



WIAA Bulletin

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Charter Member
National Federation of
State HS Associations

Board of Control Elects Officers; Approves Three Realignment Plans

Pam Foegen, the pupil services director at Regis Catholic Schools, presided over the first meeting of the 2016-17 Wisconsin Interscholastic Athletic Association Board of Control.

She becomes the second woman to serve in the president's role. Donna Thomas of Waterloo was the first to preside over the Board in 2002-03.

Bernie Nikolay, superintendent at Cambridge was introduced as a new Board member, filling the position in District 6. In addition, the Board also conducted its 2016-17 officer elections. Scott Winch, the superintendent in the Stratford School District, will serve as the president-elect. Ted Knutson, president at Aquinas, was elected to the role of treasurer.

One of the realignment plans finalized moves Peshtigo from the M & O Conference to the Packerland Conference for all sports beginning in the fall of 2017.

The second approved realignment plan creates three football-only conferences in the northeast portion of the state involving the Packerland, M & O and Northern Lakes Conferences, including two 11-player divisions and an 8-player division, to be implemented in the fall of 2017. The action establishes an eight-team football league comprised of Algoma,

See Board of Control Elects Officers; Approves Three Realignment Plans, page 2 >



Pam Foegen



Scott Winch



Ted Knutson



Bernie Nikolay

Middle Level Advisory Council Openings

The Middle Level/Junior High Advisory Council includes a representative from each Board of Control Districts, an ethnic at-large, gender at-large, and a non-public school at-large representative along with liaison representation made available to the Department of Public Instruction, Wisconsin Association of Middle Level Educators, Wisconsin Athletic Directors Association and the Wisconsin Athletic Trainers Association.

For the Ethnic At-Large position the candidate would have to have origins in black racial groups

of Africa; Mexican, Puerto Rican, Cuban, Central or South American or other Spanish culture or origin, regardless of race; Asian; Pacific Islander: American Indian; or Alaskan Native.

Membership on the Council is open to administrators, or building administrators and/or athletic directors of WIAA member middle level schools containing Grades 6-8 students (or any combination thereof).

Openings on the WIAA Middle Level Advisory **See Middle Level Advisory Council, page 6 >**

Board Takes Action on Winter Sports & Baseball Pitch Counts

Boys Hockey to Seed State Tournament; First Consideration of Realignment in Marawood & Central Wisconsin Supported

The Wisconsin Interscholastic Athletic Association Board of Control reviewed and approved committee recommendations for winter sports and a baseball pitch count restriction at its June meeting.

The Board approved a recommendation to conduct a two-year experiment to seed the State Boys Hockey Tournament beginning in 2017-18. Coaches will seed the top four teams with the remaining four teams being matched-up against the seeded teams by a random draw. Boys hockey will join boys volleyball as the only WIAA sports to reseed once teams have qualified for the State Tournament.

A Medical Advisory Committee recommendation to use the guidelines established with Pitch Smart for middle school players, as well as a Wisconsin Baseball Coaches Association proposal for

the required days of rest and a maximum pitch count of 100 for high school players—with an allowance to finish the batter—was passed by the Board. Pitchers reaching the maximum 100-pitch count in a game will require a three-day rest.

Two wrestling coaches' recommendations were acted into rules. The first, which was also approved by the Medical Advisory, reduces the required number of practices before the first match from 10 to eight if and when a later start date is implemented. Third, assistant referees will now be used at the sectional level in Division 1 for second-place wrestling matches and for Divisions 2 and 3 third-place matches.

In addition, the 7% Committee and Medical Ad- **See Board Takes Action, page 8 >**

2016 Sportsmanship Summit Scheduled For December 7

The WIAA, in cooperation with Rural Mutual Insurance, is excited to offer the eighth biennial Sportsmanship Summit Wednesday, Dec. 7, at the Holiday Inn & Convention Center in Stevens Point, Wis.

Registration is open to all member schools. Each registered school will consist of six members that can include students, coaches, administrators, booster clubs or members of the community. The deadline to register a team for the Summit is Monday, Nov. 28.

The purpose of the Summit is to assist membership schools in addressing citizenship and sportsmanship issues with students, student-athletes, adult fans, advisors, parents and booster clubs; developing plans to improve or maintain good sportsmanship; defining appropriate behavior; and setting sportsmanship expectations as a means to educate.

The Summit is scheduled to begin with registration at 8:30 a.m. with the first session starting at 9 a.m. The cost of the event is \$125

See 2016 Sportsmanship Summit, page 6 >

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Foegen Elected to National Federation Board of Directors

Pam Foegen, the president of the WIAA Board of Control in 2016-17, was approved by the National Federation of State High School Association National Council to serve a four-year term on the NFHS Board of Directors.

Foegen, the pupil services director at Regis Catholic Schools in Eau Claire, Wis., will serve as an at-large representative for Sections 1 and 4. She has served on the WIAA Board of Control since being elected in 2012.

Prior to her current position with Regis Catholic Schools, Foegen taught middle school special education in the Gale-Etrick-Trempealeau School District in Galesville, Wisconsin, for four years, and served in a variety of roles with the La Crosse, Wisconsin, School District from 1983 to 2014.

Foegen was a teacher, coordinator and program support teacher in charge of special education programming in La Crosse for 21 years, and was director of special education for the La Crosse School District from 2006 to 2014. She directed a suicide prevention group for several years, and for two years served as state consultant for Students with Autism Spectrum Disorders at the Department of Public Instruction.

Foegen was co-director of a program of the National Foundation for Improvement in Education that was targeted to prevent student dropout by starting at the elementary and middle school levels.

She is a graduate of the University of Wisconsin-Eau Claire, and she earned her master's in educational leadership and policy analysis from the University of Wisconsin in Madison.

In other NFHS election results, Gary Musselman, the executive director of the Kansas State High School Activities Association is the new president of the NFHS in 2016-17. Jerome Singleton, the commissioner of the South Carolina High School League was elected to the position of president-elect.

Other individuals elected to serve on the NFHS Board of Directors are Jack Roberts, the executive director of the Michigan High School Athletic Association in Section 4 and Mark Beckman, the executive director of the Montana High School Association in Section 8. ●



Pam Foegen

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Coleman, Kewaunee, Niagara/Goodman/Pembine, Oconto, Peshtigo, Southern Door and Sturgeon Bay. It also forms a nine-team division, including Crandon, Crivitz, Elcho/White Lake, Florence, Gillett, Wabeno/Laona, Suring, Three Lakes/Phelps and Wausaukee. The seven-team, 8-player conference includes Bowler/Gresham, Gibraltar, Green Bay N.E.W. Lutheran, Lena/St. Thomas Aquinas, Menominee Indian, Oneida Nation and Sevastopol.

The third realignment plan receiving final support of the Board moves Northland Lutheran and Pittsville from the Marawood Conference to the Central Wisconsin Conference for all sports beginning in the fall of 2017. The plan also places Wisconsin Valley Lutheran in the Central Wisconsin Conference.

It was noted that all three of the approved realignment plans were initiated and supported by the schools involved.

In other Board action, it approved the June and July financial statements, the new appointments to the 2016-17 Coaches Advisory Committees, editorial modifications to the 2016-17 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.

The Board reviewed and discussed a draft of a membership survey presented by School Perceptions to gather data from the membership on competitive equity and sport season placement. The survey will be sent to member schools in mid-September. The Board also received a liaison report from Tim Collins of the Wisconsin Athletic Directors Association.

Among the topics shared in the executive staff reports to the Board were the New Athletic Directors Workshop and the State Summer Baseball Tournament. ●



The WIAA welcomed 51 individuals to the executive office for the New ADs Workshop on July 25.



FROM THE NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

High School Sports Participation Increases Nationally

Led by an encouraging report in football participation nationwide, the number of participants in high school sports increased for the 27th consecutive year in 2015-16 according to the annual High School Athletics Participation Survey conducted by the National Federation of State High School Associations.

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 7,868,900 – an increase of 61,853 from the previous year. Wisconsin ranks 14th in the nation in total participation with 184,479.

After a decline of almost 10,000 participants in football the previous year, the number of boys playing 11-player football in 2015 was almost identical to 2014 with a drop of just 309 – from 1,083,617 to 1,083,308.

While some states reported a decline in football participation in 2015, 24 states registered increases in boys participation in 11-player football. When combining boys and girls participation in 6-, 8-, 9- and 11-player football, the number of participants increased 138 – from 1,114,253 to 1,114,391.

"The NFHS and its member state associations have taken significant steps over the past 10 years to minimize the risk of participation in football and all

high school sports, so this report on the continued strong interest and participation in high school football is very encouraging," said Bob Gardner, NFHS executive director. "With the adoption of state laws and protocols for concussion management in place, we continue to believe that the sport of football at the high school level is as safe as it has been since the first rules were written in 1932 – and we believe this year's participation report is confirmation of that belief."

After a decline the previous year, boys participation increased about 25,000 to an all-time high of 4,544,574, while girls participation increased for the 27th consecutive year with an additional 36,591 participants and set an all-time high of 3,324,326.

Track and field registered the largest increase in participants for both boys and girls, with an additional 12,501 boys and 7,243 girls. Track and field ranks second to football in boys participants with 591,133, and remains the most popular sport for girls with 485,969 participants.

In addition to track and field, six other top 10 girls sports registered increases in 2015-16, including volleyball, soccer, softball, cross country, tennis and lacrosse. The top 10 girls sports remained the same as the previous year: track and field, volleyball, basketball, soccer, fast-pitch softball, cross country, ten-

nis, swimming and diving, competitive spirit squads, and lacrosse.

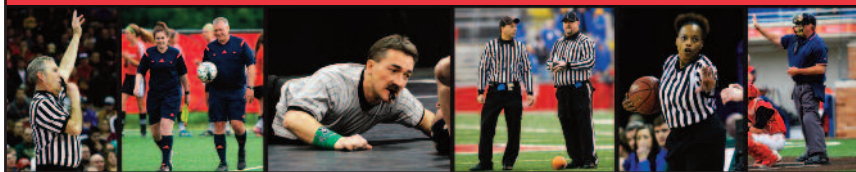
After track and field among the top 10 boys sports, soccer registered the largest gain with an additional 7,753 participants, followed by cross country (up 6,710), basketball (up 4,949) and baseball (up 2,248). Although the top five boys sports remained the same as last year – 11-player football, track and field, basketball, baseball and soccer – cross country moved to sixth place ahead of wrestling, which dropped to seventh after a decline of 7,555 participants. Tennis, golf and swimming and diving complete the top 10 listing of boys sports.

Lacrosse continued its rise among emerging sports with 197,572 total participants to rank 10th in girls participation and 11th for boys. Among some of the non-traditional high school sports on this year's survey, archery (8,668), badminton (17,645) and flag football (12,093) continued to register increases in participation. Also, while boys wrestling had a drop in participation, an additional 2,000 girls participated in the sport last year for an all-time high of 13,496.

The participation survey has been compiled since 1971 by the NFHS through numbers it receives from its member associations.

Written by NFHS Communications ●

Officials Corner



Congratulations!!

2016 Spring Tournament Officials

SPRING BASEBALL

Nic Betts, Warrens; Toby Formiller, Neenah; Derek Freeman, Nekoosa; Jason Kelley, Deerfield; James Krueger, Marshfield; David Kruse, Baraboo; Rick Novesky, Wauwatosa; Dale Parr, Chippewa Falls; Tim Prince, Ladysmith; Mike Scharber, Waukesha; Corey Scheffler, Menasha; Brent Thompson, Oshkosh

SUMMER BASEBALL

Gerry Edwards, Hartford; Al Hochmuth, Germantown; William Laufer, West Bend; John Promersberger, Oconomowoc; Steve Reinhardt, Brookfield; Chris Szolyga, Muskego

GIRLS SOCCER

Peter Bernardy, De Pere; Barrett Britt, Delavan; James Friel, Waukesha; Dean Gumz, Eau Claire; Mark Herdeman, West Bend; Todd Mader, Madison; Justin Marien, South Milwaukee; Brian McKay, Madison; Jamie Michalkiewicz, Neenah; Matt Murphy, Eau Claire; John Sweeney, Wauwatosa; Steve Van Deurzen, Kaukauna

SOFTBALL

James Basinger, Greenfield; Stephen Clay, Spooner; Wayne Hannes, Lyndon Station; Jerry Holmes, Windsor; Todd Jahns, Cedarburg; Dave Jameson, Oregon; James Rew, Birnamwood; James Schaefer, De Pere; Roger Van Lanen, Green Bay

GIRLS INDIVIDUAL & TEAM TENNIS

Meet Referee – Sharon Terry. **Umpires** – Denise Caldwell, Janesville; Deb Clausen, Sun Prairie; Liz Danner, Oneida; Ryan Denu, Madison; Tom Derouin, Savage (MN); Angie Feltz, Fond du Lac; Dave Hammelman, Brookfield; John Knox, Madison; Patty Larson, Waunakee; Jon Nicoud, Fond du Lac; Jean Root, Muskego; Gary Schlei, Madison; David Schorr, Stevens Point; Alexis Sheldon, Janesville; Courtney Smith, Janesville; Henry Thomas, Milwaukee; Bart Triefler, Glendale; Mark VanderZanden, Appleton; Kristin Williams, Green Bay; Nancy Wilson-Schlei, Madison; 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** – Robert Bins, New Franken; **Starter** – Andre Casabonne, Cashton; **Starter** – Lynn Mork, Berlin; **Alternate** – Tim Lee, Viroqua ●

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) ●

Soccer Rules Changes - 2016-17

4-2-9 NEW: A soft-padded headband is permitted.

Rationale: This information is not included in the rules. It is mentioned in a situation.

11-1-4: A player is offside and penalized if, at the time the ball touches or is played by a teammate, the player is involved in active play and interferes with play or with an opponent or seeks to gain an advantage by being in that position. A player in an offside position receiving the ball from an opponent, who deliberately plays the ball (except from a deliberate save), is not considered to have gained an advantage.

Rationale: The addition of this information aligns NFHS with other rules codes.

14-1-4: ...Once the kicker starts his/her approach toward the ball, he/she may not interrupt his/her movement. Failure to kick the ball as specified ~~shall result in a re-kick~~ will be considered a violation by the attacking team, and the appropriate penalties shall apply.

Rationale: As the rule is currently written, even though the attacking team has committed the infringement, it penalizes the defending team if it successfully stops a penalty kick. If the penalty kick is unsuccessful, the defending team should be awarded the ball as the attacking team has incorrectly taken the penalty kick. The current interpretation that the ball has not been put into play so a re-kick must take place is difficult to justify because rarely does the referee blow the whistle in time to prevent the kick from being taken. Thus the ball moves forward and is considered in play under all other interpretations of the rules. Trying to rationalize this rule to the defending team's players and coaches is very difficult considering they have just prevented a goal even though their opponents committed a violation. Finally, changing the restart in this case to an IFK or the other appropriate penalties aligns NFHS rules with other rules codes.

18-1-1 NEW o: GAINING AN ADVANTAGE BY BEING IN THAT POSITION-A player who plays a ball that rebounds to him/her off a goal post or the crossbar after having been in an offside position, or a player who after being in an offside position plays a ball that rebounds to him/her off an opponent, who has not deliberately played the ball or made a deliberate save.

Rationale: Gaining An Advantage by being in that Position is in Rule 11-1-4, but it has never been defined. This new definition aligns NFHS with other rules codes.

18-1-1 NEW u: INTERFERING WITH AN OPPONENT – Preventing an opponent from playing or being able to play the ball by clearly obstructing the opponent's line of vision or movement of challenging an opponent for the ball.

Rationale: Interfering with an Opponent is in Rule 11-1-4, but it has never been defined. This new definition aligns NFHS with other rules codes.

18-1-1 NEW v: INTERFERING WITH PLAY – Playing or touching the ball passed or touched by a teammate.

Rationale: Interfering with Play is in Rule 11-1-4, but what it means has never been defined. This new definition aligns NFHS with other rules codes. ●

The WIAA Transfer Rule

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

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

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

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

Why do the WIAA member schools have a transfer rule?

The WIAA transfer rule is not a recruiting rule. It is a transfer rule which is applied when a student who has

established eligibility at any school and who transfers to a WIAA member school. A transfer/residency requirement: assists in the prevention of students switching schools in conjunction with the change of athletic season for athletic purposes; impairs recruitment, and reduces the opportunity for undue influence to be exerted by persons seeking to benefit from a student-athlete's prowess.

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

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

A recruiting/undue influence prohibition discourages exploitation of students; prevents over-emphasis of athletics; gives average student-athletes more opportunity to participate; discourages adults from jeopardizing a student's eligibility, and prevents misuse of athletic programs. The WIAA membership rule pertaining to recruiting states: No eligibility will be granted for a student whose residence within a school's

attendance boundaries, with or without parents, or whose attendance at a school has been the result of undue influence (special consideration due to athletic ability or potential) on the part of any person, whether or not connected with the school.

What is the WIAA transfer rule?

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

"A student who transfers from any school into a member school after the 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).

The transfer rule states: Open enrolled and/or tu-

See The WIAA Transfer Rule, page 11 ➤

WIAA Establishes Award of Excellence

The WIAA is launching a new initiative to recognize excellence in our member schools. Each member is eligible and encouraged to participate in the WIAA Award of Excellence program during the 2016-17 school year.

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

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 an 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 - sportsman-

ship, 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 abuse 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 30, 2017. Any questions about the application or the Award of Excellence criteria, please contact the WIAA office at (715) 344-8580. ●

2016 Football Points of Emphasis

RISK MINIMIZATION

Concussions

Concussions continue to be a focus of attention in football at all levels of competition. The NFHS has been at the forefront of national sports organizations in emphasizing the importance of concussion education, recognition and proper management.

Discussion of proper concussion management at all levels of play in all sports has led to the adoption of rules changes and concussion-specific policies by multiple athletic organizations, state associations and school districts. Coaches and game officials need to become familiar with the signs and symptoms of concussed athletes so that appropriate steps can be taken to safeguard the health and safety of participants.

There continues to be concern from the NFHS Sports Medicine Advisory Committee (SMAC) about the cumulative effects of non-concussive blows to the head and body in practice and games. Research data is showing that there are significant impacts to the head during "non-contact" practice (such as "control"), and even in practices when players wear only helmets for protective gear. Therefore, the NFHS SMAC recommends that coaches consider holding their non-contact practices without helmets and pads for the purpose of reducing the number of blows to the head and body.

Impact Sensors

Impact sensor technology continues to advance and improve. These sensors can now be used to look at impact forces in real-time, while the players are actively participating in a sport. While these sensors are valuable as a research tool, they still cannot be used to diagnose a concussion. Players, parents, coaches and administrators need to be careful not to rely primarily on unproven technology to diagnose a concussion, or even as a tool to decide if a concussion should or should not be suspected.

Heat Illness

The NFHS SMAC continues to encourage athletic trainers, coaches, players and parents to be vigilant about heat illness. The pre-season is the time of greatest risk. An important component of heat illness awareness and preparation is to have in place a well-rehearsed Emergency Action Plan. This includes protocols for treating heat illness, including strategies for rapid cooling of at-risk athletes and guidelines for practice/game modification when indicated by Wet Bulb Globe Temperature (WBGT) monitoring. Coaches need to remain open and flexible to change practice and game plans if environmental conditions are such that their players are at risk for heat illness. This is especially true during the heat-acclimation period at the start of pre-season training.

LEGAL AND ILLEGAL BLOCKS

Blocking is obstructing an opponent by contacting the opponent with any part of the blocker's body. Illegal blocking includes kick-catching interference, forward-pass interference, personal fouls and any other contact which is specifically prohibited such as targeting, block below the waist or in the back, chop blocking or clipping. Blocking can involve significant personal contact between a player and an opponent. When proper blocking techniques are taught by coaches and executed by players, risks of injury are minimized. Remember, a player may attempt to take an opponent out of a play, but it is NOT legal to attempt to take an opponent out of a game.

A 2016 NFHS football rules change prohibits clipping anywhere on the field at any time, other than against a runner. Clipping is defined as a block against an opponent (other than a runner or pretended runner) when the initial contact is from behind and is at or below the waist. This action, under certain circumstances, was previously legal in the free-blocking zone. Such is no longer the case. Coaches are encouraged to teach

blocking techniques that do not include contact from the rear at or below the waist.

Game officials are reminded to maintain the integrity of the game and uphold their responsibilities to officiate blocking within the spirit and intent of the rules. Player safety and risk minimization are central objectives of officiating. Efforts by the NFHS rules committee, NFHS member state associations and school administrators should be supported by coaches and appropriate rules enforced by game officials to minimize risks to student-athletes.

LEGAL JERSEYS, PANTS AND PADS

In order to provide for the safety and protection of all participants, players are required to wear equipment and uniforms which are properly fitted and worn in the manner intended by the manufacturer. Jerseys are required to completely cover the shoulder pads and any auxiliary pads, such as rib pads or back pads. Pants must completely cover the knees and knee pads, and knee pads must be worn over the knee.

It is becoming more common to see the sleeves of jerseys slide up over the top of the shoulder pad, thus exposing a portion of the pad or untucked jerseys that do not cover the back pads. Additionally, many players wear pants that slide up during use, thus exposing the knee pad or the knee.

Due to the potential for injury to either the player wearing such jersey, pants or pads, or to an opponent, it is essential that players not be permitted to participate unless their jerseys and pants fully comply with the rules. A player whose jersey or pants slide up during game action must immediately make an adjustment to the garment to ensure that it covers all pads and protective equipment or, in the case of pants, fully covers the knees and knee pads. If adjustment to the jersey or pants during a dead-ball period cannot be made, the player should not be permitted to continue as a participant on the field of play. Game officials should not permit the ball to become live when they observe any player whose jersey or pants fail to comply with the rules.

UNFAIR ACTS

Rule 9-10 states that a player or non-player or person(s) not subject to the rules shall not hinder play by an unfair act that has no specific rule coverage. Teams shall not commit any act which, in the opinion of the referee, tends to make a travesty of the game.

The spirit of the game of football lives in effective blocking, fundamental tackling, tireless pursuit, skillful running, passing and kicking, and well-planned game strategy. This positive atmosphere cannot be maintained unless both the spirit and intent of the NFHS football rules are observed. If the potential values of the game experience are to be attained, then the action of the players must conform with the rules, which specifically prohibit unfair tactics and unsportsmanlike conduct. Unfair tactics detract from the positive atmosphere and the values of interscholastic athletics, and have no place in the game of football.

The prohibition of unfair tactics will encourage sportsmanship, which permeates every aspect of our game. Coaches should exemplify the highest moral character, behavior, integrity and leadership, adhering to strong ethical standards, and

See 2016 Football Points of Emphasis, page 10 >

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). ●

Amateur Status Still at the Heart of High School Sports

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

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

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

1) ...accept, receive and/or direct to another, reimbursement or award in any form of salary, cash, merchandise of any kind or amount, or share of game or season proceeds for achievement in athletics. A student may not receive such merchandise items as shirts,

jackets, sweaters, sweatshirts, jerseys, warm-ups, equipment, balls, duffel bags, backpacks, watches, rings, billfolds, coupons, gift certificates, e.g., regardless of their value.

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. ●

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? ●

Middle Level Advisory Council from page 1

Council will exist in the following positions for the 2016-17 school year: Districts 1, 4, 6 representatives, Gender-At Large Representative, Non-Public School At-Large representative and Ethnic At-Large representative.

If a vacant position cannot be filled by a district representative the position will become available to any qualified individual from a member middle school.

An election does not take place for Middle Level Council representatives. A listing of interested candidates is provided to the Board of Control who then appoints an individual to fill the position. The position is for a three-year term.

This Council meets once a year, typically in January. For more information on this Council or if you are interested in filling one of these vacant positions, please contact Joan Gralla at jgralla@wiaawi.org or 715-344-8580. ●

2016 Sportsmanship Summit from page 1

per team, which includes Summit materials, a commemorative t-shirt and lunch.

The Summit will feature two keynote addresses and three time slots for five different break-out sessions, which focus on the ideals of sportsmanship/citizenship. The morning keynote address will be presented by Craig Hillier, author of *Playing Beyond the Scoreboard*. The afternoon keynote address will be presented by Ross Bernstein, best-selling author and professional speaker. He has written nearly 50 sports books.

Participants will also attend three morning break-out sessions. The subjects for the five break-out presentations available during the three time slots are *The Coach and Participants Role in Sportsmanship*, *School Sportsmanship Expectations*, *Sportsmanship: The Officials Perspective*, *Responsible and Respectful Social*

Media and Sportsmanship Roundtable Discussions.

A link to the registration form/brochure on the WIAA website will be emailed to each school athletic director, and the registration form will be available on the sportsmanship page of the WIAA website. Schools interested in registering for the 2016 Sportsmanship Summit should complete the online registration form by Monday, Nov. 28 to reserve participation in the Summit. Please contact the WIAA with any questions regarding the Summit by calling (715) 344-8580, or by emailing to tclark@wiaawi.org.

Schools wishing to reserve hotel rooms the night prior to the Summit should contact the Holiday Inn in Stevens Point directly at (715) 344-0200. The room rate for the Summit is \$99 for a single or double. ●



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. If white appears in the body of the jersey of the home team, it may only appear:

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

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

c. Numbers:

1. The numbers shall be clearly visible and legible using Arabic numbers 1-99 inclusive and shall be on the front and back of the jersey.
2. The numbers shall be centered horizontally at least 8 inches and 10 inches high on front and back, respectively, and with continuous bars or strokes approximately 1.-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 .-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 2. square inches and exceeding 2. 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. ●

2016 Football Rules Changes

1-5-1d(5)a – Completely clear or completely white tooth and mouth protectors are no longer prohibited. Tooth and mouth protectors shall include an occlusal (protecting and separating the biting surfaces) portion and include a labial (protecting the teeth and supporting structures) portion.

1-5-2b – Football gloves are now required to meet either the new SFIA specification or the existing NOCSAE test standard at the time of manufacture.

2-17; 9-3-6; 9-3 PENALTY – In a continued effort to minimize risk, the Committee made clipping in the free-blocking zone illegal. Clipping is now illegal anywhere on the field at any time.

2016 MAJOR EDITORIAL CHANGES

1-5-1b(1); 1-5-1b(2)a, (3)a; 5-1-1b.

2016 POINTS OF EMPHASIS

1. Risk Minimization
2. Legal and Illegal Blocks
3. Legal Jerseys, Pants and Pads 4. Unfair Acts ●

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 ingredients due to cross-contamination when manufacturing equipment isn't cleaned properly between batches of products. In other cases manufacturers will spike a product with stimulants or pro-hormones without listing them on the label to deceive the athletes that the product will cause big gains while claiming the product is "all natural" or "legal."
- **Sources of information:** Supplement store staff or company distributors get paid by selling a product. They are well-trained to sell the most popular product with the biggest profit margin. The staff generally may not have training in nutrition, biochemistry or pharmacology. In addition, they may not know or understand WIAA rules/regulations of supplement use by athletes. A supplement/product that is "legal" for the company to sell to the athlete, however, may not be allowed for an athlete to use.
- **Testimonials from professional athletes:** Supplement companies frequently advertise their products with testimonials from professional athletes or well-known sports figures. These testimonials are not proof that a supplement works. Athletes who are paid to endorse a product are generally at the end of their career and did not use the supplement when they were young and training to become successful.

- **Pre-Workout Boosters:** These products claim to provide increased energy and endurance for a workout. Supplements in this category generally contain several sources of stimulants – many not listed on the label – that affect the heart and blood pressure and can cause serious health consequences. In addition, this category of products has a history of containing hidden banned supplements, including illegal pro-hormones and steroids. Use of pre-workout boosters has caused many athletes to fail drug tests, be suspended from competition, and has been related to several deaths.

- **Protein Powders:** Most diets supply adequate protein. However, in cases where athletes can't eat enough food or when protein needs are higher than normal, limited supplementation may be needed. In these cases, a physician or sport dietitian consultation may be helpful. If extra protein is needed, read labels carefully. Protein powders may contain discouraged or banned ingredients not listed on the label. A 2007 study by Informed Choice Labs randomly selected 50 protein powders off the shelves of well-known supplement stores. They found that 25% of the powders contained anabolic steroids. In addition 11% of the protein powders tested positive for stimulants not listed on the label. Look for labels that list protein as the first ingredient, have few added ingredients and do not claim to be "mass builders". **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

NFS Certified for Sport <http://www.nfsport.com/>

USADA Dietary Supplement and Safety Education <http://www.usada.org/substances/supplement-411>

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

Drug Free Sport <http://www.drugfreesport.com/>

American College of Sport Medicine – Protein Intake or Muscle Maintenance <http://www.acsm.org/docs/default-source/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/> ●

Board Takes Action from page 1

visory recommendation to move in compliance with the NFHS weight allowance received support by the Board. The current one-half pound per day weight loss allowance will be replaced by the NFHS 1.5 percent weight-loss-per-week guidelines. The implementation of the change will occur in 2017-18.

Five basketball recommendations received Board approval. After a one-year experiment with 18-minute halves for varsity games, the format becomes permanent in 2016-17. The Board also supported a recommendation for a one-year experiment that allows schools to use players in three halves per night in 2016-17. In addition, pre-game warm-up time for varsity games will be reduced from 20 minutes to 15 beginning next year.

The Board approved an amended recommendation that requires representatives of the entire grouping to meet as a group at basketball seed meetings. Other basketball action provides Sectional 1 in Division 1 the opportunity to vote to determine its bracket design beginning in 2016-17. A majority vote would be required to split the group into two regional groupings.

The lone gymnastics coaches' recommendation received approval. It eliminates language in the season regulations that limits the scheduling of four junior varsity reserve meets to now allow the existing season maximum of 14.

The Board ratified spring cooperative programs for the 2016-17 and 2017-18 seasons, as well as revisions to sportsmanship reference materials recommended by the Sportsmanship Com-

mittee. The modifications include creation of a flyer providing a sportsmanship overview and an online resource to replace the Sportsmanship Reference Guide.

The Board also discussed the 2016 spring State Tournaments, the 2016 Annual Meeting, the conference realignment process, development of an Award of Excellence for the member schools, excessive travel, possible 2016 Area Meeting topics (see page 16 for scheduled dates), potential Constitution items for the 2017 Annual Meeting; and awareness of the new amnesty legislation and its impact on language contained in school codes.

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

NFHS Football Point of Emphasis

NFHS football playing rules include Unsporting 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 unsporting 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. ●

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. ●

Interstate Competition Reminders

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

1. WIAA approval is required for:
 - a. Any interstate competition and/or event (other than scheduled conference events) in which four or more schools participate, including events hosted by WIAA member schools.
 - b. Any interstate competition which involves schools from three or more states, including events hosted by WIAA member schools.
2. No approval is required:
 - a. If only one adjacent state and a total of no more than three schools are involved.
 - b. If only one other school is involved.
3. Except for events held in bordering states (MN, IL, MI and IA), no approval shall be provided for more than one out-of-state competition, event and/or scrimmage per team each school season.
4. No approval shall be granted for any tournament, meet, or other contest to qualify for and/or determine a national high school championship but such championships involving schools for visually handicapped or deaf students are exempt from this provision.
5. Both schools must count the contest in the same manner (scrimmage or contest). On school may not count it as a scrimmage while the other school counts it as a contest.

Interstate competition approval does not need to be a difficult process. But the WIAA office will need certain basic information to process your request. When considering playing a school from another state look over elements governing interstate competition as outlined on p. 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 web site for this purpose when requesting approval. <http://www.wiaawi.org/Portals/0/PDF/Eligibility/InterstateCompRequest.pdf> ●

Nonschool Participation During the School Year

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

NONSCHOOL PARTICIPATION - IN-SEASON

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

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. ●

2016 Football Points of Emphasis from page 5

abiding by and teaching the rules of the game in both spirit and intent.

Student-athletes should understand the seriousness of their responsibility to teammates and opponents and the privilege of representing their school and community.

As leaders, we must recommit ourselves to the preservation of fair play, which includes eliminating illegal, unfair or dangerous acts both on the practice field and on the field of play.

The NFHS Football Rules Book specifically prohibits unfair acts. Rule 9-10 lists some examples of unfair acts, including hiding the football under a jersey or using an illegal kicking tee. Other unfair acts are prohibited by the spirit and intent of other rules, include, but are not limited to, the following:

1. Uniforms which do not conform to specified standards or which have a foreign substance on them.
2. Use of disconcerting acts or words prior to the snap in an attempt to interfere with the offensive team's signals or movements; and
3. "Hide-Out" plays, including those that use a substitution or pretended substitution in order to deceive opponents at or immediately before the snap or free kick.

Of course, it is impossible to list every unfair act that could take place. Deliberately violating the rules in the hope or expectation of not being detected is deplorable and indefensible, and should be penalized.

To this end, the referee is given great discretion in penalizing unfair acts and may enforce any penalty he or she considers equitable, including the awarding of a score. If any unfair-act foul occurs and

the foul already has a penalty associated with it, the referee may invoke another equitable penalty if the foul is so unfair that its normal penalty would be insufficient. For example, a substitute coming off the sideline to tackle the runner has committed illegal participation, which normally carries a 15-yard penalty. The normal penalty may be sufficient if this happens while the runner is surrounded by other defensive players and would likely be tackled anyway. However, the normal penalty would be insufficient, and enforcing it would make a travesty of the game, if the act occurred on the last play of the game while a runner was heading to the opponent's end zone well beyond the reach of any other defender. In such a case, the awarding of a score would be more equitable.

The prohibition of unfair acts is not a prohibition of special or "trick" plays. Such plays are permissible, but they must be run within the spirit and intent of the rules. Game time and circumstance are factors to consider as to the legality of any such play. Teams attempting to run trick plays must follow all NFHS football rules precisely without any leeway. Coaches are encouraged to discuss any such plays, including the time they are likely to run such plays, with the referee in the pre-game conference.

It is imperative that coaches, players and game officials make an extra effort to model the type of behavior that illustrates the educational values of interscholastic athletics in general, and football in particular. No true sportsman will violate any of the unwritten rules which exist for the good of the game. The spirit of good sportsmanship depends on conformance to a rule's intent as well as to the letter of a given rule.

(Source: NFHS Rule Book) ●

ition 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)

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

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-3-A):

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

he/she becomes automatically eligible under this Section regardless of parents residence and for as long as enrollment is continuous (uninterrupted) in that school.

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

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

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

Required documentation to be sent as one complete package:

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

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

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

WIAA Transfer Rule – History

When the original WIAA Constitution was written in 1896, the Constitution included: Pupils enrolled for the first time shall not be excluded from any contest because of absence during the previous term. But a student entering from another secondary school shall not be allowed to compete unless he has done the work re-

quired 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. ●

Relative Energy Deficit in Sport – Formerly Known as Female Triad

Female Triad was officially described as a syndrome of: disordered eating, lack of menstrual cycles, and osteoporosis in females. In 2007 the American College of Sport Medicine changed the disordered eating criteria to energy availability. Energy availability was defined as the difference between the calories eaten minus the calories used in training that is available for normal body functions. This redefinition shifts the focus from athletes with disordered eating to athletes with chronic inadequate calorie intake; regardless of the cause and includes males.

In 2014 the International Olympic Committee updated the term Female Triad to Relative Energy Deficit in Sport (RED-S) to emphasize the condition affects all athletes; not just females. Due to the energy deficiency in RED-S normal body functioning is impaired and can affect metabolic rate, immunity, cardiovascular health, protein synthesis, as well as menstrual function, and bone health.

RED-S may also lead to a gradual reduction in the athlete's performance including decreased endurance, poor response to training, decreased coordination, decreased muscle strength, decreased glycogen stored, increased risk of injury, decreased concentration, irritability, depression, and impaired cognitive function.

RED-S can develop in athletes when there is a pressure to change eating habits to meet the demands of a sport, especially those with an emphasis on appearance, low body weight and endurance. Young athletes can turn a desire to "eat healthy" into food restriction and rigid dieting in the hopes of improving athletic performance

Parents and coaches play an important role in preventing RED-S. Educate young athletes on the energy demands of their sport. Create an environment that supports eating three meals and one to two snacks daily. Talk about having a regular breakfast, a full lunch at school, and a pre-practice snack to provide energy for training. Watch for weight loss, changes in mood, poor performance. Contact a member of your health care team with any concerns. Treating athletes with RED-S requires a team effort including a sport dietitian, licensed athletic trainer, sport physician, and a counselor.

For further information visit the below links:

<http://www.wiaawi.org/Health/FemaleAthleteTriad.aspx>

<https://coachad.com/articles/relative-energy-deficiency-in-sports/>

<https://www.acsm.org/docs/brochures/the-female-athlete-triad.pdf>

Screening for RED-S is challenging and symptoms can be subtle. Early detection is critical to improve performance and prevent long term health consequences. Below is a list of criteria to assist in evaluating athletes who might be at risk. *Br J Sports Med* 2014;**48**:491-497 doi:10.1136/bjsports-2014-093502

Sport Participation Model – Risk Assessment for RED-S.

Low Risk: Green Light

- Healthy eating habits. Adequate energy availability
- Normal hormone and metabolic functioning
- Healthy musculoskeletal system

Moderate Risk: Yellow/Caution Light – Cleared for supervised sport participation as part of a medical treatment plan.

- Substantial weight loss (5-10% body mass in 1 month)
- Lack of expected growth and development of adolescent athlete
- Failure to start menstruation
- History of 1 or more stress fractures associated with menstrual dysfunction
- Abnormal hormonal profile in males
- Prolonged energy deficit
- Disordered eating behavior negatively affecting other team members
- Lack of progress in treatment and/or non-compliance with treatment plan
- Re-evaluate every 1-3 months.

High risk: Red light – No Participation

- Anorexia Nervosa or other serious eating disorder
- Other serious medical condition related to low energy availability
- Extreme weight loss techniques

Treatment Strategies for RED-S: the medical care plan for athletes with RED-S who have been cleared to participate in supervised sport should address issues of adequate energy/nutrient intake and a safe level of sport participation. The medical plan should be re-assessed every 1-3 months.

- 25% reduction in training
- Increased intake 200-500Kcal daily
- Weight gain of 2-3% body weight
- Calcium supplement – 1500 mg/d
- Vitamin D supplement – 1500-2000 IU q d
- Bone Mineral Density by DXA if amenorrhea x 6 mo ●

WIAA Cash Flow Bulletin

As fundraising programs and non-school entities continue to develop, it is important for school officials to maintain oversight of their sport programs. Through discussions with school administrators, we are learning that non-school organizations (tournament organizers, booster clubs, special interest groups) are being allowed to organize and control events and programs, especially the funds, and therefore 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. Tournaments run by non-school programs without a member school responsible for the event.
2. Profits encumbered from a high school tournament maintained by a Non-school Association.
3. Monetary funds provided to the school by outside sources are not handled in accordance with school district gift acceptance policies.
4. Booster Clubs and/or Non-School Associ-

ations directly paying officials fees, a school team's travel expenses, uniforms, gym rental, ice time and/or coaches salaries.

5. Booster Clubs and/or Non-School Associations not allowing student-athletes to try out or participate on a school team because player fees or insurance fees have not been paid.
6. Booster Clubs and/or Non-School Associations providing financial assistance for high school player's student fees.

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

1. Non-School organizers taking photos of key student-athletes and placing them in advertisements in a program.
2. Training facilities identifying successful student-athletes on their website.
3. 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.

4. One school from a co-op program not providing monies raised in a fundraiser for their school to the lead school of the co-op for distribution amongst all schools/players' participation fees in the co-op program.
5. 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 Shafranski, WIAA Assistant Director, via email at tshafranski@wiaawi.org or by calling (715) 344-8580.

We are sending this Bulletin to all WIAA Ice Hockey schools in an effort to have each school review their own situation with the examples above in mind. Your help with these funding issues is greatly appreciated. ●

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 2016 Spring and Summer State Team Tournaments.

The winners of the prestigious award are Waupaca in spring baseball, Delavan-Darien in softball, Neenah in boys tennis, Belleville/New Glarus in girls soccer and Menomonee Falls in summer baseball.

Waupaca is the recipient of the WIAA/Rural Mutual Insurance Sportsmanship Award for the first time in spring baseball following its second trip to the State Spring Baseball Tournament. The Comets captured the Division 2 championship by shutting out Milwaukee Lutheran 2-0 in the title game. They advanced to the championship game with a 6-3 win over West Salem in the semifinals. It's the second time Waupaca has won the award. The Comets also received the recognition in football in 2012. Schools receiving honorable mention include Burlington, Eau Claire North, Kimberly, Markesan, Pepin/Alma, Prairie du Chien, Unity and West Salem.

Delavan-Darien demonstrated sportsmanship and perseverance with weather delays, and changes in the schedule and game locations during the State Softball Tournament. It's the first time the school has been chosen as the recipient of the award. The Comets finished runner-up following a 2-1 loss to New Berlin West in the Division 2 State final. They advanced to the title game with a 1-0 victory over Northwestern/South Shore in the semifinals. Honorable mention for the award was extended to Divine Savior Holy Angels, Grantsburg, Kenosha Tremper, New Berlin West, New London, Northwestern/South Shore, Oakfield, Pulaski and Union Grove.

It is first time Belleville/New Glarus has been named the recipient of the Sportsmanship Award. The Sugar River Raiders are bestowed the honor in girls soccer. They advanced to the title game in Division 3 with a 1-0 triumph over Seymour and finished runner-up with a 5-0 setback against Catholic Memorial in the championship game. Aquinas, Eau Claire Memorial, Lake Country Lutheran/University Lake, Madison West, Notre Dame, Pulaski and Seymour received honorable mention for the award.

Neenah earned the Sportsmanship Award at the State Boys Team Tennis Tournament on the heels of the girls' tennis program earning the honor in the fall. It's the third time the Rockets have earned the award in boy tennis and the ninth time the Rockets have received the award overall. They also were recognized in 2002 and 2006. In addition, 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 6-1 in the final after downing Eau Claire Memorial 6-1 in the quarterfinals and Brookfield Central 6-1 in the semifinals. Edgewood received honorable mention.

After receiving honorable mention last year, Menomonee Falls and the Indians' faithful were this year's recipient of the Sportsmanship Award at the State Summer Baseball Tournament. They won the State title with a 6-0 win over New Holstein in the semifinals and a 2-0 victory over Marquette in the final. It was the third time Menomonee Falls has been selected for the Sportsmanship Award. The Indians won the award in boys soccer in 2014 and girls soccer in 2015. Oak Creek 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 50 years.

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



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 non-varsity 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. ●

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 sta-

tus 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 in-

directly 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. ●

Coaches Education Information

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

The following do not have to take this required training:

A student teacher while student teaching.
An individual with an administrator's or counselor's license.

Guest lecturers (one time appearance).

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

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

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

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

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

Holding a license that has expired.

Being a volunteer

Being unpaid

Being an occasional, but regularly scheduled lecturer or demonstrator.

Having been a student teacher, but is no longer officially in that capacity.

Being a nonvarsity coach

Being an assistant coach.

CNLT's can meet the WIAA coaches education requirement by taking either the American Sports Education Program (ASEP) Sport First Aid and Coaching Principles courses or the National Federation of State High School Associations (NFHS) Fundamentals of Coaching and First Aid, Health and Safety for Coaches courses.

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

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

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. ●

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) ●

New School Year Signals Another Fresh Start

When asked about the summer, the response we typically provide or receive includes sentiments that "it's going too fast."

Despite our desires to extend the summer, we always approach the fall sports season with enthusiasm as optimism, anticipation and positivity abound with the prospects of a new season where everyone starts undefeated and the possibilities are limitless. These qualities are essential and capture the essence of school-based sports.

The beginning of a new school year is also a great time to thank and recognize the great work done by the many talented and caring individuals who make these education-based opportunities for students possible throughout Wisconsin.

There are certainly those in society that attempt to derail the purpose of school sports and to detract from the principles we champion; however, they should not deter us in our efforts or our resolve to continue to deliver life-enriching experiences through school sports and activities.

We must never lose sight—or perspective—of the many positive things we do that contribute to this association and the experiences of students and student-athletes. We should all take a moment to reflect on the positive experiences and leadership provided in the work we all do to maintain and enhance school-directed sports.

While some may identify the State Tournament Series as the epitome of school sports, there are so many more positive examples of the membership's efforts.

The membership has led efforts in health and safety for student-athletes with concussion education; coaches education requirements for First Aid, AED and CPR training; rules for acclimatization and contact protocol in football; prohibiting the use of performance enhancing substances, development of wrestling minimum weight requirements; establishing pitch count restrictions; joining forces with the state attorney general's efforts to prevent opioid abuse; and many more student-athlete well-being initiatives.

We have updated policies on a regular basis throughout the years to benefit student-athletes and schools. Decades ago we established equity guidelines in partnership with the Department of Public Instruction. We revised our sportsmanship efforts with new materials that reflect the ideals of respect extended to others in the interscholastic setting. We have continuously revisited transfer eligibility to reflect the membership's interest in providing participation opportunities. We have worked to prevent the exploitation of student-athletes and member schools, and we bring visibility

to the many accomplishments of teams and student-athletes through partnership in the NFHS Network. In addition, we are launching the Award of Excellence initiative this year to bring recognition to the efforts and achievements of member schools.

Programs and technology have been developed and implemented to enhance productivity and efficiency including the New Athletic Directors Workshop; the Sportsmanship Summit; rules videos for coaches and officials; interactive online meetings with staff; and a membership website loaded with resources. The list goes on and on.

This year provides these same opportunities to continue our commitment to the many student-athletes that participate in school-based sports each year. Wisconsin ranks 14th in the nation in total sports participation with 184,479, according to recently released statistics compiled by the National Federation of State High School Associations.

We begin this year as we do each year with an opportunity to come together and share ideas and topics that have an impact on the discussions and decisions that will likely occur this year. The Area Meetings have engaged the membership at the start of each school year for 40 years. In addition to the traditional presentation of essential topics, this year's meetings will feature a new wrinkle in the format.

With input from the Wisconsin Athletic Directors Association and the Sports Advisory Committee, in an effort to enhance discussion, a series of topics identified by the executive staff will be presented in small groups. Those discussions will then be shared in a report to the entire group. The topics identified for the breakout groups are future of co-op programs, seasonal placements, virtual school eligibility and best practices to improve internal communications in schools to promote education-based athletics.

We are the longest-running high school association in the nation at 121 years. Our longevity can be attributed to an engaged membership, a commitment to working together, and the willingness to address important issues that arise with sound and informed reasoning from talented, hard-working and caring coaches, athletic directors, administrators, committees and staff.

We celebrate all the successes that go well beyond the wins and losses. We never take for granted what school activities do for the growth and future of our youth or those school people who make them happen. We thank you and commend you for your contribution to making our part of the world a better place. See you in the coming weeks at an Area Meeting near you. Have a great start to the 2016-17 school year. ●

Keep These Dates in Mind

August 22	Earliest Day for Boys Volleyball Practice
August 23	Earliest Date for First Cross Country Meet Earliest Date for First Boys Soccer Meet Earliest Date for First Girls Volleyball Match
August 30	Earliest Date for First Boys Volleyball Match
September 5	Labor Day
September 7	Area Meeting – Mount Horeb Coaches Advisory Meetings – Softball (Stevens Point) Coaches Advisory Meetings – Baseball (Stevens Point)
September 8	Area Meeting – Oconomowoc Coaches Advisory Meeting – Track & Field (Stevens Point)
September 9	Board of Control Meeting (Stevens Point)
September 12	Area Meeting – Antigo
September 13	Area Meeting – Greenfield
September 14	Area Meeting – Mauston
September 19	Area Meeting – Rice Lake
September 20	Area Meeting – Appleton
September 28-29	Girls Golf Regionals
October 3	Sports Advisory Meeting (Stevens Point)

October 3-4	Rosh Hashanah Girls Tennis Subsectionals
October 3-4-5	Girls Golf Sectionals
October 5-6	Girls Tennis Sectionals
October 6-7	Advisory Council Meeting (Stevens Point)
October 7	Board of Control Meeting (Stevens Point) Deadline for Football Playoff Site Listing
October 10-11	State Girls Golf Tournament (Madison)
October 12	Yom Kippur
October 13-14-15	State Girls Individual Tennis Tournament (Madison)
October 14	Latest Day for Last Football Game (Playoff Teams)
October 17	Earliest Date for Skinfold Measurements (Wrestling)
October 18, 20 & 22	Boys Soccer Regionals Girls Volleyball Regionals
October 19	Coaches Advisory Meeting – Golf (Stevens Point)
October 21-22	State Girls Team Tennis Tournament (Madison) Level 1 Football Cross Country Sectionals



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 2016-17 and 2017-18 dates for ACT.

ACT – 2016-17

Test Date	Registration Deadline	Late Fee Required
Sept. 10, 2016	Aug. 7, 2016	Aug. 8-19, 2016
Oct. 22, 2016	Sept. 16, 2016	Sept. 17-30, 2016
Dec. 10, 2016	Nov. 4, 2016	Nov. 5-18, 2016
Feb. 11, 2017*	Jan. 13, 2017	Jan. 14-20, 2017
April 8, 2017	March 3, 2017	March 4-17, 2017
June 10, 2017	May 5, 2017	May 6-19, 2017

ACT – 2017-18

September 9, 2017	February 10, 2018*
October 28, 2017	April 14, 2018
December 9, 2017	June 9, 2018

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

Area Meetings Schedule

- District 5** - Wednesday, Sept. 7 at Mount Horeb High School
- District 6** - Thursday, Sept. 8 at Oconomowoc High School
- District 2** - Monday, Sept. 12 at Antigo High School
- District 7** - Tuesday, Sept. 13 at Greenfield High School
- District 3** - Wednesday, Sept. 14 at Mauston High School
- District 1** - Monday, Sept. 19 at Rice Lake High School
- District 4** - Tuesday, Sept. 20 at Fox Valley Lutheran High School in Appleton