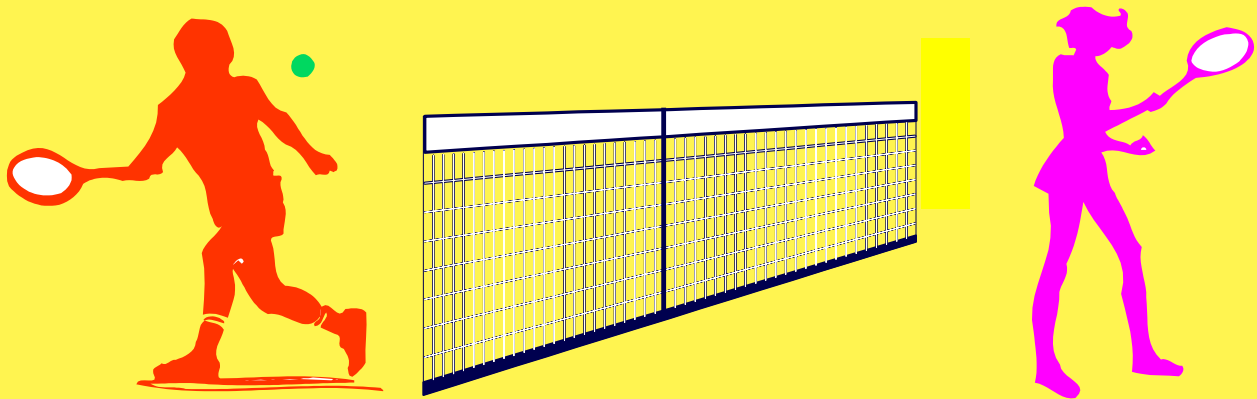


2011 - 2012



Tennis
Coach
Packet

TABLE OF CONTENTS

Spring Tennis Bulletin	3
Rule 127-3-28-Tennis	5
<i>The Interscholastic</i> Tennis Program February 2012 (Online)	
USTA Rule Changes	6
Entry Forms 21 & 22	7
Match Report Form 23	9
Information Verification Form (T3)	10
Regional Seeding Form (T4)	11
Special Report Form	12
Coach's Request for Ruling Form	13
Regional Directors Contact List	15
WVSSAC State Tournament Tentative Order of Play	16
WVSSAC State Tournament Lodging Information	17
WVSSAC Rooming List-Tennis	18
State Tournament Program Information	19
Coaching Reminders	21
Practice Rule/WVSSAC Rule 127-2-13	22
Ejection Rule/Bench Clearing Policy	23
WVSSAC Return To Play/Concussion Protocol	24
NFHS-A Parent's Guide to Concussion in Sports	25
NFHS Concussion In Sports-What You Need To Know	29
Recruitment and Suspension Guidelines	30
Spectator Support Information	31
Game Suspension Guidelines (Lightning)	32
Body Fluids Handling Procedures	33
Ways to Prevent Skin Infections	35
Measures for Preventing Staphylococcal Skin Infections	36
WV Department of Health and Human Resources (MRSA)	37

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: Tennis Coaches
FROM: Ray Londeree, CAA, Assistant Executive Director
DATE: January 2012
SUBJECT: 2011-2012 Tennis-Spring

Coaches are responsible for reviewing and understanding the contents of all documents. Questions should be addressed to this office. Coach must sign and return verification form.

Points of Emphasis:

1. Important dates for high school tennis:
 - a. Season starts Monday, February 27, 2012.
 - b. Date of First contest: Wednesday, March 14, 2012. (Form T3 due to WVSSAC by March 5, 2012)
 - c. **Regional Entry Form Due: April 27, 2012. (\$50.00 fine for late submission and players will not be seeded. All players will be entered in the blind draw.)**
 - d. Regular season ends – May 12, 2012.
 - e. Regional Tournament Dates: Tournament may begin after school Thursday May 3rd but must begin Friday May 4th by 12:00 noon and run through completion Saturday May 5th.
 - f. State Tournament Dates: -May 10-12.
 - g. State Tournament Coaches' Meeting and Registration, Wednesday, May 9, 6:30 p.m. at Kanawha City Community Tennis Center in Charleston, WV. All coaches of individuals participating in the State Tournament are required to attend.

Failure of the coach to attend the meeting or to send a school-appointed professional representative will result in disqualification of the qualifiers.

2. Please review the **Tennis Program** from the February issue of [*The Interscholastic*](#). Available Online: www.wvssac.org
3. **Tennis Rules Clinics**
The WVSSAC will not conduct yearly Tennis Rules Clinics. Each coach must sign and return the enclosed verification form (T3).
4. A tennis team will be allowed to participate in twenty-two (22) matches in a season, excluding Regional and State Tournament Play.
5. Eligibility forms are due **online** by the date of the first contest according to the Standardized Calendar.
6. The WVSSAC adopted the Wilson tennis ball for tournament play.
7. Regional and State Tournament Play – (Refer to [*The Interscholastic*](#)). Available online after season begins for most current information.

8. Preseason Meetings: It is highly recommended that all coaches conduct a preseason meeting for their players and parents. In addition to their own rules and regulations, coaches must address players on gamesmanship, conduct, and sportsmanship rules before the first regular season match.

Coaches are asked to carefully review the Spectator Support Information with players, fans, and parents.

Rule 127-4-3 Code for Interscholastic Athletics – Coaches are hereby notified to carefully review this rule with special emphasis on **3.8**

9. As part of our emphasis on good sportsmanship, good conduct, and adherence to rules and regulations, the WVSSAC will be training individuals to serve as tennis officials. **Regional Tournament Directors will be asked to use these trained officials.** It is recommended that schools use these officials or secure impartial personnel during regular season play. If you know any individuals who would be willing to become tennis officials, please direct them to contact the WVSSAC office.
10. Coaches Request for Ruling Form – Upon the recommendation of the Tennis Coaches Committee, Coaches Request for Ruling Form has been developed. If all coaches and players adhere to the rules and regulations, there should be no need for such a form. However, if an inappropriate action occurs, the form should be utilized to resolve the issue.
11. The WVSSAC Special Report Form will be used by coaches to report unsportsmanship like acts by players or coaches, unsafe playing conditions, improper match administration, or any other items that could not or were not handled by use of the Coaches Request for Ruling Form. One copy of the Special Report Form is enclosed; additional copies will be provided upon request. This form shall be mailed to the WVSSAC office.
12. **Honest Effort Rule:** A player cannot default a match to save energy for another match or default to gain an advantage by not playing. If an athlete does not adhere to this rule, he/she will be disqualified from the tournament.
13. **Good Faith Rule:** An athlete must complete the qualifying tournament to be eligible to compete at the next level. **Athletes who know they will be unable to complete the competition must notify the coach immediately and that athlete should not be entered in the competition.**
14. **Any maneuvering or stacking of positions is cheating.** Players must be played according to their ability.
15. **Head 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.
16. **Injury/Participation Procedure at WVSSAC Championship Events** – Medical personnel (athletic trainers) will have the jurisdiction concerning the return of player to competition after an injury.
17. **Use of Drugs, Medication or Food Supplements by Athletes** – It is the philosophy of the National Federation and the WVSSAC that students be encouraged and supported in their efforts to develop and maintain a healthy lifestyle. In promotion of safety and healthy lifestyles, the WVSSAC Sports Medicine Committee requests that coaches assume the responsibility of informing athletes that the use of substances should be discontinued especially during the times when dehydration may occur due to potential life threatening consequences.

§127-3-28. Tennis (Boys and Girls).

28.1. Rules: Tennis rules published by the United States Tennis Association are the official rules for all interscholastic competition unless otherwise provided by Commission modification.

28.2. Organized Team Practice: Organized team practice will begin on Monday of Week 35 and the first contest may be played on Wednesday of Week 37.

28.3. Length of Season: The tennis season will end for each team or individual at tournament elimination.

28.4. Maximum Team Contests: A tennis team will be permitted 22 matches exclusive of sectional, regional, and state contests.

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

28.5. Scrimmages: Two tennis scrimmages with another high school may be conducted. See Glossary.

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

28.7. A student may accept awards in WVSSAC sanctioned events or non sanctioned events during the entire year. These awards must be consistent with the items specified in the Awards Rules.

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

28.8.1. Middle school/9th grade teams may play 16 matches including tournaments sanctioned by the WVSSAC.

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

28.8.3. There shall be one season for tennis in middle school/9th grade, either fall or spring; however, the season selected shall be no longer than 12 weeks.

**Summary of Important Changes for 2012 Edition of
Friend at Court
ITF Rules of Tennis**

[p. 4] A note was added to the end of **Rule 1** stating that recommendations for minimum distances behind the baseline and outside the sidelines can be found in **Appendix VIII**.

[p. 26] **USTA Comment 30.2**, which lists examples of suspensions of play during which coaching is not permitted, has been rewritten. It now includes specific examples of short stoppages of play in which the players remain on court.

[p. 29] A new note at the end of **Appendix I** provides that for a 2-year trial period, the stage 1 green ball may be used for all levels of competition except world ranking professional events, Davis Cup and Fed Cup, Junior tournaments and team events sanctioned by the ITF and affiliated regional associations, ITF Senior circuit and team events, and ITF wheelchair and team events.

The Code

[p. 48] The previous section on foot faults has been divided into two sections:

- **Code § 23.** *Avoid foot faults*; and
- **Code § 24.** *Calling foot faults*.

Additionally the language of **Code § 24** now is identical to the language of **USTA Comment 18.6**.

[p. 49] A principle articulated throughout **The Code** has always been that a player claiming a hindrance must do so as soon as possible. The principle is now clearly stated as new **Code § 33.** *Claiming a hindrance*.

[p. 49] **Code § 34.** *Talking when a ball is in play* has been rewritten and the examples have been expanded.

[p. 49] **Code § 37.** *Grunting* has been rewritten to clarify that only an official may determine that grunting is a hindrance and that the first time it happens the point is replayed and subsequent grunting results in loss of point.

USTA Regulations

[p. 57] A sentence was added to **FAC Comment I.C-2** to clarify that an official may not serve simultaneously as a Referee or Deputy Referee of multiple tournaments unless they are held at the same site.

[p. 65] **USTA Regulation I.G.4.b.** was amended to change the manner in which the USTA notifies Wheelchair players about a change in the letter division in which they play.

[p. 71] **USTA Regulation II.A.2.** was amended to:

- Clarify that regardless of size, any draw may have one or two seeds; and

- The maximum number of seeds in Category I USTA National Championships, Super Category II USTA National Tournaments, and Category II USTA National Tournaments in the Adult, Senior, and Family Divisions is controlled by **USTA Regulation X.A.2.b.** and **Table 23** instead of the one-in-three rule of **USTA Regulation II.A.2.**

[p. 72] **USTA Regulation II.A.5.b.** was updated to require use of the All Factors Method of seeding for Category I USTA Adult, Senior, and Family National Championships and Super Category II and Category II USTA Adult, Senior and Family Tournaments. New seeding criteria were approved for use in Adult, Senior, and Family division events, and the changes are reflected in the following USTA Regulations:

- **USTA Regulation II.A.5.b.** [p. 72] generally refers to the new seeding criteria by cross reference to the regulations below.

- **USTA Regulation X.A.2.b.** [p. 165]

- **Table 23** [p. 188]

[p. 83] **USTA Regulation II.B.5.c.** was added to define a voluntary consolation with a format that promotes additional play for divisions in which only some players typically want to play in the consolation.

[p. 105] **Table 11** was updated to:

- Require the same minimum rest between matches after a best-of-three set match regardless of whether:

- * The match lasted for only two sets;

- * A Match Tiebreak was played in lieu of a third set, or

- * A third set was played;

- Clarify that when more than one match format is used, it is the match format for the preceding match that dictates the minimum rest; and

- Describe a new minimum 2-hour rest period in matches if the apparent temperature reaches 90°F as further described in **USTA Regulation III.H.** (pp. 113-114) This provision becomes effective March 19, 2012, but is subject to amendment at the USTA Annual meeting on March 19, 2012.

[p. 106] New **FAC Comments III.D-3** and **III.D-4** give scenarios that illustrate the revised procedure for dealing with the 3-minute rest period in junior divisions that is required immediately before a Match Tiebreak. The comments explain where coaching may occur during the 3-minute rest period and how to address toilet/change of attire break requests.

[pp. 113-114] New **USTA Regulation III.H.** adds an extended minimum rest period of at least two hours if the apparent temperature reaches 90 degrees during a player's singles match when the match format is two standard tiebreak sets or longer. The new regulation defines the term "apparent temperature" and details how and when a Referee should check the apparent temperature during a tournament. This provision becomes effective March 19, 2012, but is subject to amendment at the USTA Annual meeting on March 19, 2012.

[p. 122] The Time Violation section of **Table 15** includes a new bullet point that clarifies that violation of the 3-minute rest period results in a Time Violation instead of a game penalty under **Table 16C**.

[p. 128-129] New **FAC Comment IV.E-1** advises Referees that they should give players the benefit of the doubt when assigning the cause of a player's default, particularly as it relates to defaults for misconduct.

[p. 132] **USTA Regulation VI.C.** was added to require that a QuickStart Tennis format be used in sanctioned tournaments in Boys' and Girls' 10 divisions and to describe the required format.

[p. 136] **FAC Comment VII.A-3** was rewritten because of the change in terminology from a Field Referee to a Site Referee to describe a Deputy Referee in charge of a secondary site or part of a large site.

[pp. 165-166] **USTA Regulations IX.A.2.b.-c.** were revised to clarify issues concerning certain eligibility requirements for USTA Junior National Championships and Regional Tournaments.

[p. 185] Revised language in **USTA Regulation IX.C.8.e.** clarifies that a doubles partner not responsible for misconduct leading to a default still receives ranking points.

[p. 186] Revised and relocated **USTA Regulation IX.G.** was updated to conform eligibility requirements for ITF international team competition to existing ITF regulations.

[p. 187] The Father (80 & Over)-Son division was added to **USTA Regulation X.A.a.iii.** as a division in which an annual national championship is held.

[p. 188] **USTA Regulation X.A.2.** updated seeding requirements for Category I USTA National Championships, Super Category II USTA National Tournaments, and Category II USTA National Tournaments in the Adult, Senior, and Family divisions, including mandatory use of the All Factors Method. The former maximum ratio of one in three seeds has been replaced with the maximum number of seeds set forth in new **Table 23**.

[p. 190] The Father (80 & Over)-Son division was added to **USTA Regulation X.B.4.** as a division in which national rankings are issued.

[p. 191] The Professional/Adult Open and Adult Open ranking categories were eliminated and replaced with the "Top 500" ranking categories described in **USTA Regulation X.D.1**.

[p. 193] **USTA Regulation X.E.7.** was amended to specify that no more than four tournaments can be used to calculate a player's national ranking points in the Adult, Senior, and Family divisions. Previously the maximum in the Men's divisions was five.

[pp. 194-195] **USTA Regulation X.F.** was amended to specify which tournament results count in more than one national ranking division or category, including the new Top 500 ranking categories.

**WVSSAC TENNIS ENTRY FORM
INDIVIDUAL SINGLES & DOUBLES COMPETITION
REGIONAL TOURNAMENT**

REFER TO DIRECTIONS ON BACK OF FORM

School _____ Phone Number _____
 City _____ Zip Code _____ Class _____ Region No. _____
 School's Colors _____ Nickname _____
 Coach's Name _____ Home Phone Number _____
 Coach's E-Mail Address _____
 Assistant Coach(es) Name(s) _____

1. The purpose of this form is to enter players into the individual singles and doubles regional competition.
2. Each position and player must have played at least 6 team matches in order to qualify.
3. Each participant must also meet all current eligibility rules of the WVSSAC.

ALL BLANKS (INFORMATION) MUST BE COMPLETED

Participants are:

Singles (NO ALTERNATES ALLOWED)	Name	Regional Entry Record W-L	Overall Entry Record W-L	# of Times Position Played	# of Times Player Played Position
Number 1	_____	_____	_____	_____	_____
Number 2	_____	_____	_____	_____	_____
Number 3	_____	_____	_____	_____	_____
Number 4	_____	_____	_____	_____	_____
*Doubles	Name	Regional Entry Record W-L	Overall Entry Record W-L	# of Times Position Played	# of Times Player Played Position
Doubles 1	_____	_____	_____	_____	_____
Doubles 2	_____	_____	_____	_____	_____
Doubles 3	_____	_____	_____	_____	_____

***Alternates for Doubles Only** NOTE: Alternates are listed in order of ability and substitution. (For Example: #1 alternate must be substituted first)

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |

Use the space below to provide any information needed **to seed** the top four players at each singles position and the top four teams in each doubles position. **Seeding will be done in the following ranked order: 1) Head to head; 2) Number of Regional Matches Played; 3) Common opponents; 4) Strength of opponents played; 5) Overall record.**

Date _____ Coach's Signature _____

Athletic Director or Principal's Signature _____

CHECK ENTRY FORM CHECK LIST FOR POSTMARK DATE

If the Regional Entry Form is not received in the WVSSAC office by the due date, a \$50.00 late fee will be issued to the school and that school's players will not be entered in the seed draw for the top four positions.

All players of the violating school will be placed in the blind draw.

Mail or fax **this original** to the WVSSAC office. Make one copy and send it to your regional director.

***Match Report Forms** are to be taken to the Regional Tournament coaches' meeting for the purpose of seeding the top four entries at each position.

Check **The Interscholastic** for his/her name and address.

Prior to any doubles play, alternates (doubles only) who were listed on the Entry Form may be used only in case of **illness** or **injury** and only in the **position of the unavailable player**. 7

**WVSSAC TENNIS ENTRY FORM
INDIVIDUAL SINGLES & DOUBLES COMPETITION
REGIONAL TOURNAMENT**

**Form 22
Girls**

REFER TO DIRECTIONS ON BACK OF FORM

School _____ Phone Number _____
 City _____ Zip Code _____ Class _____ Region No. _____
 School's Colors _____ Nickname _____
 Coach's Name _____ Home Phone Number _____
 Coach's E-Mail Address _____
 Assistant Coach(es) Name(s) _____

1. The purpose of this form is to enter players into the individual singles and doubles regional competition.
2. Each position and player must have played at least 6 team matches in order to qualify.
3. Each participant must also meet all current eligibility rules of the WVSSAC.

ALL BLANKS (INFORMATION) MUST BE COMPLETED

Participants are:

<u>Singles</u> (NO ALTERNATES ALLOWED)	Name	Regional Entry Record W-L	Overall Entry Record W-L	# of Times Position Played	# of Times Player Played Position
Number 1	_____	_____	_____	_____	_____
Number 2	_____	_____	_____	_____	_____
Number 3	_____	_____	_____	_____	_____
Number 4	_____	_____	_____	_____	_____

<u>*Doubles</u>	Name	Regional Entry Record W-L	Overall Entry Record W-L	# of Times Position Played	# of Times Player Played Position
Doubles 1	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____
Doubles 2	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____
Doubles 3	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____

***Alternates for Doubles Only** NOTE: Alternates are listed in order of ability and substitution. (For Example: #1 alternate must be substituted first)

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |

Use the space below to provide any information needed to seed the top four players at each singles position and the top four teams in each doubles position. **Seeding will be done in the following ranked order: 1) Head to head; 2) Number of Regional Matches Played; 3) Common opponents; 4) Strength of opponents played; 5) Overall record.**

Date _____ Coach's Signature _____

Athletic Director or Principal's Signature _____

CHECK ENTRY FORM CHECK LIST FOR POSTMARK DATE

If the Regional Entry Form is not received in the WVSSAC office by the due date, a \$50.00 late fee will be issued to the school and that school's players will not be entered in the seed draw for the top four positions.

All players of the violating school will be placed in the blind draw.

Mail or fax **this original** to the WVSSAC office. Make one copy and send it to your regional director.

***Match Report Forms** are to be taken to the Regional Tournament coaches' meeting for the purpose of seeding the top four entries at each position.

Check **The Interscholastic** for his/her name and address.

Prior to any doubles play, alternates (doubles only) who were listed on the Entry Form may be used only in case of **illness** or **injury** and only in the **position of the unavailable player**.

MATCH REPORT FORM

Coaches are to use this form for all regular season matches. **Match Report Forms** are to be taken to the Regional Tournament coaches' meeting for the purpose of seeding the top four entries at each position.

The WVSSAC reserves the right to request all forms in the event of inappropriate line-up allegations. Coaches will be required to submit these forms and challenge procedures in the event of a reported violation.

SCHOOL: HOME _____ **vs** **VISITOR** _____

SITE: _____

DATE OF MATCH _____

	HOME PLAYER(S)	VISITING PLAYER(S)	WINNER	SCORE
#1 SINGLES	_____	_____	_____	_____
#2 SINGLES	_____	_____	_____	_____
#3 SINGLES	_____	_____	_____	_____
#4 SINGLES	_____	_____	_____	_____
#1 DOUBLES	_____	_____	_____	_____
	_____	_____	_____	_____
#2 DOUBLES	_____	_____	_____	_____
	_____	_____	_____	_____
#3 DOUBLES	_____	_____	_____	_____
	_____	_____	_____	_____

FINAL TEAM SCORE _____

Winner	Score	Loser	Score
--------	-------	-------	-------

COACH _____

Home	Visitor
------	---------

WEATHER CONDITIONS: _____

Tennis Information Verification Form

(Please print)

School: _____

Head Coach: _____

(Boys Coach)

(Girls Coach)

(Both)

Asst. Coach: _____

(Boys Coach)

(Girls Coach)

(Both)

Athletic Director: _____

E-Mail: _____

Phone: _____

Cell: _____

I have received and read the WVSSAC tennis packet materials.

(Coaches Signature)

(Date)

(Coaches Signature)

(Date)

Return this form to Heather Enoch by Monday, March 5, 2012

WVSSAC

2875 Staunton Turnpike

Parkersburg WV 26104

Fax: 304-428-5431

**Tennis Regional Seeding Meeting Form
Due by April 2 to the Regional Director**

Tennis Coach: _____

School: _____

I am requesting to be notified of the time and place of the seeding meeting for Region:
_____.

Please contact me at:

Address:

Phone: (H) _____ (W) _____ (C) _____

Email: _____

Fax: _____

(Regional Director will return this portion of the form to the coach)

The Region _____ seeding meeting will be held at _____
(Location)

on _____ at _____
(Date) (Time)

NOTE: If the coach chooses not to use this form and does not attend the seeding meeting, the coach is responsible and the athletes will be placed in a blind draw. If the coach receives no response to this form within six(6) days, each coach must contact the regional director personally.

All seeding meeting dates are posted on the WVSSAC website. It is ultimately the coaches responsibility to check the website for the meeting dates, locations and times.

(Signature)

(Date)

Coach's Request for Ruling Form Instructions

If a coach suspects that an action is in violation of the USTA regulation or modifications as adopted by the WVSSAC, the coach must submit this form to the Tournament Director/Head Official. Be reminded that the home administration is the game administration in the absence of a designated director or official.

This form is to be used to resolve complaints, violations, etc., before they become part of the match and interrupt the match, tournament, etc. Whenever possible, the form is to be submitted to the game administration prior to the match or immediately upon the action. All inquiries pertaining to uniforms must be submitted to the game administration prior to the start of the match. No forms will be accepted in excess of 10 minutes of the completion of the match

The decision of the Tournament Director/Head Official will be final. All parties (coaches, players, game administrators, officials, etc.) are reminded that WVSSAC Rule 127-3-16 is in effect for all contests.

WVSSAC Rule 127-3-16 Sports Rules – Game Protests 16.3

The protest of a game will not be allowed by the Board of Directors when it is based on a judgment decision on the part of an official or even a misinterpretation or misapplication of the rules

Coach's Request for Ruling Form

A copy of this form shall be returned to the submitting coach and the coach of the school in question.

Indicate type of Match

Regular Season _____ Regional _____ State _____

School Name: _____

To request a ruling, a coach must cite the Rule, Section and Article from the USTA Friend At Court or the page from the WVSSAC Tennis Manual which indicates that an action is in violation.

USTA Friend At Court

Rule: _____ Section: _____ Article: _____

WVSSAC Tennis Manual

Page #: _____

Alleged Violation:

Coach's Signature: _____ Date: _____

Tournament Director/Official's Ruling:

Legal: _____ Illegal: _____

Explanation:

Action Taken:

Tournament Director/Official's Signature & Date: _____

TENNIS ALIGNMENT – REGIONAL COMPETITION
AAA TEAMS
SINGLES AND DOUBLES

*Tournament Directors shall refer to the Director's Manual and the WVSSAC Tennis Manual for responsibilities and to the Entry Form Book for proper form completion.

Region I

Site: Morgantown High School / East Fairmont

Director: Dan Erenrich, AD, Morgantown High School

Schools: Brooke, Wheeling Park, John Marshall, Morgantown, University, East Fairmont, Fairmont Sr., North Marion, Preston

Region II

Site: Buckhannon-Upshur High School

Director: Ed McDaniels, AD, Buckhannon-Upshur High School

Schools: Buckhannon-Upshur, Elkins, Robert C. Byrd, Hampshire, Hedgesville, Martinsburg, Musselman, Jefferson, Bridgeport, Lewis County, Washington

Region III

Site: Charleston, Kanawha City Community Center

Director: Stan White / Carolyn Tyree, AD, Sissonville HS

Schools: Capital, Riverside, Woodrow Wilson, Greenbrier East, Princeton, George Washington, South Charleston, Logan, St. Albans

Region IV

Site: Parkersburg South High School

Director: Scott Ash/Rick Leach, AD, Parkersburg South HS

Schools: Nitro, Hurricane, Huntington, Cabell Midland, Spring Valley, Parkersburg, Parkersburg South, Ripley, Lincoln County, Winfield

TENNIS ALIGNMENT – REGIONAL COMPETITION
AA-A TEAMS
SINGLES AND DOUBLES

*Tournament Directors shall refer to the Director's Manual and the WVSSAC Tennis Manual for responsibilities and to the Entry Form Book for proper form completion.

Region I

Site: Wheeling Central Catholic HS

Director: Peggy Dailer, Wheeling Central High School

Schools: Oak Glen, Weir, Madonna, Wheeling Central, Magnolia, St. Marys, Williamstown, Parkersburg Catholic, Ravenswood, Wahama (G), Pt. Pleasant, Ritchie County

Region II

Site: Robert C Byrd and VA Park

Director: Sara DePiano, Grafton High School / Dennis Bundy

Schools: Lincoln, Liberty (H), Notre Dame, Grafton, Philip Barbour, Braxton County, Petersburg, Moorefield, Keyser, Frankfort (G), Berkeley Springs

Region III

Site: Concord College

Director: Joe Blankenship, Tennis Coach, Concord College

Schools: Midland Trail, Fayetteville, Oak Hill, Liberty (R), Shady Spring, Independence, Westside, Wyoming East, Mount View, Bluefield, Greenbrier West, Big Creek

Region IV

Site: Charleston Catholic Athletic Facility

Director: Carolyn Tyree, AD, Sissonville HS

Schools: Man, Williamson, Chapmanville, Scott, Sherman, Charleston Catholic, Herbert Hoover (G), Sissonville, Poca, St. Joseph, Tug Valley

2012 Tentative WVSSAC State Tennis Tournament Schedule

Note: All times are tentative and are subject to change as dictated by playing time, availability of courts, and weather.

ORDER OF PLAY

Boys A/AA Kanawha City
 GirlsA/AA Kanawha City
 Boys AAA Coonskin
 Girls AAA Coonskin

*All players need to be available for play at 8:00 a.m. on Thursday, Friday & Saturday

Rounds prior to semi finals will be 8 game pro sets. Subsequent matches will be 2 of 3 sets.

THURSDAY, MAY 10

7:15 am Officials' Meeting
 7:30 am Players Report
 7:45 am Coaches' Meeting
 (at assigned site)
 8:00 am Play Begins

SINGLE MATCHES

#1 Position Rounds 1 and 2
 #2 Position Rounds 1 and 2
 #3 Position Rounds 1

DOUBLE MATCHES

#1 Position Round 1

FRIDAY, MAY 11

7:15 am Officials' Meeting
 7:30 am Players Report
 7:45 am Coaches' Meeting
 (at assigned site)
 8:00 am Play Begins

DOUBLE MATCHES

#1 Position Round 2
 #2 Position Round 1

SINGLES MATCHES

#1 Position Semi-Finals
 #2 Position Semi-Finals
 #3 Position Semi-Finals
 #4 Position Semi-Finals

DOUBLES MATCHES

#1 Position Semi-Finals
 #2 Position Semi-Finals
 #3 Position Semi-Finals

SATURDAY, MAY 12

CHAMPIONSHIP MATCHES

(All finals will be held at Kanawha City)

7:30 Players Report and 7:45 Coaches' Meeting

8:00 Play Begins

Singles Finals

Doubles Finals

AAA Coonskin Park

A/AA Kanawha City Tennis Center

Site locations will rotate each year

Regional Tournament Directors are to give a copy of this Rooming List Information Sheet and the Rooming List to the coach of each state qualifier.

WVSSAC STATE TOURNAMENT ROOMING LIST INFORMATION

Please complete the rooming list for this year's State Tournament. Area hotels/motels usually provide rooms at a special rate to those teams and parents attending the State Tournament. Payments for teams must be made in full by a **school check** (not personal) for all expenses.

Reservations must be made as early as possible. When speaking with the hotel/motel contact, please be sure to identify your school name and indicate that the reservations are for the state tournament.

Please check the website for the approved list of hotels/motels who will provide rooms for your sport state tournament.

Hotel / Motel Policy

Effective with the 2010-2011 school year, member schools that are eligible to receive reimbursement for lodging at state championship sites **MUST** be housed at hotel/motel sites that participate in a cooperative agreement with the WVSSAC. *(Member schools will be notified by information posted on the WVSSAC website and material included in the sport specific coaches packets as to which lodging sites have entered into an agreement with the WVSSAC.)*

Schools that choose to use unapproved lodging sites will not receive any reimbursement.

WVSSAC STATE TOURNAMENT ROOMING LIST

School Name _____ Sport **Tennis**

Address _____

Phone # _____

Principal _____

Athletic Director _____

Coach _____

Person In Charge of Supervision _____

Hotel/Motel Name _____

Coach Cell Phone _____ E-mail _____



* List each person who will be staying in each room and his/her official capacity. (Coach or Player)

* Reservations should be made as early as possible.

* After making reservations, send a copy of the room list to the WVSSAC office (Fax 304-428-5431) and to the hotel/motel contact person. If any changes are made to the room list, a revised copy should be submitted to the hotel/motel management immediately upon arrival.

<p>Room #1 Name Official Capacity</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p>	<p>Room #9 Name Official Capacity</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p>
--	--

<p>Room #2 Name Official Capacity</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p>	<p>Room #10 Name Official Capacity</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p>
--	---

<p>Room #3 Name Official Capacity</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p>	<p>Room #11 Name Official Capacity</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p>
--	---

<p>Room #4 Name Official Capacity</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p>	<p>Room #12 Name Official Capacity</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p>
--	---

<p>Room #5 Name Official Capacity</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p>	<p>Room #13 Name Official Capacity</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p>
--	---

<p>Room #6 Name Official Capacity</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p>	<p>Room #14 Name Official Capacity</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p>
--	---

<p>Room #7 Name Official Capacity</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p>	<p>Room #15 Name Official Capacity</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p>
--	---

<p>Room #8 Name Official Capacity</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p>	<p>Room #16 Name Official Capacity</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p>
--	---

STATE CHAMPIONSHIP PROGRAMS

GOAL: *To provide a quality program for all championship events*

WHAT: *Tennis State Championship Program*

DEADLINE: *Monday May 7, 2012*

Items Needed if you desire a Team Page:

Team Picture

Individual Head Coaches' Picture

Track Team Page Information Sheet

**Team Page Sponsor-\$125*

**Please contact a business or the boosters club concerning sponsoring this page or provide this office with the name of a potential sponsor. Ad is about the size of a business card which oftentimes is used.*

Submit To: *C.W. Powell*

WVSSAC

2875 Staunton Turnpike

Parkersburg, WV 26104

Phone (304) 485-5494

Fax (304) 428-5431

Email: Butch.Powell@wvssac.org

(Not all pictures can be opened please call to verify pictures received)

Do NOT Fax Pictures

Tennis Team Page Information Sheet

School: _____

Classification: _____

City: _____

County: _____

Superintendent: _____

Principal: _____

Assistant Principal(s): _____

Athletic Director: _____

Head Coach: _____

Assistant Coaches: _____

Team Page Sponsor: _____

Ad (Example: Good Luck!): _____

Don't forget to e-mail your team and coach picture to butch.powell@wvssac.org



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.													
THE 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 poms (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), pre-game, during time-outs, halftime, and post-game	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Air Horns	No	No	No	No	No	No	No	No	No	No	No	No	No
Cannons & Muskets	No	No	No	No	No	No	No	No	No	No	No	No	No
50-50 Drawing	No	No	No	No	No	No	No	No	No	No	No	No	No
Reserve Seating State Only	No	No	No	No	No	No	No	No	No	No	No	No	No

* Not Permitted at State Tournament



NFHS GUIDELINES ON HANDLING CONTESTS DURING LIGHTNING DISTURBANCES

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

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

Proactive Planning

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

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

Reviewed and Approved in October 2010



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

BODY FLUID HANDLING PROCEDURES

PURPOSE

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

Much of this policy has been written with contacts sports such as football, wrestling, and basketball in mind. However, it is applicable for all sports.

BLOOD-BORNE PATHOGENS

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

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

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

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

PRECAUTIONS AGAINST TRANSMISSION OF BLOOD-BORNE PATHOGENS

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

General Procedures:

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

Procedures for Activities:

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

REFERENCES

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

Policy Adopted by the Board of Directors

WAYS TO PREVENT SKIN INFECTIONS: A PLAYER'S GUIDE



Cover Cuts & Sores!

With a bandaid or wrap before you play



Wash Up!

With soap and hot water



Don't Share!

Towels, clothes or personal items



Show & Tell!

**Show cuts & sores
to your coach**



Be Prepared!

**Learn first aid for cuts
& sores**



MEASURES FOR PREVENTING STAPHYLOCOCCAL SKIN INFECTIONS AMONG SPORTS PARTICIPANTS

Centers for Disease Control Recommendations for School Athletic Teams



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



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



3 Ensure availability of adequate soap and hot water



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



5 Establish routine cleaning schedules for shared equipment.



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



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



West Virginia Department of Health and Human Resources

Information for the Public -

Methicillin Resistant *Staphylococcus aureus* (MRSA)

What is *Staphylococcus aureus*?

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

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

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

Where are staph and MRSA found?

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

How common is MRSA?

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

Who is most at risk for staph infections?

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

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

Are staph and MRSA infections treatable?

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

How are staph and MRSA spread?

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

How can I prevent staph or MRSA infections?

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