

2011 - 2012



**Middle School
Volleyball
Coaches
Packet**

TABLE OF CONTENTS

Volleyball Bulletin	3
Rule Clinic Schedule	7
Rule 127-3-30-Volleyball	8
<i>The Interscholastic</i> Volleyball Program August 2011	9
NFHS 2011- 2012 Volleyball Rule Changes	13
The Volleyball Line Up Card	14
Volleyball Roster/Line-Up Sheet	15
Libero Tracking Sheet	17
Volleyball Championship Brackets	18
Coaching Reminders	19
Practice Rule/WVSSAC Rule 127-2-13	20
Ejection Rule/Bench Clearing Policy	21
WVSSAC Return To Play/Concussion Protocol	22
NFHS-A Parent’s Guide to Concussion in Sports	23
NFHS Concussion In Sports-What You Need To Know	27
Recruitment and Suspension Guidelines	28
Spectator Support Information	29
Body Fluids Handling Procedures	30
Ways to Prevent Skin Infections	32
Measures for Preventing Staphylococcal Skin Infections	33
WV Department of Health and Human Resources (MRSA)	34
Heat Stress and Athletic Participation Information	36
Recommendations for Hydration to Prevent Heat Illness	39

WEST VIRGINIA SECONDARY SCHOOL ACTIVITIES COMMISSION



2875 Staunton Turnpike, Parkersburg, WV 26104-7219

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

E-MAIL: wvssac@wvssac.org
WEB SITE: www.wvssac.org



BULLETIN

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

Coaches' Packets are available to all varsity high school coaches and all middle schools. If your high school also sponsors a ninth grade volleyball 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.

2011-2012 Points of Emphasis

1. **Ejections**-Player/Coach ejection is for two (2) dates not two (2) contests.
2. **Player Apparel** – Buttons, zippers, and pockets are not allowed on uniforms. All players must come on the court appropriately dressed. Uniforms are to be worn as designed. No bare midriff tops. If uniforms are designed to be tucked in, they must be. If uniforms are not designed to be tucked in, they do not have to be as long as the entire stomach is covered. Shorts are not to be rolled down at the waist. Shirts worn under the uniform top must be the same color as the dominate color of the top. Compression clothing worn under the shorts must be the same color of the uniform shorts and not extend below the shorts. No glitter may be worn on the body, uniform or accessories.
3. **Line Judges** – Line Judges are required for regular season; They must be trained. Whenever possible, schools should use WVSSAC registered officials for this position. WV Line Judges will **NOT** use flags. Refer to *The Interscholastic*.
4. One volleyball scrimmage is allowed for 9th grade and middle schools. Two (2) volleyball scrimmages with **another high school** may be conducted with the following conditions:
 - a. After seven (7) days of practice, each team member must have seven (7) team practices.
 - b. Prior to the first game;
 - c. No score is kept;
 - d. Free substitution;
 - e. The use of registered officials would not be a violation of game conditions.
5. Warm-Up for the first match will be 2-6-6. Refer to *The Interscholastic*.

The required Middle School net height is 7 feet.
The height for High School and 9th Grade Teams is 7 feet 4 1/8 inches.

Important reminders:

1. Facilities – Coaches are to remove all floor obstacles, gym equipment, etc., from the playing area & playable areas before teams arrive. Gym floors must be swept before warm-ups begin.

Coaches are responsible for instructing all team personnel to maintain cleanliness of the bench area during and after the match. Note: If clean up is required after a time-out has ended, an unnecessary delay penalty will be assessed.

Equipment Safety – Schools need to check padding on cranks, poles and the official's stand to ensure the safety of all participants. Everything from the floor up to 5'. This includes the wheels on the officials stand.

Team seating is limited to 16 seats. Teams may have 16 personnel seated and 6 players on the court. Additional personnel must be seated in the area available closest to team bench but not on the floor beside the bench. All team personnel must be dressed in uniform. Note – This does not affect stated tournament admission or reimbursement (limit – 18).

2. Warm-up time for the first game of the match must be 2-6-6. Thereafter, warm-up time between subsequent sets may be shortened by mutual agreement of coaches or by the tournament format. **During a team's six (6) minutes, the team is allowed to utilize the entire court and practice serving.** Refer to *The Interscholastic* for further explanation.

3. Charleston Civic Center will be the site for the State Volleyball Tournament on November 11-12, 2011. Doug Hogue will be the Tournament Director.
4. Officials (umpire and referee) for the sectional, regional, and state tournaments must be registered Class I or II officials unless approval is given by the WVSSAC. Registered officials must be used during the regular season. No non-registered person may officiate at any level.

Coaches involved in planning a sectional or regional tournament are asked to refer to the Volleyball Program (The Interscholastic) for specified dates for contracting officials.

5. Scorekeepers must be trained. Coaches should make every attempt to train more than one scorer. Each team is to have a Libro Tracker.

6. **2011-2012 Dates:**

High Schools

First Date for Practice	August 8, 2011
First Contest Played	August 31, 2011
Sectional Tournament	October 31-November 3, 2011
Regional Tournament	November 5, 2011
State Tournament	November 11-12, 2011

Middle Schools

First Date for Practice	August 15, 2011
First Contest Played	September 7, 2011
Season Ends	October 29, 2011

7. A team must have participated in at least twelve (12) matches to be eligible for sectional tournament competition (*high schools only*).
8. The volleyball season will end for each high school team at tournament elimination.
9. A high school volleyball team will be permitted to play in no more than **22** (dates) exclusive of sectional, regional, and state competition. Middle school teams will be permitted sixteen (16) dates. **Coaches are asked to notify the WVSSAC if changes, postponements, cancellations, etc., occur in the originally submitted schedule. These changes/updates can be made online.**
10. WVSSAC Rule 127-3-13 Practice – Please refer to the enclosed copy for practice procedures and inform athletes of the regulations.
11. In dual competition, a player may participate in a maximum of three (3) sets against the same opponent if match is 2 of 3. If the match is 3 of 5 and 2 of 3 a player can play a total of 5 sets. **If a player attempts to exceed the allowed number of sets, the officials should use preventive officiating and warn the coach. If the player then enters the set, she becomes an illegal substitute and action will be taken accordingly. Special Report is to be done online and sent to the WVSSAC office.**
12. **Coaches' Rating Forms for Officials:** It is the responsibility of the high school varsity coach to rate each official registered with the WVSSAC (all regular season varsity matches and all tournament matches). Please read and follow the directions (enclosed) on how to obtain a PIN and entering coach's reports online.

These reports are to be submitted online after each play date. This must be done correctly and on schedule. Failure to comply will carry a \$10.00 per game fine.

The Board of Directors has approved the suspension of any coach who fails to submit these forms or to pay the fine within the designated time line. This organization makes every effort not to suspend a coach or impose monetary penalties which affect your school finances. Therefore, if you have a change in your schedule (cancellations, etc.,) update your schedule online.

13. Please be advised that the required Coaches'/Officials' Rules Clinics will be held at various locations (see enclosed sheet). **It is mandatory for all head coaches to attend one of the state sponsored rules clinics. You CANNOT send a representative for the head coach. If the head coach is not present at said clinic, there will be a \$50.00 fine assessed. The WVSSAC Board of Directors has adopted a regulation that sport programs will be suspended if the head coach fails to attend the State Rules Clinic and the \$50.00 assessed fine is not paid. Clinic schedule and locations are online.**

The clinic attendance requirement will not be granted if you are late in excess of 10 minutes.

14. 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 *Rules & Regulations Handbook* online.

15. Coaches are asked to carefully review the Spectator Support Information with players, fans, and parents.
16. Coaches are responsible for discussing the Bench Clearing Rule 127-4-3.7.7 with all other coaches and players prior to participation.

Rule 127-4-3.8 Code for Interscholastic Athletes – Coaches are hereby notified to carefully review this rule with their athletes.

<p>Suspension/Recruitment Policies - Carefully review the enclosed rule clarifications and contact me if you have any questions.</p>

17. Officials will issue red and yellow cards. Issuance of a red card and/or red/yellow together will require a Special Report to be sent to the WVSSAC.
18. Preseason Meetings: It is highly recommended that all coaches conduct preseason meetings for their players and parents. In addition to their own rules and regulations, coaches must address players on taunting, conduct and sportsmanship rules before the first regular season match.
19. Coaches, players and spectators must note that officials will be asked to strictly enforce all taunting, conduct, and sportsmanship rules.
20. Coaches are reminded to review National Federation Rule **12-2-6**. This rule allows the head coach to stand in the libero replacement zone during any dead ball to instruct his/her players. The privilege is lost and the head coach must remain seated as outlined in 12-2-5 if a card is issued to anyone on the team bench. ****NOTE** – A coach cannot stand in this area during a dead ball and converse with the officials. They may talk to players only.
21. **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.
22. **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.
23. Coaches are encouraged to contact their local officials board to train their scorekeepers, libero trackers, and line judges prior to the first contest. Officials can also aid in safety precaution procedures with coaches and review legal uniforms, accessories and new rules with players.

Part I Test-No longer required for coaches.

2011-2012
VOLLEYBALL RULES CLINICS

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

§127-3-30. Volleyball (Girls).

30.1. Rules: Volleyball 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.

30.2. Organized Team Practice: Organized team practice will begin on Monday of Week 6 and the first contest may be played on Wednesday of Week 9.

30.3. Length of Season: The volleyball season will end for each team by WVSSAC tournament elimination.

30.4. Maximum Team Contest: A volleyball team will be permitted no more than 22 playing dates exclusive of sectional, regional, and state contests.

30.4.1. Dual, triangular and quadrangular matches count as one date. Matches in which five or more schools participate count as two dates.

30.5. In dual competition, a student may participate in a maximum of three (3) games against the same opponent if a match is 2 of 3 games and five (5) games if the varsity match is 3 of 5 games.

30.6. Scrimmages: Two volleyball scrimmages with another high school may be conducted. See Glossary.

30.7. 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.

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

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

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

30.10.1. Middle school/9th grade teams will be permitted 16 playing dates.

30.10.2. Organized team practice will begin on Monday of Week 7 and the first contest may be played on Wednesday of Week 10.

30.10.3. Middle school/9th grade season will be completed by Saturday of Week 17.

30.10.4. Middle school/9th grade teams are permitted one (1) scrimmage. See Glossary.

2011-2012 Volleyball Program



The Volleyball Coaches' Committee met at the WVSSAC office on Wednesday, December 1.

The Board of Directors reviewed the volleyball program in the August Interscholastic and approved the following:

2011-12 High School Volleyball Dates:		
Season Starts:	Mon. of Wk. 6	August 8
1st Contest Held	Wed. of Wk. 9	August 31
Sectional	Week 18	Oct. 31 - Nov. 3
Regional	Week 18	November 5
State	Week 19	November 11-12
9th Grade/Middle School Dates:		
Season Starts	Mon. of Wk. 7	August 15
1st Contest Held	Wed. of Wk 10	September 7
Season Ends	Sat. of Week 17	October 29

I. GENERAL INFORMATION:

- A) The Wilson H7700 I-Core volleyball is the official ball for this year. The Wilson ball will be used in all tournament play. Schools will be permitted to use a NFHS approved colored panel ball during regular season (NFHS 3-2-1). For Sectional, Regional and State Tournament play a white Wilson ball will be used.
- B) **Facility safety (obstructions, obstacles, etc.,) is the host administration and officials' responsibility.**
- C) The warm-up time for all levels of competition is now 2-6-6 for a total of 14 minutes. The first two minutes, both teams have access to their side of the court. At the end of two minutes, a horn or whistle will sound and **the team that won the coin toss** will take the floor for six minutes. If a team wants to practice serving, it must be done during these six minutes. **Both teams will not practice serving at the same time.** At the end of the first six minutes warm-up, a horn or whistle will sound and the opposing team will have the floor for six minutes.
It is also important for coaches to know that officials do not dictate what a team does during its warm-up time. That is up to the coach as to what is done during this time.
- D) **Scorekeepers** - Must have 2 Scorekeepers. One Scorekeeper for the game book and one Scorekeeper for the libero player. Both Scorekeepers must be at the score table. **Both Scorekeepers must be trained.**
- E) **Line Judges** - Line judges are **required** for the regular season. All Line Judges **must** be trained. Line Judges cannot be players in uniform. Whenever possible, use WVSSAC certified officials.
Line Judges must be present at the match site a minimum of 20 minutes prior to the start of the match.
Line Judges are required for sectional, regional, and state contests. These line judges must be WVSSAC registered officials.
- F) It is recommended that school personnel meet with the local officials' board prior to the season to discuss assignment of officials and officiating fees.
- G) The WVSSAC promotes good sportsmanship in all sport programs. We encourage you to inform parents and athletes of the importance of good sportsmanship.
- H) Preseason Meetings: It is highly recommended that all coaches conduct preseason meetings for their players and parents. In addition to their own rules and regulations, coaches **must** address players on taunting, conduct, and sportsmanship rules before the first regular season match. **Good sportsmanship is to be practiced by all team personnel during warm-ups.**
- I) Officials must strictly enforce all taunting, conduct, and sportsmanship rules.
- J) Home team management will be responsible for providing volleyballs for all high school duals, tri and Quad's. When three courts are used, teams should bring their own volleyballs.

II. RULES AND REGULATIONS:

- A) Players are not allowed to wear face, hair or body paint or mascot stickers while participating in a contest. Permanent magic marker markings are not allowed. Permanent tattoos are permitted provided they are not objectionable. If determined objectionable by the official, the tattoo must be covered. No glitter on body, uniform or accessories.
- B) A team must have participated in twelve (12) matches to be eligible for sectional tournament competition (high school only).
- C) **A high school volleyball team will be permitted to play in no more than 22 (dates) exclusive of sectional, regional, and state contests.** The volleyball season will end for each high school team at tournament elimination. **Middle school teams will be permitted sixteen (16) play dates.**
- D) Dual, triangular and quadrangular matches count as one date. Matches in which five or more schools participate count as two dates.
- E) Two volleyball scrimmages with **another high school** may be conducted. One volleyball scrimmage is allowed for 9th grade and middle schools. (No quads for a team) Tri's count as 2 scrimmages.
- F) In dual competition, a player may participate in a maximum of five (5) sets against the same opponent if the varsity match is 3 of 5 sets. If a player is entered who would exceed this regulation, the official should use preventive officiating and notify the coach. If the player is then played, she becomes an illegal substitute and a Special Report is to be sent to the WVSSAC. This rule is the responsibility of the coach.
- G) **Rally scoring must be used in all matches.** Rally scoring includes let serve, dual - High School Varsity and JV - 3 of 5 with no cap, first 4 sets to 25 points, fifth set to 15 points, must win by two. Tri's and Quad's 2 of 3 - no cap, all 3 sets to 25, must win by 2. If high schools have a 9th grade team, they must play middle school rules. (Exception: Net height.) Two time-outs per set. Middle School - 2 of 3 - all 3 sets to 25, must win by 2.
High School Varsity Tournaments - 5 or more teams must use rally scoring - 2 of 3 matches - the format is to be determined by the director. No 3 of 5 matches can use pool play.
- H) It is the responsibility of the high school varsity coach to rate each official (all regular season and tournament matches). Individual rating forms are included in the coach's packet. Only one match is allowed per form, and each official must be rated for every officiated match. These forms are online and should be done after each play date. Failure to comply will result in a \$10.00 per match fine.
- I) **Head Coaches' Conduct:** The head coach may stand in the libero replacement zone, no closer than six feet to the sideline, **during play** to coach his/her players. The head coach may not obstruct the sight of R2 or the L.J. During a dead ball, the head coach may stand at any location in the libero replacement zone. When the R1 is ready to resume play and extends their arm to begin serve, the coach must move back.
- J) Each official is required to enter their number into the home and visitors scorebook legibly.

III. POINTS OF EMPHASIS

- A. Net Height -
Middle school (6, 7, 8) net height is 7 feet.
High School (9, 10, 11, 12) net high is 7 feet 4-1/8 inches.
- B. Spectator Items - Laser pointers are not allowed. Violators shall be ejected from the contest.
- C. Equipment - Padding on cranks and the official's stand must be checked and, if necessary, replaced to ensure safety of all participants.



- D. **Bench Areas** - Coaches are responsible for instructing all team personnel to maintain cleanliness of the bench area during and after the match.
- E. **Allowed Bench Seating** - Team seating is limited to 16 seats. Teams may have 16 personnel seated and 6 players on the court. There is to be **NO** sitting on floor and no additional seats added. Additional personnel must be seated in an area available closest to the team bench. All team personnel must be dressed in uniform.
- F. **Team Uniforms** - Buttons, zippers, and pockets are not allowed on uniforms. All players must come on the court appropriately dressed and jewelry removed. Uniforms are to be worn as designed. No bare midriff tops. If uniforms are designed to be tucked in, they must be. If uniforms are not designed to be tucked in, they do not have to be as long as the entire stomach is covered. Shorts are not to be rolled down at the waist. Shirts worn under the uniform top must be the same color as the dominate color of the top. Compression clothing worn under the shorts must be the same color of the uniform shorts and not extend below the shorts. Players are to be appropriately dressed before entering the court.
- G. **Coaches' Apparel** - Coaches are to be attired in appropriate apparel. It is strongly recommended that coaches' apparel be representative of the school colors.
- H. Officials are to be dressed alike in the official uniform with shirts tucked in.
- I. **Ejection Clarification** - Coach/player ejection is for two dates not two contests. If a coach is ejected, it is not the responsibility of the official to determine if the replacement for the coach is allowable. Officials will allow that individual to coach; however, the official shall request the name of the individual and document that on the Special Report. The time shall not exceed twenty (20) minutes.
- J. **Officials' Jurisdiction** - The officials' jurisdiction begins upon arrival on the floor and ends upon departure from the site.
- K. **Sportsmanship** - Chestbutting by players is not allowed.

IV. TOURNAMENTS:

ALL TOURNAMENT DIRECTORS ARE REMINDED TO READ THE DIRECTOR'S MANUAL BEFORE ANY PREPARATIONS ARE MADE FOR A TOURNAMENT. The necessary forms or reports that **must** be filed with the WVSSAC office may be found with the instructions for each sport. All tournament directors are responsible for notifying participating schools as to site location, date, and time of contest.

The specified dates for Sectional and Regional Tournaments may not be changed.

A. SECTIONAL TOURNAMENT - (week 18)

The school listed in bold print will serve as temporary chairman of each section and as such will be responsible for calling a meeting of those listed schools by **October 1**. Notification and confirmation of all schools is necessary. Site selection, seeding, pairings, tournament director, dates, selection of registered officials, admission, etc., shall be determined at this meeting. **Contracts for officials should be used. (Class I and II registered officials (umpire and referee) must be used. Please send information to WVSSAC. WV registered official line judges are required.**

- 1. Failure of a coach or a school representative to attend the sectional meeting or conference call will result in that school not having a vote in the Sectional Tournament meeting process.
- 2. Tournament directors should refer to the Spectator Support List published in the August edition of The Interscholastic to determine what items are permitted at volleyball tournaments.
- 3. The Sectional Tournament will be the best 3 of 5 sets for single elimination and double elimination. For Sectional, if there are more than 3 schools and you choose double elimination, you must use 2 courts.
- 4. Awards, if given, will be established by sectional participants.

WVSSAC sectional plaque will be sent to sectional temporary chairman. Profit/deficit will be shared by each school.

- 5. Winner and runner-up of sectional level will advance to the Regional Tournament.
- 6. **Financial Reports** - Directors are asked to submit the reports by the date designated in the Director's Manual.

B. REGIONAL TOURNAMENT - (week 18)

- 1. Regional director will select and contract registered officials. *Class I and II umpire and referee only. WV registered official line judges are required.*
- 2. Pairings for Regional Tournament are as follows:
Winner Section 1 vs. Runner-Up Section 2
Winner Section 2 vs. Runner-Up Section 1
The winner is the home team for semi-finals. In finals, the officials will conduct a coin toss.
Winner and runner-up from each region qualify for the State Tournament.
- 3. The Regional Tournament will be the best 3 of 5 sets for the match and single elimination. Profit and/or deficit will be shared by each regional participating school.
- 4. **Financial Reports** - Directors are asked to submit the reports by the date designated in the Director's Manual.

C. STATE TOURNAMENT - (Week 19)

Charleston Civic Center, Director, Doug Hogue

- 1. A **blind draw** will be done at the WVSSAC office and placed on the website Monday after the Regional Tournament.
- 2. 18 will be admitted on the team pass at the Sectional, Regional and State Tournament.
- 3. Admission (per session) All Session Pass
Adults - \$8.00 Adults - \$30.00
Students - \$7.00 Students - \$25.00
- 4. Officials will be selected by WVSSAC.
- 5. The State Tournament will be a two (2) day four session event. The tournament will be the best 3 of 5 sets for a match and single elimination.
- 6. In the first round of the state tournament, Regional winners and Regional runner-ups will compete against each other.
- 7. **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.





Time Schedule

Each session will have a running schedule

Thursday, November 10

Official's Meeting - 6:30 PM

Coaches Meeting - 7:00 PM

Friday, November 11 - Session I - 8:30 AM

Coaches' Meeting 7:45 AM (For those unable to attend Thursday night meeting)

Team Warm-up 8:00 AM

Court Assignment for Sessions 1 thru 3

A - Court 1

AA - Court 2

AAA - Court 3

Friday 8:30 AM Region Champion vs Region Runner-Up - All 3 classes

Immediately following Game 1, Game 2 will begin.

Region Champion vs Region Runner-Up

Coliseum will be cleared.

Admission will be charged for Session II

Friday, November 11 - Session II 1:30

Team Warm-Up 1:00 PM

Friday 1:30 PM Region Champion vs Region Runner-Up - All 3 classes

Immediately following Game 3, Game 4 will begin.

Region Champion vs Region Runner-Up

Coliseum will be cleared - Admission will be charged for Session III

Friday, November 11 - Session III - 6:30

Friday 6:30 PM Winner of Game 1 vs Winner Game 2 - All 3 classes

Immediately following Game 5, Game 6 will begin.

Winner of Game 3 vs Winner Game 4 - All 3 classes.

Saturday, November 12 - Session IV

A Championship Game 10:00

AA Championship Game (*Running Schedule)

AAA Championship Game (*Running Schedule)

*Immediately following 1st games awards ceremony

AAA

Region I

Site: Wheeling Park High School

Director: Dwaine Rodgers, AD, Wheeling Park HS

Date: November 5 10:00 AM

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

Section 2: **Robert C. Byrd**, Preston, East Fairmont, Fairmont Senior, North Marion

Region II

Site: Lewis County High School

Director: Missy Riley, AD, Lewis County HS

Date: November 5 ~~10:00 AM~~ 1:00 PM

Section 1: **Martinsburg**, Washington, Musselman, Hedgesville, Jefferson

Section 2: **Elkins**, Hampshire, Bridgeport, Lewis County, Buckhannon-Upshur

Region III

Site: Woodrow Wilson High School

Director: Eric Dillon, Woodrow Wilson HS

Date: November 5 10:00 AM

Section 1: **Riverside**, Princeton, Woodrow Wilson, Nicholas County, Greenbrier East

Section 2: **Logan**, St. Albans, Capital, George Washington, South Charleston

Region IV

Site: Spring Valley High School

Director: Terry Porter, AD, Spring Valley HS

Date: November 5 10:00 AM

Section 1: **Lincoln County**, Cabell Midland, Huntington, Hurricane, Spring Valley

Section 2: **Nitro**, Winfield, Ripley, Parkersburg, Parkersburg South

AA

Region I

Site: Ritchie County High School

Director: Patrick Allen, AD, Ritchie County HS

Date: November 5 6:00 PM

Section 1: **Weir**, Magnolia, Tyler Consolidated, Oak Glen

Section 2: **Point Pleasant**, Ritchie County, Ravenswood, Roane County

Region II

Site: Frankfort High School

Director: Kevin Shupe, AD, Frankfort HS

Date: November 5 6:00 PM

Section 1: **Braxton County**, Clay County, Liberty (H), Philip Barbour, Lincoln

Section 2: **Grafton**, Keyser, Frankfort, Berkeley Springs, Petersburg

Region III

Site: Summers County High School

Director: Wayne Ryan, AD, Summers County HS

Date: November 5 6:00 PM

Section 1: **Liberty (R)**, Greenbrier West, Oak Hill, Shady Spring, Independence, Summers County

Section 2: **Wyoming East**, James Monroe, Bluefield, River View, PikeView, Westside

Region IV

Site: Sissonville High School

Director: Rich Skeen, AD, Sissonville High School

Date: November 5 6:00 PM

Section 1: **Chapmanville**, Poca, Herbert Hoover, Sissonville

Section 2: **Mt. View**, Tug Valley, Wayne, Tolsia, Sherman, Mingo Central

A

Region I

Site: Wirt County High School

Director: Dottie Hardbarger, AD, Wirt County High School

Date: November 5 ~~2:00 PM~~ ~~11:00 AM~~ 10:00 AM

Section 1: **Valley (W)**, Cameron, Paden City, Madonna, Wheeling Central, Bishop Donahue

Section 2: **Williamstown**, Parkersburg Catholic, Wirt County, St. Marys, **Hundred (New)**

Region II

Site: Doddridge County High School

Director: Greg Bonnell, AD, Doddridge County HS

Date: November 5 2:00 PM

Section 1: **Gilmer County**, Clay-Battelle, Trinity, South Harrison, Doddridge County, Notre Dame, Calhoun County

Section 2: **Moorefield**, Tygarts Valley, Paw Paw, East Hardy, WV School/Deaf, Pendleton County

Region III

Site: Meadow Bridge

Director: Al Martine, Principal, Meadow Bridge HS

Date: November 5 2:00 PM

Section 1: **Richwood**, Pocahontas County, Valley (F), Fayetteville

Section 2: **Greater Beckley**, Meadow Bridge, Mercer Christian, Montcalm

Region IV

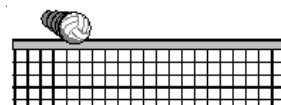
Site: Charleston Catholic High School

Director: Bill Gillispie, AD, Charleston Catholic High School

Date: November 5 2:00 PM

Section 1: **St. Joseph Central**, Hannan, Wahama

Section 2: **Man**, Charleston Catholic, Buffalo



WV State Volleyball Championship
Charleston Civic Center - November 11-12
Each Session will have a running schedule.
Home Team - Bottom Top Bracket



2011-2012 VOLLEYBALL RULE CHANGES

- 1-3 **new 3** Outlines the procedure for scoring when a vacant position rotates to serve in the right back position due to the team playing with fewer than six players as a result of illness, injury or disqualification.
- 2-1 **new 9 and 10** Adds the definitions for playable and nonplayable areas and stipulates the first referee has the authority to identify other area(s) as unsuitable for play.
- 3-1-1 The overall width and length of the net may now fall within a range with the width of the net overall being 36 inches to 39 inches and the length being 31 feet, 6 inches to 33 feet.
- 3-1-1 The plain white tape along the top of the net shall be 2 inches up to 2¾ inches wide. A white net sleeve, no wider than 3 3/8 inches, with the school name, insignia, school mascot and/or advertising may be installed along the top of the net.
- 4-1-6 Expands the style of items that may be worn in the hair to include unadorned flat barrettes no longer than 2 inches.
- 5-1-3 Once the match competition is concluded, the match officials continue to maintain administrative responsibilities through the completion of any required reports or correspondence related to action occurring during the match. If necessary, the state association may intercede due to unusual incidents after officials' jurisdiction ends or the match is terminated prior to conclusion of regulation competition.
- 5-2-1 **new NOTE 2** The individual state association may make a temporary adjustment in the official's uniform and permit the wearing of a white shirt or sweater to address cold conditions within competition facilities.
- Volleyball Signals #1, Case Book** The illegal alignment signal shall be used for a libero replacement after the whistle/signal for serve. It is also used to communicate a penalty being assessed for failure to submit an accurate lineup.

2011-12 MAJOR EDITORIAL CHANGES

- 4-1 **New Note** Clarifies the authority and criteria for the state association to authorize exceptions to the playing rules to provide a reasonable accommodation to individual participants.
- 8-1-1 Reference to a "let " serve is removed from the rules and replaced with language indicating a serve contacting and crossing the net entirely within the antennas remains in play.
- 9-5-5 **Note** An illegal back-row attack is called when the ball completely crosses the net or is contacted by the opponent.

2011-12 POINTS OF EMPHASIS

- Referee stand
- Libero uniform
- Host school providing assistant officials
- Suspended net systems

NFHS Volleyball Rules Changes 2011-12

- 1-3 new 3** Outlines the procedure for scoring when a vacant position rotates to serve in the right back position due to the team playing with fewer than six players as a result of illness, injury or disqualification. **Rationale:** Provides clarification of proper scoring protocol when a team plays with fewer than 6 players due to injury, illness, or disqualification, after the start of the match.
- 2-1 new 9 and 10** Adds the definitions for playable and nonplayable areas and stipulates the first referee has the authority to identify other area(s) as unsuitable for play. **Rationale:** The rules currently refer to playable and nonplayable areas. For clarification, these areas are now defined. The first referee has the authority to identify other unsuitable area(s) for play.
- 3-1-1** The overall width and length of the net may now fall within a range with the width of the net overall being 36 inches to 39 inches and the length being 31 feet, 6 inches to 33 feet. **Rationale:** The inclusion of a range makes legal the various equipment being utilized by high school teams should matches be conducted in college facilities. The change does not require new equipment and eliminates need for manufacturers to make different nets which many schools are not correctly purchasing.
- 3-1-1** The plain white tape along the top of the net shall be 2 inches up to 2¾ inches wide. A white net sleeve, no wider than 3 3/8 inches, with the school name, insignia, school mascot and/or advertising may be installed along the top of the net. **Rationale:** The inclusion of the range makes legal the various equipment being utilized by high schools should matches be conducted in college facilities. The use of a manufactured sleeve allows the school to place their name, mascot, insignia and/or advertising on the net without expense of a custom net to promote school spirit and opportunity as a source for additional revenue.
- 4-1-6** Expands the style of items that may be worn in the hair to include unadorned flat barrettes no longer than 2 inches. **Rationale:** Flat, unadorned barrettes, no longer than two inches, do not create a concern for risk of injury and can be securely fastened and serve as efficient means to control a player's hair.
- 5-1-3** Once the match competition is concluded, the match officials continue to maintain administrative responsibilities through the completion of any required reports or correspondence related to action occurring during the match. If necessary, the state association may intercede due to unusual incidents after officials' jurisdiction ends or the match is terminated prior to conclusion of regulation competition. **Rationale:** Administrative duties for match officials may need to continue after the match to document actions which occur during the competition. This revision illustrates the difference between the match officials' jurisdiction during the contest and other administrative responsibilities such as submitting specific reports after the match. In addition, clarifies that State Associations may continue to develop and implement policies that allow for review of unusual incidents that occur while the match officials have jurisdiction or after the match.
- 5-2-1 new NOTE 2** The individual state association may make a temporary adjustment in the official's uniform and permit the wearing of a white shirt or sweater to address cold conditions within competition facilities. **Rationale:** Many times officials will be required to work in gymnasiums in which the temperature is quite cool. Rather than each official wearing different visible undergarments or different style shirts, the state association may develop a policy to permit a standard style long-sleeved shirt or sweater and still maintain the integrity of the officials' uniform.
- Volleyball Signals #1, Case Book** The illegal alignment signal shall be used for a libero replacement after the whistle/signal for serve. It is also used to communicate a penalty being assessed for failure to submit an accurate lineup. **Rationale:** Clarifies "Illegal Alignment" is the penalty for a libero replacement that takes place after the whistle/signal for serve regardless of whether or not the ball is contacted for serve. The additional use of the signal is to indicate a penalty is being assessed for failure to submit an accurate lineup and will improve communication between officials and spectators when this violation occurs.

2011-12 MAJOR EDITORIAL CHANGES

- 4-1 New Note** Clarifies the authority and criteria for the state association to authorize exceptions to the playing rules to provide a reasonable accommodation to individual participants.
- 8-1-1** Reference to a "let" serve is removed from the rules and replaced with language indicating a serve contacting and crossing the net entirely within the antennas remains in play.
- 9-5-5 Note** An illegal back-row attack is called when the ball completely crosses the net or is contacted by the opponent.

2011-12 POINTS OF EMPHASIS

Referee stand
Libero uniform
Host school providing assistant officials
Suspended net systems

The Volleyball Line Up Card

Roster and Line-Up (Rule 7-1)

- 10 minutes prior to the end of pre-match timed warm-up, a coach from each team shall submit in writing to the scorer an accurate roster giving names and uniform numbers of all players for the match. This roster must be entered into the scorebook and remain at the score table.
- 2 minutes prior to the end of pre-match timed warm-up, a coach from each team shall submit to the scorer an accurate, written line-up of the uniform numbers for the six (6) starting players in serve order. This lineup is to remain at the scoretable.
- Check for a Libero player – if none marked, ask coach (preventive officiating)
- The R2 will verify that the line-up has been entered correctly on the official score sheet
- Within 2 minutes following each game, a coach from each team shall submit a written, accurate numeric lineup to the scorer
- The written roster and current lineup shall remain at the officials table throughout each set and match

Lineup Card (See NFHS Volleyball Case Book)

The lineup card is a required tool to assist the R2 in carrying out their duties. The R2 has the sole responsibility to record both teams in starting floor position on his/her lineup card. The lineups submitted to the scorer from each coach are in serve order.

The card and pencil/marker are in their possession during the game. The card will provide the following:

*Correct serving order

*Captains

*Who is serving

*Player identification

*Substitutions

*Time-Outs

The style/form for a lineup card is up to the official – whatever you can make sense of and what is effective for you.

**ALL REGISTERED VOLLEYBALL OFFICIALS ARE REQUIRED TO USE A LINE-UP CARD
WHEN SERVING AS THE R2 IN A MATCH.**

NFHS Volleyball Rule Interpreters Meeting-7/17/2008

Cheryl Gleason, Assistant Executive Director, Kansas State High School Activities Association

TEAM LINEUP SHEET

Lineup:

1. Check if your team will serve or receive.
2. List numbers of the starting lineup — in proper serving order to start the set — on the appropriate set lineup sheet.
3. Mark the floor captain with a: "c."
4. Designate the uniform number (from the team roster) of the libero player for each game in the space provided.

Note: The lineup must be submitted to the scorer two minutes prior to the end of timed, prematch warm-up.

Team: <u>Wheatland</u>	Set: <u>1</u>
Libero: <u>5</u>	CHECK ONE: <input checked="" type="checkbox"/> Serve <input type="checkbox"/> Receive
SERVE ORDER	PLAYER NO.
I	4
II	6
III	7 C
IV	11
V	12
VI	9

Team: <u>Douglas</u>	Set: <u>1</u>
Libero: <u>15</u>	CHECK ONE: <input type="checkbox"/> Serve <input checked="" type="checkbox"/> Receive
SERVE ORDER	PLAYER NO.
I	3
II	4
III	9
IV	5
V	11
VI	8

TEAM ROSTER

Roster:

1. Write in your team's name and check "home" or "visitor."
2. Write each player's number and name (last name, then first name) in the space provided on the roster.
3. The libero with two numbers shall be listed with non-libero number followed by libero number (e.g., 14/L15)

Note: The team roster is to be turned in to the scorer 10 minutes prior to the end of timed, prematch warm-up.

TEAM Douglas	
Check one: Home <input checked="" type="checkbox"/> Visitor <input type="checkbox"/>	
Player Number	Player Name Last/first
3	Smith, Jamie
5	Davies, Jennifer
6	Ross, Vickie
7	Jones, Kim
14/L15	McDonald, Lisa

LIBERO TRACKING SHEET

TEAM:		L:	
GAME	Serving Order	SP	
1	I		
	II		
	III		
	IV		
	V		
	VI		

TEAM:		L:	
Serving Order	SP		
I			
II			
III			
IV			
V			
VI			

TEAM:		L:	
GAME	Serving Order	SP	
2	I		
	II		
	III		
	IV		
	V		
	VI		

TEAM:		L:	
Serving Order	SP		
I			
II			
III			
IV			
V			
VI			

TEAM:		L:	
GAME	Serving Order	SP	
3	I		
	II		
	III		
	IV		
	V		
	VI		

TEAM:		L:	
Serving Order	SP		
I			
II			
III			
IV			
V			
VI			

TEAM:		L:	
GAME	Serving Order	SP	
4	I		
	II		
	III		
	IV		
	V		
	VI		

TEAM:		L:	
Serving Order	SP		
I			
II			
III			
IV			
V			
VI			

TEAM:		L:	
GAME	Serving Order	SP	
5	I		
	II		
	III		
	IV		
	V		
	VI		

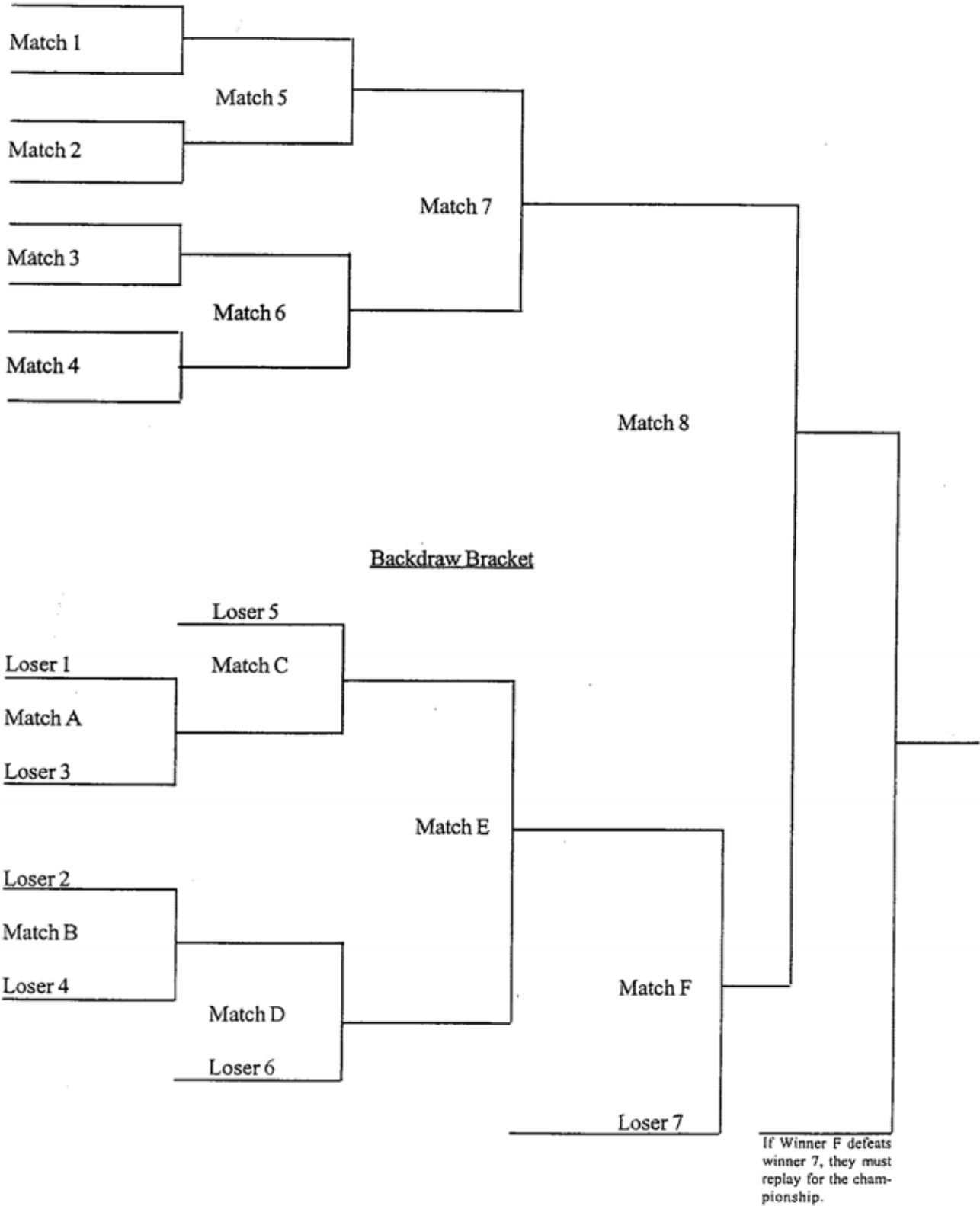
TEAM:		L:	
Serving Order	SP		
I			
II			
III			
IV			
V			
VI			

Enter the Libero's number next to the L. Enter the jersey number of the starting player for each position under SP. When the Libero enters, slash the player number and enter L. When the Libero leaves, slash the L and enter the returning player number. If a regular sub occurs, slash the player number and enter the new number.

I	14	LX4 LX4 YX 7
---	----	---

Volleyball Championship Bracket

Eight Team Double Elimination Tournament





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



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



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.



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



Ensure availability of adequate soap and hot water



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



Establish routine cleaning schedules for shared equipment.



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



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