

**2011 - 2012**



**Middle School  
Basketball  
Coaches  
Packet**

## TABLE OF CONTENTS

Basketball Bulletin .....	3
2011 Basketball Clinic Schedule .....	6
Basketball Rule 127-3-20 .....	7
<i>The Interscholastic</i> Basketball Program November 2011 .....	8
Video Taping Policy .....	13
Coaching Reminders .....	14
Practice Rule/WVSSAC Rule 127-2-13 .....	15
Ejection Rule/Bench Clearing Policy .....	16
WVSSAC Return To Play/Concussion Protocol .....	17
NFHS-A Parent's Guide to Concussion in Sports .....	18
NFHS Concussion In Sports-What You Need To Know .....	22
Recruitment and Suspension Guidelines .....	23
Spectator Support Information .....	24
Game Suspension Guidelines (Lightning) .....	25
Body Fluids Handling Procedures .....	26
Ways to Prevent Skin Infections .....	28
Measures for Preventing Staphylococcal Skin Infections .....	29
WV Department of Health and Human Resources (MRSA) .....	30

# WEST VIRGINIA SECONDARY SCHOOL ACTIVITIES COMMISSION



2875 Staunton Turnpike, Parkersburg, WV 26104-7219

TELEPHONE: 304-485-5494  
FAX NUMBER: 304-428-5431

E-MAIL: [wvssac@wvssac.org](mailto:wvssac@wvssac.org)  
WEB SITE: [www.wvssac.org](http://www.wvssac.org)



## BULLETIN

**TO:** Boys' & Girls' Basketball Coaches  
**FROM:** C. W. Powell, Assistant Executive Director  
**DATE:** September 2011  
**SUBJECT:** 2011-2012 Basketball

---

Coaches' Packets are mailed to all varsity high school coaches and middle schools. If your high school also sponsors a ninth grade basketball team, that coach may request a packet from this office. **Note** – this is for a high school ninth grade team only. Please share this information with the ninth grade coach.

---

### Important Reminders:

1. Please review current WVSSAC Rule 127-3-20 as it relates to high school and middle school basketball. Also review Rule 127-3-20.4.1. Refer to [WVSSAC Rules & Regulations Handbook](#).
2. Eligibility Certificates are due online no later than the date of the first contest according to the standardized calendar. **Failure will result in a \$25 fine and forfeit of all contests played.**
3. A violation of the quarter rule will cause suspension of the coach. **NOTE:** WVSSAC Rule 127-3-20.2. A player may play only five (5) quarters in one day. This rule applies to high schools only. All middle school/9<sup>th</sup> grade players may play a maximum of four (4) quarters per day.
4. State rules clinics are required for all high school and middle school head coaches and officials. High schools sponsoring a 9<sup>th</sup> grade team are also required to be represented by the head coach of the 9<sup>th</sup> grade team. Please be reminded that the clinic attendance requirement will not be granted if the coach is late in excess of 10 minutes. **Please note that failure by the coach to attend will cause a school to be assessed a \$50.00 fine.**
5. The Wilson Evolution ball has been adopted as the official ball to be used in tournament play in West Virginia.
6. Class III officials are not permitted to officiate high school varsity basketball games; non-registered, inactive, or suspended officials are not allowed to work any games.

7. Coaches' Evaluations of Officials are **ONLINE ONLY**.
  - It is the responsibility of the high school varsity coach to rate each official registered with the WVSSAC (all regular season varsity games and all tournament games).
  - **NOTE – ALL RATINGS OF 4 AND 5 MUST INCLUDE A WRITTEN REPORT.**
  - The evaluation form is online and should be submitted no later than the mid-season and after the last game. This must be done correctly and on schedule. Failure to comply will carry a \$10.00 per game fine.
  - **The Board of Directors approved the suspension of any coach who fails to submit these evaluations or to pay the fine. This organization wants to make every effort not to suspend a coach or impose monetary penalties which affect school finances.** Schedules are now due online and must be updated regularly. Therefore, if you have a change in your schedule (cancellations, etc.) and need help making these changes please call the WVSSAC. Additionally, if the evaluations forms are not completed online the school will be fined. The complimentary Courtesy and Identification Cards will be withheld for the following school year.
  
8. Pre-game Procedure:
  - Teams may not come on the floor until twenty-five (25) minutes prior to the start of the contest. Game administration will determine the starting time.
  - Officials will be required to be on the floor when the teams come out.
  - Twenty (20) minutes will be placed on the clock when the teams come out. This decision will be made by game administration, and all parties will be informed.
  
9. Coaches are responsible for discussing the Ejection Rule and Bench Clearing Policy with all other coaches and players prior to the first contest.
  - **Rule 127-3-3.7 Code for Interscholastic Athletics** – Coaches are hereby notified to carefully review this rule. Refer to the *WVSSAC Rules & Regulations Handbook*.
  
10. WVSSAC Rule 127-2-13 Practice – Refer to the *WVSSAC Rules & Regulations Handbook*.
  
11. **Use of Drugs, Medication or Food Supplement by Athletes** – It is the philosophy of the National Federation and the WVSSAC that students be encouraged and supported in their efforts to develop and maintain a healthy lifestyle. In promotion of safety and healthy lifestyles, the WVSSAC Sports Medicine Committee requests that coaches assume the responsibility of informing athletes that the use of such substances should be discontinued especially during the times when dehydration may occur due to potential life threatening consequences.
  
12. **Mouth Guard Policy for Basketball** – The use of mouth guards is recommended for all practices and contests.
  
13. **Head and Neck Trauma Guidelines** – Refer to the approved Return to Play/Concussion Protocol. RTP refers to return to play and return to practice. The appropriate health care professional will determine when a concussed athlete may return to participation.

14. **Injury/Participation Procedure at WVSSAC Championship Events** – Medical personnel (athletic trainers) will have jurisdiction concerning the return of a player to competition after an injury. If a parent refuses to follow the determination of the authorized person, a release form must be signed.
15. **Sportsmanship** - The WVSSAC actively promotes good sportsmanship in all of our sport programs. We encourage you to promote good sportsmanship by informing parents and athletes of the importance of supporting this concept. Lead by example.
16. **Rotation of Classes for the High School Regional and State Tournaments.**
  - Upon the recommendation of the Basketball Coaches' Committee and with the approval of the WVSSAC Board of Directors, Classes AA and A will annually rotate for opening day of the first day of the State Basketball Tournaments. This will also annually affect the Regional Tournament playing dates.
17. **Part I Test:** No longer required for coaches.

**2011-2012  
BOYS' & GIRLS' BASKETBALL RULES CLINICS**

<u>DATE</u>	<u>LOCATION</u>	<u>TIME</u>	<u>COORDINATOR</u>
Oct. 9	Interpreters' Clinic Parkersburg (WVSSAC)	9:00 a.m.	Butch Powell
Oct. 9	Parkersburg South H. S.	4:00 p.m.	Rick Leach
Oct. 10	Woodrow Wilson H. S.	6:00 p.m.	Eric Dillon
Oct. 11	Hampshire H. S.	6:30 p.m.	Erino Leone
Oct. 12	Hedgesville H. S.	6:00 p.m.	Ron Allen
Oct. 17	Logan H. S.	6:00 p.m.	Roger Gertz
Oct. 18	Capital H.S. - Charleston	6:00 p.m.	Clinton Giles
Oct. 19	Huntington H. S.	6:00 p.m.	Bruce Senior
Oct. 24	Wheeling Park H. S.	6:30 p.m.	Dwaine Rodgers
Oct. 25	Liberty (H) H.S., Clarksburg	6:00 p.m.	Steve Gibson
Nov. 2	*WVSSAC Office *Make-up Clinic - \$10.00 Fee	6:00 p.m.	Butch Powell

**SCHOOLS:** The **Head Coach** shall be **required** to attend any sports rules clinics which are sponsored by this Commission in his/her coaching assignment. Schools failing to have a head coaching position filled at the time of the clinic will be required to have a school representative present at the rules clinic. An individual can only represent one school unless he/she is head coach at both schools. In a 9-12 school, both the varsity and 9th grade coach are required to attend. Failure to have a representative at one of the above clinics will result in a \$50.00 fine.

***The clinic attendance requirement will not be granted if the coach or representative is late in excess of 10 minutes.***

## **§127-3-20. Basketball (Boys and Girls).**

20.1. Rules: Basketball rules published by the National Federation of State High School Associations are the official rules for all interscholastic competition unless otherwise provided by Commission modification.

20.2. Organized Team Practice: Organized team practice for girls will begin on Monday of Week 19 and Monday of Week 20 for boys. The first contest for girls may be played on Tuesday of Week 22 and Tuesday of Week 23 for boys.

20.3. Length of Season: The boys and girls basketball season will end for each team at tournament elimination.

20.4. Maximum Team Contests: A varsity or junior varsity basketball team will be permitted to play no more than 22 games in the regular season. Sectional, regional and state tournament contests are not included in the above number.

20.4.1. The maximum number of quarters for a student in one season is 110 exclusive of sectional, regional and state tournament contests.

20.4.2. A student can play only 5 quarters in one day.

20.4.3. Participation in a quarter, regardless of time, will be considered one quarter.

20.4.4. Overtime is considered as an extension of the fourth quarter.

20.5. A high school basketball team is permitted to participate in a preview and a scrimmage or two scrimmage games. See Glossary.

20.6. Individual students of a team must have practiced on 14 SEPARATE days, exclusive of the day of a contest, before participating in an interscholastic contest.

20.7. A student may not play or practice on a non-school team while a member of the school team.

20.8. A student may accept awards only in WVSSAC sanctioned events during the season of that sport. These awards must be consistent with the items specified in the Awards Rule. Students may accept only this same type of an award in non-sanctioned event outside the sport season.

20.9. *Middle School/9th Grade* - The above rules will apply for Middle School/9th Grade with the following adaptations:

20.9.1. Girls may begin practice on Monday of Week 18 and boys on Monday of Week 19. The first contest for girls may be played on Wednesday of week 21 and Wednesday of week 22 for boys.

20.9.2. The girls basketball season will end on Saturday of Week 33 and Saturday of Week 34 for boys.

20.9.3. Tournament play on the state level shall be prohibited.

20.9.4. Boys and girls basketball teams will be permitted to play no more than 20 games. Tournament exception does not apply.

20.9.5. All middle school/9th grade students may play a maximum of 80 quarters for one season.

20.9.6. All middle school/9th grade students may play a maximum of 4 quarters per day.

20.9.7. Games involving only students below the 9th grade shall be played in 6-minute quarters. A member school sponsoring games involving teams which combine 9th grade students with students in the 8th and/or 7th grades may play those games in quarters of 8 minutes.

20.9.8. Middle school/9th grade are not permitted to play an alumni game.

20.9.9. Scrimmages: Middle school/9th grade teams are permitted one (1) scrimmage.- See Glossary.

20.9.10. A ninth grade team in a high school program will follow the rules provided for Middle School/9th Grade.



ALL TOURNAMENT DIRECTORS ARE REMINDED TO READ THE DIRECTOR'S MANUAL ONLINE BEFORE ANY PREPARATIONS ARE MADE FOR A TOURNAMENT. The necessary forms or reports that must be filed with the WVSSAC office can be found with the instructions for each sport.

2011-12 HIGH SCHOOL		
	GIRLS	BOYS
Season Starts:	November 7	November 14
1st Contest Held	November 29	December 6
Sectional	February 20-25	Feb. 27-Mar. 3
Regional	Feb. 28-Mar. 1	March 6-8
State	March 7-10	March 14-17

  

2011-12 MIDDLE SCHOOL / 9TH GRADE TEAM		
	GIRLS	BOYS
Season Starts	October 31	November 7
1st Contest Held	November 23	November 30
Season Ends	February 18	February 25

### GENERAL INFORMATION

- A. Attention is called to the importance of checking the bleachers to avoid overcrowding. This is a serious matter, and schools are urged to carefully check the bleachers to ascertain that they are in good condition and well supported. Every effort should be made to ensure that no concerted swaying movement of fans is permitted. Above everything else, do not overcrowd the bleachers and do not permit crowding in the exits and aisles. It is important that doors leading from the gymnasium be unlocked and unchained so that a quick exit could be made if necessary. High school tournaments have a good safety record in West Virginia. Let's keep the record untarnished.
- B. A space should be provided at the officials' tables for the following priorities in this order:
  1. The Official Timer.
  2. The Official Scorer (It is recommended that the official scorer wear a black striped garment and that his location be clearly marked.)
  3. An Assistant Timer may be used.
  4. Space for the scorer from each of the two participating teams at a place as near the Official Scorer as possible.
  5. Media representative if space is available.
- C. **Basketball Schedules MUST be online before the season begins and UPDATED weekly. When participating in a tournament the name of the school should be submitted. Failure to do so will result in \$50.00 fine.**
- D. **Schools wishing to recognize Cancer Awareness Week may do so the first full week of February.**

### II. RULES AND REGULATIONS

- A. In Sectional, Regional or State Competition, each team may dress up to fifteen (15) players.
- B. It is recommended that the "Home Team" occupy the bench to the RIGHT of the official scorer as one normally faces the playing floor, whereas the "Visiting Team" should occupy the bench to the LEFT of the official scorer. Benches shall be located from the hash mark to the end line. **The HOME TEAM must wear white uniforms and the VISITING TEAM must wear dark.**
- C. Practice on a tournament site floor (sectional, regional, or state) prior to the tournament is permitted prior to the completion of the last regular season contest. However, if the tournament site is the home school of one of the participants, that team may practice on the site floor excluding the three hours prior to the start of the game. The game director is to enforce the rule.

- D. The warm-up for regional and state tournament games shall be limited to twenty (20) minutes. Should teams desire to return to dressing room, it must be during the 20 minute warm-up period. Each team will warm-up before each game at the basket and court opposite its bench.
- E. Teams will be required to take both sets of uniforms to sectional, regional, and state tournaments.
- F. The official basketball to be used on all sectional, regional, and state tournament games is the Wilson Evolution.

### III. TOURNAMENTS

#### A. Sectional Tournament

Girls - Feb. 20, 2012 (Fri. Wk 33) - Feb. 25, 2012 (Sat. Wk 34)  
 Boys- Feb. 27, 2012 (Fri. Wk 34) - Mar. 3, 2012 (Sat. Wk 35)

1. **Regional Coordinator** will be assigned by WVSSAC. Pre-tournament meeting to be held by November 7, 2011 (Monday Week 19). It is recommended principal, athletic director and head coaches of both girls and boys basketball be in attendance. Trophies will be sent to the Regional Coordinator.
2. Concerns to be discussed at this meeting include: Tournament dates, sites, admission prices, officials, distribution of profit or loss and game administrators.
3. **Site Administrator** will coordinate activities at the game site and will arrange ticket sales, security, provide game ball, scorebook, pay officials and complete financial report and return to WVSSAC.
4. Seeding Procedure - Ballots will be faxed to Girls' Head Coach on February 8, 2012 (Wednesday Week 32) and **MUST** be returned by **NOON** February 13, 2012 (Monday Week 33). Ballots will be faxed to Boys' Head Coach on February 15, 2012 (Wednesday Week 33) and **MUST** be returned by **NOON** February 20, 2012 (Monday Week 34).

Ballots will include the names of **ALL** schools in the Region. They **MUST** be returned to **BOTH** Regional Coordinators who will separate the schools into appropriate brackets involving teams in Section 1 and Section 2.

**Failure to return ballot will result in school receiving no revenue from the gate receipts of tournament.**

**Each school will have one of the highest and lowest ratings eliminated.**

**Principal and Head Coach must sign the Ballot before returning to Regional Coordinators.**

5. Officials named to work Sectional Tournaments shall be Class I or Class II.
6. All Sectional Girls' Tournament games will take precedent over boys' rescheduled regular season games played at the same site.
7. Should those responsible fail to agree by simple majority on the site for a Sectional Tournament, the Executive Director may, if requested to do so by the Regional Coordinator, set the site or assign officials for the tournament.
8. Sectional Tournaments in all three classes must be concluded by February 25, 2012, for Girls' Basketball and by March 3, 2012, for Boys' Basketball.
9. **It is recommended that ALL Sectional Tournaments end on Friday leaving Saturday as a make-up.**

#### B. REGIONAL TOURNAMENT

Class	Girls (Wk. 35)	Boys (Wk.36)
AAA	February 28	March 6
A	February 29	March 7
AA	March 1	March 8



1. **Regional Coordinator** will distribute tickets, game ball and trophy to tournament site in his half of regional.
2. Regional games will be played at the home site of the winning school during Sectional Tournament play. The winning school will be the **HOME TEAM**, wearing white uniforms, sitting to right of official score keeper and recognized on score board. The runner up from Section 1 will play at the winner school in Section 2 and the runner up in Section 2 visiting the winner school in Section 1.
3. Seating requirements are as follows: Boys - AAA 1000, AA 900, A 700 and Girls - AAA 700, AA 600, A 400. **If a school does not qualify to host, they must select the next closest approved site.**
4. **Site Administrator** will coordinate activities at the game site and will arrange ticket sales, security, provide game ball, scorebook, and complete financial report and return to WVSSAC along with a check for the proceeds after expenses.
5. **Game officials will be assigned and paid by the WVSSAC.**
6. Tickets will be sent to the Regional Coordinator and made available to both schools if requested to sale in advance. Do not use any other tickets unless those supplied by the WVSSAC is exhausted.  
**Admission** - Advance sale prices for student tickets shall be \$5.00 each. The price of all tickets purchased at the gate shall be \$7.00.
7. Visiting schools requesting advanced tickets from the Regional Coordinator **MUST** contact the host school by **12:00 NOON on the day of the game** to inform the Site Administrator of the number of tickets sold in advance. **Failure to do so will require the visiting school to purchase all unsold tickets. Unsold tickets and proceeds from advance sale of tickets must be delivered to the host school ONE HOUR before game time.**
8. **No Pass-Outs are allowed. If you are in - you are in. If you leave, you must pay to reenter**
9. **Awards and Programs** - A plaque for the winning team of each Regional Tournament will be furnished by the WVSSAC and will be shipped to the director prior to the tournament from the supplier. Other awards or trophies are not approved. BB&T representatives should be contacted to assist in presenting awards.
10. **Team Expense for Regionals** - Refer to Reimbursement Schedule.
11. **Game Officials and Game Ball** - Game officials will be assigned by the WVSSAC office and paid by the Board of Directors.  
The game ball (**Wilson Evolution**) for the finals of each Regional Tournament will be provided by the WVSSAC and will be mailed to the regional coordinator prior to the tournament date. At the conclusion of the tournament, it shall be presented to the winning team.
12. **Broadcasting** - Broadcast fees for any single regional tournament game are as follows: AAA schools-\$ 150.00; AA schools - \$125.00; A schools-\$ 100.00, payable to the director in advance. In the event broadcast space is limited, the director shall make assignment on the "first come, first served" basis. Some radio stations may want to tape a certain game and feed it to their listeners at a later date. The fee for taping a game is \$75.00 paid in advance.

#### C. STATE TOURNAMENT

1. The 2012 **Girls' Basketball** Tournament shall be played at the **Charleston Civic Center on March 7-10, 2012**. Mr. Bill Gillispie will serve as Director. The 2012 **Boys' Basketball** Tournament shall be played at the **Charleston Civic Center on March 14-17, 2012**. Mr. Lynn Stalnaker will serve as Director.
2. **TEAM EXPENSE FOR STATE:** Refer to Reimbursement Schedule Online

3. Each school, prior to the tournament, shall receive a ticket that will admit fifteen (15) cheerleaders, chaperones, drivers, etc.
4. **HOUSING:** The WVSSAC and the hotels of Charleston that accommodate those state qualifying teams understand the problems that can arise in keeping high school students overnight. Therefore, they need your cooperation by providing adequate supervision and establishing guidelines for those representing your school. See Reimbursement online
  - The decision of what hotel a school will be staying will be decided by a random draw at the pre-tournament meeting.
  - Bring your rooming list filled out with only those individuals entitled to stay at the school rate as listed above with their position listed, i.e. player, coach, cheerleader, principal, athletic director, etc.
  - **Therefore, if a school decides to house part of their school representatives on their own at a different establishment, you may not get the WVSSAC comp rooms or rate and may lose your privilege of being entitled to be in the "draw" or to any rooms provided by the WVSSAC.**Please cooperate with these guidelines to allow us to provide first class accommodations.
5. Prior to the tournament each school shall receive from the Secondary School Activities Commission one "team pass" that will admit the coach, assistants, managers and the team not to exceed 20. Upon entering the gymnasium, the coach shall present this pass and identify players as they enter.
6. **In accordance with Rule 2-2-1 Note "A state association may permit game or replay officials to use a replay monitor during the state championship series contest to determine if a try for goal at the expiration of time in the fourth quarter or any overtime period (0:00 on the game clock) should be counted and if so, determine if it is a two or a three point goal." The Board of Directors has approved the following state adoption:**  
**In the final championship game in each of the three classes for boys and girls basketball where a replay video monitor is available, the call on the court will stand unless there is clear and convincing evidence on a replay that the call should be revised. All game officials will participate in the review, if it is used, and the referee will have the responsibility of the final decision.**

7. **A time out at or near the four minute mark may be called prior to the shooting of the first free throw if requested by broad cast media.**

8. Network radio and television are allowed five (5) one-minute media timeouts per game including one in the first, second and third periods and two in the fourth period. If a coach calls a timeout prior to the four minute mark in a period the media timeout would be triggered. If a coach calls a 20-second timeout, the media timeout will still be taken and the team will be charged with a 20-second timeout. The media timeout will be called on the first dead ball occurring under 4-minutes on the game clock. If a shooting foul occurs on the dead ball, foul shots will be taken after the timeout is complete.

#### Ticket Information

9. The following information pertains to the types and prices of tickets for the State Tournament. There will be three games during each of the first six sessions and one game in the final session.



Tournament booklets are priced as follows:

Principals	\$56.00	Coaches	\$56.00
Students	\$48.00	Other Adults	\$64.00

At the pre-tournament meeting at the SSAC office the Sunday immediately preceding tournament play, the principal or his representative will be given a supply of student tickets to enable the students to be admitted at a reduced price.

Upon arrival at the State Tournament site, a financial report with the proceeds shall be given to Box Office Manager, Charleston Civic Center.

Tickets may be secured for the first session in which a team plays, or they may be purchased for the two or three sessions in which a team may play. Student tickets are priced at \$6.00 per session if purchased through the school. Adult tickets are \$9.00 reserved, \$8.00 general admission.

Should a team win its first game, the principal or his representative may secure tickets for his students and patrons for their second game at the site. It is the obligation of the principal or athletic director to purchase these tickets and distribute them to those ordering them.

**The Board of Directors has restricted the sale of tournament tickets at reduced prices as follows:**

<b>Class AAA</b>	<b>high schools</b>	<b>-</b>	<b>10 tickets</b>
<b>Class AA</b>	<b>high schools</b>	<b>-</b>	<b>8 tickets</b>
<b>Class A</b>	<b>high schools</b>	<b>-</b>	<b>8 tickets</b>
	<b>middle schools</b>	<b>-</b>	<b>6 tickets</b>
	<b>7-12 schools</b>	<b>-</b>	<b>10 tickets</b>

There is no limit of adult tickets a school may order at a cost of \$64.00.

These orders (see order form in August Interscholastic) must reach Box Office Manager, Charleston Civic Center, not later than February 1. Orders at reduced prices will not be filled after this date. Phone: 1-304-345-7469.

**Sponsorship and Rights:** The WVSSAC is the sponsoring organization for all state tournaments. The WVSSAC reserves all rights in regard to the management of these tournaments, the sale of any items at the tournament site, and any audio or visual reproductions of the events. Any sale, distribution or reproduction of clothing, souvenirs, pictures or other items without the expressed written consent of the WVSSAC is strictly prohibited. Pictures for media or school yearbooks are to be used for these purposes only.

**BROADCASTING - STATE TOURNAMENT**

- 10. Information concerning all broadcasting and TV rights, live or delayed, may be obtained from Charleston Civic Center, phone 1-304-345-1500.

**SEEDING - STATE TOURNAMENT**

**Method:**

- ✓ Each coach upon winning the sectional tournament will be sent a ballot by fax on Monday of the regional tournament week. Schools advancing to the regional tournament will be listed on the ballot by classification. Class AAA schools will receive a ballot with only AAA schools listed and so on.
- ✓ Coaches will NOT rank their own school, however, they will rank the remaining fifteen (15) schools.
- ✓ A ranking of one (1) will indicate the highest rating while a fifteen (15) will indicate the lowest rating possible. A school will receive from 1 to 15 points based upon each rating they receive. Each school will have one of their highest and one of their lowest ratings eliminated.
- ✓ No ballot will be accepted if received after NOON on Tuesday of the

regional tournament week.

- ✓ After all ballots are received and points accumulated, schools winning the regional tournament will be placed in the appropriate brackets. Of the eight winning schools, the school with the lowest accumulated point total will receive the number 1 seed and seeding will continue until all brackets are filled.

<b>Example -- Points Accumulated</b>	<b>Regional Result</b>	<b>Seeding</b>
School A -- 20 total points	Won	1
School B -- 27 total points	Won	2
School C -- 37 total points	Lost	_____
School D -- 48 total points	Won	3
School E -- 57 total points	Lost	_____
School F -- 63 total points	Won	4

- ✓ If two or more teams are tied, the following criteria will be used to resolve the tie:
  1. Head to Head Competition
  2. Total Number of Wins in Classification or Above
  3. Total Number of Wins
  4. Toss of Coin

Highest seeded team will be the Home Team.

<b>Session I</b>	<b>Wednesday</b>		<b>Game</b>
9:30 a.m.	3 vs 6	AA	1
11:15 a.m.	2 vs 7	AAA	2
1:00 p.m.	2 vs 7	AA	3
<b>Session II</b>	<b>Wednesday</b>		
5:30 p.m.	1 vs 8	AA	4
7:15 p.m.	1 vs 8	AAA	5
9:00 p.m.	4 vs 5	AA	6
<b>Session III</b>	<b>Thursday</b>		
9:30 a.m.	3 vs 6	A	7
11:15 a.m.	4 vs 5	AAA	8
1:00 p.m.	2 vs 7	A	9
<b>Session IV</b>	<b>Thursday</b>		
5:30 p.m.	1 vs 8	A	10
7:15 p.m.	3 vs 6	AAA	11
9:00 p.m.	4 vs 5	A	12
<b>Session V</b>	<b>Friday</b>		
9:30 a.m.	Winner Game 1 vs Winner Game 3	AA	
11:15 a.m.	Winner Game 7 vs Winner Game 9	A	
1:00 p.m.	Winner Game 4 vs Winner Game 6	AA	
<b>Session VI</b>	<b>Friday</b>		
5:30 p.m.	Winner Game 5 vs Winner Game 8	AAA	
7:15 p.m.	Winner Game 10 vs Winner Game 12	A	
9:00 p.m.	Winner Game 2 vs Winner Game 11	AAA	
<b>Session VII</b>	<b>Saturday</b>		
12:00 p.m.	Championship Final	AA	
2:30 p.m.	Championship Final	A	
<b>Session VIII</b>	<b>Saturday</b>		
7:15 p.m.	Championship Final	AAA	



**GIRLS' AND BOYS' BASKETBALL  
SECTIONAL AND REGIONAL TOURNAMENT SERIES**

All games to start at 7:00 p.m.

**Class AAA**

**Region I**

**Jeff Bailey - University High School - 291-9274**

Section 1 Wheeling Park, John Marshall, Brooke, University, Morgantown

**Frank Moore - Marion County Board of Education - 367-2100 Ext. 26**

Section 2 North Marion, Fairmont Senior, East Fairmont, Preston

**Region II**

**Steve Campbell - Musselman High School - 229-1950**

Section 1 Jefferson, Washington, Musselman, Hedgesville, Martinsburg, Hampshire

**Matt DeMotto - Bridgeport High School - 842-3693**

Section 2 Bridgeport, Robert C. Byrd, Elkins, Buckhannon-Upshur, Lewis County

**Region III**

**Rick Leach - Parkersburg South High School - 420-9617**

Section 1 George Washington, Parkersburg, Parkersburg South, Capital, Ripley

**Bill Dobbins - Nicholas County High School - 872-2141**

Section 2 Woodrow Wilson, Nicholas County, Princeton, Greenbrier East, Riverside

**Region IV**

**Tom Osborne - South Charleston High School - 766-0352**

Section 1 St. Albans, Nitro, South Charleston, Winfield, Hurricane

**Bruce Senior - Huntington High School - 528-6415**

Section 2 Logan, Lincoln County, Spring Valley, Huntington, Cabell Midland

**Class AA**

**Region I**

**Brian Castilow - Magnolia High School - 455-1990**

Section 1 Oak Glen, Weir, Tyler Consolidated, Magnolia

**Don Williams, Roane County High School - 927-6420**

Section 2 Ritchie County, Roane County, Ravenswood, Pt. Pleasant

**Region II**

**Ken Griffith - Keyser High School - 788-4230**

Section 1 Berkeley Springs, Frankfort, Keyser, Petersburg

**Lynn Stalnaker - Braxton County High School - 765-7331**

Section 2 Lincoln, Liberty (H), Braxton County, Webster County, Philip Barbour, Grafton

**Region III**

**Deanna Massey - Shady Spring High School - 256-4647**

Section 1 Shady Spring, Liberty R, Independence, Westside, Wyoming East, Oak Hill

**Mark Godfrey - PikeView High School - 384-7586**

Section 2 Summers County, PikeView, James Monroe, Mt. View, Bluefield, Greenbrier West, River View

**Region IV**

**Matt Riggs - Sherman High School - 837-7529**

Section 1 Sissonville, Poca, Sherman, Clay County, Herbert Hoover

**Josh Brumfield - Scott High School - 369-3011**

Section 2 Chapmanville, Scott, Tolsia, Wayne, Tug Valley, Mingo Central

**Class A**

**Region I**

**Jon Kendrick - Madonna High School - 723-0545**

Section 1 Wheeling Central, Bishop Donahue, Madonna, Cameron, Hundred, Valley (W)

**Tim Davis - Calhoun County High School - 354-6148**

Section 2 Parkersburg Catholic, Williamstown, St. Marys, Wirt County, Calhoun County, Gilmer County, Paden City

**Region II**

**Brad Jett - South Harrison High School - 745-3315**

Section 1 Clay-Battelle, Trinity, Notre Dame, South Harrison, Doddridge County, Tygarts Valley

**Jamie Tallman - Union High School - 693-7612**

Section 2 Pendleton County, Tucker County, Harman, East Hardy, Moorefield, Paw Paw, Union, WV School/Deaf

**Region III**

**Lee Loy - Valley High School - 442-8284**

Section 1 Richwood, Pocahontas County, Midland Trail, Valley (F)

**Mark Page - Montcalm High School - 589-3719**

Section 2 Fayetteville, Greater Beckley, Montcalm, Meadow Bridge

**Region IV**

**Brad Knell - Buffalo High School - 937-2661**

Section 1 Wahama, Hannan, St. Joseph, Buffalo

**Bill Gillispie - Charleston Catholic High School - 342-8415**

Section 2 Man, Van, Charleston Catholic



## 2011-2012 BASKETBALL RULES CHANGES

- 1-3-1** The center restraining circle specifications were changed to permit a minimum of a ¼-inch-wide single line but a line no wider than 2-inches to designate the outer edge of the circle. Contrasting colored-floor areas are still permissible.
- 3-5-3 New** The specifications regarding arm compression sleeves were changed to require the item to be white, black, beige or a single solid school color, be the same color for each team member and have only a single manufacturer's logo that does not exceed 2 ¼ square inches. Arm compression sleeves must still be worn for medical purposes.
- 4-12-1, 4-12-2 & 4-12-6** Several definitions were changed to reflect that team control will now exist during a throw-in when the thrower-in has the ball at his/her disposal. The change primarily affects how foul penalties will be administered.

### 2011-12 MAJOR EDITORIAL CHANGES 1-11-2, 3

Updated specifications were added to the basket-ring rules. A note was also added recommending that basket rings be inspected for rules compliance.

- 2-2-4 New Note** A note was added clarifying the administrative responsibilities of game officials through the completion of required reports.
- 3-4-1c New Note** A new note was added recommending that the visiting team's dark jersey be the darker of the school's color scheme or black.
- 3-5-1 New Note** A new note was added authorizing state associations to grant exceptions to NFHS playing rules for participants with disabilities, special needs and/or extenuating circumstances.
- 4-19-3** The definition of an intentional foul was clarified and reorganized.
- 5-11 & 12** The sections related to charged time-outs were consolidated and reorganized. Section 5-12 became unnecessary and was deleted.

**6-4-3e, g & Note** Alternating-possession throw-in situations were clarified.

**8-6-2, 8-6-3 New, 8-7** The penalty administration for when single fouls occur as part of a multiple free-throw situation and when a double foul occurs as part of a multiple free-throw situation was clarified. Based on these editorial changes, Section 8-7 became unnecessary and was deleted.

**9-2-10 Penalty 4** Clarified that when an opponent contacts the thrower-in, an intentional foul shall be charged to the offender.

### 2011-12 POINTS OF EMPHASIS

1. Sporting Behavior
2. Guidelines for Teaching and Officiating
3. Injury Data and Prevention

### 2011-13 MAJOR MECHANICS CHANGES

**2.2.2.C.6 New** Crew of Two Only: The Trail will mirror the Lead's stop-and start-clock (chop) signal to ensure proper court coverage.

**2.4.4.B.4 3.4.4.B.4** A visible signal (point to the table) was added to indicate when the timer should start the clock on a time-out.

### 2011-13 MECHANICS POINTS OF EMPHASIS

1. Reporting Area
2. Proper Signaling
3. Substitutions
4. Game Awareness
5. Fight Situation Protocol

Requests for basketball rule interpretations or explanations should be directed to the state association responsible for the high school basketball program in your state. The NFHS will assist in answering rules questions from state associations whenever called upon.

## 2010 - 2011 State Basketball Champions

### Girls

- Class AAA  
North Marion High School
- Class AA  
Summers County High School
- Class A  
St. Joseph Central High School



### Boys

- Class AAA  
George Washington High School
- Class AA  
Oak Hill High School
- Class A  
Madonna High School

# **WVSSAC**

## **POLICY ON FILMING, TAPING AT SECTIONAL, REGIONAL AND STATE EVENTS**

Filming or taping of Sectional, Regional, and State events shall be permitted under the following conditions:

1. A school whose students are participating in a specific contest or match may video tape or film that specific contest or match. Video taping or filming for the purpose of coaching or review during the duration of the event is prohibited. The school filming the contest may not sell, rent, or loan the tape or film for commercial purposes. Schools filming or taping under these provisions should make prior arrangements with game management.
2. At the State Super Six in football, the WVSSAC may arrange for professional filming of these events. Copies of the event will be provided at minimal cost. This is done for the benefit of all spectators.

Spectator filming may be done at all playoffs or any level of contest under the guidelines of the tournament director. The director or WVSSAC may stipulate a particular area or section for filming purposes as well as adopting other guidelines necessary at that particular site to insure the convenience of all concerned.

3. Media may, without fee, arrange with game management to take clips of WVSSAC sponsored contests for public news showing. Under no condition may an entire full segment (quarter, period, etc.) be filmed or taped.
4. The WVSSAC reserves the right to regulate and control the commercial use of all films and/or tapes taken at events sponsored by the Commission.

**Approved by the Board of Directors on June 15, 1998**



## COACHING REMINDERS



**Practice:** Team members must have 14 practices on 14 separate days - 7 days sports specific if participating in another sport during the same sports season. A student must have 7 days of practice if coming from one sports season into the next sports season without interruption of school days. Only students enrolled in the specific member school and a member of team is allowed to practice. Rule 127-2-13.

**Sunday Contests:** Contests or practice on Sunday is prohibited. Practice refers to any group or individual meeting to view films or activity associated with the activity of that sports season. Rule 127-3-14.

**Physical Exam:** Team members must have Athletic Participation/Parental Consent/Physician's Certificate form completed and on file before beginning practice. Rule 127-3-3.

**All-Star Competition:** Any student completing athletic eligibility at the end of current school year because of age or completion of semesters of eligibility may play in one (1) all-star game upon conclusion of the season without loss of eligibility for balance of year. Rule 127-3-4.

**Awards:** Team members can accept awards from school sponsoring a sanctioned event or the school. Wearing apparel, championship rings, equipment, athletic goods are prohibited from any source. Rule 127-3-5.

**Out of Season Coaching:** Coaches may not promote, initiate, organize, supervise or participate in out-of-season events involving students of the same sport as the grade level coaching assignment and preceding grade level except as specified in Rules 127-3-7.2 and 127-3-7.3. Rule 127-3-7.7.

**Amateur:** Any team member competing for money, receiving any award or prize of monetary value that has not been approved by the WVSSAC, capitalizing on athletic fame or signing a professional playing contract in that sport is prohibited. Rule 127-2-11.

**Participation as Ineligible:** Any student who participates as ineligible may forfeit eligibility for up to 365 days. Rule 127-2-12.

**Non-School Participation:** Participation is limited to school teams only with a few exceptions in individual sports provided the school principal approves and no school contests/activities are missed. Participation includes but is not limited to, practice, fund raising, team pictures, tryouts, etc. Rule 127-2-10.

**Sanctioning and Travel:** A member school shall not enter a contest, tournament, or competition which requires sanctioning until it is approved 30 days prior to the event. Rule 127-3-16.

For complete details regarding the above regulations and those governing team memberships, scholarship, undue influence, age, semester, etc. refer to the **Rules & Regulations Handbook** or at [www.wvssac.org](http://www.wvssac.org).

*This is not a comprehensive listing.*

**§127-2-13. Practice.**

13.1. Only students enrolled in the specific member school are allowed to participate in that school's practices. Exceptions - Rules 127-2-3.2 and 127-2-3.5.

13.2. The frequency and length of practice is at the discretion of each member school.

13.3. Member schools of the WVSSAC may practice on any day of the year with the exception of Sunday practice. Rule 127-3-14.2 further clarifies Sunday practice.

13.4. Individual players of a team must have practiced

13.4.1. on 7 SEPARATE days before participating in an interscholastic scrimmage.

13.4.2. on 14 SEPARATE days, exclusive of the day of a contest, before participating in an interscholastic contest. The following sport(s) is exempted from the provisions of this rule: golf.

13.5. A student shall not be permitted to engage in interscholastic practice until that student has filed with the principal a completed Athletic Participation/Parental Consent/Physician's Certificate Form. Rule 127-3-3 further explains this required form.

13.6. A student academically ineligible may begin practicing 15 school days immediately prior to the date of regaining full eligibility. (All other ineligible students may not practice.)

13.7. If a student has established eligibility in a sport requiring 14 separate days of practice and is continuing to participate in that sport or no school days have lapsed from one sport to another sport in a same season, the student may participate in another sport of the season after completing seven separate days of sport specific practice in the second sport.

13.8. Students participating in a sport(s) in one season must have practiced 14 separate days, exclusive of the day of a contest, to be eligible to participate in a sport in the next season with the following exception: the student has continued to practice or participate in tournament play without an interruption of school days. The student must complete seven separate days of sport specific practice in the second sport.

## (Ejection Rule / Bench Clearing)

## 127-4-3 Code for Interscholastic Athletics

3.7. *Statement of Policy.* Insofar as unsportsmanlike actions by students, school administrators, officials, coaches, faculty members, and spectators are concerned, the identical items under the Sportsmanship Rule along with the following guides will be referred to by the WVSSAC:

3.7.1. The school whose coach behaves in a manner likely to have adverse influence on the attitudes of students or spectators may be provided with the choice of taking disciplinary action against that coach or having the entire school disciplined by the WVSSAC.

3.7.2. Any student who in protest lays hands or attempts to lay hands upon an official may be declared ineligible by the principal or by the WVSSAC for up to one year. Any student who strikes an opponent, coach, or a spectator during or following an athletic event may be declared ineligible by the principal or the WVSSAC for a specified period of time up to one year, depending on the seriousness of the act.

3.7.3. Any coach, student, or bench personnel ejected by an official will be suspended for the remainder of the game, match, meet or contest. They will also face suspension in additional contest(s); the suspension will be assessed based upon ten (10) percent of the allowed regular season contests for each sport. Any tenth of a percentage from .1 to .4 will be a suspension equal to the whole number of the percent. Any tenth from .5 to .9 will be an additional contest added to the whole number. The suspension will include the number of indicated contests in that sport and at that level and all other sport contests in the interim at any level. A second ejection will result in the doubling of the suspension assessed for the first ejection. If they are ejected for a third time during the same sport season, the individual will be suspended from participating or coaching for 365 calendar days from the date of ejection.

a. Any coach, player or bench personnel who has been ejected shall not be permitted to attend any contest(s) during said suspension. He/she shall not be affiliated with the team in any capacity. This would include but not be limited to transportation to or from the contest, meeting with the team before, during or after said contest. He/she is not permitted to be in sight or sound of said contest venue. Regular practice or team meetings not affiliated with a contest are permitted.

b. If suspensions are imposed to a student or bench personnel at the end of the sport season and no contest remains, the suspension is carried over to that particular sport until the next school year. In the case of a senior student, the penalty will continue to the next WVSSAC sponsored sport.

c. Any coach suspension that cannot be enforced during the sport season in which the ejection occurs will be enforced at the beginning of the next season of that same sport.

3.7.4. In case of spectators physically molesting an official, administrator, coach, or student, the school may be given one of two options: 1) file charges against the offender (s) or 2) accept discipline from the WVSSAC. Any person found guilty of W.Va. Code §61-2-15(a) Assault, Battery on Athletic Officials, while these individuals are working or as a result of working an athletic contest, shall be banned from all WVSSAC athletic events for a minimum of 365 days from the date of being found guilty. The school filing charges shall notify the WVSSAC of the incident and outcome of any legal action.

3.7.5. The school that does not lend complete cooperation in the host school's effort to promote the spirit of good sportsmanship may be disciplined by the WVSSAC.

3.7.6. A coach may be considered as committing unsportsmanlike conduct if they make degrading remarks about officials during or after a game either on the field of play, from the bench, or through any public news media, argues with officials, or goes through motions indicating dislike for a decision, protests the decision and actions of officials pertaining to the game during and after the contest, or detains the official on the field of play following a game to request a ruling or explanation of some phase of the game. If a coach feels he/she has a legitimate criticism of a penalty call or a request for a rule interpretation, such criticism or request should be made in the privacy of the coach's office or the official's quarters and should be made in a courteous manner.

3.7.7. A student or team attendant shall not leave the bench area, team box area, or their designated off-field area during a game or contest other than during that time permitted by game or contest rules. A coach shall not leave the bench area, team box area, or the designated off-field area during a game or contest other than during that time permitted by game or contest rules unless a student altercation is taking place and the official requests assistance. Violation of this rule shall cause the coach, student, or team attendant to be immediately ejected from the contest, team penalized according to game or contest rules and that coach, student, or team attendant will not be eligible to participate in the next contest as outlined in §127-4-2.3.

3.8. Procedure. Unsportsmanship action must be reported in detail to the WVSSAC. A copy of the complaint must also be filed with the principal of the school involved. Each principal involved shall report such information or answers to the report as they deem appropriate. Upon receipt of all reports, the Executive Director and/or the Board of Directors of the WVSSAC shall investigate and adjudicate such reports in accordance with the powers afforded in §127-1-8.6 and 8.7 and §127-1-12.2 and 12.3 of the Constitution. Penalties up to and including suspension of member schools may be made in accordance with §127-4.

3.9. The following defines the different types of disciplinary action which may be assessed for violation of any WVSSAC rule by a member school, administrator, coach, athlete or contest official:

3.9.1. *Warning.* A warning may be given by the Executive Director or Assistant Executive Director. It is official notice that an inexcusable, unethical, or unsportsmanship action has occurred, is a matter of record, and that such an occurrence must not be repeated.

3.9.2. *Probation.* Probation is a much more severe type of warning and may be expressed two ways: 1) a school, coach, student, or team attendant on probation is told that further violations will lead to a fine or suspension; and/or 2) a school on probation is on conditional WVSSAC membership but may engage in its regular schedule, sanctioned events, and all WVSSAC tournament play, providing a program is filed with the Executive Director of the WVSSAC indicating measures to be taken to alleviate this problem which caused the school to be placed on probation.

3.9.3. *Suspension.* A school/coach suspended from the WVSSAC may not meet in interscholastic competition of any kind with a WVSSAC member school or a school that is a member of another state associated with the National Federation of State High School Associations.

3.9.4. *Fine.* A fine may be levied by the Executive Director. It may be levied in addition to a warning, probation, or suspension.

3.10. *Appeals.* All cases involving disciplinary action against member schools, coaches, students, team attendants, or officials may be protested in accordance with §127 6.



# WVSSAC

## Return to Play (RTP) Protocol

An athlete removed from a contest that shows signs/symptoms of a concussion shall be immediately evaluated by an appropriate health care professional. If no appropriate health care professional is available, the athlete shall not be allowed to RTP.

When the athlete is evaluated by the appropriate health care professional, if it is determined the athlete has suffered a concussion, the athlete shall not be permitted to RTP the same day as the concussion. If it is determined by the appropriate health care professional that the athlete did not suffer a concussion, the athlete may be returned to play as deemed appropriate by the health care professional.

RTP shall be delayed until athlete is asymptomatic and has undergone a progression of tests to determine if they are able to RTP.

The progression shall follow: (Neuro-cognitive testing is recommended if deemed appropriate by the appropriate health care professional.)

- No activity with complete physical and cognitive rest
- Light aerobic exercise (less than 70% of maximum heart rate)
- Sport specific exercise (drills specific to the athlete's sport)
- Non-contact training drills (more intense sport drills with no contact from other players)
- Full contact practice (following medical clearance)
- Return to Play (normal game play)

If any symptoms occur during the progression, the athlete should drop back to the previous level and try to complete that level after 24 hour rest period.

## Appropriate Health Care Professional

- Medical Doctor (MD)
- Doctor of Osteopathy (DO)
- Doctor of Chiropractic (DC)
- Advanced Registered Nurse Practitioner (ARNP)
- Physician Assistant (PA-C)
- Registered Certified Athletic Trainers (ATC/R)

Approved Board of Directors 5/06/10

rk:Sports Medicine/Return to Play



## A Parent's Guide to Concussion in Sports

### What is a concussion?

A concussion is a brain injury which results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. An athlete does not have to lose consciousness ("knocked-out") to suffer a concussion.

### Concussion Facts

- It is estimated that over 140,000 high school athletes across the United States suffer a concussion each year. (Data from NFHS Injury Surveillance System)
- Concussions occur most frequently in football, but girl's lacrosse, girl's soccer, boy's lacrosse, wrestling and girl's basketball follow closely behind. All athletes are at risk.
- A concussion is a traumatic injury to the brain.
- Concussion symptoms may last from a few days to several months.
- Concussions can cause symptoms which interfere with school, work, and social life.
- An athlete should not return to sports while still having symptoms from a concussion as they are at risk for prolonging symptoms and further injury.
- A concussion may cause multiple symptoms. Many symptoms appear immediately after the injury, while others may develop over the next several days or weeks. The symptoms may be subtle and are often difficult to fully recognize.

### What are the signs and symptoms of a concussion?

SIGNS OBSERVED BY PARENTS, FRIENDS, TEACHERS OR COACHES	SYMPTOMS REPORTED BY ATHLETE
Appears dazed or stunned	Headache
Is confused about what to do	Nausea
Forgets plays	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or fuzzy vision
Moves clumsily	Sensitivity to light or noise
Answers questions slowly	Feeling sluggish
Loses consciousness	Feeling foggy or groggy
Shows behavior or personality changes	Concentration or memory problems
Can't recall events prior to hit	Confusion
Can't recall events after hit	

### What should I do if I think my child has had a concussion?

If an athlete is suspected of having a concussion, he or she must be immediately removed from play, be it a game or practice. Continuing to participate in physical activity after a concussion can lead to worsening concussion symptoms, increased risk for further injury, and even death. Parents and coaches are not expected to be able to "diagnose" a concussion, as that is the job of a medical professional. However, you

must be aware of the signs and symptoms of a concussion and if you are suspicious, then your child must stop playing.

### **When in doubt, sit them out!**

All athletes who sustain a concussion need to be evaluated by a health care professional who is familiar with sports concussions. You should call your child's physician and explain what has happened and follow your physician's instructions. If your child is vomiting, has a severe headache, is having difficulty staying awake or answering simple questions he or she should be taken to the emergency department immediately.

### **When can an athlete return to play following a concussion?**

After suffering a concussion, **no athlete should return to play or practice on that same day.** Previously, athletes were allowed to return to play if their symptoms resolved within 15 minutes of the injury. Studies have shown us that the young brain does not recover quickly enough for an athlete to return to activity in such a short time.

Concerns over athletes returning to play too quickly have led state lawmakers in both Oregon and Washington to pass laws stating that **no player shall return to play following a concussion on that same day and the athlete must be cleared by an appropriate health-care professional before he or she are allowed to return to play in games or practices.** The laws also mandate that coaches receive education on recognizing the signs and symptoms of concussion.

Once an athlete no longer has symptoms of a concussion and is cleared to return to play by health care professional knowledgeable in the care of sports concussions he or she should proceed with activity in a step-wise fashion to allow the brain to re-adjust to exertion. On average the athlete will complete a new step each day. The return to play schedule should proceed as below following medical clearance:

*Step 1:* Light exercise, including walking or riding an exercise bike. No weight-lifting.

*Step 2:* Running in the gym or on the field. No helmet or other equipment.

*Step 3:* Non-contact training drills in full equipment. Weight-training can begin.

*Step 4:* Full contact practice or training.

*Step 5:* Game play.

**If symptoms occur at any step, the athlete should cease activity and be re-evaluated by their health care provider.**

### **How can a concussion affect schoolwork?**

Following a concussion, many athletes will have difficulty in school. These problems may last from days to months and often involve difficulties with short and long-term memory, concentration, and organization. In many cases it is best to lessen the athlete's class load early on after the injury. This may include staying home from school for a few days, followed by a lightened schedule for a few days, or perhaps a longer period of time, if needed. Decreasing the stress on the brain early on after a concussion may lessen symptoms and shorten the recovery time.

## What can I do?

- Both you and your child should learn to recognize the “Signs and Symptoms” of concussion as listed above.
- Teach your child to tell the coaching staff if he or she experiences such symptoms.
- Emphasize to administrators, coaches, teachers, and other parents your concerns and expectations about concussion and safe play.
- Teach your child to tell the coaching staff if he or she suspects that a teammate has a concussion.
- Monitor sports equipment for safety, fit, and maintenance.
- Ask teachers to monitor any decrease in grades or changes in behavior that could indicate concussion.
- Report concussions that occurred during the school year to appropriate school staff. This will help in monitoring injured athletes as they move to the next season’s sports.

## Other Frequently Asked Questions

### **Why is it so important that an athlete not return to play until they have completely recovered from a concussion?**

Athletes who are not fully recovered from an initial concussion are significantly vulnerable for recurrent, cumulative, and even catastrophic consequences of a second concussive injury. Such difficulties are prevented if the athlete is allowed time to recover from the concussion and return to play decisions are carefully made. No athlete should return-to-sport or other at-risk participation when symptoms of concussion are present and recovery is ongoing.

### **Is a “CAT scan” or MRI needed to diagnose a concussion?**

Diagnostic testing, which includes CT (“CAT”) and MRI scans, are rarely needed following a concussion. While these are helpful in identifying life-threatening brain injuries (e.g. skull fracture, bleeding, swelling), they are not normally utilized, even by athletes who have sustained severe concussions. A concussion is diagnosed based upon the athlete’s story of the injury and the health care provider’s physical examination.

### **What is the best treatment to help my child recover more quickly from a concussion?**

The best treatment for a concussion is rest. There are no medications that can speed the recovery from a concussion. Exposure to loud noises, bright lights, computers, video games, television and phones (including text messaging) all may worsen the symptoms of a concussion. You should allow your child to rest as much as possible in the days following a concussion. As the symptoms lessen, you can allow increased use of computers, phone, video games, etc., but the access must be lessened if symptoms worsen.

### **How long do the symptoms of a concussion usually last?**

The symptoms of a concussion will usually go away within one week of the initial injury. You should anticipate that your child will likely be out of sports for about two weeks following a concussion. However, in some cases symptoms may last for several weeks, or even months. Symptoms such as headache, memory problems, poor concentration, and mood changes can interfere with school, work, and social interactions. The potential for such long-term symptoms indicates the need for careful management of all concussions.

### **How many concussions can an athlete have before he or she should stop playing sports?**

There is no “magic number” of concussions that determine when an athlete should give up playing contact or collision sports. The circumstances surrounding each individual injury, such as how the injury happened and length of symptoms following the concussion, are very important and must be considered when assessing an athlete’s risk for further and potentially more serious concussions. The decision to “retire” from sports is a decision best reached following a complete evaluation by your child’s primary care provider and consultation with a physician or neuropsychologist who specializes in treating sports concussion.

### **I’ve read recently that concussions may cause long-term brain damage in professional football players. Is this a risk for high school athletes who have had a concussion?**

The issue of “chronic encephalopathy” in several former NFL players has received a great deal of media attention lately. Very little is known about what may be causing dramatic abnormalities in the brains of these unfortunate retired football players. At this time we have very little knowledge of the long-term effects of concussions which happen during high school athletics.

In the cases of the retired NFL players, it appears that most had long careers in the NFL after playing in high school and college. In most cases, they played football for over 20 years and suffered multiple concussions in addition to hundreds of other blows to their heads. Alcohol and steroid use may also be contributing factors in some cases. Obviously, the average high school athlete does not come close to suffering the total number or shear force of head trauma seen by professional football players. However, the fact that we know very little about the long-term effects of concussions in young athletes is further reason to very carefully manage each concussion.

Some of this information has been adapted from the CDC’s “Heads Up: Concussion in High School Sports” materials by the NFHS’s Sports Medicine Advisory Committee. Please go to [www.cdc.gov/ncipc/tbi/Coaches\\_Tool\\_Kit.htm](http://www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm) for more information.

If you have any further questions regarding concussions in high school athletes or want to know how to find a concussion specialist in your area please contact Michael C. Koester, MD, ATC and Chair of the NFHS Sports Medicine Advisory Committee at [michael.koester@slocumcenter.com](mailto:michael.koester@slocumcenter.com).

**April 2010**

The WVSSAC strongly recommends that all coaches/officials complete the free NFHS Concussion Course at [www.nfhslearn.com](http://www.nfhslearn.com)

# Concussion in Sports - What You Need to Know

## Ordering Information at [www.nfhslearn.com](http://www.nfhslearn.com)



### Steps to access the FREE course:

1. Go to [www.nfhslearn.com](http://www.nfhslearn.com)
2. Sign in with your e-mail and password if you have previously registered.
3. If you need to register, it will only take a couple of minutes. All users at [www.nfhslearn.com](http://www.nfhslearn.com) must be registered with a unique e-mail address and password.
4. Toward the upper left-hand part of the screen, you will see the “Click to Access This Free Course” for “**Concussion in Sports — What You Need to Know.**”
5. You can order licenses as an individual to take the course yourself OR you can purchase courses in bulk if you intend to distribute the courses to others (there is a limit of 99 licenses per any one order).
6. Note: You will need to click on “Save” once you have put the course(s) in your cart and before you can proceed to Checkout.
7. As you go through the process you will see that you are using the “purchasing process” that is standard for NFHS Coach Education courses. You are not being charged anything for the Concussion courses. You do have the ability to order other courses at the same time, and you will be asked for payment for those.
8. You can then start the course if you ordered as an individual or begin distributing the licenses if you ordered in bulk.
9. If necessary, refer to the form regarding distributing bulk licenses. It can be found in the Locker Room at [www.nfhslearn.com](http://www.nfhslearn.com).

**The online concussion course is offered at no cost to the user.** Once you have finished, you will be added to the database as having completed the course. The name of the individual completing the course will appear in the “Coach Search” feature as having completed this course along with any other courses completed at [www.nfhslearn.com](http://www.nfhslearn.com).

# RECRUITING REGULATIONS

If a coach is contacted by a student, his/her parents, or anyone else regarding a student athlete transferring to his/her district, the coach shall refer the individual(s) to a school administrator in the district immediately. A coach cannot discuss the matter with the student or anyone else for that matter and should not even listen when the subject is brought up concerning students transferring to his/her school. School coaches working or coaching in outside school leagues and camps should be warned that a potential problem exists if a student later enrolls at the school where the coach is employed. The school administrator, after being notified by the coach that a prospective student athlete has approached the coach about possibly playing for his/her school team, should contact the WVSSAC office immediately. Seriously or jokingly telling a student that you would like for that athlete to play for you or your team shall be considered recruiting. Rules regarding individuals who engage in recruiting shall not be restricted specifically to school personnel.

Approved by the Board of Appeals  
October 1998

\*\*\*\*\*

## GUIDELINES FOR SUSPENDED COACH/PLAYER

A coach or player who is ejected from a contest shall be suspended for the remainder of the game, match, meet or contest. An ejected coach shall exit the playing arena (out of sight and sound of the venue) as well as the team and bench areas. If there is not another person hired by the board of education to coach that sport or a professional from that school present to take his/her place, the contest shall be forfeited. Because of supervision and liability, an ejected athlete shall sit on the bench and shall not cause nor participate in any further problems. Furthermore, a coach or player shall not be permitted to attend subsequent contests of the suspension. He/she shall not be formally affiliated with the team in any capacity. This would include but not be limited to transportation to or from the contest, meeting with the team before, during or after the contest, wearing a uniform, or sitting in the bench or team area. Regular practice or team meetings not affiliated with a contest will not fall under this policy.



## SPECTATOR SUPPORT INFORMATION FOR TOURNAMENTS

The following sport support information is provided for each specified sport. **ONLY** those items marked with "Yes" are allowed during tournament play (sectional, regional, and state). It is recommended that schools follow these regulations during regular season play.

Vocal cheering and support from team bench areas are encouraged; however, the items indicated on this page are for use by spectators. Schools must stress **GOOD SPORTSMANSHIP** when allowing any item to be used. All items must be for support of your team and not directed against the opponent.

Legend: BSK Basketball      CC Cross Country      SB Softball      TE Tennis      WR Wrestling  
 BB Baseball      FB Football      SC Soccer      TR Track & Field  
 CH Cheer      GO Golf      SW Swimming      VB Volleyball

SPORT	BSK	BB	CH	CC	FB	GO	SB	SC	SW	TE	TR	VB	WR
Apparel Required Upper/Lower Body Garments	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Balloons	No	Yes	No	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No	No
Banners on wall/stadium	No	No	No	No	No	No	No	No	No	No	No	No	No
Confetti/Paper debris	No	No	No	No	No	No	No	No	No	No	No	No	No
Hand-held Signs (one holder)	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
<b>TOURNAMENT DIRECTORS HAVE AUTHORITY IN DETERMINING APPROPRIATE SIZE AND SIGN MESSAGE.</b>													
Laser Pointer	No	No	No	No	No	No	No	No	No	No	No	No	No
Miniature sports balls thrown to crowd	No	No	No	No	No	No	No	No	No	No	No	No	No
Noise makers (Horns, cow bells, bells, buzzers, clickers, or any artificial or mechanical noisemakers)	No	Yes	No	Yes	Yes	No	Yes	Yes	No	No	No	No	No
<b>TOURNAMENT DIRECTORS HAVE AUTHORITY IN DETERMINING WHAT IS CONSIDERED AN ARTIFICIAL OR MECHANICAL NOISE MAKER.</b>													
<b>IF RULES SPECIFY NOISE MAKERS WHICH MAY NOT BE USED.</b>													
Opening Prayer/Invocation	No	No	No	No	No	No	No	No	No	No	No	No	No
Paper banners for team to run through	Yes *	Yes	N/A	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Pom pons (w/o sticks) Spirit Towels	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Recorded/taped Music over amplifying system Only pregame or halftime	Yes *	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
School bands (pep), pregame, during time-outs, halftime, and post-game	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Air Horns	No	No	No	No	No	No	No	No	No	No	No	No	No
Cannons & Muskets	No	No	No	No	No	No	No	No	No	No	No	No	No
50-50 Drawing	No	No	No	No	No	No	No	No	No	No	No	No	No
Reserve Seating State Only	No	No	No	No	No	No	No	No	No	No	No	No	No

\* Not Permitted at State Tournament



## **NFHS GUIDELINES ON HANDLING CONTESTS DURING LIGHTNING DISTURBANCES**

### **National Federation of State High School Associations (NFHS) Sports Medicine Advisory Committee (SMAC)**

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

#### **Proactive Planning**

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

For more detailed information, refer to the "Guidelines for Lightning Safety" section contained in the NFHS Sports Medicine Handbook.

**Reviewed and Approved in October 2010**



**WEST VIRGINIA SECONDARY SCHOOL ACTIVITIES COMMISSION**  
**2875 STAUNTON TURNPIKE, PARKERSBURG, WV 26104**

## **BODY FLUID HANDLING PROCEDURES**

### **PURPOSE**

The West Virginia Secondary School Activities Commission has adopted this policy in an effort to minimize the possibility of transmission of any infectious disease during a high school athletic practice or contest. The policy primarily addresses blood-borne pathogens such as Hepatitis B virus and the Human Immunodeficiency Virus (HIV). However, it also discusses common-sense precautions against the spread of less serious contagions such as the Influenza virus and the Common Cold virus. Much of this policy has been written with contact sports such as football, wrestling, and basketball in mind. However, it is applicable for all sports.

### **BLOOD-BORNE PATHOGENS**

Blood-Borne pathogens such as Hepatitis B and HIV are serious infectious diseases which are present in blood as well as other bodily fluids; such as semen, vaginal secretions and breast milk. While there are a number of other such blood-borne diseases, Hepatitis B and HIV are the most commonly known.

Hepatitis B is a virus which results in a dangerous inflammation of the liver. Its victims suffer long-term consequences and reoccurrences, and the disease can be deadly if not treated. HIV is the virus that causes Acquired Immunodeficiency Syndrome (AIDS), which weakens the immune system, thus making a person susceptible to infections their immune systems would normally fight off.

The precise risk of HIV transmission during exposure of open wounds or mucous membranes such as the eyes, ears, nose, and mouth to contaminated blood is not known. However, evidence would suggest it is extremely low. In fact, the possibility of contracting HIV in this manner is much less than the possibility of contracting Hepatitis B and other blood-borne viral infections.

Therefore, student athletes, coaches, and officials must understand that while it is possible for HIV to be transmitted by blood from one individual to another through an open wound or a mucous membrane, the probability is very low. However, since the chance of this occurring is not zero, the appropriate precautions should be taken to ensure no transmission can occur.

### **PRECAUTIONS AGAINST TRANSMISSION OF BLOOD-BORNE PATHOGENS**

The proper handling of body fluid spills should be a concern of teachers, coaches, officials, and student athletes. All concerned individuals must be aware that any time there is blood and/or other body fluids present, there is the possibility of an infectious disease being present. However this possibility can be nearly eliminated if the following precautions are observed.

#### **General Procedures:**

- 1) Wear latex or vinyl disposable exam gloves before making contact with body fluids during care, treatment, and cleaning procedures.
- 2) Discard gloves after each use.
- 3) Wash hands after handling any body fluids, whether or not gloves are worn.
- 4) Discard disposal items in plastic lined containers with lids. Close bags and discard daily.
- 5) Do not reuse plastic bags.
- 6) Use disposable items to handle body fluids whenever possible.
- 7) Use paper towels to pick up and discard any solid waste materials such as vomitus and feces.

### Procedures for Activities:

- 1) All athletes must cover any open wound.
- 2) Student athletes should treat and cover their own wounds whenever possible.
- 3) When administering first aid, disposable rubber gloves should be worn. A different pair of gloves should be worn for each treatment administered.
- 4) If an individual gets someone else's blood on his/her skin, the area should be washed with soap and water and wipe the area with disinfectant, such as isopropyl alcohol.
- 5) If a student athlete begins to bleed during activity, play must be stopped, the student athlete who is injured removed, and any potentially contaminated surfaces cleaned using a disinfectant. The surface should be wiped with clean water.
- 6) Any student athlete that is removed must have the wound covered and the bleeding stopped, prior to returning to contest.
- 7) Any individual who has treated a wound or cleaned a contaminated surface should wash his/her hands with soap and warm water.
- 8) A student athlete should take a shower using a liberal amount of soap and warm water following the contest.
- 9) Towels, which are used by athletes, coaches, or officials should not be used to clean off any potentially contaminated surfaces.
- 10) All soiled linens such as towels and uniforms should be washed in hot water and in a detergent containing bleach, if possible.
- 11) If a coach or an official gets blood on them they should first wash the area with warm water and soap, and then wipe the area with a disinfectant such as isopropyl alcohol.
- 12) All coaches, athletes, and officials should practice good hygiene. Towels, cups, and water bottles should not be shared.
- 13) Keeping locker rooms and other areas well ventilated and clean can also help in preventing other air-borne contagions from being transmitted.

### REFERENCES

St. Joseph's Hospital, Sports Medicine Staff, Parkersburg, WV.  
West Virginia Chapter of the American Academy of Family Physicians, Sports Medicine Committee.  
"Blood-Borne Pathogens in the Health Care of the Athlete," The First Aider, Fall 1992, Vol. 62, No.1.  
"Infectious Disease Policy of the Florida High School Activities Association." 8-8-92.  
"Routine for Handling Body Fluids," Michigan High School Association.

**Policy Adopted by the Board of Directors**

---

# WAYS TO PREVENT SKIN INFECTIONS: A PLAYER'S GUIDE



## ***Cover Cuts & Sores!***

***With a bandaid or wrap before you play***



## ***Wash Up!***

**With soap and hot water**



## ***Don't Share!***

**Towels, clothes or personal items**



## ***Show & Tell!***

**Show cuts & sores  
to your coach**



## ***Be Prepared!***

**Learn first aid for cuts  
& sores**



---

# MEASURES FOR PREVENTING STAPHYLOCOCCAL SKIN INFECTIONS AMONG SPORTS PARTICIPANTS

## Centers for Disease Control Recommendations for School Athletic Teams



1 Cover all wounds. If a wound cannot be covered adequately, consider excluding players with potentially infectious skin lesions from practice or competitions until the lesions are healed or can be covered adequately.



2 Encourage good hygiene, including showering and washing with soap after all practices and competitions.



3 Ensure availability of adequate soap and hot water



4 Discourage sharing of towels and personal items (e.g., clothing or equipment).



5 Establish routine cleaning schedules for shared equipment.



6 Train athletes and coaches in first aid for wounds and recognition of wounds that are potentially infected.



7 Encourage athletes to report skin lesions to coaches and encourage coaches to assess athletes regularly for skin lesions.



# **West Virginia Department of Health and Human Resources**

## **Information for the Public -**

### **Methicillin Resistant *Staphylococcus aureus* (MRSA)**

#### **What is *Staphylococcus aureus*?**

*Staphylococcus aureus*, or Staph, is a bacteria that lives on the skin or in the nose of healthy people. Occasionally, staph can cause infections of the skin, bloodstream, lungs, bones, joints, heart, or almost any part of the body.

#### **What is methicillin resistant *Staphylococcus aureus* (MRSA)?**

MRSA (pronounced 'mursa') is a type of staph that has become resistant to some common antibiotics. This means that an infection with MRSA is more difficult to treat.

#### **Where are staph and MRSA found?**

Staph and MRSA may be found on the skin or in the nose. About 30 to 50% of people may carry the staph bacteria on their skin without getting ill.

#### **How common is MRSA?**

In many communities, including some in West Virginia, MRSA is now the most common cause of skin infections due to 'staph.' According to some studies, 1 to 10% of people now carry MRSA in their nose or on their skin.

#### **Who is most at risk for staph infections?**

While anyone can get an infection with staph, certain persons are more at risk. These people include diabetics, people on dialysis, persons who use injection drugs, people who have recently had surgery, and persons with chronic diseases such as cancer. Staph infections are also more common in persons who have a tube going into their body (such as a urinary catheter or intravenous (IV) catheter).

MRSA infections are more likely in persons who have recently received antibiotics or recently been in a hospital or nursing home. In the last few years, MRSA infections have also been identified in persons outside of hospitals. Cases of MRSA disease in the community are associated with recent antibiotic use, sharing contaminated items, active skin disease, and living in crowded settings. Outbreaks have occurred on sports teams, in jails or military units, camps and even hospital wards. Community associated MRSA infections are usually skin infections; however, severe illness can also occur.

## **Are staph and MRSA infections treatable?**

Yes, staph infections are treatable. Skin infections can usually be treated with oral antibiotics. MRSA infections are usually treatable, but they may be more difficult to treat. The doctor will have to get a laboratory test to tell the difference between MRSA and staph.

## **How are staph and MRSA spread?**

Staph and MRSA can spread among people by close physical contact. Spread may also occur by touching objects, such as towels, sheets, clothes, work-out areas and sports equipment contaminated by the skin of a person with MRSA or staph.

## **How can I prevent staph or MRSA infections?**

- Keep your hands clean by washing thoroughly with soap and water. Alcohol-based hand cleansers also help.
- Keep cuts and wounds clean and covered with a dressing until healed. Avoid contact with other peoples= wounds.
- Avoid sharing towels, clothing, sports equipment, deodorant, cosmetics and other personal items.
- Only take antibiotics if you really need them. Antibiotics do not work for a cold, the flu or other viral infections. When a doctor prescribes antibiotics, take them as directed.