any ties that may occur beginning in 2017-18.

Three other basketball recommendations received approval from the Board. If schools choose to play only one half of a junior varsity game and a full varsity game, players will be allowed to play in only two halves. Also approved was extending the coaching box to 28 feet from 14 feet for all levels. In addition, the number of players per team allowed to dress during the Tournament Series will increase to 18 while maintaining the maximum party limit of 22.

The Board also voted to convene the basketball coaches advisory committee following the 2017 Area Meetings to discuss the merits of a newly created basketball tournament placement model. Details of the plan will be shared and discussed at the Area Meetings and at each level of the committee process to be presented to the Board at its Jan. 31, 2018 meeting. General details of the plan is provided below.

The Board supported an amended recommendation for a two-year experiment on sponsoring two divisions in boys hockey beginning with the 2020 State Tournament. The tournament format will feature four teams in Division 1 and four in Division 2 with the smallest 32 programs by enrollment assigned to Division 2.

Another action item in hockey was the approval of the procedure for seeding the State Tournament. The WIAA will conduct a conference call with coaches of qualifying teams to determine the top four seeds, and the remaining four teams will be randomly drawn as opponents of the seeded teams in the brackets. The guidelines for seeding will replicate those for the regional and sectional levels.

Beginning next season, the State Tournament in team wrestling will also be seeded by coaches of qualifying teams. The process will replicate the procedure approved in boys hockey. Another wrestling recommendation approved for 2017-18 increases the total number of medals awarded to 28 at the State Team Tournament, which equals the number of eligible athletes. In other wrestling-related discussions, the Board was informed of a change in the Feb. 1, one-pound growth allowance to take effect on the date of the first regional competition.

The lone gymnastics coaches' recommendation received approval. It requires the final average score of a routine to be posted during meets throughout the season.

The Board also ratified spring cooperative programs for the 2017-18 and 2018-19 seasons, general fund financial statements and payments and a spending reso-

See Board Approves, page 8 >

Deb Hauser to Retire from WIAA

Deb Hauser, the Associate Director of the Wisconsin Interscholastic Athletic Association, announced her intention to retire at the conclusion of the 2017-18 school year after serving the membership for 25 years.



Deb Hauser

She has been a leading advocate for girls participation in sports and expanded sport opportunities for boys and girls, as well as a significant contributor in establishing association policies and regulations throughout her career. Her belief in the benefits achieved through participation in high school sports guided her through her 40-year career in high school sports and education.

During her career, Hauser has administered the sports of golf, soccer, tennis, swimming and diving, and basketball along with oversight of the Officials Program. Hauser is credited with successfully coordinating the change of venues from Madison to the Resch Center in Green Bay for the Girls State Basketball Tournament and from Madison to Uihlein Soccer Park in Milwaukee for Boys and Girls State Soccer Tournaments along with the move of the

See Deb Hauser to Retire, page 6 >

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website < <http://www.wiaawi.org> >
< info@wiaawi.org > General Use
< refs@wiaawi.org > Officials Department

Concussion Information

When in Doubt, Sit Them Out!

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

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

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

There are unique concerns surrounding concussion in high school sports:

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

Concussion affects people in four areas of function:

- 1) Physical – This describes how they feel: headache, nausea, vomiting, dizziness, tired and loss of consciousness (which is uncommon in concussion).

- 2) Thinking – Poor memory and concentration, responds to questions more slowly and asks repetitive questions. Concussion can cause an altered state of awareness and thinking.
- 3) Emotions – A concussion can make a person more irritable or sad and cause mood swings.
- 4) Sleep – Concussions frequently cause trouble falling asleep and may wake athletes up overnight, which can make them more fatigued throughout the day.

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

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

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

Everyone involved with high school athletics must be alert for potential injuries on the field and be able to recognize signs and symptoms of concussion. While coaches are not expected to make a diagnosis of concussion, it is expected for coaches to be aware that their athletes may have a concussion and then hold them out of all activity until they are medically cleared by a healthcare provider. “Signs” are what can be seen by others, like clumsiness, while “symptoms” are what the injured player feels, like a headache.

Remember, athletes should report their symptoms, but they may not unless they are asked and even then it is important to consider that athletes may not be telling the truth. Thus, it is important for schools to educate their athletes, coaching staff and parents in the presea-

See Concussion Information, page 12 >

Concussion Insurance

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

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

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

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

Program Highlights Include:

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

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

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

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

FROM THE NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

Wisconsin Ranks 14th in Nation in H.S. Sports Participation



Led by the largest one-year increase in girls participation in 16 years, the overall number of participants in high school sports increased for the 28th consecutive year in 2016-17, according to the annual High School Athletics Participation Survey conducted by the National Federation of State High School Associations (NFHS).

Based on figures from the 51 NFHS member state high school associations, which includes the District of Columbia, the number of participants in high school sports reached an all-time high of 7,963,535. The increase of 94,635 participants from 2015-16 is the largest one-year jump in overall participation since the 2008-09 school year.

It is significant to denote the participation figures collected from each state association are a cumulative total for each sport throughout the school year; therefore, multi-sport athletes are counted in the figures multiple times, once for each sport of participation.

Thanks to increases in all of the top 10 participatory sports, the number of girls participants reached an all-time high of 3,400,297. The increase of 75,971 from the previous year is the largest one-year jump since the 2000-01 sports participation report.

Competitive spirit registered the largest increase among girls activities with an additional 18,712 partici-

pants, followed by outdoor track and field (8,508), volleyball (8,470), soccer (6,810) and lacrosse (5,423).

“As we celebrate the 45th anniversary of Title IX this year, this report on girls participation numbers underscores the significance of that important decision in 1972,” said Bob Gardner, NFHS executive director. “It is great to see an ever-increasing number of girls taking advantage of that opportunity to compete in high school sports.”

Seven of the top 10 boys sports registered increases from the previous year, led by soccer (9,912), outdoor track and field (9,003), and cross country (8,580). Overall participation for boys in 2016-17 was 4,563,238, an increase of 18,664 from the previous year.

Participation in 11-player football was down 25,901 from the previous year, although the numbers in 6- and 8-player football were up from the 2015-16 season. The overall number of participants in football (6, 8, 9 and 11 player) in 2016-17 was 1,086,748, down 25,503 from the 1,112,251 in the 2015-16 season.

While the number of participants in high school football declined, the number of schools offering the sport increased by 52 schools in 11-player – from 14,047 to 14,099 – and by nine schools in 6-, 8- and 9-player – from 1,349 to 1,358.

With 14,099 high schools offering 11-player football, the decrease of 25,901 participants amounts to fewer than two individuals (1.8) per school, and an overall decrease of 2.5 percent.

Football remains the No. 1 participatory sport for boys at the high school level by a large margin. Track and field is second with 600,136 participants, followed by basketball (550,305), baseball (491,790) and soccer (450,234).

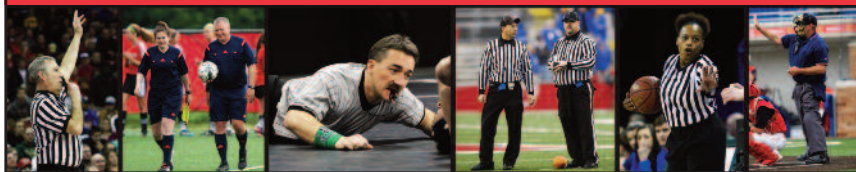
“While we are concerned when any sport experiences a decline in participation, the numbers do not substantiate that schools are dropping the sport of football,” Gardner said. “The NFHS and its member state high school associations have worked hard to reduce the risk of injury in high school football, and we are pleased at the continued strength of the sport across the country.”

This year's survey indicated that more than 60 different sports were offered by high schools nationwide, from judo and kayaking, to fencing and rugby, to snowboarding and rodeo. Some of the more popular non-traditional high school sports were badminton (17,184), archery (9,767), crew (5,179) and fencing (4,100).

Wisconsin ranks 14th in the nation in sports participation with 183,044 participants. The top 10 states by participation remained the same; however, Florida moved

See Wisconsin Ranks 14th in Nation, page 14 >

Officials Corner



Congratulations!!

2017 Spring Tournament Officials

Spring Baseball – Trent Haldiman, Waterloo; Eric Harmon, Baldwin; Rory Holland, Cottage Grove; James Krueger, Marshfield; Todd Krueger, Oshkosh; David Kruse, Baraboo; Rick Laufenberg, Dodgeville; Jeffrey Lee, Ladysmith; Mike Scharber, Milwaukee; Corey Scheffler, Menasha; Marvin (M.J. Max) Stella, Wausau; Scott Trotter, Kenosha

Summer Baseball – Vince Diplaris, Waukesha; Todd Jahns, Cedarburg; William Laufer, West Bend; John Purdy, Racine; Chris Szolyga, Muskego; Ed Vodvarka, Oak Creek

Girls Soccer – Peter Bernardy, De Pere; Barrett Britt, Delavan; Mahmood Darvish, Belleville; James Friel, Waukesha; Dean Gumz, Eau Claire; Mark Herdeman, West Bend; Scott Irwin, Janesville; Dmtar Jovic, Greenfield; Ryan Koessl, Kenosha; Dale Pocerich, Altoona; Anthony Voulgaris, Van Dyne; Mark Williams, Kaukauna

Softball – Mark Angell, Rice Lake; James Basinger, Greenfield; Charles Chamberlain, Platteville; Craig Fenrick, Madison; Thomas Hack, Wausau; Jerry Holmes, Windsor; Michael Kirschbaum,

Holmen; Randall Koehn, Columbus; Larry Olson, Columbus; James Schaefer, De Pere; Gary Sievert, Suamico; Pamela Steiger, Hortonville

Girls Individual & Team Tennis – Meet Referee – Sharon Terry. **Umpires** – Denise Caldwell, Janesville; Deb Clausen-Kremer, Sun Prairie; Elizabeth Danner, Oneida; Tom Derouin, Savage (MN); Dave Hammelman, Brookfield; Jan Hammelman, Brookfield; John Knox, Madison; Patty Larson, Waunakee; Jon Nicoud, Fond du Lac; Jordan Robinson, Pleasant Prairie; Gary Schlei, Madison; Courtney Smith, Janesville; Sharon Terry, Janesville; Henry Thomas, Milwaukee; Mark VanderZanden, Appleton; Kris Williams, Green Bay; Nancy Wilson-Schlei, Madison; Robert Wilkins, Brookfield; Jim Yoshida, Madison

Track & Field – Meet Referee – Jon Hegge, Evansville; **Field Referee & Throws Referee** – Dan Fregien, Sullivan; **Field Referee & Jumps Referee** – Robert Kern, Milwaukee; **Starter** – Andre Casabonne, Cashton; **Starter** – Lynn Mork, Berlin; **Starter** – Jim Steinberg, Oconomowoc; **Alternate** – Tim Lee, Viroqua ●

Volleyball Rules Changes 2017-18

5-5-3b(12): Outlines mechanics for the second referee to sound a warning whistle at 45 seconds or any other time when both teams take the court ready to play before the audio signal (horn) is sounded at 60 seconds. Clarifies all time-outs are officially ended with the audio signal (horn).

Rationale: The defining end of a time-out shall be the horn and the warning of the impending end of the time-out is the second referee's whistle at 45 seconds or at any other time when both teams take the court ready to play before the audio horn is sounded at 60 seconds.

5-4-3c(17): On a time-out, the first referee shall whistle the warning if the second referee is still checking the scoresheet.

Rationale: A procedure is needed for the sounding of the warning whistle should the second referee still be involved with checking the scoresheet.

5-8-3a: Outlines the new procedures for the timer to give the audio signal (horn) only to officially end a time-out and no longer for the warning at 45 seconds into the time-out.

Rationale: Clarifies that the audio signal (horn) shall only be sounded to indicate the official end of a time-out.

9-8-2 New: A replay, is considered, to be a part of a single play action. Therefore, once a replay has been called, by the first referee, no requests, e.g., time-out, service order, lineup, substitution, libero replacement, etc., may be recognized until after the rally is completed.

Rationale: A replay is a single action to re-

peat the start and completion of a rally that was interrupted under Rule 9-8-1. Clarifies when resuming play, all circumstances should be the same and no requests shall be recognized for, e.g. time-out, service order, lineup, substitution, libero replacement etc.

Officials Signals: Omit the illegal substitution signal (Signal # 20) as the penalty is Unnecessary Delay if attempting to enter the set and illegal alignment if observed in the set.

Rationale: The penalty for illegal substitution is "unnecessary delay--administrative yellow or red card;" there is no longer a need to have two penalty signals, illegal substitution and unnecessary delay.

2017-18 VOLLEYBALL MAJOR EDITORIAL CHANGES

2-1-5: Clarifies the language regarding the attack line shall be solid and one clearly visible color.

5-2-1b: Clarifies when the second referee will indicate both the nature of the fault and the number of the player committing the net fault.

2017-2018 Volleyball Editorial Changes
4-1 Penalty 3, 4-2 Penalty 2, 10-3-3, 11-2 Penalties 1 and 2, Sample Sets

2017-18 Volleyball Points of Emphasis

1. Conduct and Privileges of Assistant Coaches
2. Court Boundary Lines and Attack Lines
3. Second Referee-Handling of Request for Third Time-Out
4. Letters of Authorization
5. Mechanics of Signals and Communication ●

WIAA Tennis Meets

This past January, the WIAA Board of Control acting on a recommendation from the Tennis Coaches Advisory Committee unanimously approved new language for WIAA tennis teams regarding the way varsity tennis meets are to be counted.

Most importantly, commencing with 2017-18 school year a varsity event where a varsity reserve or JV team competes in the event counts toward a school/team's maximum of 14 varsity events for the season.

This recommendation was developed due to schools sending varsity reserve and JV teams to weaker varsity meets, counting these meets on their varsity reserve and JV schedules, and then sending their varsity teams to stronger tournaments and dual matches.

In addition, please be certain that schedules of all teams are clearly published and separated by level for each team sponsored by a school.

Other key components to scheduling tennis meets include, but are not limited to:

- Conference tournaments must be included in the count of regular season maximums. Conference tournaments count as one multiple-school meet toward a school's maximum allowed meets.
- A school may enter only one team in one varsity meet per day.
- No meet may continue more than two days. A two-day conference, invitational or multi-dual meet counts as one meet. Completion of a two-day meet postponed/suspended due to weather and other conditions can be finished on a third day with approval from the school administrators involved.
- No meet may be scheduled (but a meet may be rescheduled if postponed) after any of the schools involved in the rescheduled event have begun WIAA tournament series competition.

If any questions develop regarding Maximum Allowed Meets for Tennis, please contact Tom Shafranski, WIAA Assistant Director at tshafranski@wiaawi.org or by calling (715) 344-8580. ●

Lightning

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



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

(Source: NFHS Rule Book) ●

WIAA Award of Excellence Recognizes 15 Schools

The WIAA salutes the 15 schools that met the criteria to be the inaugural recipients of the Award of Excellence in 2016-17.

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

Recipients of the 2016-17 Award of Excellence, presented to schools that met each of the award's criteria, are:

Baraboo
Beaver Dam
Divine Savior Holy Angels
Franklin
Hudson
Madison Country Day
Middleton
Racine Horlick
Slinger
Stoughton
University School of Milwaukee
Wauzeka-Steuben
Wayland Academy
Whitewater
Wisconsin Rapids Lincoln

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

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

The criteria applied toward the Award of Excellence include:

- * Athletic director conducted regular occurring meetings with a Captain's Club/Team Leadership Council/Etc. – sportsmanship, ethics and/or integrity is on the agenda and is discussed
- * Athletic director conducted regular occurring meetings with coaches - sportsmanship, ethics and/or integrity is a topic that is on the agenda and is discussed

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

The school application for the Award of Excellence is available on the WIAA website at: www.wiaawi.org. The deadline for applications is June 29, 2018. Any questions about the application or the Award of Excellence criteria, please contact the WIAA office at (715) 344-8580. ●

Mental Health/Mental Wellness

General Information

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

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

How and Why Mental Illness Occurs in Athletes

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

See Mental Health/Mental Wellness, page 14 >

WIAA Cash Flow Bulletin

As school-based ice hockey programs continue to develop, it is important for school officials to maintain oversight of their ice hockey programs. Through discussions with school administrators of WIAA ice hockey programs, we are learning that numerous ice hockey programs, boys and girls, are not in compliance when it comes to receipt of funding and payment of expenses for their program(s).

Examples of non-compliance funding situations include the following:

1. Monetary funds provided to the school by outside sources are not handled in accordance with school district gift acceptance policies.
2. Booster Clubs and/or Non-School Associations directly paying officials fees, travel expenses, uniforms, ice time and/or coaches salaries.
3. Booster Clubs and/or Youth Hockey Associa-

tions not allowing student-athletes to try out or participate on a school team because player fees or insurance fees have not been paid.

4. Booster Clubs and/or Youth Hockey Associations providing financial assistance for high school hockey player's student fees.

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

1. One school from a co-op program reducing the fees for students from their school to participate in ice hockey, while the other schools in the co-op program do not reduce their fees.
2. One school from a co-op program not providing monies raised for their school to the lead school of the co-op for distribution amongst all schools/players' participation fees in the co-op program.

3. A student-athlete receiving a reduced student participation fee equal to the amount the student raised during a fundraising campaign.

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

It is important to get cash flow situations properly aligned prior to the start of the WIAA ice hockey season. This is the time to check into the funding of WIAA Ice Hockey programs and should school administrators identify cash flow problems, to get them rectified prior to the emotionally charged period during the season. Your help with these funding issues is greatly appreciated. ●

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 website (www.wiaawi.org).

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

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

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

3) ...receive compensation or benefit, directly or indirectly, for the use of name, picture, and/or personal appearance as an athlete. This includes but is not limited to: receiving free and/or reduced rates on equipment, apparel, camps/clinics/instruction and competitive opportunities that are not identical for all other participants. In addition, student-athletes and parents must pay all costs associated with attending camps and/or clinics.

4) ...are 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.

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

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

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

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

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

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

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

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

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

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

See *Disordered Eating*, page 10 >

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 hidden stimulants can cause irregular heart rhythm, increased blood pressure, stroke, even death.
- **Contamination:** Supplements can accidentally contain banned or discouraged ingredi-

See *WIAA Position Statement*, page 13 >

Spring and Summer Team Sportsmanship Award Winners Selected

The Wisconsin Interscholastic Athletic Association, in partnership with Rural Mutual Insurance Company, has selected the team Sportsmanship Award winners for the 2017 Spring and Summer State Team Tournaments.

The winners of the prestigious award are Laconia in spring baseball, Juda/Albany in softball, Winneconne in girls soccer, Neenah in boys tennis and Kiel in summer baseball.

Laconia is the recipient of the WIAA/Rural Mutual Insurance Sportsmanship Award for the second time and for the first time in spring baseball. They finished runner-up in Division 3, falling 10-0 to Aquinas in the title game after defeating Iola-Scandinavia 5-4 in the semifinals. The Spartans also received the award in boys basketball in 2002. Schools receiving honorable mention include Aquinas, Athens, Beloit Memorial, Burlington, Cumberland, Iola-Scandinavia, Mosinee, Oakfield, Turner, Wausaukee, West Salem.

The Juda/Albany co-op demonstrated sportsmanship and enthusiasm over two games en route to winning the Division 4 championship at the State Softball Tournament. It's the first time the co-op program has been chosen as the recipient of the award. The Panthers downed Phillips 13-4 in the semifinals and edged Pacelli 2-1 in the title game to earn the championship. Albany also received the Sportsmanship Award in 2014 as a co-op program with Evansville in team wrestling. Honorable mention for the award was extended to Bloomer, Kewaskum, Marshall, Menomonee Falls, New London, Pacelli, Phillips, Shiocton, Sun Prairie, Wausaukee, Weyauwega-Fremont.

It is first time Winneconne has been presented with the Sportsmanship Award in any sport. The Wolves were selected among the 20 programs qualifying for the State Girls Soccer Tournament this spring. They advanced to the title game in Division 3 via a 3-1 advantage in the shootout following a 1-1 tie with Edgewood. They finished runner-up with a 4-0 setback against Catholic Memorial in the championship game. Aquinas, Bay Port, Brookfield Academy, Catholic Memorial, Howards Grove, Oregon, Pulaski, Rice Lake received honorable mention for the award.

Neenah earned the Sportsmanship Award at the State Boys Team Tennis Tournament for the second straight season and for the fourth time in the sport. They also were recognized in boys team tennis in 2002, 2006 and 2016. It's the 10th time the Rockets have received the award overall. In addition to boys team tennis, they were the recipients of the Sportsmanship Award in girls tennis in 2000 and 2015; boys basketball in 1969, 1975 and 1988; and girls soccer in 2001. The Rockets finished as the State runner-up this year, falling to Marquette 5-2 in the final after defeating Eau Claire Memorial 5-2 in the semifinals and Arrowhead 6-1 in the quarterfinals.

Qualifying for the State Summer Baseball Tournament for the first time since 1967, Kiel was select as the Sportsmanship Award winner this year. The Raiders scored the first run of their semifinal match-up with Marquette, but would succumb to the Hilltoppers 11-1 in six innings. It is the first time Kiel has been selected for the Sportsmanship Award. West Bend West received honorable mention.

The WIAA/Rural Mutual Insurance Sportsmanship Award is presented to one school and community in each of the State team tournaments. The award winners are determined by the conduct and sportsmanship displayed by athletes, coaches, cheer and support groups, mascots, bands and spectators. Additional consideration is given for the effort of school administrators and chaperones to insure support for their teams are positive and that the highest ideals of sportsmanship are upheld. Award winners receive a plaque and banner in recognition of the honor. Schools receiving honorable mention are acknowledged with a certificate of recognition.

Rural Mutual Insurance has sponsored the Sportsmanship Award program for more than 52 years.

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



Deb Hauser to Retire from page 1

Boys and Girls State Golf Tournaments to University Ridge in Madison.

Hauser was instrumental in expanding State Tournament opportunities by expanding basketball from four to five divisions, soccer from one division to four divisions, girls golf from one to two divisions and increasing the number of qualifiers for the State Individual Girls and Boys Tennis Tournaments along with the creation of the Boys and Girls Team Tennis Tournaments.

At the national level, Hauser was a

member of the National Federation of State High School Associations Officials' Quarterly Publications Committee for two years (1996-98) and served five years on the NFHS Soccer Rules Committee, including the last four years of that term as chair. She also served on the NFHS Equity Committee from 2004-07 and the Basketball Rules Committee from 2011-2014. In 2007, she received the NFHS Citation, which is regarded as one of the highest achievements in high school activities. ●

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? ●

NFHS Reminders for Public Address Announcers

In order for sports to serve a purpose in the educational system, students must obtain positive educational benefits from participation in the game.

It is essential that all individuals involved understand that the playing field is an extension of the classroom.

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

- not attempt to be bigger than the game or event by doing play-by-play or by providing commentary;
- be impartial, with announcements (written or impromptu) being made with no show of favoritism, in a positive, non-disrespectful manner;
- use proper language at all times;
- treat the opposing coaches, participants, cheerleaders and their fans as guests;
- never criticize players, coaches or officials. ●

NFHS Football Points of Emphasis - 2017

Responsibility on Players to Avoid Illegal Contact

With a continued emphasis on minimizing risk in high school football, it is imperative for coaches to continue educating their student-athletes regarding the importance and responsibility of avoiding illegal contact. With the recent implementation of NFHS football rules prohibiting targeting, illegal contact on defenseless players, illegal blindside blocks, illegal pop-up kicks and other illegal personal contact fouls, the NFHS is reiterating its focus on player safety. Players are ultimately responsible for using legal blocking and tackling techniques, and coaches have a responsibility to emphasize the use of legal contact. Therefore, unnecessary contact with opponents who are clearly out of the play, or contact that is excessive and unnecessary, have no place in the game of football. These unnecessary hits are unsafe acts and the techniques cannot be tolerated by those responsible for the game of football. Coaches need to exercise leadership in eliminating illegal contact and game officials must act decisively to penalize illegal contact to minimize the risk of injury to players.

Illegal Helmet Contact

While wearing a football helmet can never guarantee the elimination of head and neck injuries, coaches at all levels of football have increased their focus on reducing these types of injuries as much as possible. One of the biggest efforts in this endeavor is to eliminate direct helmet-to-helmet contact and to minimize any other contact both with and to the helmet.

Coaches and game officials must continue to be diligent in promoting the elimination of direct contact to and with the helmet through consistent adherence to proper and legal coaching techniques and through strict enforcement of playing rules and game administration.

The No. 1 responsibility for game officials must be player safety. Any initiation of contact with the helmet is illegal; therefore, these fouls must be penalized consistently and without warning. Player safety is simply a matter of attitude, technique, attention and supervision. Proper coaching techniques and consistent enforcement of illegal helmet contact by game officials will be a positive step toward reinforcing player safety.

Sideline Management and Control, Professional Communication Between Coaches and Game Officials

Sideline management and consistent enforcement of the rules pertaining to the restricted area and the team box continue to be an issue in many areas of the country. The restricted area is the area extending two yards outside the perimeter of the entire field (i.e., outside both sidelines and end lines). This restricted area is designated by the restraining line. The team box is the area immediately outside the restricted area between the 25-yard lines on each side of the field. With limited exceptions, nonplayers are not permitted in the restricted area at any time during the game. Nonplayers include coaches, team personnel, spectators, game administrators and members of the media. During a dead-ball interval, no more than three coaches are permitted in the restricted area directly in front of the team box. No one may be in the restricted area when the ball is live.

The restricted area is designated to make the sidelines safer for everyone and to allow game officials ample room to work. If the restricted area is not clearly delineated or not enforced by game administration, coaches or game officials, individuals in the restricted area are at risk for injury during or after a play.

Game administration is required to enforce the restricted area beyond the boundaries of the team boxes. No one should be in this area including media, photographers, statisticians, school boosters, cheer squads, pep bands, security personnel and medical staff.

Coaches are encouraged to instruct team personnel of the parameters and boundaries of the team box, and to effectively communicate the requirements to stay in the team box at all times. Coaches are also required to remain outside the restricted area when the ball is live, and no more than three coaches are in the coaches' area when the ball is dead.

Game officials must consistently enforce the rules pertaining to the coaches' area and restricted area and other sideline violations that occur during the game. Effective enforcement begins with respectfully communicating expectations to coaches and game administration prior to the start of the game. Violations of the restricted area should immediately result in the beginning of the progression of the penalties prescribed in Rule 9-8. Violations of the unsportsmanlike conduct rules should immediately result in a 15-yard penalty and a disqualification of the offender if flagrant, or if it is the offender's second such foul. Examples of such conduct include the actions listed in Rule 9-8-1. A coach or a non-player on the field of play is enforced as an unsportsmanlike conduct foul rather than a violation of the restricted area.

Coaches, game administration and game officials are reminded that the primary purpose of high school activities is to teach student-athletes how to become responsible adults. All adults involved in a contest should recognize they are teacher-coaches and teacher-officials, and that their use of professional and courteous communication sets a positive example for the student-athletes to follow, and is crucial in creating an optimal and meaningful learning environment. Game officials and coaches should always work together in a professional manner to ensure all rules are communicated, understood and enforced.

Proper Enforcement of Penalties for Violations of the Equipment Rules

All players are required to wear properly fitted equipment and uniforms that are worn in the manner intended by the manufacturer, as specified in the rules. The purpose of equipment rules is to promote the safety and protection of both the player wearing the equipment and his opponent. Players may not wear any equipment/adornments that are deemed illegal. In addition, it is the responsibility of head coaches to ensure players have been issued properly fitted equipment and have been instructed in its proper use and verify this requirement to game officials prior to each contest. Due to the potential for injury, game officials must strictly enforce equipment and uniform rules.

There are three types of fouls associated with improper equipment: (1) failure to properly wear required equipment, (2) failure to wear or use legal and/or required equipment, and (3) wearing illegal equipment. The first foul occurs when the required equipment is present, but is not worn properly. The penalty for this foul is a 5-yard penalty, and it can be either a dead-ball foul (if the foul occurs when the snap is imminent) or a live-ball foul (if a player is observed removing or discarding required equipment during a down). Examples of such fouls include, but are not limited to, unsnapped chin straps, tooth and mouth protectors that are dangling, or jerseys that do not fully cover the shoulder pads. If game officials observe any improperly worn equipment during a dead-ball period, they should use preventive officiating and tell the player to make a correction. However, if the snap is imminent and equipment is not properly worn, the game official should blow the whistle to prevent the snap from occurring and a dead-ball foul should be called. The second foul occurs when a player is missing any required equipment. That foul is an unsportsmanlike conduct foul charged to the head coach (Rule 9-9). The third foul occurs when a player wears illegal equipment. Examples of this type of foul include, but are not limited to, the wearing of cleats that exceed ½ inch, or the presence of a sticky substance on a player's uniform. If a player is detected wearing illegal equipment, his head coach is charged with an unsportsmanlike conduct foul under Rule 9-9.

If any equipment becomes illegal or defective during the game, correction must be made before the player continues to participate. Examples include chin strap snaps which break off of the helmet or a jersey that slides up over the top of the shoulder pad. If the correction can be made within 25 seconds and without the assistance of a team attendant, an official's time-out may be called to perform such correction. Alternatively, a team may request a charged time-out to perform the correction. However, if correction cannot be completed within 25 seconds, or during a charged time-out, the player may not continue to participate until correction is made. ●

WIAA Football Player on Player Contact Rules

There are five basic types of player on player contact:

Drill contact – coach determined outcome

Air – Players should run unopposed without bags or any opposition.

Bags – Activity is executed against a bag, shield, or pad to allow for a soft-contact surface, with or without the resistance of a teammate or coach standing behind the bag.

Wrap or Control – Drills run at full speed until contact, which is above the waist with the players remaining on their feet.

Competition/Full Contact – No coach determined outcome

Thud – Same as wrap but tempo is competitive with no pre-determined winner and the players are not tackling to the ground.

Live Competition or Full Contact – Full contact is defined as football drills or live game simulations where live action occurs – game speed where players execute full tackles at competitive pace taking players to the ground.

Limitations are the following:

Drill Contact (Air, Bags and Wrap) is unlimited. Competition/Full Contact (Thud and Live/Full) has limitations. The Acclimatization Regulations also apply.

Week 1 – Only Drill Contact (Air, Bags and Wrap) is allowed and it is unlimited. Competition/Full Contact is not allowed.

Week 2 – Drill Contact (Air, Bags and Wrap) is unlimited. Competition/Full Contact (Thud and Live) is limited to 75 minutes per week (excluding a scrimmage).

Week 3 and beyond – Drill Contact (Air, Bags and Wrap) is unlimited. Competition/Full Contact (Thud and Live) is limited to 60 minutes per week (excluding games). ●

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). One school may not count it as a scrimmage while the other school counts it as a contest.

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

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

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

Eligibility Waivers for Foreign Exchange Students

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

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

Article II - Residence and Transfer

Section 4 – Foreign Exchange Students

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

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

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

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

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

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

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

Foreign Student Eligibility Verification Form (Online Form rSchool)

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

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

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

Board Approves from page 1

lution during development of the 2017-18 operational budget.

Among the additional discussions were a review of the 2017 spring State Tournaments, updates on Assembly Bill 260/Senate Bill 232, the 2017 New Athletic Director Workshop, possible 2017 Area Meeting topics, and potential Constitution items for the 2018 Annual Meeting.

The Board also received liaison reports from John Ashley of the Wisconsin Association of School Boards and Peggy Seegers-Braun of the Wisconsin Athletic Directors Association.

Basketball Tournament Placement Model

1. ASSIGNMENT OF SCHOOLS WILL BE ON A GEOGRAPHICAL BASIS IN FIVE DIVISIONS (1-2-3-4-5).
 - a. Division 1 – Schools with enrollments of 1200 or greater.
 - b. Division 2 – Schools with enrollments of 600-1200.
 - c. Division 3 – Schools less than 600 with classification codes city or suburban and schools of 450-600 with classification codes town or rural that are in excess of the 256 school enrollments in Division 4 and 5.

- d. Division 4 – Schools with classification codes town or rural comprising 128 schools with the lowest enrollment sponsoring basketball after Division 5 is determined.
- e. Division 5 – Schools with classification codes town or rural comprising the 128 schools with the lowest enrollment sponsoring basketball.
- f. Cooperative teams are placed into divisional competition on the basis of the combined enrollment of the schools involved.
- g. Schools may be allowed to play up one division from where its enrollment would otherwise place it if an application is submitted prior to April 3, 2017. This will not cause other schools to be displaced.
- h. A member school will be placed up one division the first two years of its eligibility for tournament play.
- i. Any member school appearing in a State Tournament will not be placed in a smaller-school division the following year even if a decline in enrollment would normally place team in the lower division. This also applies to any school who has chosen to play up in a higher division. ●

NFHS Football Jersey Rules (March 2017)

RULE 1-5-1:

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

b. Jersey:

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

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

allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on the uniform without compromising its integrity.

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

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

c. Numbers:

1. The numbers shall be clearly visible and legible using Arabic numbers 1-99 inclusive and shall be on the front and back of the jersey.
2. The numbers shall be centered horizontally at least 8 inches and 10 inches high on front and back, respectively, and with continuous bars or strokes approximately 1½-inches wide.
3. The color and style of the number shall be the same on the front and back.
4. The body of the number shall be either:
 - (a) a continuous color(s) contrasting with the jersey color, or
 - (b) the same solid color(s) as the jersey with a minimum of one border that is at least ¼-inch in width of a single solid contrasting color.

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

3. Shoulder pads and hard surface auxiliary attachments, which shall be fully covered by a jersey.

RULE 1-5-3:

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

a. The following items related to the Game Uniform:

1. Jerseys and pants that have:
 - (a) A visible logo/trademark or reference exceeding 2¼ square inches and exceeding 2¼ inches in any dimension.
 - (b) More than one manufacturer's logo/trademark or reference on the outside of either item. (The same size restriction shall apply to either the manufacturer's logo/trademark or reference).
 - (c) Sizing, garment care or other nonlogo labels on the outside of either item.
3. Tear-away jerseys or jerseys that have been altered in any manner that produces a knot-like protrusion or creates a tear-away jersey.

c. The following items related to Other Illegal Equipment:

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

Football Rules Changes 2017

1-3-1h (NEW): Added that commercial advertising is not permitted on the ball.

Rationale: The ball cannot have commercial advertising added to the surface. The only permissible items on the ball are the ball manufacturer's name and/or logo; school name, logo and/or mascot; conference name and/or logo; state association name and/or logos; and NFHS name and/or logos.

1-5-1b(3): Further clarifies that the jersey of the home team shall be a dark color clearly contrasting to the white jersey required for the visiting team.

Rationale: Home game jersey specifications were further revised to provide schools and manufacturers additional clarification regarding the current trend of utilizing lighter gray shades. The implementation date of 2021 affords schools and manufacturers the opportunity to ensure that newer dark-colored jerseys will clearly contrast with white jerseys. The requirement for contrasting colors to white is not a new rule, and this new clarification will allow changes to be made during normal replacement cycles.

1-5-1a(2) NOTE, 1-5-4: This change now permits any of the game officials to accompany the referee to meet with the head coach for equipment verification.

Rationale: Member state associations may determine the game official who is to accompany the referee during the required pre-game meeting with each head coach.

2-3-10 (NEW), 9-4-3n (NEW), 9-4 PENALTY: Added a new definition for a blindsided block and specifies a penalty for an illegal blindsided block.

Rationale: Continuing with the focus on risk minimization, the committee created a definition for a blindsided block. This block involves contact by a blocker against an opponent who, because of physical positioning and focus

of concentration, is vulnerable to injury. Unless initiated with open hands, it is a foul for excessive and unnecessary contact when the block is forceful and outside of the free-blocking zone.

2-16-2h: Clarified that illegal participation fouls by the receiving team occurring during the kick are now enforced under post-scrimmage kick fouls.

Rationale: Illegal participation fouls by the receiving team occurring during the kick are now enforced under post-scrimmage kick fouls. Illegal substitution and illegal participation fouls by the receiving team occurring at the snap continue to be enforced from the previous spot.

2-24-10 (NEW), 6-1-11 (NEW), 6-1 PENALTY: Added a new definition for a pop-up kick and specifies a penalty for a pop-up kick.

Rationale: Continuing with the committee's efforts to minimize risk, a pop-up kickoff has been defined. A pop-up kick is a free kick in which the kicker drives the ball immediately to the ground, the ball strikes the ground once and goes into the air in the manner of a ball kicked directly off the tee. Such kicks will be penalized as a dead-ball free-kick infraction.

2-32-16: Expands the definition of a defenseless player by incorporating specific examples.

Rationale: The committee adopted specific examples of a defenseless player. By adding these examples, the committee continues to focus on risk minimization and responded to requests on the annual NFHS football rules questionnaire from participating coaches, game officials and state association representatives.

3-4-7 (NEW): Added a new option to the offended team to start the clock on the snap for an accepted penalty inside the last two minutes of either half.

Rationale: The committee added an option for the offended team on an accepted penalty inside the last two minutes of either half. The referee continues to have the authority to start or stop the clock if a team attempts to conserve or consume time illegally.

4-2-2l (NEW): Specifies that the ball is declared dead if a prosthetic limb comes completely off the runner.

Rationale: With this change, the ball becomes dead when a prosthetic limb comes completely off the runner.

7-1-6: Now stipulates that it is encroachment to strike the ball or the snapper's hand/arm prior to the snapper releasing the ball.

Rationale: Defensive players are restricted from contacting the ball or the snapper's hand(s) or arm(s) until the snapper has released the ball.

7-5-10: Removes non-contact face guarding from the pass interference restrictions.

Rationale: This change eliminates the previous foul for non-contact face guarding forward-pass interference.

2017 EDITORIAL CHANGES

Facilities Statement; 1-3-2; 1-5-1a(1); 1-5-1a(2) NOTE; 1-5-2b; 1-5-3b(6); 1-5-3c(2); 1-5-5; 1-6-1; 1-6-2; 2-5-3; 2-41-3; 2-41-5; 3-4-8; 3-5-7f; 3-5-8b(2); 3-5-10b; 3-5-10c; 4-2-2k; 7-5-6a; 9-3 PENALTY; 9-4-3k; 9-8-1h; 10-5-1c; FOOTBALL FUNDAMENTALS – VI-2; PENALTY SUMMARY; INDEX.

2017 POINTS OF EMPHASIS

1. Responsibility on Players to Avoid Illegal Contact
2. Illegal Helmet Contact
3. Sideline Management and Control, Professional Communication Between Coaches and Game Officials
4. Proper Enforcement of Penalties for Violations of the Equipment Rules ●

Nonschool Participation During the School Year

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

NONSCHOOL PARTICIPATION - INSEASON

The first rule, during the season of the sport: It is the philosophy of this Association that a student owes loyalty and allegiance to the school and team of which he/she is a member during the season of a given sport. Athletes may compete in not more than two nonschool competitions with school approval during each regular sport season. The contest(s) will not count against the individual maximum for the athlete in that sport. Nonschool competition will not be allowed during the respective WIAA tournament series in a sport. A student becomes ineligible in a sport for the remainder of the season for competing in more than two nonschool games, meets, or contests in the **same** sport during the season of practice and competition established by the school. (ROE, page 37, Art VI, Sect 1, Par A and WIAA Rules at a Glance III - Students - D)

WIAA rules do not prevent athletes from practicing with non-school teams or from receiving private skills instruction during the school season. However, they may not participate in any nonschool competitions or races, including scrimmages, against other teams. This restriction applies to normal non-school games as well as "gimmicks," such as reduced numbers competition (3-on-3 basketball, 6 player soccer, 3-on-3 soccer, 7-on-7 football, etc.), fun runs (including "banditing"), etc. During the season, athletes may participate in a skills contest with approval of the school. Specific skill contests (punt, pass, and kick, shooting contests e.g., free throws, 3 point, drive, chip and putt) isolate separate skills outside of the traditional competition setting. The skill contest may not include physical contact or extreme fatigue as the actual sport competition. Fun runs are not considered skills contests. There can be no school coach involvement. All other eligibility rules including amateur status apply. Additionally, a student who was a member of a school team during the previous year may not delay reporting for the school team beyond the school's official opening day of 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 37, Art VI, Sect 1, Par A)

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

Athletes

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

School Involvement in Out-of-Season Activity

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

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

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

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

Note: All coaching contact out-of-season is not allowed during the school year with athletes the coaches will coach the next year. ●

Disordered Eating from page 5

- Problems with the cardiovascular system (heart and blood vessels)
- Mental health conditions and suicide
- Weakened immune system
- Changes in metabolism

Note that some people reference the term "Female Athlete Triad," which is becoming outdated. However, the idea still applies that the three elements of the Triad, disordered eating, menstrual cycle changes, and lowered bone mineral density, can occur in athletes who are not eating enough calories to fuel their activity levels.

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

Treatment

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

Under Resources, retain/add the following (and delete the remainder):

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

NFHS Football Conduct Rules

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

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

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

These must be penalized immediately as unsportsmanlike acts by players.

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

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

The WIAA Transfer Rule

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

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

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

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

Why do the WIAA member schools have a transfer rule?

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

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

A transfer/residency requirement: also prohibits foreign students, other than students who are participants in an established foreign exchange program accepted for listing by the Council on Standards for International Educational Travel (CSIET), from displacing other students from athletic opportunities.

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

ity, 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 fourth 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).

Simply The Transfer Rule*

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

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

9th grade - unrestricted

10th grade - unrestricted

11th grade - nonvarsity for calendar year

12th grade - no competition at any level, but may practice.

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

9th grade - nonvarsity for remainder of year

10th grade - nonvarsity for calendar year

11th grade - nonvarsity for calendar year

12th grade - no competition at any level, but may practice.

*Provided the student meets residency requirements

The transfer rule states: Open enrolled and/or tuition paying students entering 9th and/or 10th grade at the beginning of the school year and who are within the first four consecutive semesters of high school will be afforded unrestricted eligibility

provided all other rules governing student eligibility are met (ROE II-3-A-2).

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

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

In addition, a student transferring at the beginning of 11th grade, or transferring during 11th grade, is restricted to nonvarsity opportunities for one calendar year, provided the student meets the residence rule. The rule states: 10th or 11th grade students who transfer after the beginning of the school year and with written consent from both schools directly involved shall be restricted to 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

See The WIAA Transfer Rule, page 13 >

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) ●

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. ●

Concussion Information from page 2

son about the seriousness of concussion and the importance of athletes honestly reporting their symptoms and injuries.

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

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

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

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

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

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

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

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

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

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

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

Most concussions are temporary and they resolve without causing residual problems. However, in the adolescent population, around 20% of athletes that have a concussion have signs or symptoms that persist beyond 2-4 weeks. These symptoms of headache, difficulty concentrating, poor memory and sleep disturbances can lead to academic troubles among other problems. Concussion symptoms may even last weeks to months (post-concussion syndrome).

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

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

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

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

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

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

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

RETURN TO PLAY

Current recommendations are for a stepwise return to play program. In order to resume activity, the athlete must be symptom free and off any pain control or headache medications. The athlete should be carrying a full academic load without any significant accommodations. Finally, the athlete must have clearance from an appropriate health care provider.

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

The following program allows for one step per 24 hours.

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

STEP ONE: About 15 minutes of light exercise: stationary biking or jogging

STEP TWO: More strenuous running and sprinting in the gym or field without equipment

STEP THREE: Begin **non-contact** drills in full uniform. May also resume weight lifting

STEP FOUR: Full practice with contact

STEP FIVE: Full game clearance

PREVENTION

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

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

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

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

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

www.nfhs.com

www.nfhslearn.com (free concussion education video)

www.cdc.gov/concussion/headsup/high_school.html

(Heads Up program) ●

Coaches Participating Against Athletes in The Off-Season

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

It continues to be a violation of WIAA rules for coaches to participate on the same team as their athletes, in out-of-season play, and to be involved in playing pickup activity with their athletes during the off-season except in school sponsored Open Gyms. The other obvious exception to this is in the non-school unlimited contact window in all sports except football, during the summertime, when school is not in normal session. ●

The WIAA Transfer Rule from page 11

waived, if requested in advance, by a member school on behalf of one of its students and upon presentation of documentation detailing extenuating circumstances. Such documentation must include communications from (a) parents, (b) person(s) with whom student is living within requesting school's attendance boundaries and (c) school officials within whose attendance boundaries parents reside. Depending upon the nature of extenuating circumstances, eligibility may be limited to nonvarsity competition except in situations involving transfer after a student's fourth consecutive semester following entry into grade 9.

3. In cases associated with Section 1, A, (2) and (4), Section 2, A, (1) and Section 3, A, (1) of this Article, first-time 9th grade students will be permitted one transfer upon appropriate petition to the Board of Control if the student has attended no more than three days of practice and/or has attended no more than three days of school.

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

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

Required documentation to be sent as one complete package:

- EVTS (Eligibility Verification of Transfer Student) form - exchanged between schools and WIAA - may serve as documentation from "sending" school.
- "Sending" family - explaining circumstances leading to transfer
- "Receiving" family - documenting acceptance, school enrollment, residence, and meeting graduation requirement

- Receiving/requesting school - student transcripts
- Supplemental documentation that can be helpful when requesting a transfer/residence waiver includes: medical, law enforcement/courts, foster care, HHS, military, e.g.

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

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

WIAA Transfer Rule - History

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

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

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

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

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

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

passed the amendment and a minority were fearful boys who would be taking advantage of the permissiveness by transferring early and giving up a year of non-varsity eligibility. (Otte, 1997, p. 306)

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

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

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

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

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

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

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

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

WIAA Position Statement from page 5

ents 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 con-

tained 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." **If you can't pronounce ingredients listed on the label don't take it.**

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

For a copy of the WIAA Performance Enhancing Supplement and Banned Substances Policy visit <http://www.wiaawi.org/Portals/0/PDF/Health/performanceenhancers.pdf>

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

True Sport Nutrition Guide http://www.truesport.org/library/documents/resources/nutrition_guide/NutritionGuide.pdf

NSF Certified for Sport <http://www.nsf.org/>

USADA Dietary Supplement and Safety Education <https://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/brochures/protein-intake-for-optimal-muscle-maintenance.pdf>

American College of Sport Medicine - Selecting and using Sport Drinks, Carbohydrate Gels, and Energy Bars <http://www.acsm.org/docs/brochures/selecting-and-effectively-using-sports-drinks-carbohydrate-gels-and-energy-bars.pdf?sfvrsn=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/sports-resource-content/supplements-position-statement/> ●

Mental Health/Mental Wellness from page 4

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 his/her 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 his/her mind that they have difficulty controlling (obsessions) and/or behaviors that he/she feels 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 should be referred to health care providers who are familiar with mental illness if it is suspected that they might be suffering from such a condition. These providers include pediatricians, family medicine physicians, internal medicine physicians, sports medicine physicians, psychiatrists, psychologists, or other counselors/therapists. Early signs that an athlete might be suffering from mental illness include changes in personality, demeanor, interactions with peers, and general behavior.
- Treatment may include talk therapy (psychotherapy), medications, or changes in the environment. If at all possible, the athlete may 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.
- For crisis situations or any question about someone possibly being suicidal, athletes in the U.S. and those who work with them may call the National Suicide Prevention Lifeline at 1-800-273-8255.
- 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/>

WIAA Brand Licensing & Royalty Policy Reminder

The WIAA logos are registered service marks with the U.S. Patent Office and are protected from unlawful use.

Use of the WIAA marks and logos obligate a vendor doing business with the WIAA or with a WIAA member school to adhere to WIAA licensing policy. For royalty and licensing fees information, please have a vendor interested in using the WIAA marks to contact the WIAA office in connection with any commercial or noncommercial venture using WIAA marks on any merchandise and/or apparel, or with any promotion or service.

Member schools are permitted and encouraged to use the WIAA name, emblem and/or logos in printed materials, playing surfaces and in competition facilities during regular season and Tournament Series events. No approval from the WIAA is required for these uses. Please contact the WIAA office to request a copy of the WIAA logo.

Member schools may contract with any outside vendor to produce merchandise and apparel that includes the WIAA brand or marks for WIAA Tournament Series events and other promotional purposes. However, the vendor must be licensed by the WIAA to use the WIAA marks in order to display the logo or marks on merchandise, apparel or promotion. Vendors without license to use WIAA marks must contact the WIAA for royalty and license fee information.

The WIAA retains the right to require submission, upon request, of samples of any product for the purpose of licensing compliance and quality control.

For more information, please access Appendix M "Licensing and Royalty Policy" on page 59 of the 2017-18 Senior High Handbook. ●

Wisconsin Ranks 14th in Nation from page 2

ahead of Michigan to seventh position this year. Texas and California topped the list again with 834,558 and 800,364 participants, respectively, followed by New York (367,849), Illinois (341,387), Ohio (340,146), Pennsylvania (319,153), Florida (310,567), Michigan (295,647), New Jersey (283,655) and Minnesota (239,289).

The participation survey has been compiled since 1971 by the NFHS through numbers it receives from its member associations. The top 10 sports for boys and girls and the year-by-year participation totals are listed below. The complete 2016-17 High School Athletics Participation Survey is available at: http://www.nfhs.org/ParticipationStatistics/PDF/2016-17_Participation_Survey_Results.pdf

ATHLETICS PARTICIPATION SURVEY TOTALS

Year	Boys Participants	Girls Participants	Total	Year	Boys Participants	Girls Participants	Total
1971-72	3,666,917	294,015	3,960,932	1995-96	3,634,052	2,367,936	6,001,988
1972-73	3,770,621	817,073	4,587,694	1996-97	3,706,225	2,474,043	6,180,268
1973-74	4,070,125	1,300,169	5,370,294	1997-98	3,763,120	2,570,333	6,333,453
1975-76	4,109,021	1,645,039	5,754,060	1998-99	3,832,352	2,652,726	6,485,078
1977-78	4,367,442	2,083,040	6,450,482	1999-00	3,861,749	2,675,874	6,537,623
1978-79	3,709,512	1,854,400	5,563,912	2000-01	3,921,069	2,784,154	6,705,223
1979-80	3,517,829	1,750,264	5,268,093	2001-02	3,960,517	2,806,998	6,767,515
1980-81	3,503,124	1,853,789	5,356,913	2002-03	3,988,738	2,856,358	6,845,096
1981-82	3,409,081	1,810,671	5,219,752	2003-04	4,038,253	2,865,299	6,903,552
1982-83	3,355,558	1,779,972	5,135,530	2004-05	4,110,319	2,908,399	7,018,709
1983-84	3,303,599	1,747,346	5,050,945	2005-06	4,206,549	2,953,355	7,159,904
1984-85	3,354,284	1,757,884	5,112,168	2006-07	4,321,103	3,021,807	7,342,910
1985-86	3,344,275	1,807,121	5,151,396	2007-08	4,372,115	3,057,266	7,429,381
1986-87	3,364,082	1,836,356	5,200,438	2008-09	4,220,662	3,114,091	7,334,753
1987-88	3,425,777	1,849,684	5,275,461	2009-10	4,455,740	3,172,637	7,628,377
1988-89	3,416,844	1,839,352	5,256,196	2010-11	4,494,406	3,173,549	7,667,955
1989-90	3,398,192	1,858,659	5,256,851	2011-12	4,484,987	3,207,533	7,692,520
1990-91	3,406,355	1,892,316	5,298,671	2012-13	4,490,854	3,222,723	7,713,577
1991-92	3,429,853	1,940,801	5,370,654	2013-14	4,527,994	3,267,664	7,795,658
1992-93	3,416,389	1,997,489	5,413,878	2014-15	4,519,312	3,287,735	7,807,047
1993-94	3,472,967	2,130,315	5,603,282	2015-16	4,544,574	3,324,326	7,868,900
1994-95	3,536,359	2,240,461	5,776,820	2016-17	4,563,238	3,400,297	7,963,535

2016-17 SUMMARY OF ATHLETICS PARTICIPATION TOTALS BY STATE

State	Boys	Girls	Total ¹	State	Boys	Girls	Total ¹
1. Texas	491,042	343,516	834,558	27. Louisiana	62,487	47,415	109,902
2. California	462,513	337,851	800,364	28. Oklahoma	59,366	49,285	108,651
3. New York	200,520	167,329	367,849	29. Kentucky	56,150	47,133	103,283
4. Illinois	196,942	144,445	341,387	30. Oregon	57,651	45,111	102,762
5. Ohio	197,741	142,405	340,146	31. Kansas	60,592	40,737	101,329
6. Pennsylvania	169,042	150,111	319,153	32. South Carolina	62,267	37,804	100,071
7. Florida	176,045	134,522	310,567	33. Nebraska	46,351	32,721	79,072
8. Michigan	168,370	127,277	295,647	34. Utah	38,991	27,562	66,553
9. New Jersey	162,719	120,936	283,655	35. Arkansas	39,410	27,045	66,455
10. Minnesota	122,269	117,020	239,289	36. Maine	28,054	24,307	52,361
11. Massachusetts	126,231	100,994	227,225	37. New Mexico	26,974	21,488	48,462
12. North Carolina	113,762	89,826	203,588	38. Idaho	27,886	20,659	48,545
13. Georgia	121,213	81,523	202,736	39. New Hampshire	24,094	20,483	44,577
14. Wisconsin	107,432	75,612	183,044	40. Nevada	25,635	17,966	43,601
15. Missouri	102,642	71,779	174,421	41. Hawaii	21,242	16,330	37,572
16. Washington	97,359	74,870	172,229	42. West Virginia	21,833	15,445	37,278
17. Virginia	98,847	72,751	171,598	43. Montana	17,683	14,234	31,917
18. Indiana	90,281	61,379	151,660	44. South Dakota	16,594	13,006	29,600
19. Iowa	81,129	56,648	137,777	45. Delaware	16,488	13,078	29,566
20. Colorado	74,477	60,737	135,214	46. Rhode Island	16,763	12,063	28,826
21. Alabama	86,568	46,801	133,369	47. North Dakota	15,233	11,349	26,582
22. Arizona	71,080	52,550	123,630	48. Alaska	11,641	9,524	21,165
23. Maryland	67,388	51,190	118,578	49. Wyoming	11,005	8,407	19,412
24. Mississippi	68,231	42,586	110,817	50. Vermont	7,346	5,974	13,320
25. Connecticut	60,167	50,350	110,517	51. District of Columbia	7,580	5,377	12,957
26. Tennessee	69,912	40,326	110,238				

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Area Meetings Synonymous with Membership Engagement

Along with a welcome to the new year, the 2017 fall Area Meetings promise to be another vital exercise in membership engagement with several topics having been identified to solicit the input and sentiment for guidance in the decision-making process.

Last year, we introduced a format that enhanced participation with group break-out sessions on specific topics. That format was so well received that we have again included it in this year's meeting format. If you recall, we discussed co-op programs, seasonal placements, virtual school eligibility and improving internal communications. The feedback derived from those group discussions at each of the seven Area Meetings were invaluable as a catalyst in setting the agenda for the rest of the year.

The three topics we've identified for the break-out discussions this fall are the district football plan versus football-only conferences, or versus all-play; a proposed rural/urban basketball plan, which arose from Board of Control discussions of the all-member survey; and membership requirements.

It seems as if the football playoffs have been a perpetual discussion over the years, even more so since a district plan to place teams in playoff groupings for regular-season play was floated to the membership in 2009. The plan was aimed at addressing enrollment and competitive disparities within conferences during the regular season. The major concern of the district plan was travel. Increased mileage for many medium and small member schools would have serious budget implications for school districts. The WIAA received a considerable amount of feedback when presented at the Area Meetings during that period.

Since 2009, an ad-hoc group of coaches, administrators and executive staff determined that no other solution was as good as the existing playoff structure. A plan to place all programs in the playoffs similar to all other sports was not a popular option. More recently, placing schools in football-only conferences and reinstatement of an 8-player option has provided some relief in some areas of the state.

The results of an all-member survey on competitive equity by School Perceptions was released last November. Its findings revealed mixed data. However, the study did reveal a perception held by some members that basketball was the main focus of their concerns.

That data spawned a newly created basketball tournament placement model at the June 22 Board of Control meeting. The Board voted to convene

the Basketball Coaches Advisory Committee following the discussion at the Area Meetings to further examine the merits of the plan. The essence of the plan places schools in Divisions 3, 4 and 5 by enrollments and census data used by the Wisconsin Department of Instruction to determine classification codes based on proximity to urban areas.

This attempt to address competitive equity follows previous proposals that were voted down by the membership, including models that considered reduced and free lunch data, a private school multiplier and a success factor.

The third breakout topic is an attempt to get the members' feedback on requirements to be a member of the association. Member dues and fees have been permanently eliminated at the start of this year after suspending them for the past two years. All it takes for a school to become a member today is to agree to follow the rules and regulations established by the membership. A question to consider is if it is reasonable to expect and require involvement in the membership's interests and governance beyond simply sponsoring sport programs and seeking eligibility in our tournaments without any engagement or awareness of the process?

On a somewhat related topic, we will be presenting 15 member schools with the inaugural Award of Excellence for the 2016-17 school year (see story on page 4). The award recognizes member schools for their efforts and achievements in the areas of sportsmanship, ethics, integrity, leadership and character.

Other topics and important reminders are also on the agenda, including the Board's decision in June to implement a 35-second shot clock in basketball beginning with the 2019-20 season.

Our strength as the longest-running state association in the country has been the willingness of the membership to engage in the discussions on the relevant issues throughout our history. With the 40th annual Area Meetings, we again have the opportunity to participate in the democratic, decision-making process and setting the agenda for this year and beyond.

It's helpful to hear from as many of our 514 members as we can in determining the future and direction of this membership. Be sure to exercise your opportunity as a leader of school-based sports in your communities by attending an Area Meeting this fall. Please look for more information on the Area Meetings coming soon. We look forward to your participation and attendance. See you in September! ●

Keep These Dates in Mind

August 21	Earliest Day for Boys Volleyball Practice	October 16	Earliest Date for Skinfold Measurements (Wrestling)
August 22	Earliest Date for First Cross Country Meet	October 17, 19 & 21	Boys Soccer Regionals
	Earliest Date for First Boys Soccer Meet		Girls Volleyball Regionals
	Earliest Date for First Girls Volleyball Match	October 18	Coaches Advisory Meeting – Golf (Stevens Point)
August 29	Earliest Date for First Boys Volleyball Match	October 20-21	State Girls Team Tennis Tournament (Madison)
September 4	Labor Day		Level 1 Football
September 7	Coaches Advisory Meeting – Track & Field (Stevens Point)		Cross Country Sectionals
September 11	Area Meeting – Fox Valley Lutheran	October 26 & 28	Boys Soccer Sectionals
September 12	Area Meeting – Greenfield		Girls Volleyball Sectionals
September 13	Area Meeting – Mauston	October 27	Boys Volleyball Regionals
	Coaches Advisory Meetings – Baseball (Stevens Point)	October 27-28	Level 2 Football
September 15	Board of Control Meeting (Stevens Point)	October 28	State Cross Country Meet (Wisconsin Rapids)
September 18	Area Meeting – Oconomowoc	October 31 & November 2	Boys Volleyball Sectionals
September 19	Area Meeting – Rice Lake	November 2-3-4	State Boys Soccer Tournament (Milwaukee)
September 20	Area Meeting – Antigo		State Girls Volleyball Tournament (Green Bay)
September 21-22	Rosh Hashanah	November 3	Girls Diving Sectionals
September 25	Area Meeting – Mount Horeb	November 3-4	Level 3 Football
September 27-28	Girls Golf Regionals	November 4	Girls Swimming Sectionals
September 30	Yom Kippur	November 6	Earliest Day for Gymnastics Practice
October 2	Sports Advisory Meeting (Stevens Point)		Earliest Day for Hockey Practice
October 2-3	Girls Tennis Subsectionals		Earliest Day for Girls Basketball Practice
October 2-3-4	Girls Golf Sectionals	November 8	Coaches Advisory Meeting – Soccer (Stevens Point)
October 4-5	Girls Tennis Sectionals	November 10-11	State Boys Volleyball (Milwaukee)
October 5-6	Advisory Council Meeting (Stevens Point)		State Girls Swimming & Diving Meet (Madison)
October 6	Board of Control Meeting (Stevens Point)		Level 4 Football
	Deadline for Football Playoff Site Listing	November 13	Earliest Day for Boys Swimming & Diving Practice
October 9-10	State Girls Golf Tournament (Madison)		Earliest Day for Wrestling Practice
October 12-13-14	State Girls Individual Tennis Tournament (Madison)		Earliest Day for Boys Basketball Practice
October 13	Latest Day for Last Football Game (Playoff Teams)	November 14	Earliest Day for First Girls Basketball Game



Wisconsin Interscholastic Athletic Association

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Test Dates

Students participating in interscholastic sports often find conflicts between these events and college test dates. Listed below are the 2017-18 dates for ACT.

ACT – 2017-18

Test Date	Registration Deadline	Late Fee Required
Sept. 9, 2017	August 4, 2017	August 5-18, 2017
Oct. 28, 2017	Sept. 22, 2017	Sept. 23-Oct. 6, 2017
Dec. 9, 2017	Nov. 3, 2017	Nov. 4-17, 2017
Feb. 10, 2018*	Jan. 12, 2018	Jan. 13-19, 2018
April 14, 2018	March 9, 2018	March 10-23, 2018
June 9, 2018	May 4, 2018	May 5-18, 2018
July 14, 2018*	June 15, 2018	June 16-22, 2018

ACT – 2018-19

September 8, 2018	April 13, 2019
October 27, 2018	June 8, 2019
December 8, 2018	July 13, 2019*
February 9, 2019*	

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

Area Meetings Schedule

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

District 4	Mon., Sept. 11	Fox Valley Lutheran H.S. (Appleton)
District 7	Tues., Sept. 12	Greenfield High School
District 3	Wed., Sept. 13	Mauston High School
District 6	Mon., Sept. 18	Oconomowoc High School
District 1	Tues., Sept. 19	Rice Lake High School
District 2	Wed., Sept. 20	Antigo High School
District 5	Mon., Sept. 25	Mount Horeb High School