

2011 - 2012



**Middle School
Cheer
Coaches
Packet**

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WEST VIRGINIA SECONDARY SCHOOL ACTIVITIES COMMISSION



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BULLETIN

TO: High School and Middle School Cheer Coaches
FROM: Kelly Geddis, CAA, Assistant Executive Director
DATE: July-2011
SUBJECT: 2011-2012 Cheer Season

Coaches' Packets are mailed to all varsity high school coaches and all middle schools. If your high school also sponsors a ninth grade cheer 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 and announcements:

1. The National Federation Spirit Rules Book and WVSSAC Cheer Manual will be used for all West Virginia cheer team competitions, practices and performances. *The Interscholastic* will serve as a source for additional information.
2. It is the coach's responsibility to thoroughly read, understand and follow the safety guidelines, rules, and regulations presented in the NF Spirit Rules Book, the WVSSAC Cheer Manual, and *The Interscholastic*.
3. **All head coaches** of high schools and middle schools are to attend a state sponsored rules clinic (see enclosure). If your school is **not** represented at said clinics, there will be a **\$50.00** fine assessed. Please note that there are no exceptions; the **head coach** must attend, you cannot send your assistant. **If a coach has not been hired by the date of the clinic, the principal shall designate a representative to attend for that school.** The WVSSAC Board of Directors voted to suspend the sport program if the head coach failed to attend and \$50.00 assessed fine was NOT paid. Please be reminded the clinic attendance requirement **will not be granted if you are late in excess of 10 minutes.**

4. Please note the following dates:

Season Begins

Middle/9 th Grade	August 8, 2011
High School	August 1, 2011
Regional	November 5, 2011
State	December 10, 2011

Season Ends

Middle/9 th Grade	February 25, 2012
High School	March 17, 2012 OR
Elimination from Basketball Tournament	

Regional/State Outline Forms

Forms C2A-Form C2B-Form C4

5. The 2011-2012 high school competition format will be a 30-40 second technical cheer and two minute thirty-second (2:30) open routine.

The minimum thirty-second (:30) technical segment with motions and at least two **different** jumps will constitute 30% of the total score and will be scored at completion of technical segment. Cheerleaders will remain on the floor. Guidelines for the technical segment are:

- a) No gymnastics or tumbling.
- b) No pyramids, partner stunts, or props.
- c) No touching or bracing.
- d) No poms or music.
- e) A minimum of thirty (30) seconds/maximum forty (40) seconds.
- f) No music

Two minute thirty second (2:30) Open routine:

- a) No voice-overs on cheers.
- b) Poms are only props allowed.
- c) Music is used at the discretion of the team.
- d) If music is used, a quality CD (with back-up) must be available and edited for the whole 3 minutes. Only one start and stop is permitted. iPods are permitted. Coach must check with tournament director and provide a ¼" Mono Connector.
- e) The order of performance for Regional and State Competition is listed online and was drawn by the Cheer Coaches Committee.

- 6. Coaches are responsible for discussing the Bench Clearing Rule with all other coaches and players prior to participation.

Preseason Meetings: It is highly recommended that all coaches conduct preseason meetings for their athletes and parents. In addition to their own rules and regulations, coaches must address athletes on taunting, conduct and sportsmanship rules.

- 7. **Non-School Participation – Rule 127-2-10 – Several coaches have expressed concerns that community and private cheer organizations are causing complications for the school teams. Please review the rule carefully. No team member can participate on an outside team from the first date of the season through the Regional competition. If a team wins the Regional competition the release date is completion of the State tournament. Participation includes practice, fund raising, competition, etc. This rule applies to all schools with cheerleaders-no exceptions.**
- 8. Regulations for middle schools and ninth grade competitions and county conference high school competitions should be carefully reviewed by all coaches. **Schools may not enter a competition unless it is sanctioned by the WVSSAC.** All sanctioned events are listed on our website.
- 9. Additional safety regulations have been adopted for middle school, and ninth grade teams. Coaches are responsible for following all regulations.
- 10. Board of Education approved conditioning programs are limited to stretching, weight lifting, and running. The following are the **only** agility drills allowed for cheerleaders participating in conditioning program: running, rope jumping, dynamic (bouncing) stretching, static (no bouncing) stretching, plyometric exercises, and calisthenics. Exception: Weeks 50, 51, and 52.

Coaches are notified that it is their responsibility to strictly adhere to the rules regarding conditioning and recreation programs. Violations will be subject to the strictest sanctions.

11. **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.
12. **Use of Performance Enhancing Substances 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 uses of such substances should be discontinued especially during the times when dehydration may occur due to potential life threatening consequences. The committee further encourages all athletic trainers to support coaches in promoting healthy lifestyles.

GENERAL INFORMATION

Cheerleaders and **Mascots** are included under the jurisdiction of the WVSSAC and are subject to the same rules and regulations as all other athletic teams. National Federation and WVSSAC rules limit mascot eligibility to students enrolled in that particular school and must be placed on eligibility sheet

To be eligible to participate in activities, member schools must complete a *WVSSAC Certificate of Eligibility*. These forms must submitted online before the teams represent the school in any activity (football game, basketball game, cheer competition, etc.). Failure to comply - \$25 fine.

The WVSSAC promotes good sportsmanship in all sport programs. We encourage you to inform parents and athletes of the importance of supporting sportsmanship. Please review sportsmanship with your team; WVSSAC guidelines and rules are located in the *WVSSAC Rules & Regulations Handbook* (Principal and Athletic Director has a copy). Lead by example.

Cheer coaches are reminded that no team activities shall occur prior to date for beginning of season. (Exception: Weeks 50, 51, & 52)

Each school is limited to five dates for outside assistance. These five dates may occur at anytime from the beginning of the season until the end of the season (Middle School – February 26; High School – Elimination from the Basketball Tournament). Specific restrictions concerning the five dates will be discussed at the State Rules Clinic. These five dates may be used for camps, clinics and outside assistance.

Sanction Forms – All cheer competitions (in-state and out-of-state) must be sanctioned. Keep in contact with your principal or refer to the *WVSSAC Cheer Manual*. **ALSO, ALL CHEER JUDGES MUST BE CERTIFIED BY THE WVSSAC TO JUDGE ANY IN-STATE COMPETITION.**

2011-2012 Point of Emphasis

1. All mid-driffs and torsos must be covered.
2. Stunting is prohibited when the ball is in play, including free throws and warm-up, for basketball and volleyball.
3. Bases must have both feet on the floor – not on their knees, back, etc.
4. **NFHS Basket Tosses 2-10-2**–High School Only- Basket Tosses and other similar multi-base tosses are permitted only on appropriate mats, grass, rubberized and soft-yielding surfaces. WV Rules also apply.
5. All judges must be trained and certified by WVSSAC. List available upon request.
6. Many middle school and ninth grade teams are violating the freestanding spotter requirement for pop or backward dismounts and extensions prep or full. **Any stunt that is cradled must have a freestanding spotter. Double Twist Cradle and Basket Tosses are never permitted for middle school and 9th grade teams.**

7. All coaches are required to complete and mail/fax the Outside Assistance Verification Form.
8. **High School Coaches:**
 - a. Double Downs-A twist cradle involving more than one rotation is permitted only on appropriate mats, grass, rubberized and soft-yielding surfaces.
 - b. A twist to a cradle is permitted only on grass (real or artificial) or a mat. Airborne twisting tumbling skills are permitted only on grass (real or artificial) or a mat, with the exception of round offs and aerial cartwheels.
 - c. Repetitive pelvic thrusts during cheer performances and competitions are not permitted.
 - d. Participants must be legally attired upon receiving their award at Regional and State competition. Participants can no longer carry stuffed animals, scarves and accessories onto the floor during ceremony.
 - e. Practice clothing must be appropriate and must cover the midriff and torso. Participants are not permitted to cut slits in shirts for practice.
 - f. Past mentions of championship either audible or visual for the entire routine is prohibited.
9. **Middle School/Ninth Grade spirit team coaches shall emphasize:**
 - a. Safety and readiness, importance of spotter.
 - b. Conditioning.
 - c. Basics [i.e. arm motions, jumps, partner stunts (shoulder height and below)].
 - d. Basket Tosses are never permitted.
 - e. Double Downs (double twist cradles) are never permitted at any time.
 - f. A twist to a cradle is permitted only on grass (real or artificial) or a mat. Airborne twisting tumbling skills are permitted only on grass (real or artificial) or a mat, with the exception of round offs and aerial cartwheels.
 - g. All single leg stunts must have a hands on spotter and a free standing spotter.
 - h. Freestanding spotter must have arms fully extended until flyer is cradled and cannot assist in building the stunt.
 - i. All extended stunts and dismounts require a freestanding spotter. This includes a cradle dismount. **Prep. Extension that is cradled must have a freestanding spotter.** If not cradled, must have assisted landing.
 - j. Any member of an all freshman team in a four year high school that participates (in any capacity) on a junior varsity or varsity team is ineligible to return to the all freshman team.
10. High school teams participating in the regional tournament are required to send a written outline to the WVSSAC office by October 5th.
11. All Safety Judge communication concerning the routine is to be between the judge and the coach. Safety Judges shall not communicate directly with the cheerleaders until the coach has been notified and coach is present for the discussion.
12. Music–Regional Directors will be asked to notify coaches if the site has equipment for the CD and iPods. Coach must check with director and provide a ¼” Mono Connector and compact discs.
13. The responsibility of the legality of all components (including but not limited to stunts and spotting) in the entire routine lays solely with the head coach. The onsite safety judge(s) will determine the final interpretation and ruling(s) during the safety check and competition.

**2011-2012
CHEER RULES CLINICS**

<u>DATE</u>	<u>LOCATION</u>	<u>TIME</u>	<u>COORDINATOR</u>
July 25	Hedgesville	5:30 p.m.	Ron Allen
July 27	Wheeling Park H. S.	6:00 p.m.	Dwaine Rodgers
July 28	Huntington High	6:00 p.m.	Bruce Senior
Aug. 1	Woodrow Wilson H. S.	6:00 p.m.	Eric Dillon
Aug. 2	Capital H. S.	6:00 p.m.	Clinton Giles
Aug. 3	WVSSAC Office (Parkersburg)	6:00 p.m.	Kelly Geddis
Aug. 4	East Fairmont HS	6:00 p.m.	Dave Nuzum
Aug. 9	*WVSSAC Office *Make-up Clinic - \$10.00 Fee	5:00 p.m.	Kelly Geddis

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.

§127-3-21. Cheerleading.

21.1. Rules: Cheerleading 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.

21.2. Organized Practice: Organized team practice will begin on Monday of Week 5.

21.3. Length of Season: The high school spirit and competitive season will begin Monday of Week 5. The competitive season will end for each team at their cheer tournament elimination. The high school spirit season will end on the last day of the Girls' State Basketball Tournament or Boys' State Basketball Tournament.

21.4. 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.

21.5. A student may accept awards in WVSSAC sanctioned events and non-sanctioned events during the entire year. These awards must be consistent with the items specified in the Awards Rule.

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

21.6.1. Organized Team Practice: Organized team practice will begin on Monday of Week 6.

21.6.2. The middle school/9th grade spirit and competitive cheer season will begin Monday of Week 6. The competitive season will end Saturday of Week 18. The middle school/9th grade spirit season will end on the last day of the middle school/9th grade girls' or boys' basketball season.

2011-2012 Cheerleading Program



Cheer coaches are to consult principals or the designee to insure that all Entry Forms and Eligibility Certificates are completed and submitted by the required date.

Cheer coaches are reminded to carefully review and follow all rules and regulations as set forth in the WVSSAC Cheer Manual. (Available online), NF Rule Book and WVSSAC Rules & Regulations Handbook.

The Cheer Coaches' Committee met on Tuesday, January 25.

The following program was discussed and approved by the committee and the Board of Directors.

2011-12 High School Cheerleading Dates:

Season Starts:	Mon. of Wk. 5	Aug 1
Regional Outline & Entry Form Due (C-2)		October 5
Regional	Week 18	November 5
State	Week 23	December 10
Season Ends		March 17
4 hour Judges Training at WVSSAC		August 21

I. GENERAL INFORMATION

- Procedures for tryouts shall be decided by individual schools. Cheer tryouts may not be held until the beginning date for the cheer season. An orientation session may be held prior to the last day of each year's school term. **The maximum allowance for the session is one date, one hour. This shall be a meeting to inform parents and students of the school's cheer program. This is an orientation session for information only; no cheer activities or instruction may occur.**
- It is highly recommended that cheer teams be chosen by the coach.
- Fund-raising** - Fund-raising by cheer teams will be allowed from the beginning of the season until the last student instructional day of the school year. However, fund-raising between the end of the season (**elimination of basketball team**) and the last instructional day cannot be cheer performance or skill based and only the current cheer team may be involved.
- Restriction on Competition--In order to qualify for any competitions, cheerleading teams of member schools must have participated in the most recently conducted regional cheer competition (high school teams only). **Failure to compete in the most recently conducted regional cheer competition will result in restriction of competing in any other competition for 365 days.**
- State Basketball Tournament Regulations - Cheer teams whose basketball teams are involved in state tournament play should refer to regulations outlined in the WVSSAC Cheer Manual.
- No stunting is allowed during foul shots in basketball.
No stunting is allowed during play or warm-ups.
No standing behind free throw lane extended.
- Basketball Cheering Regulation - When cheering at basketball contests, the cheer team is not allowed to enter the court during a thirty (30) second time out.
- Inappropriate behavior or poor sportsmanship exhibited by cheer teams or coaches during regular season or competition is never acceptable.
- Coaches are required to complete an end of year injury survey and return to the WVSSAC.

II. RULES AND REGULATION

- The Head** coach is required to attend a clinic which will focus on rules and regulations, safety procedures, and conditioning programs (**you cannot send your assistant**).
- Dance moves that involve repetitive pelvic thrusts, during cheer performance and competition are prohibited. - 20 point deduction.

- Hats, body paint, face paint, and facial mascot stickers are not allowed during competition. Of the four items listed, **ONLY** temporary facial **mascot** tattoos and face paint are allowed during **regular** season participation. Glitter that does not adhere to body is prohibited.
- Handheld signs are allowed if held by a team member with both feet on the floor. The sign may be handed to a top person; however the sign must be handed back to a cheerleader who has both feet on the floor before any dismounts occur.
- No jewelry is allowed at any time. This includes body piercing jewelry. Athlete must remove all jewelry or be removed from activity.
- Casts - Casts that are not removable are not permitted during tumbling and stunting.
- Hair Regulations - All members of the cheer team must have hair off the shoulders and away from the face. It is unsafe for any team member to have their hair in their eyes or on their shoulders. All hair devices shall be safe and secure. **Hair pieces with metal clips are not allowed.**
- A flyer is not permitted to be in a handstand position. A flier is not permitted to be in an inverted position. (shoulders below waist)
- A twist to a cradle is permitted only on grass (real or artificial) or a mat. Airborne twisting tumbling skills are permitted only on grass (real or artificial) or a mat, with the exception of roundoffs and aerial cartwheels.
- Suspended Split - see rule 2-8-14 NFHS Rules Book.
- Spotters - Back hands-on spotters may not be on tip toes, one foot must be down.
- Cheerleading teams may participate only in competitions which are **SANCTIONED** by the WVSSAC. **Only WV certified judges may be used. A minimum of one Safety Judge is required. Refer to Cheer Manual for further information.**
- During the cheer season, each **school** is allowed five one-date outside assistance sessions. This regulation applies to all assistance outside the county professional system whether paid or not (camps, clinics, outside assistance, etc.). If someone other than the contracted coach is used for any amount of time, any one date, or for any number of team members, it constitutes one of the dates. Cheer coaches within the same county feeder program may assist each other as long as no compensation is given for the assistance. **This regulation is five dates per school, NOT per team. Coaches are encouraged to choreograph their own routines.**
- By principal permission, cheer coaches may participate in cheer activities with students during Weeks 50, 51, and 52 of the NF Standardized Calendar. The 2012 dates are June 11 - July 1.

III. POINTS OF EMPHASIS

- Cheer coaches are reminded that all WVSSAC rules and regulations apply to the sport of cheerleading. Violators of rules and regulations will be assessed appropriate penalties. It is the coach's responsibility to be knowledgeable of the rules and to ensure that all members of the cheer program adhere to the rules.
- A twist to a cradle involving more than one rotation is permitted only on mats or grass. (Middle Schools are never permitted to double down at any time.)
- All mid-drift and torsos must be covered. When standing, the uniform top must meet the skirt.
- Participation at games/contests is limited to a school's spirit team. All mascots must be enrolled in the school and meet all eligibility rules for participation. This regulation must be strictly enforced to provide for the safety of all individuals.
- It is the responsibility of the coach to determine teams ability/readiness to perform all stunts.



- F) During the school year and while a member of a school team, a student shall neither participate on any formally organized non-school team in the same sport, nor shall the student compete as an individual unattached in non-school formally organized competition in the same sport. Participation includes practice, fundraising, etc. This rule has nothing to do with whether your team competes in competitions. The release date for Cheer is the elimination from Regional Tournament or the State Tournament. At this time, they may participate provided:
- 1) participation approved by the student's principal.
 - 2) the student misses no school-sponsored activity

IV. MIDDLE SCHOOL/NINTH GRADE SCHOOL RULES AND SAFETY REGULATIONS

Middle School/9th Grade Dates:

Season Starts	Mon. of Wk. 6	August 8
Season Ends		February 25

Ninth grade teams must follow middle school regulations.

For middle school/ninth grade open/invitational competitions, the use of the Cheer Outline is mandatory if the event is an in-state WVSSAC sanctioned event. All competitions must be sanctioned.

- A) Competitions - Schools or organizations hosting or participating in cheer competitions should refer to the regulations in the WVSSAC Cheer Manual. **WV certified judges must be used.**
- B) Middle school/ninth grade spirit team coaches shall emphasize:
 - a) Safety and readiness, importance of the spotter.
 - b) Conditioning
 - c) Basics [i.e. arm motions, jumps, partner stunts (shoulder height and below)]
- C) Basket Tosses are never permitted.
- D) Middle school/9th grade teams are never permitted to execute double down (twist cradle). Single twist cradle dismounts are only permitted on grass or mats.
- E) Airborne twisting tumbling skills are permitted only on grass (real or artificial) or a mat, with the exception of roundoffs and aerial cartwheels.
- F) All single leg stunts must have a hands on spotter and a free standing spotter.
- G) Freestanding spotter must have arms fully extended until flyer is cradled and cannot assist in building the stunt.
- H) All extended stunts and dismounts require a freestanding spotter. This includes a cradle dismount from any height. Prep. extension that is cradled must have a freestanding spotter. If not cradled, must have assisted landing.
- I) Any member of a freshman team in a four year high school that participates (in any capacity) on a junior varsity or varsity team is ineligible to return to the freshman team.

V. TOURNAMENTS

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

To be eligible to participate in regional and state cheer competition, each member of the team must have participated in a minimum of 70% of the team activities from 1st day of the season through Regional and State Competition. This includes all activities of the team (i.e. cheering as a support group at other sport contests, fund raisers, practices, cheer competitions/invitationals, pep rallies, clinics, camps, etc.). It will be the coach's responsibility to verify that each member has complied with the 70% regulation. The 70% Rule is not intended to penalize cheerleaders who have not been able to actively participate due to injury verified by a physician or grades.

Coaches are permitted to move a lower level cheerleader up to replace the loss of a varsity team member. If you have no lower level squad, you may hold a tryout. All other rules apply to new athlete.

- A) The competition format will include a 30-40 second technical and a 2 minute 30 second open routine. The technical portion will make up 30% of the total score and will be scored at end of technical portion.
 - 1) Thirty second technical portion must:
 - a) Comprise a minimum of the first 30 seconds of the routine, but not exceed 40 seconds. Time will stop and technical will be judged.
 - b) No pyramids, partner stunts, props (poms), music, gymnastics, tumbling, bracing or touching. (See Cheer Manual)
 - c) The technical portion must include motions and a minimum of two different jumps and they do not have to be performed in the first thirty (30) seconds; however, they must be performed during the Technical.
 - d) Cheer words shall only refer to the performing squad's own school and/or mascot in positive terms.
 - 2) Two minute thirty second open routine:
 - a) No voice overs on cheers. No crowd participation.
 - b) Poms are the only props allowed (after technical).
 - c) Music used at the discretion of the team.
- B) Any team eligible and listed to participate in regional competition shall notify the regional director and the WVSSAC office about its decision not to participate by **October 5th. (Failure to compete - 365 day restriction)**
- C) Failure of a school to have a coach in attendance at the regional or state competition shall result in the school's disqualification.
- D) **A written outline of the Open Routine and the words to the technical cheer for Regional and State Competitions is required by Wednesday, October 5th. Failure to do so will result in a \$50.00 fine.** Copies of the written outline and technical words shall be mailed to: **Pat Gross, 145 W. High Street, Waynesburg, PA 15370. Phone/Fax: 724-627-9190** email **patricia_m_gross@yahoo.com** and to **Kelly Geddis at the WVSSAC office, Fax 304-428-5431.** DVD and VHS tapes should be mailed to Pat Gross only. **Do not send to the WVSSAC office.**
- E) A maximum of thirteen (13) team members will be allowed to participate in regional and state competition. Alternates must be listed on eligibility certificates. Any cheerleader arriving after the official start of judging of the team will not be allowed to participate.
- F) No team may come onto the floor prior to the team announcement. No gymnastics upon entering or exiting floor at the end of the routine. The team needs to exit the performing floor immediately. Celebration is prohibited. Once the competition has begun, no coach, fans, parents, etc., are allowed on the floor with the exception of the coach in cases of injury. It is the Regional Tournament Director's responsibility to enforce these regulations at the tournament. During the Awards Presentation, the team and coach may enter the floor to accept the awards and members must be legally attired (no balloons, flowers, stuffed animals, etc.). In the interest of safety, parents, fans, etc., are not to enter the floor.
- G) To indicate the beginning of the time, one team member will deliver the arm signal. The right arm is to be fully extended from the shoulder and located beside the head. The arm must drop forward immediately and sharply and the time will begin. No motions, words, actions, etc., may begin before this time. This includes such actions as salutes or stomps, etc.
- H) Time STOPS when ALL cheerleaders have returned to the cheer surface.
 - I) No restarting of time is allowed except for a mechanical failure or an injury, as determined by Head Safety Judge.
 - J) All routine music shall be put on a CD and a backup CD shall be available. iPod or MP3 may be used. Coach must provide cable. For



- regional competition, coaches must contact the Regional Director to determine availability of iPod or MP3.
- K) Safety Judge will deduct 1-5 points for bobbles and 6-10 points for a fall during the routine. Refer to WVSSAC Cheer Manual for additional clarification.
 - L) The Safety Judge will deduct 20 points from the total for all other rule violations. Exception: poms/hair, incidental touching - refer to Cheer Manual.
 - M) In tabulating the score for the routine, the highest and lowest score will be averaged and then added to the remaining scores, and **two qualifiers from each class will advance to the state competition.**
 - N) Tie-breaking procedure for Regional and State Competition: The score of the technical portion of the routine will be considered as the first tie breaker. If it is necessary to advance beyond this category, the Projection and Overall Effect categories will determine the winner.
 - O) Please refer to Website for tournament draw.
 - P) Mention of past championships or honors either verbally or visually for the entire routine is prohibited.
 - Q) The Regional and State Competition performance order will be AA, AAA, and A and will rotate annually.

- R) **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.

VI. JUDGES AND GUIDELINES FOR JUDGING

- A) Judges for Regional and State Competition will be assigned by the WVSSAC. Five (5) judges and Safety Judge with two (2) assistants.
- B) In all cheer competitions, only WV certified judges may be used. List of Judges is available by request from WVSSAC office.
- C) Refer to WVSSAC Cheer Manual for additional information, rules and regulations.
- D) Required Judges Training Sunday August 21st, 4:00 - 8:00 pm at the WVSSAC office. Training is required for anyone wanting to become a judge in West Virginia. This class may also be used to recertify as a judge.

CHEERLEADING REGIONAL ALIGNMENT

Cheer coaches are to notify the WVSSAC no later than October 5, if the team chooses not to participate in the Regional Cheer Competition. Cheer coaches must submit a letter signed by the school principal verifying that the team chooses not to participate. Coaches are reminded to review the restrictions regarding non-participation.

In each region, schools are listed in alphabetical order. The Order of Performance for Regional Competition can be accessed on the WVSSAC website. Should a team choose not to participate, the order will remain with all schools moving forward in order.

CLASS AAA

Region I

Site: Fairmont Sr. HS
Director: Rocky & Gina Delorenzo, Fairmont Sr. HS
Date: November 5 2:00 PM
Brooke, East Fairmont, Fairmont Senior, John Marshall, Morgantown, North Marion, Preston, University, Wheeling Park

Region II

Site: Hedgesville HS
Director: Bo Bundrick, AD, Washington HS
Date: November 5 2:00 PM
Bridgeport, Buckhannon Upshur, Elkins, Hampshire, Hedgesville, Jefferson, Lewis County, Martinsburg, Musselman, Robert C Byrd, Washington

Region III

Site: ~~Charleston Civic Center~~ **Riverside HS, 1 Warrior Way, Belle, WV**
Director: Suzanne Carte
Date: November 5 2:00 PM
Capital, George Washington, Greenbrier East, Logan, Nicholas County, Princeton, Riverside, South Charleston, St. Albans, Woodrow Wilson

Region IV

Site: Parkersburg HS
Director: Lori Lowers, AD, Parkersburg HS
Date: November 5 2:00 PM
Cabell Midland, Huntington, Hurricane, Lincoln County, Nitro, Parkersburg, Parkersburg South, Ripley, Spring Valley, Winfield

CLASS AA

Region I

Site: Fairmont Sr. HS
Director: Rocky & Gina Delorenzo, Fairmont Sr. HS
Date: November 5 10:00 AM
Oak Glen, Magnolia, Pt. Pleasant, Ravenswood, Ritchie County, Roane County, Tyler Consolidated, Weir

Region II

Site: Hedgesville HS
Director: Bo Bundrick, AD, Washington HS
Date: November 5 10:00 AM
Berkeley Springs, Braxton County, Frankfort, Grafton, Keyser, Liberty (H), Lincoln, Petersburg, Phillip Barbour

Region III

Site: ~~Charleston Civic Center~~ **Riverside HS, 1 Warrior Way, Belle, WV**
Director: Suzanne Carte
Date: November 5 10:00 AM
Bluefield, Greenbrier West, Independence, James Monroe, Liberty R, Mt. View, Oak Hill, PikeView, River View, Shady Spring, Summers County, Webster County, Westside, Wyoming East

Region IV

Site: Parkersburg HS
Director: Lori Lowers, AD, Parkersburg HS
Date: November 5 10:00 AM
Chapmanville, Clay County, Herbert Hoover, Mingo Central, Poca, Scott, Sherman, Sissonville, Tolsia, Tug Valley, Wayne



CLASS A

2011-12 NFHS Spirit Rule Revisions

Region I

Site: Fairmont Sr. HS
Director: Rocky & Gina Delorenzo, Fairmont Sr. HS
Date: November 5 6:00 PM
Bishop Donahue, Calhoun, Cameron, Gilmer, Hundred, Madonna, Paden City, St. Marys, Valley (W), Wheeling Central Catholic

Region II

Site: Hedgesville HS
Director: Bo Bundrick, AD, Washington HS
Date: November 5 6:00 PM
Clay Battelle, Doddridge, East Hardy, Harman, Moorefield, Notre Dame, Paw Paw, Pendleton County, Tucker County, Tygarts Valley, Union

Region III

Site: ~~Charleston Civic Center~~ **Riverside HS, 1 Warrior Way, Belle, WV**
Director: Suzanne Carte
Date: November 5 6:00 PM
Charleston Catholic, Fayetteville, Meadow Bridge, Midland Trail, Montcalm, Mt. Hope, Pocahontas County, Richwood, South Harrison, Valley (F)

Region IV

Site: Parkersburg HS
Director: Lori Lowers, AD, Parkersburg HS
Date: November 5 6:00 PM
Buffalo, Hannan, Man, Parkersburg Catholic, Van, Wahama, Williamstown, Wirt

STATE TOURNAMENT INFORMATION

DATE: Saturday, December 10 10:00 AM
Friday, December 9 - Team Practice Starts at 3:30 PM
Coaches' Meeting 6:30 PM
SITE: Charleston Civic Center
TOURNAMENT DIRECTOR: Suzanne Carte
TICKET PRICE: Adult - \$8.00 Student - \$7.00

- 2-4-9d;3-3-5c:** Add d.
d. Hold objects in her/his hand(s).
- 2-5-5g:** Delete(c)
Delete last phrase in (g)".therefore, all full pendulums require two bases."
- 2-5-13c:** Add EXCEPTION: A backward leapfrog to a prone position is permitted provided there are at least two catchers and the top person maintains continuous hands-to-hands contact with the post throughout the transition. The original bases, post and catchers must remain stationary.
- 2-6-2:** Basket tosses, elevator tosses and similar multi-base tosses are permitted only on grass (real or artificial) or a mat.
- 2-6-4c:** Quick/load-in tosses that begin with the top person in weight-bearing contact with the performing surface and end in a stunt or pyramid are legal provided all the following conditions are met.
 - a. same
 - b. same
 - c. The top person does not twist during the release unless it is performed on grass (real or artificial) or a mat.
- 2-7-7c:** Add c. and add Note
c. The top person begins from a cradle or the performing surface.
Note: A slight downward swing to prepare for an upward swing is permitted.
- 2-8-9b:** A twist to a cradle is permitted only on grass (real or artificial) or a mat.
- 2-9-5:** Add new: Airborne twisting tumbling skills are permitted only on grass (real or artificial) or a mat, with the exception of roundoffs and aerial cartwheels.
- 2-14:** Remove rule pertaining to vaults.
- 3-1-5:** Dance, drill and pom teams must wear footwear that is appropriate for the activity involved. At a minimum, footwear must cover the ball of the foot. EXCEPTION: Dancers performing on a floor cover may be barefoot.
- 3-2-10:** When a prop used as a base has wheels, rounded surfaces (e.g., balls, barrels, etc.) or a flat bottom covered with fabric and is moving, a spotter is required.



2011-12 Spirit Rules Changes

2-4-9d; 3-3-5c: Add d.

d. Hold objects in her/his hand(s).

Rationale: If a spotter's hands are not free, the ability to spot safely is greatly diminished.

2-5-5g: Delete (c)

Delete last phrase in (g)".therefore, all full pendulums require two bases."

Rationale: Eliminating (c) will allow the top person to land on her/his side. Removing the last phrase of (g) will allow a single-base full pendulum in which the top person drops to the side. These allowances do not present a greater risk than dropping face up or face down.

2-5-13c: Add EXCEPTION: A backward leapfrog to a prone position is permitted provided there are at least two catchers and the top person maintains continuous hands-to-hands contact with the post throughout the transition. The original bases, post and catchers must remain stationary.

Rationale: This stunt presents minimal risk to participants if adequate restrictions are in place.

2-6-2: Basket tosses, elevator tosses and similar multi-base tosses are permitted only on grass (real or artificial) or a mat.

Rationale: Prohibiting these tosses from being performed on hard surfaces is consistent with the NFHS focus on risk minimization.

2-6-4c: Quick/load-in tosses that begin with the top person in weight-bearing contact with the performing surface and end in a stunt or pyramid are legal provided all the following conditions are met.

a. same

b. same

c. The top person does not twist during the release unless it is performed on grass (real or artificial) or a mat.

Rationale: Prohibiting airborne twists during quick/load-in tosses from being performed on hard surfaces is consistent with the NFHS focus on risk minimization.

2-7-7c: Add c. and add Note

c. The top person begins from a cradle or the performing surface.

Note: A slight downward swing to prepare for an upward swing is permitted.

Rationale: Allowing a downward swing from a stunt higher than a cradle presents increased risk to the top person.

2-8-9b: A twist to a cradle is permitted only on grass (real or artificial) or a mat.

Rationale: Prohibiting all twisting cradle dismounts from being performed on hard surfaces is consistent with the NFHS focus on risk minimization.

2-9-5: Add new: Airborne twisting tumbling skills are permitted only on grass (real or artificial) or a mat, with the exception of roundoffs and aerial cartwheels.

Rationale: Prohibiting twisting tumbling skills from being performed on hard surfaces is consistent with the NFHS focus on risk minimization.

2-14: Remove rule pertaining to vaults.

Rationale: Rules pertaining to vaults are now covered in the Non-Release Stunts Section.

3-1-5: Dance, drill and pom teams must wear footwear that is appropriate for the activity involved. At a minimum, footwear must cover the ball of the foot. EXCEPTION: Dancers performing on a floor cover may be barefoot.

Rationale: Allowing additional styles of modern dance footwear does not present a significant risk. Dancing barefoot on a floor cover is considered appropriate.

3-2-10: When a prop used as a base has wheels, rounded surfaces (e.g., balls, barrels, etc.) or a flat bottom covered with fabric and is moving, a spotter is required.

Rationale: Flat-bottom props covered in fabric are often pushed or pulled around the floor and the top person on such props is at as much risk as those on props with wheels or rounded surfaces.

2011-12 NFHS Spirit Rules Quick Reference

Rule 2

Sec. 1-General

Sec. 2-Sportsmanship

Sec. 3-Apparel/Accessories

Sec. 4-Stunt Personnel

Sec. 5-Non-release Stunts

Sec. 6-Release Stunts/Tosses

Sec. 7-Suspended Stunts

Sec. 8-Dismounts

Sec. 9-Tumbling

Sec. 10-Twists

Sec. 11-Drops

RULE 2 GENERAL RISK MGT	RULE REF	PAGE
Apparel / Accessories: 1-jewelry; 2-fingernails; 3-hair; 4-appropriate; 5- full costume; 6-midriff; 7-glitter; 8-braces	2-3-____ (1-8)	18
Assisted tumbling	Sit 2-5-2 C	29
Bracer: amt. of support	2-4-3	18
Bracer: height restrictions	2-5-4	19
Dismounts – general: 1-inverted; 2-no moving; 3-assist to perf surface; 4-skill to perf surface; 5-a.visual contact / b. hold props;	2-8-____ (1,2,3,4,5)	24
Dismounts to cradle: 6-multi-base; 7-single base 8-skill to cradle; 9-twists a. # rotations / b. surfaces	2-8-____ (6,7,8,9)	24
Dismounts to cradle: 10-to new catchers; 11-bracer involved after release	2-8-____ (10,11)	24
Dive forward roll	2-9-2	25
Drops: 1-knee,seat,thigh, split; 2-front;3-flip	2-11-____ (1,2,3)	25
Extended stunt spotter req	2-5-4	19,20
Flip: 3-stunt or cradle; 4-tumbling pass	2-9-____ (3,4)	25
Gum / Candy	2-1-7	16
Hanging pyramid	2-5-9	20
Height limitation	2-5-1	19
Helicopter	2-6-5	22
Inverted top person	2-5-2	19
Leapfrog – bkwd to prone	2-5-13	20,21
Log roll: .a-single base; b, c. -multi-base	2-6-6 (a,b,c)	22
Modify stnts/tumb to area	2-1-5a	16
Move over/under stunt	2-5-3	19
Pendulum: 5-genl; 7- req spotter	2-5-____ (5,7)	20
Props/signs – step/tumb	2-1-5b	16
Props/signs - throw	2-1-5c	16
Release to layout catch	2-6-10	22
Roll down from T-lift	2-5-12	20
Sportsmanship	2-2-1	17
Spotter: 6-location; 7-focus; 8-arms/hand; 9-hands /torso /hold objects; 10-missing	2-4-____ (6,7,8,9,10)	18,19
Suspended rolls: 2-forward; 3-backward	2-7-____ (2,3)	23

RULE 2	RULE REF	PAGE
Suspended splits: 4-orig shldr level; 5-drop to-w/o brcrs; 6-drop to-with brcrs	2-7-____ (4,5,6)	23
Swan Dive	2-6-9	22
Swinging stunts	2-7-7	24
Toe / leg pitch	2-6-8	22
Tosses: 1-general; 2-surface; 3-# tossers; 4-quick/load-in tosses	2-6-____ (1,2,3,4)	21-22
Totem pole	2-5-10	20
Transitions – release (loc)	2-6-7	22
Transitions – non release 13-new bases,14-same bases	2-5-____ (13,14)	20,21
Tumbling over/under stunt/person/prop	2-9-1	25
Twists: -1-surface; 2-to cradle; 3-tumb pass; 4-on flr	2-10-____ (1,2,3,4)	25
RULE 3		
DANCE / PROPS AS BASES		
Apparel / Accessories: 1-jewelry; 2-nails; 3-hair; 4-appropriate / midriff / loose costumes; 5-footwear; 6-glitter 7-gum; 8-braces	3-1-____ (1-8)	36
Assisted inv floor skills	3-6	38
Dance on stationary prop	3-2-9	37
Dismounts from props: 1-inverted; 2-assisted; 3-cradle; 4,5-susp roll; 6-skill	3-4-____ (1-6)	38
Drops: 1-knee,seat,thigh, split; 2-front; 3-flip	3-5-____ (1,2,3)	38
Head drop back on prop	3-2-7	37
Height limit on props: 2-maximum; 3-two levels	3-2-____ (2,3)	36
Inverted on prop:	3-2-1	36
Maintain contact pr >3'	3-2-5	36,37
Moving props w/wheels, round, covered bottom	3-2-10	37
Moving to new prop: 11-visual con; 12-wheels	3-2-____ (11,12)	37
Prop held at base waist	3-2-8	37
Spotter : 2-location; 3-focus, 4,5-arms/hands/torso/ hold objects	3-3-____ (2,3,4,5)	37,38
Stacked props	3-2-13	37
Stunt/tumble on prop	3-2-6	37
Tumble onto/ovr/und prop	3-2-4	36

WVSSAC Cheer/Safety Judge Clinic Registration Form

Name: _____

Address: _____

City/State/Zip: _____

Phone (w): _____ Phone (h): _____ Cell: _____

School Affiliation (if any): _____

E-mail address: _____

Please check the appropriate response for each item.

A. _____ Sunday, August 21st 4:00 - 8:00 pm

B. Please check all necessary blanks. Enclosed is:

_____ \$6.00 National Federation Spirit Rules Book

_____ \$5.00 Registration Fee

_____ WV Cheer Manual (available online)

_____ Total Enclosed

Checks payable to WVSSAC

Please return registration to:

Heather Enoch

WVSSAC

2875 Staunton Turnpike

Parkersburg, WV 26104

Deadline for registration is Thursday, August 18, 2011

2011-2012 Cheer Checklist

✓	Form	Due	Send to
	Cheer Outside Assistance	Before the first date of outside assistance	WVSSAC
	Routine Outline Cover Sheet C2A	October 5, 2-011	WVSSAC & Pat Gross
	Routine Outline - Typed and attached to C2B	October 5, 2011	WVSSAC & Pat Gross
	Regional Cheer Entry Form C4	October 5, 2011	WVSSAC

Cheer Outside Assistance Verification

This form must be received prior to the first date of outside assistance.

Each school is only allowed five dates.

Please keep the original form, continue to add dates and fax to the office (304)428-5431.

	Date	Location	Time (s)	Instructor (s)
1				
2				
3				
4				
5				

School Name:			
Head Coach			
Phone Number	(W)	(H)	(C)
Email:			
Signature		Date:	

HIGH SCHOOL REGIONAL/STATE CHEER COMPETITION ROUTINE OUTLINE

School	Region	Class
Coach	Fax ()	
Phones: (W)	(H)	(Cell)

A **TYPED** outline **must** be submitted. Each sequence of the outline must be numbered. (See sample outline p.3 in Cheer Forms) Responsibility for the legality of all components (including but not limited to stunts and spotting) in the entire routine lays solely with the head coach. The onsite safety judge(s) will determine the final interpretation and ruling(s) during the safety check and competition.

I. TECHNICAL
Jump One:
Jump Two:
Time: [Must be between 30 and 40 seconds]
II. OPEN
Time: [Must be no longer than 2 minutes 30 seconds]
Coach's Signature
Date

Mail this form along with the typed outline to:
 Kelly Geddis
 WVSSAC
 2875 Staunton Turnpike - Parkersburg, WV 26104

Mail a COPY of this form, the typed outline and any tapes to:
 Pat Gross
 145 West High Street - Waynesburg, PA 15370
 E-mail: patricia_m_gross@yahoo.com

**THIS FORM AND THE OUTLINE MUST BE POSTMARKED BY THE DATE POSTED IN
 THE INTERSCHOLASTIC**

White copy - WVSSAC
 Yellow copy - School

HIGH SCHOOL REGIONAL/STATE CHEER COMPETITION ROUTINE OUTLINE

School:

Type words to technical:

Open Outline:

White Copy - WVSSAC
Yellow Copy - School

CHEER COMPETITION ROUTINE OUTLINE
(Use this form when WV high school format is required in competitions other than the Regional and State.)

School	Region	Class
Coach	Fax ()	
Phones: (W)	(H)	(Cell)

A **TYPED** outline **must** be submitted. Each sequence of the outline must be numbered. (See sample outline p.3 in Cheer Forms) Responsibility for the legality of all components (including but not limited to stunts and spotting) in the entire routine lays solely with the head coach. The onsite safety judge(s) will determine the final interpretation and ruling(s) during the safety check and competition.

I. TECHNICAL
Jump One:
Jump Two:
Time: [Must be between 30 and 40 seconds]
II. OPEN
Time: [Must be no longer than 2 minutes 30 seconds]
Coach's Signature Date

REFER TO YOUR COMPETITION MATERIALS TO DETERMINE WHO SHOULD RECEIVE COPIES OF THIS FORM ALONG WITH YOUR TYPED OUTLINE AND THE DATE THAT THEY SHOULD BE POSTMARKED.

White copy - WVSSAC
 Yellow copy - School

WVSSAC HIGH SCHOOL COMPETITIVE CHEERING ENTRY FORM

School	Region	Class
Coach	Fax ()	
Phones: (W)	(H)	(Cell)
Email		
School Colors		
Mascot		

I certify that the following students are eligible under current eligibility rules of the WVSSAC to represent this high school in the regional competition.

CHEERLEADERS		
Last Name	First Name	Year in School
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
ALTERNATES		
1.		
2.		
3.		
Principal's Signature:	Date:	

FORWARD ORIGINAL TO THE WVSSAC BY 10/5/11

ATTN: HEATHER ENOCH - WVSSAC - 2875 STAUNTON TURNPIKE, PARKERSBURG, WV 26104

White Copy - WVSSAC
 Yellow Copy - School



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.

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 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.

April 2010

The WVSSAC strongly recommends that all coaches/officials complete the free NFHS Concussion Course at www.nfhslearn.com

Concussion in Sports - What You Need to Know

Ordering Information at www.nfhslearn.com



Steps to access the FREE course:

1. Go to 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 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.

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.

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
TOURNAMENT DIRECTORS HAVE AUTHORITY IN DETERMINING APPROPRIATE SIZE AND SIGN MESSAGE.													
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
TOURNAMENT DIRECTORS HAVE AUTHORITY IN DETERMINING WHAT IS CONSIDERED AN ARTIFICIAL OR MECHANICAL NOISE MAKER.													
IF RULES SPECIFY NOISE MAKERS WHICH MAY NOT BE USED.													
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.



Heat Stress and Athletic Participation Information

Early fall football, cross country, soccer and field hockey practices are conducted in very hot and humid weather in many parts of the United States. Due to the equipment and uniform needed in football, most of the heat problems have been associated with football. From 1995 through the 2002 football season there have been 15 high school heat stroke deaths in football. This is not acceptable. There are no excuses for heatstroke deaths, if the proper precautions are taken. During hot weather conditions the athlete is subject to the following:

HEAT CRAMPS – Painful cramps involving abdominal muscles and extremities caused by intense, prolonged exercise in the heat and depletion of salt and water due to profuse sweating.

HEAT SYNCOPE – Weakness fatigue and fainting due to loss of salt and water in sweat and exercise in the heat. Predisposes to heat stroke.

HEAT EXHAUSTION (WATER DEPLETION) – Excessive weight loss, reduced sweating, elevated skin and core body temperature, excessive thirst, weakness, headache and sometimes unconsciousness.

HEAT EXHAUSTION (SALT DEPLETION) – Exhaustion, nausea, vomiting, muscle cramps, and dizziness due to profuse sweating and inadequate replacement of body salts.

HEAT STROKE – An acute medical emergency related to thermoregulatory failure. Associated with nausea, seizures, disorientation, and possible unconsciousness or coma. It may occur suddenly without being preceded by any other clinical signs. The individual is usually unconscious with a high body temperature and a hot dry skin (heat stroke victims, contrary to popular belief, may sweat profusely).

It is believed that the above-mentioned heat stress problems can be controlled provided certain precautions are taken. According to the American Academy of Pediatrics Committee on Sports Medicine, heat related illnesses are all preventable. (Sports Medicine: Health Care for Young Athletes, American Academy of Pediatrics, July 2000). The following practices and precautions are recommended:

1. Each athlete should have a physical examination with a medical history when first entering a program and an annual health history update. History of previous heat illness and type of training activities before organized practice begins should be included. State High School Associations recommendations should be followed.
2. It is clear that top physical performance can only be achieved by an athlete who is in top physical condition. Lack of physical fitness impairs the performance of an athlete who participates in high

temperatures. Coaches should know the **PHYSICAL CONDITION** of their athletes and set practice schedules accordingly.

3. Along with physical conditioning the factor of acclimatization to heat is important. Acclimatization is the process of becoming adjusted to heat and it is essential to provide for **GRADUAL ACCLIMATIZATION TO HOT WEATHER**. It is necessary for an athlete to exercise in the heat if he/she is to become acclimatized to it. It is suggested that a graduated physical conditioning program be used and that 80% acclimatization can be expected to occur after the first 7-10 days. Final stages of acclimatization to heat are marked by increased sweating and reduced salt concentration in the sweat.
4. The old idea that water should be withheld from athletes during workouts has **NO SCIENTIFIC FOUNDATION**. The most important safeguard to the health of the athlete is the replacement of water. Water must be on the field and readily available to the athletes at all times. It is recommended that a minimum 10-minute water break be scheduled for every twenty minutes of heavy exercise in the heat. Athletes should rest in a shaded area during the break. **WATER SHOULD BE AVAILABLE IN UNLIMITED QUANTITIES**.
5. Check and be sure athletes are drinking the water. Replacement by thirst alone is inadequate. Test the air prior to practice or game using a wet bulb, globe, temperature index (WBGT index) which is based on the combined effects of air temperature, relative humidity, radiant heat and air movement. The following precautions are recommended when using the WBGT Index: (ACSM's Guidelines for the Team Physician, 1991)
 - Below 65 – Unlimited activity
 - 65-73– Moderate risk
 - 73-82 – High risk
 - 82 plus – Very high risk
6. An alternative method for assessing heat and humidity is the weather guide or heat index. Refer to the Sports Medicine Handbook section on heat related illness published by the NFHS. Figure I is an example of a heat-humidity index table that defines low, moderate, high, and extreme risk zones.
7. Cooling by evaporation is proportional to the area of the skin exposed. In extremely hot and humid weather reduce the amount of clothing covering the body as much as possible. **NEVER USE RUBBERIZED CLOTHING**.
8. Athletes should weigh each day before and after practice and **WEIGHT CHARTS CHECKED**. Generally a 3 percent weight loss through sweating is safe and over a 3 percent weight loss is in the danger zone. Over a 3 percent weight loss the athlete should not be allowed to practice in hot and humid conditions. Observe the athletes closely under all conditions. Do not allow athletes to practice until they have adequately replaced their weight.
9. Observe athletes carefully for signs of trouble, particularly athletes who lose significant weight and the eager athlete who constantly competes at his/her capacity. Some trouble signs are nausea, incoherence, fatigue, weakness, vomiting, cramps, weak rapid pulse, visual disturbance and unsteadiness.

10. Teams that encounter hot weather during the season through travel or following an unseasonably cool period, should be physically fit but will not be environmentally fit. Coaches in this situation should follow the above recommendations and substitute more frequently during games.
11. Know what to do in case of an emergency and have your emergency plans written with copies to all your staff. Be familiar with immediate first aid practice and prearranged procedures for obtaining medical care, including ambulance service.
12. Warn your athletes about the use of any products that contain ephedra. Ephedra has been associated with two heat stroke deaths in athletes. Ephedra speeds metabolism and increases body heat, constricts the blood vessels in the skin preventing the body from cooling itself, and by making the user feel more energetic it keeps him/her exercising longer when they should stop. Do not use ephedra or ephedra products.

HEAT STROKE – THIS IS A MEDICAL EMERGENCY – DELAY COULD BE FATAL. Immediately cool body while waiting for transfer to a hospital. Remove clothing and immerse torso in ice/cold water. Immersion therapy has the best cooling rates. A plastic baby pool can be available at all practices and games, and can always be ready for immersion procedures. If not available apply ice packs in armpits, groin and neck areas. Continue cooling efforts until EMS arrives.

HEAT EXHAUSTION – OBTAIN MEDICAL CARE AT ONCE. Cool body as you would for heat stroke while waiting for transfer to hospital. Give fluids if athlete is able to swallow and is conscious.

SUMMARY – The main problem associated with exercising in the hot weather is water loss through sweating. Water loss is best replaced by allowing the athlete unrestricted access to water. Water breaks two or three times every hour are better than one break an hour. Probably the best method is to have water available at all times and to allow the athlete to drink water whenever he/she needs it. Never restrict the amount of water an athlete drinks, and be sure the athletes are drinking the water. The small amount of salt lost in sweat is adequately replaced by salting food at meals. Talk to your medical personnel concerning emergency treatment plans.



RECOMMENDATIONS FOR HYDRATION TO PREVENT HEAT ILLNESS

TYPES OF SPORTS DRINKS

Fluid Replacers

- Examples: Water, Gatorade, 10K, Quickkick, Max
- These drinks are absorbed as quickly as water and typically are used for activities lasting less than 2 hours.

Carbohydrate loaders

- Examples: Gatorlode, Exceed High, Carboplex
- These drinks replace more muscle glycogen to enhance greater endurance.
- They should be used after ultra-endurance events to increase muscle glycogen resynthesis after exercise.

Nutrition Supplements

- Examples: Gatorpro, Exceed Sports, Ultra Energy
- These supplements are fortified with vitamins and minerals and they help athletes maintain a balanced diet.
- They can be used as a meal replacement supplement for athletes who wish to skip a high fat meal, or as extra calories for athletes who wish to gain weight.

WHAT NOT TO DRINK

- Drinks with Carbohydrate (CHO) concentrations of greater than eight percent should be avoided.
- Fruit juices, CHO gels, sodas, and sports drinks that have a CHO greater than six to eight percent are not recommended during exercise as sole beverages.
- Beverages containing caffeine, alcohol, and carbonation are not to be used because of the high risk of dehydration associated with excess urine production, or decreased voluntary fluid intake.

HYDRATION TIPS AND FLUID GUIDELINES

- Drink according to a schedule based on individual fluid needs.
- Drink before, during and after practices and games.
- Drink 17-20 ounces of water or sports drinks with six to eight percent CHO, two to three hours before exercise.
- Drink another 7-10 ounces of water or sport drink 10 to 20 minutes before exercise.
- Drink early — By the time you're thirsty, you're already dehydrated.
- In general, every 10-20 minutes drink at least 7-10 ounces of water or sports drink to maintain hydration, and remember to drink beyond your thirst.
- Drink fluids based on the amount of sweat and urine loss.
- Within two hours, drink enough to replace any weight loss from exercise.
- Drink approximately 20-24 ounces of sports drink per pound of weight loss.
- Dehydration usually occurs with a weight loss of two percent of body weight or more.

WHAT TO DRINK DURING EXERCISE

- If exercise lasts more than 45-50 minutes or is intense, a sports drink should be provided during the session.
- The carbohydrate concentration in the ideal fluid replacement solution should be in the range of six to eight percent CHO.
- During events when a high rate of fluid intake is necessary to sustain hydration, sports drinks with less than seven percent CHO should be used to optimize fluid delivery. These sports drinks have a faster gastric emptying rate and thus aid in hydration.
- Sports drinks with a CHO content of 10 percent have a slow gastric emptying rate and contribute to dehydration and should be avoided during exercise.
- Fluids with salt (sodium chloride) are beneficial to increasing thirst and voluntary fluid intake as well as offsetting the amount of fluid lost with sweat.
- Salt should never be added to drinks, and salt tablets should be avoided.
- Cool beverages at temperatures between 50 to 59 degrees Fahrenheit are recommended for best results with fluid replacement.

DEHYDRATION, ITS EFFECTS ON PERFORMANCE, AND ITS RELATIONSHIP TO HEAT ILLNESS

- Dehydration can affect an athlete's performance in less than an hour of exercise — sooner if the athlete begins the session dehydrated.
- Dehydration of just one to two percent of body weight (only 1.5-3 lb.. for a 150-pound athlete) can negatively influence performance.
- Dehydration of greater than three percent of body weight increases an athlete's risk of heat illness (heat cramps, heat exhaustion, heat stroke).
- High-body-fat athletes can have a harder time with exercise and can become dehydrated faster than lower-body-fat athletes working out under the same environmental conditions.
- Poor acclimatization/fitness levels can greatly contribute to an athlete's dehydration problems.
- Medications/fevers greatly affect an athlete's dehydration problems.
- Environmental temperature and humidity both contribute to dehydration and heat illnesses.
- Clothing, such as dark, bulky, or rubber protective equipment can drastically increase the chance of heat illness and dehydration.
- Wet bulb temperature measurements should be taken 10-15 minutes before practice, and the results should be used with a heat index to determine if practices or contests should be started, modified or stopped.
- Even dry climates can have high humidity if sprinkler systems are scheduled to run before early morning practices start. This collection of water does not evaporate until environmental temperatures increase and dew points lower. Dry climate areas should take wet bulb and temperature readings 10 to 15 minutes before practice or contests.
- A Heat Index chart should be followed to determine if practice/contests should be held.
- A Heat Index chart should come from a reputable source like the National Oceanic and Atmospheric Association.
- A relative humidity of 35 percent and a temperature of 95 degrees Fahrenheit are likely to cause heat illness, with heat stroke likely.
- A relative humidity of 70 percent and a temperature of 95 degrees Fahrenheit are very likely to cause heat illness, with heat stroke very likely.

Journal of Athletic Training: 35(2): 212-224; NFHS Handbook Heat Related Illness, Sandra Shultz Phd, ATC, CSCS, Steven Zinder MS, ATC