



# WIAA Bulletin

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## Board of Control Elects Officers; Votes on Various Action Items

Eric Coleman, student services supervisor of Milwaukee Public Schools, presided over the first meeting of the 2018-19 Wisconsin Interscholastic Athletic Association Board of Control on August 10, 2018.

The Board conducted its 2018-19 officer elections. Dennis Birr, superintendent of the New Lisbon School District, will serve as the president-elect, and Eric Russell, superintendent at Baldwin-Woodville, was elected to the role of treasurer. In addition, Willy Chambers, superintendent in the Black Hawk School District, was introduced as a new member of the Board.

Among the actions taken by the Board included a vote to approve edits to the Administrative Staff Handbook, including the protocol sections for Appeals/Due Process, Contribution to Victory Considerations, Conference Realignment and Conference Calls. The Board also approved a request to dissolve the crossover requirements for the Capitol and South Central Conferences for football, boys and girls basketball, softball and baseball following the 2018-19 seasons.

In other action, the Board gave its approval to the new appointments to the 2018-19 Coaches Advisory Committees, editorial modifications to the 2018-19 Media Policies Guide and the annual renewal of the Association's membership in the National Federation of State High School Associations.

**See Board of Control Elects Officers, page 11 >**



Eric Coleman



Dennis Birr



Eric Russell



Willy Chambers

## Board Approves Unprecedented Winter Sports Regulations at June Meeting

The Wisconsin Interscholastic Athletic Association Board of Control reviewed and acted on coaches' committee recommendations impacting winter sports, including two unparalleled decisions, at its June meeting today.

In the first unprecedented move, the Board approved a coaches recommendation in an attempt to address cooperative team concerns in gymnastics. Beginning in 2019-20, a co-op team would only be eligible for the tournament series if it includes only two schools or if the combined enrollment of the co-op program is less than the largest stand-alone school program in the respective divisional placement. Individual competitors from ineligible co-ops will be eligible for the individual competition only.

The second unique decision adds language to the season regulations in wrestling that allows teams with eight or fewer wrestlers that submit and are approved for a waiver, to scrimmage with other schools with eight or fewer wrestlers up to two times per week during the regular season beginning in 2018-19.

The Board approved six other wrestling recommen-

dations into the season regulations. Two of the items involve junior varsity programs. One allows junior varsity wrestlers to represent the team in a junior varsity dual and exhibition on the same night subject to the individual participation limitations. The other adds a Wisconsin adaptation that allows junior varsity dual meets to reduce the number of NFHS weight classes. Both regulations take effect in next season.

Two other approved recommendations in wrestling addresses seeding the State Team Wrestling Tournament. The first moves the seed meeting to the Saturday morning of the State individual tournament. The second eliminates the random draw aspect of the seeding to now seed all eight Division 1 and all four Divisions 2 and 3 qualifying teams.

The remaining two approved recommendations eliminates the triplicate weigh-in sheet for dual meets and removes language that addresses substituting wrestlers in the State individual tournament. Beginning in 2018-19, the next qualifying individual will advance if an opening in the bracket occurs, except in the case of

## WIAA Task Force Meets To Discuss Realignment Process

A task force assembled to review the Wisconsin Interscholastic Athletic Association's conference realignment process met at the association's executive office on August 8, 2018.

The purpose of the committee, comprised of mostly membership and executive staff personnel, is to evaluate the current protocol for conference realignment and determine if the current process can be improved to better serve the needs of the membership, which consists of 511 high schools throughout the state.

The task force was presented with a history of conference realignment and an overview of the guidelines and philosophy as were originally developed in the 1970s. The WIAA's constitution provides the Board of Control with the ultimate authority in conference alignment matters.

**See WIAA Task Force, page 18 >**

a wrestler not making weight or being disqualified for a skin condition.

Four hockey recommendations received approval from the Board. In an ongoing trend to seed State tournaments, boys hockey coaches of teams advancing to the tournament quarterfinals will determine the seeds for the eight qualifying boys teams, and the four coaches of the teams advancing to the girls State tournament semifinals will seed the four qualifying girls teams beginning in 2018-19. In 2020 when the boys tournament transitions to four teams in two divisions, the boys coaches in each division will seed all four teams in each bracket.

In another seeding-related item in hockey, the highest-seeded team will be designated the home team throughout the entire tournament series. The highest-seeded team will wear white uniforms and have the final line change beginning next season.

Other hockey items passed by the Board include a requirement of a two-year commitment for programs

**See Board Approves, page 6 >**

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## WIAA Brand Licensing & Royalty Policy Reminder

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

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

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

Member schools may contract with any outside vendor to produce

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

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

Any use of the WIAA name, emblem and/or logos on all merchandise and apparel, including—but not limited to—patches, shirts, sweatshirts, hats, shorts, pants, towels, artifacts, souvenirs, equipment, official/umpire gear and apparel, spectator/business giveaways and promotions require licensing through the WIAA to produce and distribute.

For more information, please access Appendix M "Licensing and Royalty Policy" on page 59 of the 2018-19 Senior High Handbook. ●

## Concussion Information When in Doubt, Sit Them Out!

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

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

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

There are unique concerns surrounding concussion in high school sports:

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

Concussion affects people in four areas of function:

- 1) Physical – This describes how they feel: headache, nausea, vomiting, dizziness, tired and loss of consciousness (which is uncommon in concussion).
- 2) Thinking – Poor memory and concentration, responds to questions more slowly and asks repetitive questions. Concussion can cause an altered state of awareness and thinking.

3) Emotions – A concussion can make a person more irritable or sad and cause mood swings.

4) Sleep – Concussions frequently cause trouble falling asleep and may wake athletes up overnight, which can make them more fatigued throughout the day.

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

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

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

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

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

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

- Dazed or stunned appearance
- Change in the level of consciousness or awareness
- Confused about assignment

**See Concussion Information, page 14 ►**

## Concussion Insurance

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

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

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

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

Program Highlights Include:

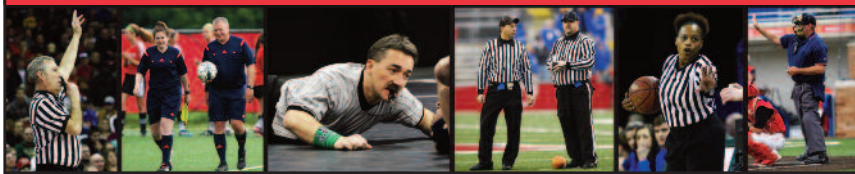
- \$0 deductible and no Co-pays
- Tele-med Services, when needed
- No restrictions on specific doctors
- No referrals needed for treatment
- No internal limits
- No specific procedure maximums
- Neurological follow up care When medically necessary and billed at U&C.

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

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

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

## Officials Corner



*Congratulations!!*

## 2018 Spring Tournament Officials

**Spring Baseball** – Michael Breed, Cameron; Michael De Wyre, Mondovi; Kevin Grosseohme, Milwaukee; Trent Haldiman, Waterloo; Richard Hohl, Stratford; Rory Holland, Cottage Grove; Lawrence Holschuh, Appleton; Ryan Krcmar, Green Bay; Michael Pfeil, Evansville; Ron Quirk, Oak Creek; Charles Seils, Beloit; Scott Trctier, Kenosha.

**Summer Baseball** – Keith Bonde, Manitowoc; Vince Diplaris, Waukesha; John Hemauer, West Bend; Brian Henson, Brookfield; Christopher Keough, Oconomowoc; Charles Runge, Mukwonago.

**Girls Soccer** – Peter Bernardy, De Pere; Barrett Britt, Delavan; Mahmood Darvish, Belleville; Dean Gumz, Eau Claire; Robert Hom, Eagle River; Ryan Koessl, Kenosha; Todd Mader, Madison; Mauricio Marin, Oshkosh; Patrick Murphy, Wausau; David Nett, Hudson; Anthony Voulgaris, Van Dyne; Steve Van Deurzen; Kaukauna.

**Softball** – David Derousseau, Rice Lake; Louis Eisenman, Schofield; Craig Fenrick, Madison; Michael Feucht, Rubicon; Tammy Hutchison, Mount Pleasant; Tim Joly, Seymour; Robert Kinziger, Luxemburg; Michael Kirschbaum, Holmen; Steven Komorowski, Oak Creek; William Lapp, Morrisonville; Rick Laufenberg, Dodgeville; Garry Sievert, Suamico.

**Girls Individual & Team Tennis – Meet Referee** – Sharon Terry. **Umpires** – Richard Arians, Minneapolis (MN); Rita Carpenter, Janesville; Deb Clausen-Kremer, Sun Prairie; Elizabeth Danner, Oneida; Matt Fehlhaber, Kewaskum; Dave Hammelman, Brookfield; Jan Hammelman, Brookfield; Sri Kordelli, Madison; John Knox, Madison; Jon Nicoud, Fond du Lac; Jean Root, Muskego; Courtney Smith, Janesville; Sharon Terry, Janesville; Henry Thomas, Milwaukee; Mark VanderZanden, Appleton; Kris Williams, Green Bay; Jim Yoshida, Madison.

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

## Volleyball Officiating Online Course

The online officiating course “[Officiating Volleyball – Ball Handling](#)” is a great educational resource for volleyball officials. Encourage your officials to take advantage of this course, one of the many NFHS officiating courses. “[Officiating Volleyball – Alignment](#)” is in production and will be available before the 2019 volleyball season. ●

## NFHS Football Points of Emphasis - 2018

### Proper Wearing and Use of Required Equipment

Prior to the start of each game, the head coach must verify that all of his players have the proper equipment and that no illegal equipment will be used. The purpose of equipment rules is to ensure the safety and protection of both the player wearing the equipment and his opponent. Due to the potential for injury, game officials must strictly enforce equipment rules. Game officials have been reluctant to penalize a team for the failure of a player to properly wear all of the required equipment. This reluctance may be due to game officials assuming that equipment violations are a minor offense and do not warrant penalties. In view of this reluctance, a rule change has been implemented to lessen the severity of the consequence of violating equipment rules. With the lessened severity, it is imperative that game officials follow appropriate procedures when equipment violations occur. Equipment rules are an extremely important part of the game, and it is therefore essential that game officials are diligent in promptly addressing any and all equipment rule violations.

Equipment violations can be grouped into three categories: (1) failure to properly wear required equipment, (2) failure to wear or use legal and/or required equipment, and (3) wearing illegal equipment. The first category encompasses instances where the required equipment is present, but is not worn properly. Examples include, but are not limited to, unsnapped chin straps, tooth and mouth protectors that are dangling, or jerseys that do not fully cover the shoulder pads or back pads. If game officials observe any improperly worn equipment during a dead-ball period, they should declare an official's time-out and ask the player to make a correction. However, if the equipment issue is not recognized until the snap is imminent, the game official should immediately sound his whistle to prevent the snap from occurring, declare an official's time-out and require that the player leave the game for at least one down to address the equipment issue. The second category is when a player is missing any required equipment. In this situa-

See [NFHS Football Points of Emphasis, page 10](#) >

## NFHS Volleyball 2018 Points of Emphasis

### Safety of Referee Stands

As Rule 3-1-6 states, a safe and stable platform for the first referee is required game equipment for the administration of every volleyball match. It is a shared responsibility to ensure the safety of our officials. Safe and stable platforms begin with careful assembly and attention to manufacturer guidelines by school athletic departments or event host management. It continues with proper inspection by the first referee prior to each match. The inspection should include height adjustments as mentioned in rule 3-1-6, but should also include inspection of the steps, attachment of the stand to the pole and proper installation as designed by the manufacturer to prevent any injuries to officials, players or fans. Officials should report any safety concerns to host management before the start of the match. Risk minimization is a team effort – proper care and installation by host management and thorough inspection by the first referee.

### Warm-Up Safety

Risk minimization continues to be a priority for the NFHS Volleyball Rules Committee. Though volleyball continues to have one of the lowest injury rates of the 22 high school sports under surveillance, the growing number of concussions occurring during warm-ups as reported annually by the National High School Sports-Related Injury Surveillance System (High School RIO) has increased awareness regarding warm-up procedures before and during the match. It is imperative that each coach and state association examine their pre-game warm-up protocols to ensure best practices for prevention of not only concussions, but other injuries, as well. Some things to consider when establishing best practices are: facility space, shared court time, placement of athletes and those assisting with warm-ups, and familiarity of all team members with the warm-up procedures for the match. In addition to pre-game warm-ups, it should be noted that warming up between sets is allowed. Rule 11-5-3 clarifies that teams must remain on their side of the net, in their playable area. No hitting or serving is allowed and volleyballs may be used only on their own side of the playing area.

### Treatment of Line Judges

It is a core belief of the NFHS that student participation in education-based high school athletics and activities promotes respect, integrity and sportsmanship.

See [NFHS Volleyball 2018 Points of Emphasis, page 10](#) >

## Cross Country Rules Changes 2018

- **[4-3-1]** Clarifies that for a cross country uniform to be considered legal, the singlet and bottom or one-piece uniform shall be school-issued or school-approved. This change for school approval addresses the need for athletes to purchase a part of their uniform, but such individual apparel shall be approved by the school coach to be certain it meets all rule requirements.
- **[8-6-1 (NEW), 4-3]** Duplicate language regarding the uniform has been removed from rule 8, Cross Country and all rules regarding uniform for individuals and cross country teams are now all contained in one rule, Rule 4 ●



# 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](http://www.truesport.org/library/documents/resources/nutrition_guide/NutritionGuide.pdf)

NSF Certified for Sport

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

USADA Dietary Supplement and Safety Education

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

Informed Choice

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

Drug Free Sport

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

American College of Sport Medicine – Protein Intake or Muscle Maintenance

[http://www.acsm.org/docs/default-source/files-for-resource-library/protein-intake-for-optimal-muscle-maintenance.pdf?sfvrsn=688d8896\\_2](http://www.acsm.org/docs/default-source/files-for-resource-library/protein-intake-for-optimal-muscle-maintenance.pdf?sfvrsn=688d8896_2)

Taylor Hooton Foundation

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

National Federation of High School Sports Supplement Position Statement

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



FROM THE NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

## New NFHS Officers, Board Members Elected for 2018-19

David Jackson, executive director of the Oklahoma Secondary School Activities Association (OSSAA), is the new president of the National Federation of State High School Associations (NFHS) for 2018-19. Jackson, the 59th president of the NFHS, began his one-year term July 3 following the NFHS Summer Meeting in Chicago, Illinois.

Mark Beckman, executive director of the Montana High School Association (MHSA), was elected by the NFHS Board of Directors to the position of president-elect for the upcoming year.

In addition, the following individuals were approved by the NFHS National Council for four-year terms on the NFHS Board of Directors: Steve Savarese, executive director, Alabama High School Athletic Association (AHSAA), Section 3; Rob

Cuff, executive director, Utah High School Activities Association (UHSAA), Section 7; and Calvin Robinson, associate superintendent of Madison County Schools in Ridgeland, Mississippi, at large, Sections 3 and 7.

Two other individuals were appointed to the Board to serve unexpired terms. Bill Gaine, executive director of the Massachusetts Interscholastic Athletic Association (MIAA), will serve a one-year term representing Section 1, replacing Karissa Niehoff of Connecticut, who resigned from the Board of Directors to become NFHS executive director. Bobby Cox, commissioner of the Indiana High School Athletic Association (IHSAA), will serve a two-year term representing Section 4, replacing Jack Roberts of Michigan, who is retiring this summer as executive director of the Michigan High School Athletic Association. ●

# Disordered Eating/Relative Energy Deficiency in Sport

## Disordered Eating in Student-Athletes: The Basics

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

## Signs and Symptoms of Disordered Eating in Student-Athletes

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

## Risk Factors

Risk factors for disordered eating in sport include the following:

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

## Complications

Complications that may result from disordered eating in sport include:

- Changes in menstrual cycles (either not

starting menstruation at all by the expected age, no longer getting menstrual cycles, or getting menstrual cycles less often, lighter, or for a shorter duration than usual)

- Low bone mineral density, which can result in stress fractures and eventual osteoporosis
- Abnormal levels of electrolytes such as potassium
- Dehydration
- Problems with the cardiovascular system (heart and blood vessels)
- Mental health conditions and suicide
- Weakened immune system
- Changes in metabolism

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

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

## Treatment

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

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

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

## Resources

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

# WIAA Award of Excellence Recognizes 21 Schools in 2017-18

The WIAA congratulates and recognizes the 21 schools that fulfilled the criteria and submitted their application to be awarded the Award of Excellence in 2017-18.

The award recognizes member schools for their efforts and achievements in the areas of sportsmanship, ethics, integrity, leadership and character, as well as their commitment in engaging in educational and leadership programming, and participation in membership events.

Recipients of the 2017-18 Award of Excellence, presented to schools that met each of the award's criteria, are:

Beaver Dam	Kimberly	Racine Horlick
Brookwood	Manitowoc Lutheran	Racine Lutheran
Cambridge	Merrill	Stoughton
Clinton	Mondovi	The Prairie School
Fort Atkinson	Northwestern	Watertown
Hudson	Oak Creek	Wauwaukee
Kenosha Tremper	Platteville	Wis. Rapids Lincoln

Five of the 21 schools receiving the honor are repeat recipients. Beaver Dam, Hudson, Racine Horlick, Stoughton and Wisconsin Rapids Lincoln each received the recognition in the award's first year in 2016-17.



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

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

The criteria applied toward the Award of Excellence include:

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

The school application for the Award of Excellence is available on the WIAA website at: [www.wiaawi.org](http://www.wiaawi.org). The deadline for applications is June 28, 2019. Any questions about the application or the Award of Excellence criteria, please contact the WIAA office at (715) 344-8580. ●

## 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. ●

## Spring & Summer Team Sportsmanship Award Winners Announced

The Wisconsin Interscholastic Athletic Association, in partnership with Rural Mutual Insurance Company, has selected the team Sportsmanship Award winners for the 2018 Spring State Team Tournaments and the final Summer Baseball Tournament.

The winners of the prestigious award are University School of Milwaukee in boys tennis, Wisconsin Heights/Barneveld in girls soccer, Burlington in softball, Ithaca in spring baseball and Plymouth in summer baseball.

University School earns the sportsmanship honor in boys team tennis for the first time. It's the fourth time the Wildcats have received the award overall. They also received the recognition in girls tennis in 2007 and 2015, and in girls hockey in 2013. University School finished as the State runner-up this spring, falling 4-3 to Edgewood in the Division 2 final after blanking McFarland 7-0 in the semifinals. Badger and Edgewood received honorable mention for the award.

It is the first time the cooperative program of Wisconsin Heights/Barneveld has been selected with the Sportsmanship Award in girls soccer. The Vanguards fell in State semifinal to Cedar Grove-Belgium 1-0 in their first-ever appearance in the State tournament. Aside from the schools' co-op in girls soccer, both have earned sportsmanship awards previously. Barneveld won the girls basketball award in 2003 and in 2007, and Wisconsin Heights received the sportsmanship award in girls volleyball in 2008 and 2010. The programs receiving honorable mention for the award are Belleville/New Glarus, Catholic Memorial, Cedar Grove-Belgium, New Berlin Eisenhower and River Falls.

Burlington demonstrated sportsmanship and enthusiasm over its three games of the tournament en route to a runner-up finish in Division 1. It's the first time the Demons have been chosen as the recipient of the award in softball. They were cited for their outstanding sportsmanship on one other occasion, that was in 2001 in boys volleyball. Burlington rolled to a 9-1 win over Chippewa Falls in the quarterfinals and

out-slugged Slinger 12-7 in the semifinals before falling to Sun Prairie, 7-1, in the championship game. Honorable mention for the award was extended to Appleton North, Assumption, Burlington, Chippewa Falls, Horicon, McDonell Central Catholic, Oak Creek, Oakfield, Pacelli, Portage, Poynette, Weyauwega-Fremont and Whitnall.



Ithaca is the recipient of the WIAA/Rural Mutual Insurance Sportsmanship Award for the first time in any sport. The Bulldogs fell 3-1 in their spring baseball semifinal match-up with Athens. They displayed outstanding sportsmanship and extended a respectful gesture of support to the Athens team and community for a player that had recently died in an UTV crash. Arrowhead, Burlington, Eau Claire North, Ellsworth, Johnson Creek, Kimberly, Mineral Point and Webster all received honorable mention.

Qualifying for the State Summer Baseball Tournament for the 13th time, Plymouth was selected as the sportsmanship award winner this year, the final year of the tournament. The Panthers were no-hit in a 1-0 pitchers' duel against eventual champion Muskego in a game that featured just one hit. It is the first time Plymouth has been selected for the Sportsmanship Award in any sport. Menomonee Falls and Muskego received honorable mention for the sportsmanship award.

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

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

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



## NFHS Football Rules Changes - 2018

**1-5-4, 1-5-5, 3-5-10e (NEW) 3-6-2, 9-9:** Improperly equipped player shall be replaced for at least one down. **Rationale:** Prior to the game, the head coach is responsible for verifying that the players are legally equipped and will not use illegal equipment. The penalty for a player who is not properly equipped has changed from a distance penalty against the team to removal of that player for at least one down. The penalty provisions for any use of illegal equipment remain unchanged and result in an unsportsmanlike conduct foul charged to the head coach.

**2-32-16a:** Defenseless player provisions for passer clarified. **Rationale:** The committee clarified that defenseless player provisions do not apply to a passer until a legal forward pass is thrown. The passer continues to be a defenseless player until the pass ends or the passer moves to participate in the play.

**6-1-3b PENALTY, 6-1-4 PENALTY:** Signal change for free kick infractions. **Rationale:** The signal for free kick infractions, other than encroachment of the neutral zone, has been changed from signal 18 to signal 19.

**6-1-9b (NEW), 6-1-9b PENALTY (NEW), 10-4-2 EXCEPTION (NEW), 10-5-1j (NEW):** New penalty option adopted for fouls by kicking team. **Rationale:** In an effort to reduce re-kicks, further minimize risk and ensure that appropriate penalties are in place for all fouls, the committee has added an option for fouls committed by the kicking team during free and scrimmage kicks. The change would allow the receiving team all of the previous options as well as accepting the distance penalty at the end of the down.

**SIX-PLAYER FOOTBALL (RULE 3):** Length of time between periods revised. **Rationale:** The timing rule between periods and intermission for six-player football has been standardized to match the current NFHS 8-, 9- and 11-player football rules.

### 2018 EDITORIAL CHANGES

Field Diagrams, 1-3-7, Table 1-7 (9), 3-4-2c, 3-5-2b, 3-5-5b, 3-6 PENALTY, 5-1-2a, 7-2-5b EXCEPTION (1), Table 7-5-4, 7-5-5, 9-4 PENALTY, 9-5-1h, 9-7-2 EXCEPTION, 9-8-1j, 10-4-7, Resolving Tied Games, Penalty Summary, NFHS Official Football Signals, Index.

### 2018 POINTS OF EMPHASIS

1. Proper Wearing and Use of Required Equipment
2. Blindside Blocks and Defenseless Player
3. Application of Personal Fouls and Unsportsmanlike Conduct
4. Time Management ●

## Board Approves from page 1

opting to play up a division and to allow 22 players in uniform and a maximum of two high school student managers, four coaches and one medical person on the bench during the tournament series.

The Board approved two additional recommendations in gymnastics. They voted to permit a replacement for a gymnast who has qualified for the State tournament but is unable to participate at State. The substitution is limited to only the sixth-place finisher in the respective event at the sectional competition.

Also approved was the recommendation to utilize the Capital Cup format, replacing the current Modified Capital Cup format, for the team and individual competitions at the State Gymnastics Championships beginning in 2019.

Of the numerous basketball recommendations con-

sidered by the Board, three were approved. One adds the language "If there are an uneven number of schools for Divisions 3 and 4, Division 4 will include one more school than Division 3" to the current tournament procedures.

The other action items passed in basketball limits schools to no more than two representatives at seed meetings, and a requirement to have coaches enter a player's statistics on December 20, January 20 and February 20 to be eligible for the WIAA 3-Point Challenge.

The Board also ratified spring cooperative programs for the 2018-19 and 2019-20 seasons, winter sports season statements, general fund financial statements and payments, football early start waivers for this fall and a spending resolution during development of the 2018-19

operational budget. It also approved a special election for the 2018-19 gender at-large representative on the Board of Control and the nonpublic school at-large representative on the Advisory Council. The election will be held as soon as it can be administratively processed.

Among the additional discussions were a review of the 2018 spring State tournaments, the 2018 New Athletic Director Workshop, football-only conference realignment, a reminder of the 16-team nonconference tournament prohibition in basketball, possible 2018 Area Meeting topics, and potential Constitution items for the 2019 Annual Meeting.

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



# NFHS Network Offers Schools a Safe Platform to Stream Games

As a growing number of member schools are realizing, the NFHS Network School Broadcast Program (SBP) makes it easy for students to produce live video broadcasts by providing the software, tools and training they need for free. With its proprietary technology, schools can produce and distribute high quality events throughout the year including regular season sports, graduation, band, cheer events, as well as other school activities.

Broadcasting these events on the NFHS Network provides a way for a school to showcase its students and activities while strengthening the connection with parents, players, boosters and the community. The platform allows both live streaming and archiving for on-demand viewing. Your fans will be able to watch your school's events whenever they want, wherever they are.

Becoming part of the NFHS Network School Broadcast Program is free and you can get started with as little as a camera, a laptop and an Internet connection.

There are three components of the NFHS School Broadcast Program that make this opportunity specifically attractive to schools in the membership. Those three areas are education, community and fundraising.

The NFHS Network School Broadcast Program provides a platform for students to learn about production and broadcast journalism in an educational setting. The program gives students an unprece-



dedented opportunity to gain hands-on video production and on-camera experience. Participation in the program helps prepare students for college and professional careers in the journalism industry.

The School Broadcast Program provides schools with a platform to showcase excellence and to enhance their connection with the community. Participating schools have a dedicated school-branded channel that makes reaching alumni, friends, and

family outside the local area easy. Broadcasting school events is a unique way to increase school spirit throughout the community.

Live broadcasts of sporting events on the NFHS Network require viewers to purchase a pass to watch. The pass model enables schools to participate in the School Broadcast Program for free and provides an opportunity for the school to raise money. Schools receive 50 percent or more of the proceeds from school produced live events.

In addition, the NFHS partnership with Pixellot offers a solution for automated live event production with exclusive special pricing through the NFHS Network SBP. This state-of-the-art equipment provides a panoramic four-camera view that captures the entire playing area without the need of a camera operator. The system also has score graphics syncing with your scoreboards.

If your school is interested in joining the NFHS Network Student Broadcast Program, please contact Tom Neiman at: [tom.neiman@nfhsnetwork.com](mailto:tom.neiman@nfhsnetwork.com) or email the Network at: [SBP@NFHSnetwork.com](mailto:SBP@NFHSnetwork.com). NFHS Network representatives are readily available to discuss how to implement the program at your school. Todd Clark in the WIAA office can also assist in providing a contact to the NFHS Network. Contact him at: [tclark@wiaawi.org](mailto:tclark@wiaawi.org). ●

## NFHS Football Jersey and Pant Rules

### RULE 1-5-1

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

#### b. Jersey:

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

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

3. Players of the **home team** shall wear jerseys, unaltered from the manufacturer's original design/production, that meet the following criteria: The body of the jersey (inside the shoulders, inclusive of the yoke of the jersey or the shoulders, below the collar, and to

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

## Soccer Rules Changes 2018-19

- **[Rule 4-1-1a, b]** Alters the jersey colors required for teams such that the home team wears dark jerseys and socks and the visiting team wears all-white jerseys and socks.
- **[Rule 4-1-1d]** Allows for visible undergarments to be worn if they are of similar length and of a solid color.
- **[Rule 4-2-10 (NEW)]** Allows for state associations (or delegate) to permit the wearing of head coverings or wraps if criteria is met for medical/cosmetic and/or religious reasons.
- **[Rule 8-1-2]** Allows the kicker, on a kickoff, to be in the opposing team's half of the field to make the kick.
- **[Rule 11-1-4]** Clarifies that a player in an offside position who becomes involved in active play must be penalized.
- **[12-8-1f, 12-8-15 (NEW), 12-8-2d(3), 12-8-2d(4) (NEW)]** Clarifies the penalty for a player who denies an obvious goal scoring opportunity.
- **[13-2-1j (NEW)]** Provides for a penalty for a player(s), coach or bench personnel who enters or leaves the field without permission from an official and interferes with play or an official.
- **[13-2-3]** Provides for a penalty for a player(s), coach or bench personnel who enters or leaves the field without permission from an official and does not interfere with play or the official.
- **[18-1g]** Defines a deliberate act which provides guidance for interpretation of rules that contain the word deliberate or the phrase deliberate act.

**SOCCER MAJOR EDITORIAL CHANGES 2018-19**
- **[4-2-4]** Clarifies that a religious medal or other religious items must be taped to the body.

### Soccer Points of Emphasis 2018-19

1. Denying an obvious goal-scoring opportunity
2. Excessive player substitutions
3. Referee mechanics for indirect free kicks ●

## General Information

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

- Athletes may have a tendency to deny signs of “weakness”.
- Athletes may be afraid of not being allowed to play.

Athlete behaviors may resemble symptoms of mental illness, but can be chalked up to being a normal part of being a good athlete. This might include careful attention to diet, which may actually be part of an eating disorder.

## How and Why Mental Illness Occurs in Athletes

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

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

## Unique Risk Factors for Mental Illness in Athletes

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

- Injuries (including concussion)
- Lack of balance in life (no free time, including time with friends)
- Pressure of competition
- Overtraining (training too hard for too long without enough time for recovery)

- Failure in sport
- Harassment and discrimination related to personal characteristics such as race/ethnicity or sexual orientation
- Coaching styles that do not match up with how the athlete performs best

## Depression

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

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

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

they are not their usual selves, and the behaviors and symptoms create problems in their lives.

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

## Anxiety

Anxiety may also occur in athletes at the same rates as in the general population. Some symptoms

See *Mental Health/Mental Wellness*, page 13 >

## NFHS Football Conduct Rules

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

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

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

These must be penalized immediately as 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. ●

## 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). ●



# The WIAA Transfer Rule

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

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

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

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

## Why do the WIAA member schools have a transfer rule?

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

A transfer/residency requirement: promotes stability and harmony among member schools by maintaining the amateur standing of high school athletics; by not letting individuals other than enrolled students participate, and by upholding the

principle that a student should attend the high school in the district where the student's parent(s) guardian(s) reside. It also helps prevent the displacement of the athletes who have attended the high school for the previous two years and worked to improve their skills as well as their team.

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

A recruiting/undue influence prohibition discourages exploitation of students; prevents over-emphasis of athletics; gives average student-athletes more opportunity to participate; discourages adults from jeopardizing a student's eligibility, and prevents misuse of athletic programs. The WIAA membership rule pertaining to recruiting states: No eligibility will be granted for a student whose residence within a school's attendance boundaries, with or without parents, or whose attendance at a school has been the result of undue influence (special consideration due to athletic ability or potential) on the part of any person, whether or not connected with the school.

## What is the WIAA transfer rule?

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

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

If a family entirely moves from one school community to another and the transfer is necessary due to this move, the student will more than likely have unrestricted eligibility. When a transfer takes place during a semester, the eligibility begins after five calendar days (ROE II-3-A-8).

Students will establish eligibility at a WIAA member school at the beginning of 9th or 10th grade.

Keep in mind, the residence rule also determines eligibility. Public school students are eligible in the district their parents reside and nonpublic school students are eligible when they live with their parent(s).

## Simply The Transfer Rule\*

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

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

9th grade – unrestricted

10th grade – unrestricted

11th grade – nonvarsity for calendar year

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

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

9th grade – nonvarsity for remainder of year

10th grade – nonvarsity for calendar year

11th grade – nonvarsity for calendar year

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

\*Provided the student meets residency requirements

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

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

Again, the student who meets the residence rules and who transfers is unrestricted at the beginning of 10th grade (ROE II-3-A-2). A student who transfers during the 10th grade without a total and

See *The WIAA Transfer Rule*, page 16 >

## 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? ●

# 2018-19 Volleyball Rules Changes

**2-4-1b:** A referee shall stop play when any player gains an illegal advantage by contacting any team member while playing the ball. **Rationale:** Clarifies that no team member may assist a player during an attempt to play the ball.

**5-5-3b(10) (NEW):** The second referee has the responsibility to ensure that the head coach remains in the replacement zone no closer than 6 feet to the sideline, when standing during play. **Rationale:** Supports the second referee's responsibilities as outlined in the Officials Manual.

**5-5-3b(13), 5-5-3b(20), 5-8-3a NOTE (NEW):** When multiple courts are in use, the second referee may end a time-out or interval between sets with a long whistle in place of the timer sounding an audio signal (horn). **Rationale:** Clarifies timer and second referee responsibilities during time-outs/intervals when multiple courts are in use.

**9-8-2 EXCEPTION (NEW), 11-4-1b (NEW):** When a replay is signaled due to an injury/illness and the injured/ill player cannot continue play, the head coach may request a substitute or complete a legal libero replacement for the injured/ill player or take a team time-out(s) if the team has remaining time-outs. **Rationale:** Clarifies the procedures for a replay due to an injured/ill player and adds the option of a legal libero replacement.

**10-2 PENALTIES 2:** After a team is charged with an unnecessary delay, the coach may request no further substitutions until the next completed rally. **Rationale:** Eliminates further delay of the set by removing the option to request additional substitutions after a team is charged with an unnecessary delay.

**11-5-3 (NEW):** Between sets, teams may warm up in their playing area, but may not hit volleyballs

over the net into the opponents playing area. **Rationale:** Establishes parameters for warming up between sets that minimize the risk of injury.

**SIGNAL #21:** To signal unnecessary delay, raise the hand on the side of the offending team beside head, palm facing shoulder, hold the appropriate card on the wrist of the raised hand. **Rationale:** Simplifies mechanics for unnecessary delay signal and clarifies side at fault.

## 2018-19 VOLLEYBALL MAJOR EDITORIAL CHANGES

**1-5-2c (NEW), 1-7-2 thru 4:** Provides consistency by listing all reasons why a match shall be declared a forfeit and clarifies that a forfeit is considered a termination of a match and not a suspension.

**5-4-1c:** Clarifies that the inspection of net antennas is a prematch responsibility of the first referee.

**5-5-3b (13) & (20):** Clarifies that the second referee shall use a double whistle to indicate the warning during a time-out and when an intermission is used.

**6-4-5 NOTE (NEW):** Clarifies that when a team is playing with fewer than six players, the vacant position remains open when rotating to the front row.

## 2018-2019 Volleyball Editorial Changes

2-1-4, 5-2-1b, 5-4-4d(1) & (4), 10-4-3c, 12-2 Procedures for Unsportsing Conduct Violations 4 and 5, How to Use the Signals #20

## 2018-19 Volleyball Points of Emphasis

1. Safety of Referee Stands
2. Warm-Up Safety
3. Treatment of Line Judges
4. Net Fault Signal Mechanics ●

## NFHS Volleyball 2018 Points of Emphasis from page 3

Respect includes, but is not limited to, respect for self, country, school, the sport and all other participants. Consequently, it is the responsibility of coaches to teach and model respectful behavior in the way they treat all contest personnel. It is especially relevant that coaches model and teach respect for those who officiate the game, including line judges. Line judges may be paid contest officials, but many times are parents or even student-athletes serving as a volunteer on the officiating crew. Respect should be shown for line judges by bench personnel, fans, and coaches. Line judges (sanctioned or volunteers) are considered officials of the game. Line judges are not to be heckled, spoken to with defamatory comments or maligned in any way. Lack of respect toward line judges, or other officials, is cause for an Unsportsing Conduct penalty.

### Net Fault Signal Mechanics

Uniformity of signals given by officials allows for a better understanding of the game by coaches, players and fans. It also lends itself to a demonstration of professionalism by officials. When an official is signaling the number of a player who has committed a violation, the signal should be given using the hand on the side at fault, if the number to be given is five or less. If the number is greater than five, the right hand is the base hand. For double digit numbers, the first digit is shown with the right or both hands, and the second digit with left or both hands. The number should not be indicated by reaching across the body to the side at fault, but rather the official should step to the side at fault and present the number, if the number is larger than five. If the number is less than 5, the right or left hand may be used, dependent upon which hand is on the side at fault. As the universal language of officials, consistency in signaling the number of an offending player, allows for clear communication and more efficient match administration. ●

## NFHS Football Points of Emphasis from page 3

tion, an official's time-out must be declared, the player must leave the game for at least one down and will not be allowed to return to the game until the missing equipment is obtained and properly worn by the player. The third category occurs when a player wears illegal equipment. Examples include, but are not limited to, the wearing of cleats that exceed ½-inch, or the presence of a sticky substance on a player's uniform. If a player is detected wearing illegal equipment, his head coach is charged with an unsportsmanlike conduct foul under Rule 9-8-1h.

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

### Pace of Play and Timing Issues

In order to maintain a fair balance between offense and defense, a consistent pace of play should be established and maintained by the game officials during the entire contest. Each team should be allowed an equal opportunity to make substitutions and call plays during the time between the dead ball and the next ready-for-play signal. The pace of play should not change during the contest, and should be the same from game to game, and from officiating crew to officiating crew. Therefore, the committee recommends the ready-for-play signal be given between 12 and 15 seconds after the previous dead ball. This pace of play should be consistent no matter if either team wants to hurry up or slow down. Long incomplete passes, plays into the side zones and first downs may require the game officials to hustle to get the ball and line-to-gain equipment properly set, while short runs up the middle may require a slight delay before marking the ball ready for play. Consistency is the goal without regard to particular game situations.

To accomplish a consistent pace, the referee should develop a "feel" for 12 to 15 seconds. This feel can be accomplished in many ways. A few examples could be for a referee to establish a routine of duties to perform after each dead-ball whistle, then mark the ball ready-for-play after completing those duties. A referee could also use the game clock to time 12 to 15 seconds if it is running and easily observable. Lastly, a referee could ask an observer to record the amount of time between a dead-ball whistle and the next ready-for-play so pace -of-play adjustments can be made during their next contest. With some attention by the referee and effort by the entire officiating crew, consistent pace of play can be achieved.

In a similar fashion, game officials should also be vigilant about unfair use of the game clock. Rule 3-4-6 has been around for many years and allows the referee to start or stop the game clock when a team attempts to illegally conserve or consume time. This rule applies at any time during the contest including the last two minutes of either half. Game officials are encouraged to become "clock aware" at 4:00 in each half for potential illegal clock manipulation. Game officials should also be "clock aware" near the end of the first and third periods if weather conditions or field conditions could give a team an advantage through the delay or acceleration of the reversal-of-field position at the end of each period.

In 2017, the NFHS Football Rules Committee adopted Rule 3-4-7 which gives an offended team the option to start the clock on the snap when a penalty is accepted with less than two minutes left in either half. This option applies to any accepted penalty by either team if the clock would otherwise start on the subsequent ready-for-play signal. In a situation where there is a live-ball foul by one team and a dead-ball foul by the other, or a dead-ball foul by both teams, each team would be given the option to start the clock on the snap if it would have otherwise started on the ready-for-play. If either team exercises this option, the clock will start on the snap. It is of no significance whether or not the clock was running at the time a foul occurred.

See NFHS Football Points of Emphasis, page 12 >

## Guidelines on Handling Practices and Contests During Lightning or Thunder Disturbances

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

### PROACTIVE PLANNING

1. Assign staff to monitor local weather conditions before and during practices and contests.
2. Develop an evacuation plan, including identification of appropriate nearby safer areas and determine the amount of time needed to get everyone to a designated safer area:
  - a. A designated safer place is a substantial building with plumbing and wiring where people live or work, such as a school, gymnasium or library. An alternate safer place from the threat of lightning is a fully enclosed (not convertible or soft top) metal car or school bus.
3. Develop criteria for suspension and resumption of play:
  - a. When thunder is heard or lightning is seen\*, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for at least 30 minutes and vacate the outdoor activity to the previously designated safer location immediately.
  - b. 30-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or lightning is witnessed\* prior to resuming play.
  - c. Any subsequent thunder or lightning\* after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.
  - d. When lightning-detection devices or mobile phone apps are available, this technology could be used to assist in making a decision to suspend play if a lightning strike is noted to be within 10 miles of the event location. However, you should never depend on the reliability of these devices and, thus, hearing thunder or seeing lightning\* should always take precedence over information from a mobile app or lightning-detection device.



- \* – At night, under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be safe to continue an event. If no thunder can be heard and the flashes are low on the horizon, the storm may not pose a threat. Independently verified lightning detection information would help eliminate any uncertainty.
4. Review the lightning safety policy annually with all administrators, coaches and game personnel and train all personnel.
  5. Inform student-athletes and their parents of the lightning policy at start of the season.

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

## 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) ●

## WIAA Cash Flow Bulletin

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

Examples of non-compliance funding situations include the following:

1. Monetary funds provided to the school by outside sources are not handled in accordance with school district gift acceptance policies.
2. Booster Clubs and/or Non-School Associations directly paying officials fees, travel expenses, uniforms, ice time and/or coaches salaries.
3. Booster Clubs and/or Youth Hockey Associations not allowing student-athletes to try out or participate on a school team because player fees or insurance fees have not been paid.
4. Booster Clubs and/or Youth Hockey Associations providing financial assistance for high school hockey player's student fees.

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

1. One school's booster club and/or youth hockey association from a co-op program reducing the fees for students from their school to participate in ice hockey, while the other schools in the co-op program do not reduce their fees.
2. One school from a co-op program not providing monies raised for their school to the lead school of the co-op for distribution amongst all schools/players' participation fees in the co-op program.
3. A student-athlete receiving a reduced student participation fee equal to the amount the student raised during a fundraising campaign.

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

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

### Board of Control Elects Officers from page 1

Representatives of the Wisconsin Football Coaches Association presented the football-only conference alignment recommendation created and distributed in July. The objective of the proposal is to bring uniformity to the number of schools aligned within conferences and the number of conference games played in a season. It was the first review of the plan before it is presented at the Area Meetings for membership feedback and discussed at the various levels of committees.

Among the other topics shared in the executive staff reports to the Board were reports on the New Athletic Directors Workshop, the final State Summer Baseball Tournament, the conference realignment task force, a support staff vacancy and an update on the HeadStrong concussion insurance program.

Other topics discussed were the agenda for the 2018 Area Meetings in September, development of the 2018-19 operational budget and the NFHS Summer Meeting. The Board also received liaison reports from Jeremy Schlitz of the Wisconsin Athletic Directors Association and Pam Foege of the National Federation of High School State Associations Board of Directors. ●



**Enforcement of Penalties for Personal Fouls and Unsportsmanlike Conduct Fouls**

Rule 9-4 provides a list of illegal personal contact fouls. These acts are illegal due to the potential for injury to an opponent. With a few notable exceptions, these fouls do not carry an automatic disqualification, although disqualification may result if the covering official judges the foul to be flagrant. Additionally, the penalties for repeated violations in the same game are not cumulative. For example, if a player pulls a ball carrier down by the face mask and later in the game commits a taunting foul, the player remains in the game. Unnecessary roughness fouls are personal fouls — not unsportsmanlike conduct fouls — and are not being included in the specific fouls that would lead to disqualification unless the act is flagrant. Unsportsmanlike conduct fouls never involve contact with an opponent.

Game officials need to be aware of all circumstances before enforcing the distance penalty for a personal foul as there are several factors to be evaluated, such as the type of play (loose ball vs. running play), whether there was a change of possession, whether a score occurred during the play or whether a double foul or multiple fouls occurred.

Rules 9-5 and 9-8-1 define noncontact unsportsmanlike conduct and provide general examples of such fouls including using profanity, vulgar language or gestures, attempting to influence a game official's decision, a coach allowing his players to use illegal equipment, being on the field except as a substitute or replaced player and several other situations.

Specific examples of unsportsmanlike conduct include but are not limited to the following: any delayed, excessive or prolonged act by which a player attempts to focus attention upon himself; using abusive, threatening or insulting language or gestures to opponents, teammates or game officials; or using baiting or taunting acts or words that engender ill will between teams.

Unsportsmanlike conduct fouls accumulate and any player or non-player who receives two such fouls is automatically disqualified from the contest. However, any single foul judged by the game official to be flagrant is disqualification. Unsportsmanlike conduct penalties are always enforced from the succeeding spot.

Situations have arisen in recent years regarding unsportsmanlike conduct that have not been correctly called. For example, the "Where's the tee?" play described in the case book is an example of unsportsmanlike conduct. The ball should be declared dead and the penalty should be enforced as a dead-ball foul. Football has been and will continue to be a game of deception and trickery involving multiple shifts, unusual formations and creative plays; however, actions and language designed to confuse the defense into believing there is a problem and a snap isn't imminent are beyond the scope of fair play.

**Defenseless Player and Blindsided Blocks**

In 2017, the NFHS adopted rules defining and giving examples of defenseless players, and rules prohibiting forceful blindsided blocks outside the free-blocking zone unless initiated with open hands. Coaches and game officials should understand, teach and apply these rules in a manner promoting player safety and minimizing the risk of player injury.

**Defenseless Player** – A defenseless player is one who, because of his physical position and focus of concentration, is especially vulnerable to injury. The most common types of defenseless players include passers, receivers, sliding runners, runners whose forward progress is stopped, players out of the play and players who are blindsided blocked.

A defenseless player is not in an equal physical position with the player attacking him and could be severely injured when contacted. For example, a player passing or attempting to catch a ball is completely exposed to

opponents. A player obviously out of the play has no reason to think an opponent will charge into him. A runner in an opponent's grasp and whose forward progress has been stopped cannot defend himself from an opponent taking a free shot at him. A downed runner or a runner giving himself up and sliding feet first cannot protect himself against unnecessary contact. A player receiving a blindsided block is unaware of the opponent charging him. What is common among all these situations is that the player cannot defend himself or avoid potential contact, leaving himself vulnerable to injury. Special attention must be given to contact against these players to determine if it is legal. Although defenseless players who are involved in the play may be contacted by an opponent, the player initiating contact must do so in a legal manner.

The term "defenseless player" is relatively new to the rules, but the protection afforded these players is not. For several years, the rules have penalized roughing the passer, kick catching interference, illegal helmet contact, unnecessary roughness and late hits. Classifying players as defenseless reinforces the prohibition against illegal contact and emphasizes the need to protect the most vulnerable players. Excessive and unnecessary contact, including forceful contact to the head or neck area of a defenseless player, has long been illegal, and it has no part in the game. Coaches must exercise leadership in eliminating illegal contact, and game officials must act decisively to penalize illegal contact to minimize the risk of player injury.

**Blindsided Blocks** – A blindsided block is an effective blocking technique. There is nothing improper in executing blindsided blocks generally, and the rules do not preclude their use altogether. Instead, to enhance player safety and minimize the risk of injury, the rules prohibit a specific type of blindsided block: one that is forceful, is not initiated with open hands and occurs outside the free-blocking zone.

A blindsided block is a foul if: (1) the block occurs outside of the free-blocking zone; (2) the blocker does not initiate the block with open hands; and (3) the block is forceful. If all three of these factors are present, the blindsided block is illegal.

Coaches should teach proper blindsided blocking techniques, and game officials should evaluate whether a blindsided block is legal, based on these three factors and the considerations below, as well as the underlying spirit and intent of the rules—to promote safety, eliminate illegal contact and minimize the risk of injury to players.

- *Whether the player being blocked can see the block coming.* A blindsided block is "a block against an opponent other than the runner, who does not see the blocker approaching." In other words, it is a block that the opponent does not see coming.

Game officials must first determine whether a block is a blindsided block. Usually, this will be obvious. The player being blocked will be looking away from the blocker while being blocked from the side by an opponent. In some situations, however, the player being blocked may turn his head to see the blocker just before contact occurs. Such contact is still considered a blindsided block. Though the player may have seen the blocker approach, he did not do so in sufficient time to have a reasonable opportunity to react, adjust and defend himself.

Some element of time, though it may be very short, is necessary to accomplish the rule's safety purposes. In most situations, the blocker is running at full speed, increasing his momentum and focusing on one player. The player being blocked, however, is focused elsewhere and completely unaware of the charging blocker. Such a player who turns his head at the last second and sees his opponent just before contact cannot realistically protect himself. He is just as defenseless and vulnerable

to injury as if he had not turned his head at all. Game officials should not be overly technical with this requirement and should always err on the side of player safety. The intent of this rule is to protect the player being blocked. It is not intended to create a legal way of throwing a shoulder or body block. When in question, the block is a blindsided block.

- *Whether the block occurred outside of the free-blocking zone.* If a blindsided block occurs in the free-blocking zone, it is legal even if the contact is forceful and even if it is not initiated with open hands. Of course, the contact must otherwise be legal—a player cannot clip or target an opponent, for example. However, the free-blocking zone exists only during scrimmage plays, and it disintegrates as soon as the ball leaves the zone. When the zone is gone, any blindsided block by rule occurs outside of the free-blocking zone and, if forceful, must be initiated with open hands to be legal.
- *Whether the block was initiated with the open hands.* Any forceful blindsided block outside the free-blocking zone must be initiated with open hands. Blocks initiated with the shoulder or body are dangerous because of the amount of force they generate. Blocks initiated with open hands are significantly less dangerous because they do not typically generate that same amount of force. The open-hands requirement is intended to reduce the force associated with blindsided blocks.

As a result, game officials should consider two things in determining whether a blocker has complied with the open-hand requirement. First, the blocker's initial contact with his opponent must be with open hands if the block is forceful. Second, the force of the block should come from the blocker's hands and arms rather than from his shoulder or body.

A player who makes first contact with open hands and imparts a force to the opponent by extending his hands and arms has complied with this rule. However, a player who makes first contact with open hands but nonetheless forcefully drives his shoulder or body into his opponent has not complied with the rule. Instead, he has thrown a shoulder or body block with all the force that his shoulder and body carry. The open-hand requirement is meant to reduce that type of force. It is not intended to allow an otherwise illegal shoulder or body block simply by placing open hands on the opponent at the last second.

- *Whether the block was forceful.* If a player has thrown a non-open-handed blindsided block outside the free-blocking zone, game officials must finally determine whether the block is forceful. If the block is forceful, it is a foul; if not forceful, it is not.

"Forceful contact" is something more than minor contact but something less than excessive contact. The contact should be significant enough to notice, but it does not have to be violent or otherwise unnecessary to be forceful. As an aid to judging whether a block is forceful, the covering official should consider whether the blocker was only attempting to take his opponent out of the play, or whether the block was intended to take the opponent out of the game. The former is legal, while the latter is illegal.

Game officials should take the entire block into consideration. The focus should be on the block itself and the blocker, because he is the player generating the force behind the block. The reaction of the player being blocked may help, but it is not the determining factor. Game officials should never base their decision on forceful contact solely on whether the player goes to the ground.

Where a blocker's shoulder or body contact results in minor movement of the opponent and the force of

See NFHS Football Points of Emphasis, page 18 >

of anxiety are similar to those of depression. It is possible that athletes can have both depression and anxiety. Symptoms of anxiety may include (and note a person does not need ALL of these symptoms in order to have anxiety):

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

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

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

#### **Treatment and Resources**

- Athletes may reach out to any of a number of people, including coaches, athletic trainers, team physicians, parents, school nurses, school counselors, or others, with mental health concerns. In emergency situations such as when someone is

## **Eligibility Waivers for Foreign Exchange Students**

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

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

### **Article II - Residence and Transfer**

#### **Section 4 – Foreign Exchange Students**

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

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

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

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

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

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

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

#### **Foreign Student Eligibility Verification Form (Online Form rSchool)**

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

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

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

suicidal, any of these contacts should ensure the athlete gets emergency treatment, such as in the emergency room. Additionally, athletes in the U.S. and those who work with them may call the National Suicide Prevention Lifeline at 1-800-273-8255.

- For non-emergency issues, athletes should be referred to health care providers who are familiar with mental illness if it is suspected that they might be suffering from such a condition. These providers include pediatricians, family medicine physicians, internal medicine physicians, sports medicine physicians, psychiatrists, psychologists, or other counselors/therapists. Early signs that an athlete might be suffering from mental illness

include changes in personality, demeanor, interactions with peers, and general behavior.

- Treatment may include talk therapy (psychotherapy), medications, or changes in the environment. If at all possible, the athlete may be allowed to continue to participate in the sport. However, if the sport itself is significantly contributing to the symptoms, then a break from sport may be necessary.
- The National Federation of State High School Associations (NFHS) has developed a document entitled "Addressing Mental-health Issues in Student-Athletes" that is available here: <https://www.nfhs.org/articles/addressing-mental-health-issues-in-student-athletes/> ●

## Concussion Information from page 2

- Forgets plays
- Unsure of score, game, opponent
- Clumsy
- Answers more slowly than usual
- Shows behavior changes
- Loss of consciousness
- Asks repetitive questions or memory concerns

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

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

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

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

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

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

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

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

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

Most concussions are temporary and they resolve without causing residual problems. In the adolescent population, around 20% of athletes with concussion have symptoms that persist beyond 4 weeks. These symptoms of headache, difficulty concentrating, poor memory and sleep disturbances can lead to academic troubles among

other problems. Concussion symptoms may even last weeks to months (post-concussion syndrome).

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

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

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

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

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

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

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

### **RETURN TO PLAY**

Current recommendations are for a stepwise return to play program. In order to resume activity, the athlete

must be **symptom free** and off any pain control or headache medications. The athlete should be carrying a full academic load without any significant accommodations for 1-2 days. Finally, the athlete must have clearance from an appropriate health care provider.

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

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

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

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

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

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

**STEP FIVE:** Full game clearance

### **PREVENTION**

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

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

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

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

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

[www.nfhs.com](http://www.nfhs.com)

[www.nfhslearn.com](http://www.nfhslearn.com) (free concussion education video)

[www.cdc.gov/concussion/headsup/high\\_school.html](http://www.cdc.gov/concussion/headsup/high_school.html)

(Heads Up program) ●



# 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 non-school competitions or races, including scrimmages, against other teams. This restriction applies to normal non-school games as well as "gimmicks," such as reduced numbers competition (3-on-3 basketball, 6 player soccer, 3-on-3 soccer, 7-on-7 football, etc.), fun runs (including "banditing"), etc. During the season, athletes may participate in a skills contest with approval of the school. Specific skill contests (punt, pass, and kick,

shooting contests e.g., free throws, 3-point, drive, chip and putt) isolate separate skills outside of the traditional competition setting. The skill contest may not include physical contact or extreme fatigue as the actual sport competition. Fun runs are not considered skills contests. There can be no school coach involvement. All other eligibility rules including amateur status apply. Additionally, a student who was a member of a school team during the previous year may not delay reporting 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 pre-season assembly rule: It is the philosophy of this Association that athletes should not be unreasonably restricted. Subsequently, students may voluntarily assemble at any time without school and/or school coach involvement. (ROE, page 37, Art VI, Sect 1, Par A)

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

### **Athletes**

In the rule, "Subsequently, students may 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. ●

## **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. ●

## **Coaches Participating Against Athletes In The Off-Season**

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

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

## The WIAA Transfer Rule from page 9

complete change of residence of the parent(s), will be restricted to nonvarsity for one calendar year (365 days).

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

If a student transfers after 11th grade is completed, then the student will only be allowed to practice and may not compete at any level. The rule states: Open enrolled and/or tuition paying students entering 12th grade as transfer students are ineligible for competition at any level for one calendar year, but may practice (ROE II-3-A-1 & 3).

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

### Waivers and Extenuating Circumstances

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

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

1. After a student has not participated and/or has been restricted to nonvarsity competition for one calendar year because parents do not live within that school's attendance boundaries, he/she becomes automatically eligible under this Section regardless of parents residence and for as long as enrollment is continuous (uninterrupted) in that school.
2. The residence and transfer requirement may be waived, if requested in advance, by a member school on behalf of one of its students and upon presentation of documentation detailing extenuating circumstances. Such documentation must include communications from (a) parents, (b) person(s) with whom student is living within requesting school's attendance boundaries and (c) school officials within whose attendance boundaries parents reside. Depending upon the nature of extenuating circumstances, eligibility may be limited to nonvarsity competition except in situations involving transfer after a student's fourth consecutive semester following entry into grade 9.
3. In cases associated with Section 1, A, (2) and (4), Section 2, A, (1) and Section 3, A, (1) of this Article, first-time 9th grade students will

be permitted one transfer upon appropriate petition to the Board of Control if the student has attended no more than three days of practice and/or has attended no more than three days of school.

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

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

Required documentation to be sent as one complete package:

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

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

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

### WIAA Transfer Rule – History

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

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

In 1928, the WIAA membership adopted the following language: "except as noted, below, any boy who has been certified as a member of a high school athletic team shall be ineligible to compete for a different high school." The exception related

to boys whose parents moved as well as to boys in free tuition districts. (Otte, 1997, p. 198)

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

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

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

# 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](http://www.wiaawi.org)).

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

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

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

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

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

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

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

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

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

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

## 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?
- If a basketball tournament, are there more than 8 teams in your bracket?
- Are all schools you will compete against 9-12 high schools? (no post secondary/prep academies)
- Are all schools you will compete against full members of their state association?

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



## NFHS Football Jersey and Pant Rules from page 7

the bottom of the jersey) may not include white, except as stated below. Effective 2021, the jerseys of the home team shall be a dark color that clearly contrasts to white. If white appears in the body of the jersey of the home team, it may only appear:

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

**NOTE:** One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel. By state association adoption, to allow for special occasions, commemorative or 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 1½-inches wide.
3. The color and style of the number shall be the same on the front and back.
4. The body of the number shall be either:
  - (a) a continuous color(s) contrasting with the jersey color, or
  - (b) the same solid color(s) as the jersey with a minimum of one border that is at least ¼-inch in width of a single solid contrasting color.

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

1. Hip pads and tailbone protector which are unaltered from the manufacturer's original design/production.
2. Knee pads which are unaltered from the manufacturer's original design/production, which are worn over the knee and under the pants and shall be at least ½ inch thick or 3/8 inch thick if made of shock absorbing material.
3. Shoulder pads and hard surface auxiliary attachments, which shall be fully covered by a jersey.
4. Thigh guards which are unaltered from the manufacturer's original design/production.

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

#### RULE 1-5-3

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

- a. The following items related to the **Game Uniform**:
  1. Jerseys and pants that have:
    - (a) A visible logo/trademark or reference exceeding 2¼ square inches and exceeding 2¼ inches in any dimension.
    - (b) More than one manufacturer's logo/trademark or reference on the outside of either item. (The same size restriction shall apply to either the manufacturer's logo/trademark or reference).
    - (c) Sizing, garment care or other nonlogo labels on the outside of either item.
  3. Tear-away jerseys or jerseys that have been altered in any manner that produces a knot-like protrusion or creates a tear-away jersey.
- c. The following items related to Other Illegal Equipment:
  1. Ball-colored helmets, jerseys, patches, exterior arm covers/pads, undershirts or gloves.
  5. Jerseys, undershirts or exterior arm covers/pads manufactured to enhance contact with the football or opponent.
  9. Equipment not worn as intended by the manufacturer. ●

## School Involvement In Out-of-Season Activity

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

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

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

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

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

## WIAA Task Force from page 1

Among the first tasks of the committee was to identify the challenges and concerns with the current process and philosophy, and then prioritize them to determine areas of the process that may need the most attention. Then, the group explored ideas that could resolve the concerns identified.

The task force will reconvene in late September or early October following the Area Meetings, where the executive staff plans to review the realignment process and initial discussions of the committee. The Area Meeting feedback and reactions to meeting discussions will be shared at the next task force meeting.

The WIAA executive office receives persistent requests for relief through conference realignment. At the Annual Meeting last April, Executive Director Dave Anderson announced a one-year moratorium on conference realignment requests where there is not 100 percent agreement from the schools and conferences impacted by the change. ●

## NFHS Football Points of Emphasis from page 12

the block is not obvious, the block is not forceful. However, where the blocker makes contact with some obvious degree of force behind the block, contact is forceful regardless of the effect on the opponent.

Finally, game officials should be diligent in observing these blocks and penalizing infractions. Although the rule applies throughout the game, blindside blocks are most likely to be made by the offense on returns following interceptions, free kicks and punts. They may also occur when the offense reverses direction on the field. Game officials must use proper mechanics on these plays and be in position to observe players throwing blindside blocks. The most likely offenders will be those doing something different from others. For example, if most players are moving north, these players will be moving south or east and west. These are the players who crack or peel back, "swim upstream" or "go against the grain," and they are suspect for potentially committing illegal contact fouls.

Through good position and technique, a player initiating an open-handed blindside block can effectively obstruct his opponent with sufficient forceful contact while minimizing the risk of player injury. By teaching these techniques and consistently penalizing infractions, coaches and game officials will have continued taking positive steps toward reinforcing player safety, minimizing injury, and removing unnecessary and excessive contact from the game. ●

## Area Meetings Combat Any "Summer Slide" on Membership Matters

It would be comforting to ease into the fall season instead of searching for more hours in a day, but that is not a luxury that ever seems to be afforded.

If you're like many of us that try to squeeze every ounce out of summer we possibly can, and we are always bewildered how it came and went so quickly, August 1 and the start of the fall sports season practices thrusts us into the routine of the new year cycle of meetings, events and the perpetual to-do lists.

It's then we may realize we may experience our own "Summer Slide." A lot happened over the past year that we may need to review in our notes and lists to refresh our memory to aid in maneuvering through the days, weeks and months ahead.

The Area Meetings on the heels of the start of a new school year serves as an ideal opportunity and catalyst to re-engage the members on the important topics in the present and down the road a bit. For this reason, we encourage representatives of each member school to attend either your district's meeting, or any of the six other meetings around the state in September.

We are identifying topics to present at the meetings, and among the important topics that may generate considerable discussion and feedback are football-only conference alignment, possibly adding to our minimum requirements for some code of conduct violations, and the conference realignment process.

The football-only conference alignment proposal may possess the most immediate relevance with the release of the recommendation by the Wisconsin Football Coaches Association on July 23. The coaches are to be commended for the significant care and effort put into the plan. Their objective was to bring uniformity to number of schools per conference and the number of conference games played in a season. Upon first reactions to the plan, it appears to possess a considerable amount of support to address persisting requests for alignment.

There are a number of factors that have led us to football-only conference consideration. The requests from schools seeking relief from their conference affiliation over the years haven't subsided. A district plan crafted to address the issue was soundly rejected by the membership in 2010, and such requests for relief have not subsided since. The WFCA recommendation recognizes the changing landscape of conferences in recent years with the addition of an 8-player option, teams forming cooperative programs and schools cancelling seasons because of insufficient numbers of participants. Each have created a challenge to fill schedules and achieve uniformity in relation to qualifying for the playoffs.

The Board of Control has already had an initial discussion of the proposal at its August meeting. We'll get a better sense of the membership's approval following

the Area Meetings. The Board is expected to take official action on the proposal at its December or January meeting, following the declaration of 8-player football programs. If adopted, the plan would take effect in 2020 and be reviewed every two years.

The members will be asked to review their rules of eligibility to address having code of conduct penalties fit the perceived seriousness of the infraction. A constitutional amendment is being considered that would declare a student-athlete ineligible for the tournament series if charged with a felony stemming from an assault with a weapon or causing bodily harm, or for threats of bodily harm. The association has received criticism for a number of situations in recent years involving a student-athlete accused or convicted of a serious offense being eligible to participate in the tournaments by satisfying, what some have classified, as an insufficient school-issued disciplinary period.

At the Annual Meeting last April, Executive Director Dave Anderson announced a one-year moratorium on conference realignment requests where there is not 100 percent agreement from the schools and conferences impacted by the change. A small task force has already convened in August to review realignment and explore if a new and more transparent process would improve the process.

We plan to use our discussions at the Area Meeting to review the realignment process and share the progress of the task force. It is an appropriate discussion to have with the persistent requests we receive annually. It should also be noted that the Board of Control's position and guidelines were created in the 1970s with only minor tweaks since that time.

Additional topics typically shared at the Area Meetings are also on the agenda, including the constitutional changes that took place at the Annual Meeting in April that are now in effect, a year in review and potential constitutional topics that may appear on next April's ballot.

These opportunities to come together and engage as a membership and the chance to share information and discuss the importance of school-based sports, and the issues and challenges we encounter are invaluable to the democratic, decision-making process. As has clearly been identified in recent years, these discussions set the agenda for the coming year, and they truly determine what rules and policies impact our future.

We look forward to this opportunity to come together as a membership to visit and to share information, opinions, ideas and experiences. Please plan to join us at any of the seven Area Meetings this fall to participate in setting and directing the membership's agenda for 2018-19 and beyond. ●

## Keep These Dates in Mind

August 20	..... Earliest Day for Boys Volleyball Practice
August 21	..... Earliest Date for First Cross Country Meet
	..... Earliest Date for First Boys Soccer Meet
	..... Earliest Date for First Girls Volleyball Match
August 28	..... Earliest Date for First Boys Volleyball Match
September 3	..... Labor Day
September 6	..... Coaches Advisory Meeting – Track & Field (Stevens Point)
September 10	..... Area Meeting – Fox Valley Lutheran
September 11	..... Area Meeting – Greenfield
September 12	..... Area Meeting – Mauston
September 13	..... Coaches Advisory Meetings – Baseball (Stevens Point)
September 14	..... Board of Control Meeting (Stevens Point)
September 17	..... Area Meeting – Oconomowoc
September 18	..... Area Meeting – Rice Lake
September 19	..... Area Meeting – Antigo
September 20-21	..... Rosh Hashanah
September 24	..... Area Meeting – Mount Horeb
September 26	..... Sports Advisory Meeting (Stevens Point)
September 26-27	..... Girls Golf Regionals
September 29	..... Yom Kippur
October 1-2	..... Girls Tennis Subsectionals
October 1-2-3	..... Girls Golf Sectionals
October 3-4	..... Girls Tennis Sectionals
October 4-5	..... Advisory Council Meeting (Stevens Point)
October 5	..... Board of Control Meeting (Stevens Point)
	..... Deadline for Football Playoff Site Listing
October 8-9	..... State Girls Golf Tournament (Madison)
October 11-12-13	..... State Girls Individual Tennis Tournament (Madison)
October 12	..... Latest Day for Last Football Game (Playoff Teams)
October 15	..... Earliest Date for Skinfold Measurements (Wrestling)
October 16, 18 & 20	..... Boys Soccer Regionals
	..... Girls Volleyball Regionals

October 17	..... Coaches Advisory Meeting – Golf (Stevens Point)
October 19-20	..... State Girls Team Tennis Tournament (Madison)
	..... Level 1 Football
	..... Cross Country Sectionals
October 25 & 27	..... Boys Soccer Sectionals
	..... Girls Volleyball Sectionals
October 26	..... Boys Volleyball Regionals
October 26-27	..... Level 2 Football
October 27	..... State Cross Country Meet (Wisconsin Rapids)
October 30 & November 1	..... Boys Volleyball Sectionals
November 1-2-3	..... State Boys Soccer Tournament (Milwaukee)
	..... State Girls Volleyball Tournament (Green Bay)
November 2	..... Girls Diving Sectionals
November 2-3	..... Level 3 Football
November 3	..... Girls Swimming Sectionals
November 5	..... Earliest Day for Gymnastics Practice
	..... Earliest Day for Hockey Practice
	..... Earliest Day for Girls Basketball Practice
November 7	..... Coaches Advisory Meeting – Soccer (Stevens Point)
November 9-10	..... State Boys Volleyball (Milwaukee)
	..... State Girls Swimming & Diving Meet (Madison)
	..... Level 4 Football
November 12	..... Earliest Day for Boys Swimming & Diving Practice
	..... Earliest Day for Wrestling Practice
	..... Earliest Day for Boys Basketball Practice
November 13	..... Earliest Day for First Girls Basketball Game
November 15-16	..... Football Playoff Championship Games (Madison)
November 16	..... Earliest Day for First Hockey Game
November 20	..... Earliest Day for First Boys Basketball Game
	..... Earliest Day for First Boys Swimming & Diving Meet
November 22	..... Thanksgiving Day
November 23	..... Earliest Day for First Wrestling Meet
November 27	..... Coaches Advisory Committee Meeting – Cross Country



**Wisconsin Interscholastic Athletic Association**

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Publisher: Dave Anderson, Executive Director  
 Editor: Todd Clark, Communications Director

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

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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 2018-19 dates for ACT.

**ACT – 2018-19**

Test Date	Registration Deadline	Late Fee Required
September 8, 2018	August 3, 2018	August 17, 2018
October 27, 2018	September 21, 2018	October 5, 2018
December 8, 2018	November 2, 2018	November 16, 2018
February 9, 2019	January 4, 2019	January 18, 2019
April 13, 2019	March 8, 2019	March 22, 2019
June 8, 2019	May 3, 2019	May 17, 2019
July 13, 2019	June 14, 2019	June 21, 2019

**Area Meetings Schedule**

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

<b>District 4</b>	Mon., Sept. 10	Fox Valley Lutheran H.S. (Appleton)
<b>District 7</b>	Tues., Sept. 11	Greenfield High School
<b>District 3</b>	Wed., Sept. 12	Mauston High School
<b>District 6</b>	Mon., Sept. 17	Oconomowoc High School
<b>District 1</b>	Tues., Sept. 18	Rice Lake High School
<b>District 2</b>	Wed., Sept. 19	Antigo High School
<b>District 5</b>	Mon., Sept. 24	Mount Horeb High School