

# The Interscholastic



## Winter Sports



Featured In This Issue:

Band Program

Boys' and Girls' Basketball Program

Swimming Program

Wrestling Program



November 2016

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**OFFICERS OF THE ASSOCIATION**

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- Member ..... David Nuzum
- Member ..... Richard Summers
- Member ..... Eddie Campbell
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- Assistant Executive Director ..... Kelly Geddis
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**REGIONAL DEPUTY DIRECTORS**

**REGION 1**

Jason Marling ..... Sherrard Middle School

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**REGION 3**

Gregory Moore ..... South Harrison High School

**REGION 4**

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**REGION 5**

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**REGION 8**

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Jeff Kelley ..... St. Albans High School

**REGION 10**

Bret Jarrell ..... Barboursville Middle School

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**2016-2017 STATE TOURNAMENTS**

<u>Sport</u>	<u>Date</u>	<u>Site</u>
Golf	October 4-5	Speidel Golf Course, Wheeling Trent Jones Course
Cross Country	October 29	Cabell Midland HS, Ona
Soccer	November 4-5	YMCA Facility, Beckley
Volleyball	November 11-12	Civic Center, Charleston
Football	December 2-3	Wheeling Island Stadium
Cheerleading	December 10	Civic Center, Charleston
Swimming	February 16-17	WVU Natatorium, Morgantown
Wrestling	February 23-25	Huntington Civic Center
Girls' Basketball	March 8-11	Civic Center, Charleston
Boys' Basketball	March 15-18	Civic Center, Charleston
Tennis	May 11-13	Kanawha City Community Center,
Track	May 19-20	Laidley Field, Charleston
Softball	May 24-25	Jackson Park, Vienna
Baseball	June 1-3	Appalachian Power Park, Charleston



# Your WVSSAC Administrators



**Bernie Dolan**  
Executive Director



**Kelly Geddis**



**Greg Reed**



**Wayne Ryan**

----- Assistant Executive Directors -----

## David Nuzum and Richard Summers Appointed to Board of Directors



Mr. David Nuzum, Principal, East Fairmont High School was appointed to serve on the Board of Directors to represent District I.

Mr. Nuzum graduated from East Fairmont High School. He continued his education at Fairmont State College with a BA in Education and BS in Business Administration. He also attended West Virginia University earning a MS in Indus. Rel. and Education Administration.

David's career began as a Social Studies teacher for the Marion County Board of Education. He was Assistant Principal at East Fairmont High School, Principal at Rivesville Middle School, Principal at East Fairmont Middle School and is the current Principal at East Fairmont High School.

Mr. Nuzum was born in Fairmont, WV. He is married to the former JoAnn Shultz. They have two grown children, Blaire Nuzum-Wise and David Nuzum.

David attends Gateway United Methodist Church and is a member of the Masonic Lodge-Fairmont #9 and Fairmont Elks Club.



**David Nuzum**

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**Richard Summers**

Mr. Richard Summers, Principal, Jackson Middle School was appointed to serve on the Board of Directors to represent District IV.

Mr. Summers graduated from Sistersville High School. He continued his education at Concord University with a degree in Physical Education/Health. He received his Education Administration degree at Dayton University. He holds certificates in Education Administration, Superintendent, Health/PE, School Social Studies.

Richard's career began at Ellsworth Middle School. He also served at RESA V for 11 years and Pleasants County Alternative School for 4 years before becoming principal at Jackson Middle School where he has served for the past 17 years.

Mr. Summers was born in Orlando, FL. He and his wife, the former Tracy Moore, are the parents of two grown children, Shannon Farley and Ryan Summers.

Richard attends Sistersville Baptist Church. He enjoys running, biking and kayaking. Richard tells us he once scored 74 points in a high school basketball game.

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We are pleased to have Mr. Nuzum and Mr. Summers serve on the Board of Directors. Their commitment to the WVSSAC as well as their strong work ethic will certainly be an invaluable asset to the Board of Directors.



# REGIONAL BAND FESTIVALS – 2016

**Region 1** – Hancock, Ohio, Brooke, Marshall, Wetzel, and Tyler

Location: John Marshall High School  
Date: April 25, 26, 2017  
Director: Ms. Tracey Filben, Bandmaster  
John Marshall High School  
1300 Wheeling Avenue  
Glen Dale, WV 26038  
E-mail: [tfilben@k12.wv.us](mailto:tfilben@k12.wv.us)

**Region 6** – Wyoming, McDowell, Mercer, and Monroe

Location: Bluefield High School  
Date: March 22, 2017  
Director: Mr. Julia Kade, Bandmaster Princeton  
Princeton High School  
1321 Stafford Drive  
Princeton, WV 24740-2467  
E-mail:

**Region 2** – Doddridge, Ritchie, Wood, Gilmer, Wirt, Calhoun, Roane, Jackson, Mason, and Pleasants

Location: Parkersburg South HS  
Date: April 5, 6, 2017  
Director: Ms. Eric Staats, Bandmaster  
Parkersburg South High School  
1511 Blizzard Drive  
Parkersburg, WV 26101  
E-mail: [edstaats@k12.wv.us](mailto:edstaats@k12.wv.us)

**Region 7** – Fayette, Raleigh, Summers, Greenbrier, and Nicholas

Location: Woodrow Wilson High School  
Date: April 5, 6, 2017  
Director: Mr. William Bailey  
Woodrow Wilson High School  
400 Stanaford Road  
Beckley, WV 25801  
E-mail: [whbailey@k12.wv.us](mailto:whbailey@k12.wv.us)

**Region 3** – Putnam, Cabell, and Wayne

Location: Cabell Midland High School  
Date: April 5, 6, 7, 2017  
Director: Mr. Tim James, Bandmaster  
Cabell Midland High School  
2300 Route 60  
Ona, WV 25545  
E-mail: [trjames@k12.wv.us](mailto:trjames@k12.wv.us)

**Region 8** – Tucker, Barbour, Lewis, Upshur, Randolph, Pocahontas, Webster, and Braxton

Location: Philip Barbour High School  
Date: March 31, April 1, 2017  
Director: Mr. Victor Iapalucci, Bandmaster  
Philip Barbour High School  
99 Horseshoe Drive  
Philippi, WV 26416  
E-mail: [whbailey@k12.wv.us](mailto:whbailey@k12.wv.us)

**Region 4** – Kanawha

Location: Capital High School  
Date: March 30, 31, 2017  
Director: Ms. Meleah Fisher, Bandmaster Herbert Hoover HS  
Herbert Hoover High School  
5856 Elk River Rd. North  
Clendenin, WV 25045-9716  
E-mail: [mfisher@mail.kana.k12.wv.us](mailto:mfisher@mail.kana.k12.wv.us)

**Region 9** – Pendleton, Hardy, Grant, Mineral, Hampshire, Morgan, Berkeley, and Jefferson

Location: Musselman High School  
Date: March 21, 22, 2017  
Director: Mr. Michael Knepper, Bandmaster  
Musselman High School  
126 Excellence Way  
Inwood, WV 25428  
E-mail: [mknepper@k12.wv.us](mailto:mknepper@k12.wv.us)

**Region 5** – Lincoln, Boone, Logan, Mingo, and Clay

Location: Chapmanville Regional High School  
Date: April 4, 5, 2017  
Director: Brenda Hager, Bandmaster  
Chapmanville Regional High School  
200 Vance Street  
Chapmanville, WV 25508  
E-mail: [bkhager@k12.wv.us](mailto:bkhager@k12.wv.us)

**Region 10** – Preston, Monongalia, Marion, Taylor, and Harrison

Location: Bridgeport High School/Robert C Byrd High School  
Date: March 29, 30, 2017  
Director: Mr. Michael Ford  
144 Virginia Street  
Jane Lew, WV 26378  
E-mail: [musicmakers07@aol.com](mailto:musicmakers07@aol.com)



## BAND ADJUDICATORS

Adjudicators for Regional Band Festivals can be found on the WVSSAC website. The WVSSAC website can be found at [www.wvssac.org](http://www.wvssac.org). Click on **Band** on the left side of the page. Then click on **Adjudicators**.



# 2016-17 Basketball Tournament Series



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

2016-17 HIGH SCHOOL		
	GIRLS	BOYS
Season Starts:	November 7	November 14
1st Contest Held	November 29	December 6
Sectional	Feb. 17 - 25	Feb. 24 - Mar. 4
Regional	Feb. 28 - Mar. 2	March 7 - 9
State	March 8 - 11	March 15 - 18

2016-17 MIDDLE SCHOOL / 9TH GRADE TEAM		
	GIRLS	BOYS
Season Starts	October 31	November 7
1st Contest Held	November 23	November 30
Season Ends	February 18	February 25

## GENERAL INFORMATION

- A. Attention is called to the importance of checking the bleachers to avoid overcrowding. This is a serious matter, and schools are urged to carefully check the bleachers to ascertain that they are in good condition and well supported. Every effort should be made to ensure that no concerted swaying movement of fans is permitted. Above everything else, do not overcrowd the bleachers and do not permit crowding in the exits and aisles. It is important that doors leading from the gymnasium be unlocked and unchained so that a quick exit could be made if necessary. High school tournaments have a good safety record in West Virginia. Let's keep the record untarnished.
- B. A space should be provided at the officials' tables for the following priorities in this order:
  1. The Official Timer.
  2. The Official Scorer (It is recommended that the official scorer wear a black striped garment and that his location be clearly marked.)
  3. An Assistant Timer may be used.
  4. Space for the scorer from each of the two participating teams at a place as near the Official Scorer as possible.
  5. Media representative if space is available.
- C. **Basketball Schedules MUST be online before the season begins and UPDATED weekly. When participating in a tournament the name of the school should be submitted. Failure to do so will result in \$50.00 fine.**
- D. **Schools wishing to recognize Cancer/Special Awareness Week may do so during Weeks 30-31.**

## II. RULES AND REGULATIONS

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

excluding the three hours prior to the start of the game. The game director is to enforce the rule.

- D. **If the Sectional Tournament selects to play at the highest seeded team and the home site does not meet the requirements to host and/or is not available, the chosen site becomes the highest seeded home site. That team may then practice at the site. This would also include contest played during the Regional Tournament.**
- E. The warm-up for regional and state tournament games shall be limited to twenty (20) minutes. Should teams desire to return to dressing room, it must be during the 20 minute warm-up period. Each team will warm-up before each game at the basket and court opposite its bench.
- F. Teams will be required to take both sets of uniforms to sectional, regional, and state tournaments.
- G. The official basketball to be used on all sectional, regional, and state tournament games is the Wilson Evolution.

## III. TOURNAMENTS

### A. Sectional Tournament

**Girls - Feb. 17, 2017 (Fri. Wk 33) - Feb. 25, 2017 (Sat. Wk 34)**  
**Boys- Feb. 24, 2017 (Fri. Wk 34) - Mar. 4, 2017 (Sat. Wk 35)**

1. **Regional Coordinator** will be assigned by WVSSAC. Pre-tournament meeting to be held by **November 7, 2016** (Monday Week 19). It is recommended the principal, athletic director and head coaches of both girls and boys basketball be in attendance. Trophies will be sent to the Regional Coordinator.
2. Concerns to be discussed at this meeting include: Tournament dates, sites, admission prices, officials, distribution of profit or loss and game administrators.
3. **Site Administrator** will coordinate activities at the game site and will arrange ticket sales, security, provide game ball, scorebook, pay officials and complete financial report and return to WVSSAC.
4. Seeding Procedure - Ballots will be faxed to Girls' Head Coach on February 10, 2017 (Friday Week 32) and **MUST** be returned by **NOON** February 14, 2017 (Tuesday Week 33). Ballots will be faxed to Boys' Head Coach on February 17, 2017 (Friday Week 33) and **MUST** be returned by **NOON** February 21, 2017 (Tuesday Week 34).  
 Ballots will include the names of **ALL** schools in the Region. They **MUST** be returned to **BOTH** Regional Coordinators who will separate the schools into appropriate brackets involving teams in Section 1 and Section 2.  
**Failure to return ballot will result in school receiving no revenue from the gate receipts of tournament.**  
**Each school will have one of the highest and lowest ratings eliminated.**  
**Principal and Head Coach must sign the Ballot before returning to Regional Coordinators.**
5. Officials named to work Sectional Tournaments shall be Class I or Class II.
6. All Sectional Girls' Tournament games will take precedent over boys' rescheduled regular season games played at the same site.
7. Should those responsible fail to agree by simple majority on the site for a Sectional Tournament, the Executive Director may, if requested to do so by the Regional Coordinator, set the site or assign officials for the tournament.
8. Sectional Tournaments in all three classes must be concluded by February 25, 2017, for Girls' Basketball and by March 3, 2017, for Boys' Basketball.
9. **It is recommended that ALL Sectional Tournaments end on Friday leaving Saturday as a make-up.**





## B. REGIONAL TOURNAMENT

Class	Girls (Wk. 35)	Boys (Wk.36)
AAA	February 28	March 7
AA	March 1	March 8
A	March 2	March 9

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

## C. STATE TOURNAMENT

- The 2017 **Girls' Basketball** Tournament shall be played at the **Charleston Civic Center** on **March 8-11, 2017**. Ms. Melissa Riley will serve as Director. The 2017 **Boys' Basketball** Tournament shall be played at the **Charleston Civic Center** on **March 15-18, 2017**. Mr. Doug Hogue will serve as Director.

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

### Ticket Information

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





Tournament booklets are priced as follows:

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

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

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

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

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

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

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

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

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

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

**BROADCASTING - STATE TOURNAMENT**

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

**SEEDING - STATE TOURNAMENT**

**Method:**

- Each coach upon winning the sectional tournament will be sent a ballot by fax on Monday of the regional tournament week. Schools advancing to the regional tournament will be listed on the ballot by classification. Class AAA schools will receive a ballot with only AAA schools listed and so on.
- Coaches will NOT rank their own school, however, they will rank the remaining fifteen (15) schools.
- A ranking of one (1) will indicate the highest rating while a fifteen (15) will indicate the lowest rating possible. A school will receive from 1 to 15 points based upon each rating they receive. Each school will have one of their highest and one of their lowest ratings eliminated.

- No ballot will be accepted if received after NOON on Tuesday of the regional tournament week.
- After all ballots are received and points accumulated, schools winning the regional tournament will be placed in the appropriate brackets. Of the eight winning schools, the school with the lowest accumulated point total will receive the number 1 seed and seeding will continue until all brackets are filled.

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

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

Highest seeded team will be the Home Team.

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





**GIRLS' AND BOYS' BASKETBALL**  
**SECTIONAL AND REGIONAL TOURNAMENT SERIES**  
 All games to start at 7:00 p.m.

**Class AAA**

**Region I**

**Dwaine Rodgers - Wheeling Park High School - 304-243-0400**

Section 1 Brooke, John Marshall, Wheeling Park

**Mike Contic/Bruce Huggins - Preston HS - 304-329-0400**

Section 2 Buckhannon-Upshur, Morgantown, Preston, University

**Region II**

**Steve Campbell - Musselman High School - 304-229-1950**

Section 1 Hedgesville, Martinsburg, Musselman, Spring Mills

**Jay Kirby - Jefferson High School - 304-725-8491**

Section 2 Hampshire, Jefferson, Washington

**Region III**

**Tom Osbourne - South Charleston High School - 304-766-0352**

Section 1 Capital, George Washington, South Charleston, St. Albans

**Tim Carrico - Woodrow Wilson HS - 304-256-4646 x 7211**

Section 2 Greenbrier East, Princeton, Riverside, Woodrow Wilson

**Region IV**

**Steve Lough - Ripley High School - 304-372-7355**

Section 1 Parkersburg, Parkersburg South, Ripley

**Bruce Senior - Huntington High School - 304-528-6415**

Section 2 Cabell Midland, Huntington, Hurricane, Spring Valley

**Class AA**

**Region I**

**Lori Wilson - Keyser High School - 304-788-4230**

Section 1 Berkeley Springs, Frankfort, Grafton, Keyser, Petersburg, Philip Barbour

**Mike DelRe - Weir High School - 304-748-7600**

Section 2 East Fairmont, Fairmont Senior, North Marion, Oak Glen, Weir

**Region II**

**Matt DeMotto - Bridgeport High School - 304-842-3693**

Section 1 Bridgeport, Elkins, Liberty, Lincoln, Robert C Byrd

**Mark Fleming - Nicholas County High School - 304-872-2141**

Section 2 Braxton County, Clay County, Herbert Hoover, Lewis County, Nicholas County, Roane County

**Region III**

**Jon Moore - Independence High School - 304-683-3228**

Section 1 Independence, Liberty (R), Oak Hill, Westside, Wyoming East

**Tammy Mills - Shady Spring High School - 304-256-4647**

Section 2 Bluefield, James Monroe, Pike View, River View, Shady Spring

**Region IV**

**Garrett Burdette - Nitro High School - 304-755-4321**

Section 1 Point Pleasant, Nitro, Poca, Sissonville, Wayne, Winfield

**George Barker - Chapmanville Regional HS - 304-855-4522**

Section 2 Chapmanville Regional, Lincoln County, Logan, Man, Mingo Central, Scott

**Class A**

**Region I**

**Jon Kendrick - Madonna High School - 304-723-0545**

Section 1 Bishop Donahue, Cameron, Hundred, Madonna, Valley, Wheeling Central

**Ryan Walton - Tyler Consolidated High School - 304-758-9000**

Section 2 Magnolia, Paden City, St. Mary's, Tyler Consolidated, Ritchie County

**Region II**

**Butch Varner - Clay-Battelle High School - 304-432-8208**

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

**Jamie Tallman - Union High School - 304-693-7612**

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

**Region III**

**Diane Blume - Midland Trail High School - 304-658-5184**

Section 1 Charleston Catholic, Fayetteville, Midland Trail, Pocahontas County, Richwood, Valley (F), Webster County

**Craig Havens - Montcalm High School - 304-589-3719**

Section 2 Greater Beckley Christian, Greenbrier West, Meadow Bridge, Montcalm, Mount View, Summers County

**Region IV**

**Danny Tennant - Parkersburg Catholic HS - 304-485-6341**

Section 1 Calhoun County, Parkersburg Catholic, Ravenswood, Wirt, Wahama, Williamstown

**Pat Clark - Buffalo High School - 304-937-2661**

Section 2 Buffalo, Hannan, Sherman, St. Joseph, Tolsia, Tug Valley, Van





### 2016-2017 BASKETBALL RULES CHANGES

1-20 NEW: Non-playing personnel, e.g., spirit participants, media, shall remain outside of the playing area during a 30-second or less time-out during the game. Non-playing personnel shall stand outside the free throw lane lines extended toward the sidelines throughout the game.

2-12-5: Sound a warning signal to begin the 15 seconds (maximum) permitted for replacing a disqualified or injured player, or for a player directed to leave the game.

3-5-6: Undershirts shall be a single solid color similar to the torso of the jersey and shall be hemmed and not have frayed or ragged edges. If the undershirt has sleeves, they shall be the same length. See 3-6 for logo requirements.

3-5-7: Removed the compression shorts rule; add compression shorts to Rule 3-5-3 which means compression shorts now must meet the guidelines outlined in this rule.

9-1-3h NEW: Players occupying marked free-throw lane line spaces may not enter the free-throw semicircle until the ball touches the ring or until the free throw ends.

### 2016-17 NFHS MAJOR EDITORIAL CHANGES

3-5-3 Note; 9-1 Penalties 4b; 10-5-3

### 2016-17 NFHS POINTS OF EMPHASIS

1. Acknowledging and Granting Time-out Criteria
2. Technical fouls
3. Replacing a Disqualified or Injured Player
4. Protecting the Free Thrower
5. Post Play

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



### 2015 - 2016 State Basketball Champions

#### Girls

Class AAA  
Morgantown High School

Class AA  
Wyoming East High School

Class A  
Gilmer High School



#### Boys

Class AAA  
Morgantown High School

Class AA  
Fairmont Sr. High School

Class A  
St. Joseph Central High School



# 2016-2017 SWIMMING PROGRAM

Swim coaches are to consult the principal or his/her designee to insure that all Entry Forms and Eligibility Certificates are completed and submitted online by the required date.

## 2016-17 High School Season Dates

Season Starts	October 24
1st Contest	November 9
Regional Entry Form Due	January 31 <u>Noon</u>
Regional	February 4
State	February 16-17

## I. GENERAL INFORMATION

- A. The National Federation Swimming and Diving Rules will be the official rules with the exception of modifications approved by the West Virginia Secondary School Activities Commission Board of Directors.
- B. Entry Forms - It is recommended that schools use Entry Forms for each regular season meet. **The athletes grade level is required on every Entry Form.** Entry Forms are required for Regionals. Hy-tek entry will be accepted provided it includes grade level and all other information on WVSSAC entry form.
- C. Physical Examination - No student shall be permitted to participate in the program until he/she has provided the school with the WVS-SAC Physical Examination/Parental Consent Form properly completed by the physician and signed by the parent.
- D. Diving regulations: The following regulations are established in consideration of lack of facilities and in the best interests of safety of swimmers.
  1. To sponsor competitive diving, the school's participants (under the direction of the coach in regulation facilities) must have seven (7) sport specific (diving) practices.
  2. If both team diving participants have met the practice requirements and fulfilled all other eligibility requirements, the diving will be scored for both teams.
  3. If a visiting or home team does not sponsor competitive diving, diving may be included in the meet but only for exhibition.
  4. The diving event shall count as an individual event entry for the competitor regardless if the event is an exhibition or scoring event. If the diver also swims two individual events, the last individual event is a disqualification, and any other additional swims including relays are a disqualification for that swimmer/diver.
  5. For high school swim meets, member school athletes may not dive unless there is a 12 feet or more water depth.
- E. Water Depth Levels
  1. Diving will only be permitted in a water depth of 12 or more feet.
  2. If the water depth at the starting end of the pool is less than 4 feet, all swimmers must start in the water.
  3. If the water depth at the starting end of the pool is 4 feet or more, the starting platform may be a maximum of 30" above water surface.
- F. Facility
  1. End walls - It is recommended that end walls be finished with a nonslip surface that extends no less than .8 meters (2 feet 7 1/2 inches) below the water surface.
  2. Continuous lines 10-12 inches wide (25cm) and of a dark color shall indicate the middle of each swimming lane. These lines shall end 60 to 80 inches (1.5 to 2.0m) from the end walls and the last 10 to 12 inches of the line shall be at least 36 inches wide (.9144m) thus forming a broad "T". The center of each lane shall be indicated on the end walls by a 10 to 12 inch line extending vertically at least 3 feet 6 inches (1.0m) below the surface of the water. Markings on the finish pad and bulkheads shall conform to required markings on the end walls.
  3. The 16.4-yards/15 meter mark must be clearly visible on each side of the pool.
- G. Sportsmanship - Student participation in swimming meets is a privilege. Each student-athlete is expected to conduct himself or herself

in an exemplary manner while competing and representing their school.

- H. **Individual event entry times for regular season meets must be from high school meets (either during the current season or a prior season). Relay event entry times must be from high school meets during the current season.**

## II. RULES AND REGULATIONS

- A. Maximum Team Contests - A swimming team will be permitted 16 contests exclusive of regional and state contests. **Schools are required to schedule a minimum of 6 meets to be eligible to compete in the Regional meet.**
- B. Practice
  1. Team members must have fourteen (14) **team** practices on fourteen (14) separate days before the first meet. The practices may not occur on days of a meet and must be team practices.
  2. If a team member is participating in two sports simultaneously, he/she must have at least seven days of sport specific practice for each sport and seven days of conditioning practice.
  3. Teams may not simultaneously practice at the same facility unless permission is granted by the WVSSAC. The school contracted coach must be present on deck at all practices. Non-school/unauthorized coaches shall not assist with practices.
  4. Two scrimmages are allowed after each individual has seven team practices.
- C. Swimsuits
  1. Swimsuits shall be of one piece.
  2. Swimsuits worn by swimmers shall be limited to the following requirements:
    - a. Only one swimsuit shall be permitted in competition. (A swimmer with special needs may request customization through his/her school to the WVSSAC.)
    - b. The swimsuit shall be:
      - 1) Constructed of a woven/knit textile material;
      - 2) Permeable (100 percent to air and water), except for one post-construction impermeable school name and/or logo which shall not exceed 9 square inches;
      - 3) Competitors shall not wear or use any device to aid their speed, buoyancy or body compression.
      - 4) Made so as not to aid in buoyancy and shall not be altered to aid in buoyancy;
      - 5) Made with no zippers or other fastening system other than a waist tie for a brief or jammer and elastic material within the casing/ribbing in the terminal ends (straps, leg openings and waist openings); and
      - 6) Constructed so that the style/shape of the suit for males shall not extend above the waist nor below the top of the kneecap and for females shall not extend beyond the shoulders nor below the top of the kneecap, nor cover the neck.
    - c. All swimsuits displaying the FINA mark/barcode are legal for high school meets unless the swimsuit has been altered.
  3. It is strongly recommended that all team members be attired in identical team swimsuits which display the school colors.
  4. Competitors shall not be permitted to compete in attire (suits and caps) which includes advertising or a name other than the name or number of the competitor, school name, mascot or number except one visible logo/trade name not exceeding 2 1/4 square inches and not exceeding 2 1/4 inches in any dimension. Also one American flag not exceeding 2x3 inches is permissible on each item of swimsuit apparel. A commemorative or memorial patch not to exceed 4 square inches may be worn on each item of the swimsuit apparel. Permission to wear the commemorative/memorial patch must be granted by the WVSSAC. Goggles are not part of the school swimsuit.
  5. Cap Markings - Schools are allowed to customize swim caps with strategically placed mascots, school names and competitor's name, numbers and a manufacturer's logo. The same customization is allowed on swimsuits. Multiple manu-



facturers' logos are not allowed on the cap or suit. More than one cap may be worn by a competitor.

6. Deck changing is prohibited.
- D. Face paint and temporary tattoos are not allowed. If a permanent tattoo is deemed objectionable by an official, said tattoo must be covered.
- E. Non-School Participation Rule 127-2-10 - Coaches are reminded that swimmers are granted an exemption to this rule provided
  1. participation is approved by the school principal and
  2. the student misses no school-sponsored athletic activity of that team.

Since swimming is not included in the Non-School Participation Rule, students participating in any swim meet as an individual while a member of his/her school team may accept a medal, trophy, cup, certificate, ribbon, plaque, unattached letter, unattached chevron, or any similar award.
- F. Coach - No team or individual will be allowed to compete in any meet unless accompanied by the coach or a professional faculty representative designated by the principal.
- G. Officiating
  1. WVSSAC registered officials must be used for interscholastic meets. Officials' contracts are recommended.
  2. Dual or tri meets require a minimum of two registered officials (starter and referee).
  3. Meets or invitationals with four or more teams require a minimum of three registered officials (starter, stroke and turn, and referee).
  4. Apparel - White Apparel. The officials' shirt shall be a golf/polo style white shirt, short sleeve with collar. The shirt must have 2 to 4 buttons at the neck, and the material of the shirt must be non-see-through and **shirt tails shall be tucked in at all times.** White long pants, shorts, culottes or skirts are permitted during regular season, regional meets and State prelims. In State Tournament finals, all officials shall wear long pants or skirts. In State Tournament finals, the meet referee and starter(s) shall also wear navy blue blazers, white dress shirt, and tie. White athletic shoes (no sandals or crocs) and white socks are required for all meets. The officials' uniform may not display any emblems or badges except as otherwise designated by the WVSSAC.
- H. Regular season scoring - (Refer to NF Rules Book, Rule 7-1-2)
  1. The maximum number of entries per individual and relay event for each team shall be in accordance with NF Rules Book, Rule 3.
  2. Scoring shall be in accordance with NF Rules Book, Rule 7.
  3. By prior mutual consent, any of the scoring systems set forth in NF Rules Book, Rule 7 may be used for dual, double-dual, or triple-dual meets. Triangular meets with two or more entries per team per event: scoring shall follow 7-1-3a and 7-1-3b.
  4. Only two relay teams may score for each team in each relay event.
- I. Scoring Errors - The Meet Referee has up to one hour to make changes, except clerical before signing the score sheet as official. The meet score can be reviewed and clerical errors corrected within 48 hours of the completion of the meet.
- J. Timing - When three watches record different times, the official time is the time of the middle watch. If two watches record the same time, that time is official. If only two buttons or watches are available, the official time shall be the average of those two button or watch times. Digits representing a thousandth of a second are dropped with no rounding.
- K. Warm Up Requirements - Twenty (20) Minutes
  1. A county contracted coach shall be on the deck during the entire warm-up period. The coach shall be present and behind the block before the team may enter the water. The coach must remain behind the block throughout the entire warm-up. Compliance will be monitored by the meet officials.
  2. Swimmers shall enter the water feet-first except for starts which are limited to specific lanes.
  3. Last five (5) minutes of warm-up in all lanes are one-way sprint lanes with racing starts specified as one-way sprints.

4. A cone marker or similar sign on starting platforms in lanes not specified as one-way sprints.
5. Coaches shall stand at the starting end of the pool and verbally start swimmers for sprint or pace work.
6. Swimmers shall not be allowed on a starting platform when a backstroker is executing a start in the same sprint lane.
7. Swimmers shall not swim in the area where the diving warm-up is occurring. Meet management or a designated official may remove a swimmer, coach and/or team from the deck for violations of these requirements. In facilities that have a warm-up and/or warm-down area, management shall provide supervision of the area at all times.

L. Rules for "Scratches"

A **scratch** is the withdrawal of a competitor from the meet once entered, prior to the start of the meet, or once the meet begins, from the remainder of their events.

A **declared false start** is the withdrawal from an event by a declaration to the referee prior to the start of the event. A declared false start counts as an entry toward the allowable number of events.

All competitors, once officially entered shall compete in all races, heats, and rounds of competition. In non-championship meets, a competitor who has been officially entered in an event but does not compete shall be disqualified from that event only. In championship meets (County, Conference, Regional, State), a competitor who has been officially entered in an event but does not compete shall be disqualified from further competition. He/She shall not be disqualified from events in subsequent rounds for which he/she has previously qualified. For instance, a swimmer swam in a preliminary event of a championship meet, qualifying for finals. In the second preliminary event in which he/she was entered, he/she failed to compete. He/She is disqualified from any further competition with the exception of the final for which he/she previously qualified.

Exceptions:

1. An illness or injury certified by a physician or the referee forces a competitor to withdraw - no penalty. This does count as a swum event.
2. A competitor can withdraw from an event with a declared false start. Notice must be given to the referee at a specified time - no later than the start of the event prior. This does count as a swim event.

To clarify the definition of "officially entered" - In all multiple team meets, a competitor is officially entered when the entry card is delivered to the meet manager at the specified time and place. (This means coaches may not submit entries for swimmers to the host team entering any swimmer in more than 2 individual and 2 relay events.) In other meets (dual meets), a competitor becomes a participant in events when the official entry card is delivered to the referee immediately after the announcement of the results of the preceding event.

M. Lap - Counters

1. The use of a visual lap counting system is optional although a visual lap counting device must be provided.
2. A visual lap-counting system for the 500 yard/meter freestyle event shall be required for each visiting swimmer's lane. For not providing an adequate number of visual lap-counting devices for each visiting swimmer's lane, the host team shall be disqualified from the event and the visiting team(s) shall compete to earn points. For not providing an adequate number of visual lap-counting devices for each host swimmer's lane, the affected swimmers from the host team shall compete without the use of the visual lap-counting device or a lap counter.

III. POINTS OF EMPHASIS

- A. Pre-season meetings are required for all swimmers. Coaches are encouraged to request parent attendance. Rules and sportsmanship should be emphasized.
- B. Coaches shall abide by the decisions of the Meet Committee and refrain from unsportsmanlike conduct or remarks.
- C. It is the official's and coach's responsibility to check all equipment prior to each meet.



- D. Schools are encouraged to use WVSSAC Game Contracts.
- E. **Sportsmanship - All coaches are to emphasize to swimmers that respect for all coaches, timers, swimmers, and officials is required throughout the entire meet.**
- F. Coaches are strongly encouraged to take the Part I Test.

#### IV. TOURNAMENTS

##### SITES AND DATES CANNOT BE CHANGED WITHOUT WVSSAC APPROVAL

All tournament directors are reminded to read the Director's Manual before any preparations are made for the tournament. The necessary forms or reports that must be filed with the WVSSAC office can be found with the instructions for each sport.

#### A. REGIONAL MEETS - Monday-Saturday of Week 32

The swim competition for this season will include regional and state competition. There will be a one class competition with four regional divisions.

1. Entry Form
  - a. The Entry Form must be in the WVSSAC office **by Noon Tuesday, January 31, 2017** and to the Regional Director **after 12:00 Noon** but **before 12:00 midnight** on Tuesday, **January 31, 2017**. The meet at which the time was swum must be included on the Entry Form. **No changes will be accepted after January 31. All Entry Forms must be submitted by Hytek program.**
    - If Entry Form is not received by Regional Director and the WVSSAC office ON THE due date, the swimmers will be entered as a NO TIME. If a coach only submits the form to the Regional Director and not to the WVSSAC, all swimmers will be entered as a NO TIME.
    - A NO TIME issued due to late submission of the Entry Form will not be changed under any circumstances.
    - All times, individual and relays, must be from high school meets during the current season.
  - b. To enter the regional meet, a swimmer must have competed in a minimum of four interscholastic meets prior to the date of the Regional Meet, and the team must have **scheduled a minimum of 6 meets.**

**500 Free: Minimum qualifying time for girls is 7:30.00 minutes; minimum qualifying time for boys is 6:30.00 minutes. NO TIMES will not be allowed to enter this event. The top 3 finishers (must meet qualifying minimum) and take the next fastest qualifying times to fill the field.**

- c. Each school shall be permitted four entries in each individual event (timed finals).
- d. Relays - one entry per school.
  - Coaches are to list four swimmers.
  - Any swimmer listed on the WVSSAC Eligibility Form is eligible to be entered as an alternate provided he/she is otherwise eligible.
  - Relay Cards must be given to computer operator at least one-half hour before start of meet. Relay cards must indicate the names of the swimmers in that heat.
  - Thereafter, changes will only be allowed for injury or illness; changes must be reported to the Referee prior to the start of the race.
  - The name of the lead-off swimmer shall be submitted to the computer operator not later than the conclusion of the race.
- e. Four event limit per swimmer no more than two of which shall be individual events. A competitor officially becomes a participant in an individual event when the entry card or form is delivered to the meet manager at a specified time and place.
- f. All swimmers will be seeded according to times listed on the official entry form, provided the time of any contest is not challenged by the coaches present at the scratch meeting. Coaches must bring all time documentation to the Regional Meet.

- g. Coaches are to keep all meet results and records for home meets until March 1 of each season.
2. Coaches will receive heat sheets. No "psyche" sheets.
3. Scratches
  - a. Entries may be scratched; however, no additions or replacements will be allowed.
  - b. Deadline is prior to the start of the meet.
4. Diving will not be included at the Regional Meet.
5. Order of Events will follow the same format as the State Meet.
6. Touch pads will be used (where available).
7. Scoring
  - a. Hy-Tek Meet Management System
  - b. The meet referee will be required to sign-off on all races in which the computer flags more than a .3 difference of pad (electronic) and back-up time.
  - c. The computer operator will print time sheets for each heat of every event.
  - d. 8 Places. Individual events will score 9-7-6-5-4-3-2-1. Relays will be double the individual score.
  - e. Results due to WVSSAC and State Director at the conclusion of the Regional Meet.
8. State Qualifiers
  - a. **Individual Events: The top three (3) from each region and the remaining twelve (12) qualifiers will be the next fastest twelve (12) competitors, by time, from all Regions combined.**
  - b. **Relays: The top two (2) from each region and the next 10 fastest times from all Regions combined. This will only occur if all regionals use automatic timing.**
  - c. **If a team qualifies 7 or more athletes, no alternate is permitted. If a team qualifies less than 7 athletes, the coach must fill out form and request to bring an alternate. This form must be sent to WVSSAC by the Monday following the Regional Meet.**
  - d. **A swim-off will be conducted to determine the State Qualifier if there is a tie at the Regional Meet for 3rd place in an individual event or 3rd place in a relay. No swim-off times will be used for qualifying or seeding purposes for the State Swim Meet**
  - e. **After all times from the Regional Meets have been submitted to and tabulated by the State Director, if there is a tie for 24th place in an individual event or 18th place in relay event for the State Swim Meet, an extra heat will be added to that event during the State Swim Meet preliminary session in lieu of a swim-off.**
9. Admission
  - a. Adults \$6.00 Students \$5.00
  - b. Videotaping or filming of the meet for personal use is allowed. However, it is recommended that the tournament director designate a specific area for all videotaping or filming to ensure that spectator viewing is not violated.
  - c. No flash photography is allowed during the start of each event.
  - d. No reserve or "save" seating. First come, first serve. No seating allowed in aisles.
  - e. Swimmers are to remain in the designated team area to allow for adequate spectator seating.
  - f. No signs allowed on deck or on railings in the spectator seating area.
10. Deck Area
  - a. Restricted to contracted coaches (maximum of two per school - no exceptions), swimmers (qualifiers) and officials. At least one of the two coaches must be the county contracted coach. The other coach must be authorized certified and been county board of education approved.
  - b. No parents, spectators, media or fans. Deck identification must be worn by coaches, swimmers, and officials.





- c. No food on deck. Water and sport drinks are the only allowed beverages. No glass containers are allowed. **No oil products are allowed.**
- 11. No boom boxes or large stereos. Small personal listening devices with earphones are allowed.
- 12. Tournament directors should refer to the Spectator Support Information to determine what items are permitted at regional swim meets.
- 13. Awards
  - a. Team Championship Plaque (boys and girls)
  - b. Additional awards may be given at the expense of participating schools.
  - c. Presentation - no caps or hats allowed. It is recommended that shirts and sweats have school logo/name.
- 14. Officiating
  - a. Officials will be selected by the tournament director.
  - b. Minimum of seven registered officials - four stroke and turn, starter, referee, backup official.
- 15. Meet Committee
  - a. The Meet Committee will meet as needed to make decisions on all protests.
  - b. Proper procedures for filing a protest will be detailed for coaches by the Meet Director at a pre-meet meeting.
  - c. The protest procedure must be initiated on the proper form within one event.
  - d. Coaches must submit a formal written explanation on the Protest Form.
  - e. The Meet Director will present the protest to the Meet Committee.
  - f. The Meet Referee will be required to submit a written explanation.
  - g. The Meet Director will present the Meet Referee's explanation to the Meet Committee.
  - h. After the Meet Committee is adjourned, the Meet Director will relay the decision to the coach.
  - i. All decisions of the Meet Committee are final.

**REGIONAL TOURNAMENT STRUCTURE**

- 1) **The regional tournament directors meeting is Wednesday, January 11th at 10:00 at the WVSSAC office to cover tournament procedures and meet management.**
- 2) **It is recommended that regional meets be scheduled as early as possible to prevent late night travel for teams.**

**Regional Times are Subject to Change**

**Region I**

**Site:** Brooke High School  
**Date:** February 4 Warm-up **9:10** Start **11:30**  
**Directors:** Sean Blumette, AD, Brooke HS (527-1410)  
**Schools:** Bishop Donahue, Brooke, John Marshall, Morgantown, Parkersburg, Parkersburg South, University, Weir, Wheeling Park, Wheeling Central, ~~Williamstown~~

**Region II**

**Site:** Fairmont State University  
**Date:** February 4 Warm-up **9:00** Start **11:00**  
**Director:** Joe Naternicola/Michelle Bright, Fairmont Sr. HS (367-2150)  
**Schools:** ~~Doddridge~~, East Fairmont, Fairmont Senior, Hampshire, Hedgesville, Jefferson, Martinsburg, Musselman, North Marion, Preston, Spring Mills, Washington

**Region III**

**Site:** West Virginia Wesleyan  
**Date:** February 4 Warm-up **8:30** Start **11:00**  
**Director:** Rick Reynolds, AD, Buckhannon-Upshur (472-3720 ext. 5019)  
**Schools:** Bridgeport, Buckhannon-Upshur, Elkins, Grafton, **Herbert Hoover**, Liberty (H), Lincoln, Notre Dame, Philip Barbour, Pike View, Riverside, Shady Spring, South Harrison, Robert C Byrd, Woodrow Wilson

**Region IV**

**Site:** Marshall University  
**Date:** February 4 Warm-up **3:00** Start **4:45**  
**Director:** Kathy Morris (733-2068 or 638-4193)  
**Schools:** Buffalo, Cabell Midland, Capital, Chapmanville Regional, Charleston Catholic, George Washington, Huntington, Hurricane, **Logan, Man, Mingo Central**, Nitro, Point Pleasant, South Charleston, ~~Spring Valley~~, St. Albans, St. Joseph, Winfield

**B. STATE SWIM MEET - Thursday-Friday of Week 33**

- Site:** West Virginia University Natatorium  
**Director:** Doug Hogue and Dana Keith  
**Morgantown**
- 1. Coaches' Meeting - Wednesday, February 15 at **TBA**.  
 Location: **TBA**
    - a. All coaches are required to attend. Failure to attend the meeting or arrive on time will result in the school's swimmer(s) being disqualified from the meet.
    - b. There will be a mandatory coaches' meeting at the beginning of each morning session (Session I and III).
  - 2. State Qualifiers from Regional Meet
    - a. Three individuals per event from each region. The remaining qualifiers will be the next fastest twelve (12) competitors, by time, from all four Regions combined in order to fill out the field of qualifiers.
    - b. **If a state qualifier is unable to attend, the next highest time from that region will become a qualifier. Coaches are to notify the WVSSAC office immediately. If a coach knows at regionals that a swimmer will not attend the State Meet, that coach must contact the WVSSAC office immediately following the regional. This will allow substitution prior to the seeding of the State Meet. Substitutions after February 16th will be placed in the vacated position. The meet will not be reseeded and they will not be in the program.**
    - c. Relay - Two teams per relay event from each region. The remaining qualifiers will be the next fastest ten (10) relay teams, by time, from all four Regions combined in order to fill out the field of qualifiers.
      - Coaches are to list four swimmers.
      - (An alternate for a relay at the State Meet need not have participated in the Regional Meet.) **Coaches will receive only one deck pass per qualifier from the regional meet. Any additional swimmers will have to buy a ticket at the meet.**
      - Any swimmer qualifying for the State Swim Meet is eligible to be entered as an alternate provided he/she is otherwise eligible.
      - Prelims and Finals - Cards must be given to the computer operator not less than 30 minutes prior to the start of the session. Relay cards must indicate the names of the 4 swimmers participating in that race. Thereafter, changes will only be allowed for injury or illness; changes must be reported to the Referee prior to the start of the race.
  - 3. Diving will not be included at the State Meet.
  - 4. Scoring
    - a. Hy-Tek Meet Management
    - b. The meet referee will be required to sign-off on all races in which the computer flags more than a .3 difference of pad (electronic) and back-up time.
    - c. The computer operator will print time sheets for each heat of every event.
    - d. 12 Places. Individual events will score 16-13-12-11-10-9-7-5-4-3-2-1. Relays will be double the individual score.
  - 5. Deck Area
    - a. Restricted to contracted coaches (maximum of two per school), swimmers and officials. At least one of the two coaches must be the county contracted coach. The other coach may be a volunteer but only if the individual has been county board of education approved.





- b. No parents, spectators, media or fans.
- c. Deck identification must be worn by coaches, swimmers, and officials.
- d. No food on deck. Water and sport drinks are the only allowed beverages. No glass containers are allowed. **No oil products are allowed.**
- 6. No boom boxes or large stereos. Small personal listening devices with earphones are allowed.
- 7. **Diving Well - After each session has started, warm up is allowed in the diving well; however, no diving - feet first entry only; and back stroke standing starts off the wall are not allowed.**
- 8. Admission
  - a. General Admission Adults - \$8.00 Students - \$7.00
  - b. Videotaping or filming of the meet for personal use is allowed. However, it is recommended that the tournament director designate a specific area for all videotaping or filming to ensure that spectator viewing is not violated.
  - c. No flash photography is allowed during the start of each event.
  - d. No reserve or "save" seating. First come, first serve. No seating allowed in aisles.
  - e. Swimmers are to remain in the designated team area to allow for adequate spectator seating.
  - f. Students are not allowed in area designated for coaches.
  - g. No signs allowed on deck or on railings in the spectator seating area.
- 9. All-Tournament Team will be selected by points. The six high point (based on individual events) swimmers (boys and girls) will be the All-Tournament Teams. In the event of ties, relay points will be used to break the tie.
- 10. Awards
  - a. Team Championship Trophy - boys and girls  
Team Runner Up Trophy - boys and girls  
Individual - 1st place plaque; 2-6 medals; 7-12 ribbons  
All Tournament Team - plaques; 6 girls, 6 boys
  - b. Presentation - no caps or hats. It is recommended that shirts or sweats have school logo/name.
- 11. Officiating
  - a. Officials will be selected by the WVSSAC
  - b. Minimum of 12 registered officials - meet referee, 3 deck referees/starters, and 8 stroke and turn officials.
  - c. The tournament director will select all other needed personnel (timers, announcer, timing equipment operator, software operator, etc.,).
- 12. Meet Committee
  - a. The Meet Committee will meet as needed to make decisions on all protests.
  - b. Proper procedures for filing a protest will be detailed for coaches by the Meet Director at a pre-meet meeting.
  - c. The protest procedure must be initiated on the proper form within one event.
  - d. Coaches must submit a formal written explanation on the Protest Form.
  - e. The Meet Director will present the protest to the Meet Committee.

- f. The Meet Referee will be required to submit a written explanation.
- g. The Meet Director will present the Meet Referee's explanation to the Meet Committee.
- h. After the Meet Committee is adjourned, the Meet Director will relay the decision to the coach.
- i. All decisions of the Meet Committee are final.

**13. Breaks during Meet. In order to provide recovery time for swimmers, meet management will use its best efforts to schedule breaks during the meet so that a swimmer will have not less than five (5) minutes between events.**

**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.

**STATE SWIM MEET TIME SCHEDULE**  
**Thursday, February 16, 2017**  
**PRELIMINARIES**

Session I Boys		Session II Girls	
General Admission: <b>TBA</b>		General Admission: <b>TBA</b>	
Warm-ups: <b>TBA</b>		Warm-ups: <b>TBA</b>	
Start: <b>TBA</b>		Start: <b>TBA</b>	
(Times subject to change)		(Times subject to change)	
Event Numbers	Events	Event Numbers	Events
<b>Boys</b>		<b>Girls</b>	
1	200 Medley Relay	2	
3	200 Freestyle	4	
5	200 Individual Medley	6	
7	50 Freestyle	8	
9	100 Butterfly	10	
11	100 Freestyle	12	
13	500 Freestyle	14	
15	200 Freestyle Relay	16	
17	100 Backstroke	18	
19	100 Breaststroke	20	
21	400 Freestyle Relay	22	

**Friday, February 17, 2017**  
**FINALS**

Session III Boys		Session IV Girls	
General Admission: <b>TBA</b>		General Admission: <b>TBA</b>	
Warm-ups: <b>TBA</b>		Warm-ups: <b>TBA</b>	
Start: <b>TBA</b>		Start: <b>TBA</b>	
(Times subject to change)		(Times subject to change)	
Event Numbers	Events	Event Numbers	Events
<b>Boys</b>		<b>Girls</b>	
1	200 Medley Relay	2	
3	200 Freestyle	4	
5	200 Individual Medley	6	
7	50 Freestyle	8	
9	100 Butterfly	10	
11	100 Freestyle	12	
13	500 Freestyle	14	
15	200 Freestyle Relay	16	
17	100 Backstroke	18	
19	100 Breaststroke	20	
21	400 Freestyle Relay	22	

**2015-2016 State Swimming Champions**

**Girls**

**George Washington High School**

**Boys**

**Parkersburg South High School**



## 2016-2017 Swimming Rule Changes

1-5-2, 3-6-1d: Deck changing has been defined as changing into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes. Incidents of deck changing will result in the assessment of an unsporting behavior penalty.

Rationale: High school athletes should not be changing into or out of swimsuits except in designated changing areas.

6-4-1b: The protocol for determining an official time when a touch pad malfunctions on a lane was changed. Backup buttons and/or watch times, as outlined in the protocol, will now determine the official time.

Rationale: Research indicates that the current practice of calculating the average difference between the automatic and backup timing systems, and adjusting the backup time in the malfunctioning lane(s) does not improve the accuracy of the final time. Utilizing backup times without adjustment results in a final time that is just as accurate and avoids an exercise which is both time-consuming and difficult to perform during a meet.

8-2-4c: The final leg of the individual medley and the medley relay requires the swimmer to be at or past vertical toward the breast before any stroke, kick or propulsive motion.

Rationale: This language clarifies the required body position during the final leg of the individual medley and the medley relay.

9-4 Table: The Flying Back 1 SS (212) and the Flying Reverse 1 SS (312) have been removed from the NFHS Diving Table, while new dive (5142) has been added.

Rationale: The added dive is an intermediate step to performing more difficult dives listed on the diving table.

9-5-5: The balk has been more clearly defined and should be called when a diver assumes the starting position and he/she makes an obvious attempt to start the approach or press, and stops the continuous execution of the dive prior to the water entry.

Rationale: This rule change adds clarity and consistency to the balk call, requiring a diver to actually commence, then stop the dive.

9-7-5q: When using the forward approach, a dive is failed if, in the diving referee's opinion, the diver performs an additional bounce(s) on the end of the board after the culminating hurdle.

Rationale: The forward approach shall begin with not less than three steps and finish with a hurdle, defined as a jump off one foot to a landing on both feet at the end of the board. The diver should not be permitted to do an additional bounce prior to the take-off.

### 2016-17 Swimming and Diving Editorial Changes

3-3-2c, 3-6-1 NOTE

### 2016-17 Swimming and Diving Points of Emphasis

1. The backstroke ledge is not allowed in high school competition.
2. Tie back suits are considered illegal equipment given the use of a fastening system
3. Photographers should be limited to areas adjacent to the starting area.

## INFRACTIONS AND PENALTIES

The following list is a sampling of infractions and penalties. Coaches and athletes should refer to NF Swim Rules Book and WVSSAC rules for additional infraction and penalty regulations.

<u>Infraction</u>	<u>DQ From Event</u>	<u>DQ From Further Competition</u>	<u>Ejection &amp; 2 Meet Suspension</u>
False start	X		
Delay of meet	X		
Failure to assume starting position after being instructed to do so	X		
Stroke infractions	X		
Wearing jewelry discovered during race	X		
Wearing illegal attire	X		
Entering water before race without referee's permission	X		
Not swimming in assigned lane	X		
Interfering with swimmer in another lane	X		
Contacting bottom of pool for purpose of gaining advantage	X		
Re-entering water during race without referee's approval	X		
Participating in/attempting to participate in more than allowable events	X	X	
Failure to compete in all races in which entered	X	X	
Using unapproved artificial device during an event	X	X	
On site use of tobacco products	X	X	X
Being a non-participating team member who enters water during race	X	X	
Refusing to make illegal attire or jewelry legal when directed to do so by referee	X	X	X
On-site shaving		X	
Willful failure to follow the directions of an official	X	X	X
**Unsportsmanlike conduct	X	X	X

(Unsportsmanlike conduct acts include but are not limited to profanity, taunting, throwing equipment in anger or disgust, disrespectfully addressing an official)

\*\* At the discretion of the referee, team personnel displaying unsportsmanlike conduct may be issued a warning, followed by disqualification and ejection from further participation in the meet. In addition, the personnel will be subject to the WVSSAC Code for Interscholastic Athletics - Rule 127-4-3.



# 2016-17 WRESTLING PROGRAM

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 can be found with the instructions for each sport.

## 2016-17 High School Wrestling Dates

Season Starts	Mon. of Wk. 20	November 14
1st Contest Held	Wed. of Wk. 22	November 30
Regional	Week 33	February 18
State	Week 34	February 23 - 25

## Middle School/9th Grade Dates

Season Starts	Monday of Wk. 19	November 7
1st Contest Held	Wed. of Wk. 22	November 30
Season Ends	Saturday of Wk. 33	February 18

## I. GENERAL INFORMATION

### A. Weight Management Program Policy and Procedures

**Note: The Sports Medicine Committee recommended and the Board of Directors approved the recommendation that assessors/doctors use the following skin fold allowance when completing the Certified Minimum Weight Permit Form:**

7% High School Boys	9% Jr. High Boys
12% High School Girls	14% Jr. High Girls

- There will be a two-pound growth allowance after December 24th. A wrestler who competes for the first time at a lower weight class before or after December 24th must make base weight at the site of the competition during the official weigh-in. However, he or she can compete at the next higher weight class after making base weight at the lower weight class.
- For weight management/assessment information refer to WVSSAC Weight Management Program policy and procedure. Information was mailed in the coaches packet and can be accessed on-line at [www.wvssac.org](http://www.wvssac.org).
- After being assessed for minimum wrestling weight, the first time an athlete wrestles at their minimum wrestling weight, they must make base weight. They may not weigh-in at their minimum weight until the date indicated by the Alpha Report. **Note: If a wrestler's Alpha date is January 15th, from that point on he must weigh-in 50% of his matches at his minimum weight. In other words, with the same Alpha date, he can't wait until the last match of the season before regionals to make alpha minimum weight, after he's wrestled the other 10 matches at a higher weight on and after alpha date.**
- High schools must have information on-line with The NWCA Optimal Performance Calculator Program by December 23rd. High schools that do not have information on-line by December 23rd will be fined \$50.00.

### B. Weighing In

- Contestants shall have the opportunity to weigh in, shoulder-to-shoulder, one hour before the time a dual meet is scheduled to begin. When a preliminary meet is followed by a varsity meet, the weigh-in period for the second meet may, by mutual consent, precede the preliminary meet. **The weigh-in shall be conducted at the dual meet site.**
- The referee or other authorized persons (e.g., both coaches from the participating schools, athletic directors, school administrators, or tournament personnel) shall supervise the weigh-in for dual meets or tournaments.
- Contestants shall weigh in at the tournament site two hours before the first session each day. NOTE: The tournament officials shall establish the weigh-in time.
- When there are consecutive days of team competition, there shall be a one pound additional allowance granted each day for all wrestlers. In order to be granted this one-pound additional allowance, a minimum of 48 hours advance notice is required for your opponent(s). A wrestler must make base weight the first weigh-in to get any weight allowance. All wrestlers must weigh-in each day of the event. No more "night before" weigh-ins.
- A contestant who is to represent his/her school in a tournament shall be named by weight class prior to the conclusion of

the weigh-in.

- All contestants (male and female), including heavyweights, shall weigh in wearing a suitable undergarment that completely covers the buttocks and the groin area. Female contestants must also wear a suitable undergarment that covers their breasts.
- Coaches must have in their possession their team's NWCA "Alpha Report" at all competitions.**  
**Duals, Tris & Quads - Coaches must exchange NWCA generated Weigh-In Reports with opposing coaches.**  
**Multi-Team Competitions: All coaches are to submit their NWCA-generated Weigh-In Report to the Tournament Director. The Director will return copies of all schools' Weigh-In Reports to each coach at the end of the competition. Failure by coach to provide weigh-in reports will result in their team not being permitted to participate.**
- Weigh-in guidelines for dual meets, triangulars, quadrangulars, and regular tournaments.** All wrestlers must be present at the beginning of the weigh-in period. Exceptions must be approved by the meet administrators as being valid, having nothing to do with weight-loss purposes.  
When weighing in, if a wrestler does not make weight on his first attempt, he must immediately step on the scale a second time. Should the wrestler still not make weight, he may immediately weigh-in ONCE on any other scales used for the weigh-in. If he does not make weight, he must move up or not wrestle. A wrestler may use the restroom prior to his weight class weighing in with official approval and supervision by authorized personnel.
- Important Note:** In reference to multiple dual meet tournaments, if a team does not wrestle until 2 p.m., it will weigh-in at noon (the two-hour limit before a team competes). Should a team want to weigh-in with teams who are weighing in earlier, it can. However, a team can only weigh-in during one weigh-in period, either its assigned time or an earlier weigh-in time.
- When being weighed in, the wrestler will stand erect facing the scales. Also, this area will be closed for efficiency in handling the weigh-ins.
- Female wrestlers will weigh-in just prior to or after the male wrestlers. A female attendant will conduct the weigh-in. If another certified set of scales is available in the facility, the female weigh-in may occur at the same time as the male contestants.
- Any wrestler making base weight after December 24th must make base weight at the site of the competition during the official weigh-in. The official will sign the team's Alpha Report form with the exact weight noted.

### C. It is strongly recommended that wrestling coaches dress in a professional manner during contests.

## II. RULES AND REGULATIONS

- The following fourteen weight classifications are to be used in all high school meets: 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220 and 285.
- A school must have participated in a minimum of six (6) interscholastic matches in order to be eligible to enter the Secondary School Activities Commission tournament series.
- Each participant is limited to eighteen (18) weigh-ins per season exclusive of the regional and state tournaments. A wrestling team will be permitted to have eighteen (18) matches/weigh-ins exclusive of regional, and state tournaments. Dual, triangular and quadrangular matches count as one. Matches in which five or more schools participate count as two matches for schools and 2 weigh-ins for a participant.
- Each wrestler must participate in fourteen (14) practice sessions on fourteen (14) separate days (exclusive of the day of a meet) before he/she participates in a regular season match. If a participant is in a fall sport play-off which overlaps wrestling season, she/he will need only 7 practices provided they attend the Monday after the previous Friday or Saturday fall sport play-off.
- The Wrestling Rules as published by the National Federation of State High School Associations, and as further modified by the Sec-



ondary School Activities Commission, shall govern all wrestling meets.

- F. A certified or authorized coach/individual shall be in each participant's corner during the match.
- G. Officials must enforce the rule of proper uniform for participants.
- H. A wrestler shall not lower his singlet strap(s) anywhere in the gymnasium facility where it can be observed by the public. All other rules regarding the uniform shall be complied with. This means no caps, hats, etc.
- I. The use of mouth guards is **recommended** for all practices and contests and **required** for athletes wearing braces.
- J. **The wrestlers shall shake hands and the referee shall declare the winner by raising his hand.**
- K. For any tournament exceeding one day weigh-in, NFHS rules will be followed. **No more "night before" weigh-ins.**
- L. Coaches seating during the match - **Rule 2, Section 2, Articles 1, and 2** shall be enforced.
- M. Officials are to follow National Federation rules and procedures in all penalty situations.
- N. **Hair and Facial Hair Rules** - Any wrestler wishing to compete with hair longer than collar length must use some type of bathing cap or other device to keep the hair up. Also, if an individual has facial hair, it must be covered with a face mask. In either case, the "official" is to insure that these are taken care of in a proper manner.
- O. Guidelines for Varsity and Junior Varsity Teams
  - 1. Schools may have a varsity and junior varsity squad.
  - 2. In tournament competition, schools entering a junior varsity team may enter more than one participant in each weight class.
- P. **The overtime period shall be followed by two 30-second Tiebreaker Periods if needed. Also, an Ultimate 30-second Tiebreaker will determine the match if needed.**

### III. TOURNAMENTS

#### A. Regional Tournaments

- 1. Prior to the regional tournament, a meeting of coaches shall be held to determine the seeding of the wrestlers.
- 2. Changing Weight Classes After the Seeding Meeting.  
The time of verification of entries for the regional tournament will be decided prior to the beginning of the seeding meeting. A vote will be taken by the coaches and should a tie occur the tournament director will break the tie.
- 3. Seeding procedure will be established by coaches prior to the beginning of the regional meeting. Coaches should be prepared to defend their records with documentation.
- 4. Any wrestler who loses in the championship bracket shall participate in the consolation bracket. There will be six (6) place winners at the regional tournament. If any state-qualifying place winner is penalized for flagrant misconduct or injured (prior to the state's required 48-hour notification period), all other place winners will move up one place.
- 5. At the pre-regional meeting, possible expenses should be discussed with all schools involved.
- 6. **Regional Tournaments:**
  - a. One day tournament - one to ten teams may be on predetermined regional date.
  - b. Two day tournament - eleven or more teams - must be on February 17, 18, 2017. **(However, on or before regional seeding meeting, if it can be determined that a wrestler will not exceed allowed number of matches, their tournament shall be held on one day.)**
- 7. Officials for the regional tournament will be appointed by the director. Must be Class I or II. **There must be at least one Class I official at all regionals. It is recommended that a second official be used for regional finals based upon NFHS procedure.**
- 8. Guidelines for video taping will be set by the tournament director.
- 9. Awards:  
Regional: The WVSSAC will provide Regional Championship plaques. The regional director will reimburse the WVSSAC for the plaques (waived for 2016-2017 season). Other awards may

be presented at the discretion of the regional director and participating schools.

- 10. Admission: Admission to regional tournaments will be \$6.00 for adults and \$5.00 for students.
- 11. Regional Requirements:
  - a. Scoreboard - Must be visible to public and display scores of all teams entered.
  - b. Brackets - Posted and updated regularly for fans and participants to view.

#### CLASS AAA

##### Region I

Site: Wheeling Park High School  
 Director: Dwaine Rodgers, AD Wheeling Park High School  
 Schools: Brooke, Buckhannon-Upshur, John Marshall, Morgantown, Preston, University, Wheeling Park

##### Region II

Site: Spring Mills Musselman High School  
 Director: Dan Comer, Steve Campbell, AD, Musselman High School  
 Schools: Hampshire, Hedgesville, Jefferson, Martinsburg, Musselman, Spring Mills, Washington

##### Region III

Site: Woodrow Wilson High School  
 Director: Tim Carrico, AD, Woodrow Wilson High School  
 Schools: Capital, George Washington, Greenbrier East, Princeton, Riverside, South Charleston, St. Albans, Woodrow Wilson

##### Region IV

Site: Parkersburg South High School  
 Director: Rick Leach, AD, Parkersburg South High School  
 Schools: Cabell Midland, Huntington, Hurricane, Parkersburg, Parkersburg South, Ripley, Spring Valley

#### CLASS AA-A

##### Region I

Site: Fairmont Sr. High School  
 Director: Joe Naternicola, AD, Fairmont Sr. High School  
 Schools: Berkeley Springs, Bishop Donahue, Cameron, East Fairmont, Fairmont Senior, Frankfort, Keyser, Madonna, Magnolia, North Marion, Oak Glen, Petersburg, Ritchie County, St. Mary's, Tyler Consolidated, Weir, Wheeling Central

##### Region II

Site: Bridgeport High School  
 Director: Matt DeMotto, AD, Bridgeport High School  
 Schools: Braxton County, Bridgeport, Clay County, Clay-Battelle, Doddridge County, East Hardy, Elkins, Grafton, Lewis County, Liberty, Lincoln, Moorefield, Notre Dame, Philip Barbour, Roane County, Robert C Byrd, South Harrison

##### Region III

Site: Independence High School  
 Director: Jon Moore, AD, Independence High School  
 Schools: Bluefield, Fayetteville, Greenbrier West, Herbert Hoover, Independence, Liberty (R), Meadow Bridge, Midland Trail, Nicholas County, Oak Hill, Pike View, Richwood, River View, Shady Spring, Webster County, Wyoming East

##### Region IV

Site: Calhoun County High School  
 Director: Michael Fitzwater, AD, Calhoun County High School  
 Schools: Buffalo, Calhoun County, Lincoln County, Logan, Man, Mingo Central, Parkersburg Catholic, Point Pleasant, Nitro, Poca, Ravenswood, Sissonville, St. Joseph, Wahama, Williamstown, Winfield, Wirt County





## B. State Tournament

1. **Site, Date** - The State Wrestling Tournament for both classes will be held at the Huntington Civic Center, February 23, 24, and 25, 2017. Bill Archer will serve as Tournament Director.
2. **Qualifiers**
  - a. Four wrestlers will qualify for the State Tournament from each weight class of their respective region.
  - b. As the regionals will be advancing the first four contestants, the fifth and sixth place finishers should stay active in case of injury, illness, etc.
  - c. Notification should be given as soon as possible to the State Tournament Director if a qualifier is not going to be able to compete. If adequate time allows for the next eligible athlete to be present for weigh in, all entries of that region and that weight will be moved up and the next eligible wrestler will be entered.
3. **Pairings** - State tournament pairings will not be released until after the regional tournament.
4. **Officials**
  - a. The WVSSAC office will select the State Tournament officials.
  - b. A second official will be assigned to all Saturday matches based upon NFHS procedures.
5. **Weigh-in**

Thursday	4:30 pm
Friday	9:30 am
Saturday	8:30 am

**Note:** Weigh-ins start with 106 pounders and continue until 285 pounders have been weighed-in. If a wrestler is not present for his weight class weigh-in, he is disqualified from the state tournament. The state tournament committee will make the final decision on any unusual weigh-in situations that might arise.
6. **Video Taping** - Individuals will be permitted to tape at the State Tournament. Each school will be permitted to video tape mat-side during the championship match.
7. **Reimbursement** - Refer to the Reimbursement Schedule.
8. **Coach Ejection** - An ejected coach/participant will sit out the remainder of the State Tournament and meet further requirements of the ejection policy.
9. **Awards (New for 2017)**

Team:

  1. Championship (AAA / AA / A)
  2. Runner-up (AAA / AA / A)

Individual:

  1. Places 1 through 6 for each weight (each class)
  2. Outstanding Wrestler (chosen by vote of coaches) AAA / AA / A
10. **Admission Prices:**

Adults - (General Admission) \$8.00  
 Adult Book Tickets - \$40.00  
 Students - (General Admission) \$7.00  
 Student Book Tickets - \$35.00
11. **Passes Issued for the State Tournament**
  - 1 - 5 wrestlers - Two coaches passes
  - 6 or more wrestlers - Three coaches passes

Team Doctors, trainers, video, scorers, Mat Maids can buy extra passes at back door. Extra coaches passes can be purchased at back door.

**Please do not ask for additional passes.**
12. Bill Archer, Tournament Director, has approved all area hotels for the State Wrestling Tournament.
13. **Time Schedule:**

- |  |                           |
|--|---------------------------|
| <b>1st Session</b> - Thursday, February 23, 2017   | 6:30 PM (3-3/4 hr)        |
| (AA-A) AAA First Round Championship Bracket 8 Mats 264 Matches                             |                           |
| <b>2nd Session</b> - Friday, February 24, 2017   | 8 Mats 11:30 A.M. (6 hrs) |
| (AA-A) AAA Quarterfinals, Championship Bracket 112 Matches                                 |                           |
| 1st and 2nd Round Consolation Bracket 224 Matches  |                           |
| 1st Round Consolations will be wrestled simultaneously with the Championship Quarterfinals |                           |
| <b>3rd Session</b> - Friday, February 24, 2017   | 7:30 P.M.(1-3/4 hr)       |
| (AA-A) AAA Semi-Final Championship Matches 4 Mats 56 Matches                               |                           |
| 3rd Round Consolation Matches 4 Mats 56 Matches  |                           |
| 3rd Round Consolation will be wrestled simultaneously with the Championship Semi-Finals.   |                           |
| <b>4th Session</b> - Saturday, February 25, 2017   | 10:30 A.M. (4 hrs)        |
| (AA-A) AAA Semi-Final Consolation Round 4 Mats 56 Matches                                  |                           |
| (AA-A) AAA Consolation Finals for 3rd & 5th Places 56 Matches                              |                           |
| <b>5th Session</b> - Saturday, February 25, 2017   | 6:00 P.M. (3-1/2 hr)      |
| (AA-A) AAA Championship Finals 2 Mats 28 Matches   |                           |
14. A random drawing will be held at the coaches seeding meeting to determine the first class wrestled in the state finals matches.

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## IV. JR. HIGH/MIDDLE SCHOOL WRESTLING REGULATIONS

### WEIGHT CLASSES

The Wrestling Coaches' Committee recommended and the Board of Directors approved the following weight classes for Middle School/9th Grades starting with the 2007-08 season:

78 lb. Class	110 lb. Class	145 lb. Class
84 lb. Class	116 lb. Class	155 lb. Class
90 lb. Class	123 lb. Class	171 lb. Class
95 lb. Class	128 lb. Class	190 lb. Class
102 lb. Class	135 lb. Class	Heavyweight - Max. 285

1. Certified Minimum Weight Permit Forms

**Note:** For both middle school and 9th grade

- a. As of December 24th, there will be a two-pound growth allowance for all wrestlers. A wrestler who competes for the first time at a lower weight class before, on or after December 24th must make base weight at that match. However, he/she does not have to compete at that weight class for the match.
- b. The Middle School/9th Grade weight management program is the same as previous years.
- c. **After the Certified Minimum Weight Permit Forms have been properly completed, coaches are to keep on file. The school is to file the Certified Minimum Weight Permit Verification Form to the WVSSAC office postmarked no later than December 23.**
- d. Schools that do not have the Certified Minimum Weight Permit Verification Forms postmarked to the WVSSAC office by December 23 will be fined \$50.

2. **Length of Matches**

First Period	-	1 Minute
Second Period	-	2 Minutes
Third Period	-	2 Minutes

### Overtime Period and Tiebreaker

- a. The overtime period shall be followed by two 30-second Tiebreaker Periods if needed. Also, an Ultimate 30-second Tiebreaker will determine the match if needed.





- 3. Each wrestler must participate in 14 organized practices on 14 separate days before participating in a scheduled match.
- 4. Each wrestler must wear ear protectors, fingernails must be trimmed, and hair style must conform to National Federation Rule Book.
- 5. A one and one half (1-1/2) minute "injury time" will be allowed for an injured wrestler. A wrestler unable to participate at this time shall default.
- 6. No artificial weight loss device may be used.
- 7. Each wrestler shall weigh-in in the presence of a certified official.
- 8. Physical Examination and Parental Consent is required.
- 9. Each boy or girl is limited to sixteen (16) weigh-ins per season. Dual, triangular and quadrangular meets count as one match each. Meets in which five or more schools participate count as two matches and 2 weigh-ins for wrestlers.
- 10. The Middle School/9th Grade wrestling programs will still utilize the Certified Minimum Weight Permit Forms. They must continue to weigh-in at their certified minimum weight 50-percent of their matches. Should they weigh-in two weight classes above their certified minimum weight, the wrestlers would then be recertified at the next higher weight. After being certified, wrestlers cannot ask to be certified a second time.

**MAJOR WRESTLING RULES CHANGES FOR 2016-17**

**5-11-2i:** Clarified when a wrestler shall be awarded penalty point(s).

**7-2-2g,h:** Clarified an additional potentially dangerous hold when an arm trap is applied.

**2016-17 Points of Emphasis**

**Communicable Skin Conditions and Skin Checks**

**Control**

**Arm Trap**

**Sportsmanship/Good Sporting Behavior**


**2015-2016 State Wrestling Champions**

**AAA**

**Parkersburg South High School**

**A - AA**

**Independence High School**





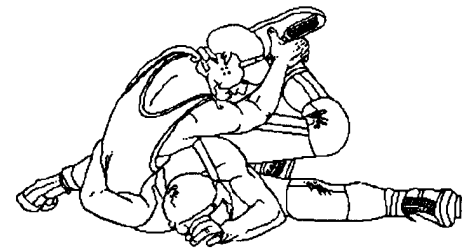
**TICKET ORDER FORM FOR 2017 WRESTLING TOURNAMENT**

**Mail To:** Mr. Bill Archer, Principal, State Tournament Director  
510 9th Avenue  
Huntington, WV 25701

Please send the following tickets for the State Wrestling Tournament series:  
*(Tickets will be mailed in early February)*

Tickets for Principals  
Coaches, Adults @ \$40.00  
Student Tickets @ \$35.00  
Handling Fee \$2.00  
Total Enclosed

TOTAL  
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\$2.00  
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**TICKET ORDERS MAY BE SUBMITTED AT ANYTIME. ORDERS WILL BE MAILED FROM THE STATE TOURNAMENT DIRECTOR STARTING FEBRUARY 14.**

**Mail Tickets To:**

**Name** \_\_\_\_\_

**School** \_\_\_\_\_

**Address** \_\_\_\_\_

**City/Zip Code** \_\_\_\_\_

For Office Use Only

Order Received \_\_\_\_\_

Order Filled \_\_\_\_\_

# (( ( ( ( ( OFFICE ECHOES ) ) ) ) )

## Minutes of Meeting

### Board of Directors #668

#### WVSSAC Office, Parkersburg, WV

June 13, 2016

#### 1. Call to Order

The regular meeting of the WVSSAC Board of Directors was called to order at 8:30 on Monday, June 13, 2016 by Michael Arbogast, Board Member at the WVSSAC Office, Parkersburg, WV. The following members were present: Greg Webb, Wayne Ryan, Jim Crawford, Dr. Eddie Campbell, Dr. James Wilson, Robert Dunlevy, and Craig Lee Loy. Representing the WVSSAC administrative staff was: Bernie Dolan, Kelly Geddis, Ray Londeree, Greg Reed, and Bill Gillispie. David Cottrell and Rick Jones were absent.

#### 2. Approval of Minutes

May Meeting – Mr. Dolan presented the minutes of the May 17, 2016 meeting for approval. On a motion by Jim Crawford and a second by Dr. Eddie Campbell, the Board voted unanimously to accept the minutes as presented.

#### 3. Approval of Agenda

Mr. Dolan presented the agenda for approval. On a motion by Craig Lee Loy and a second by Bob Dunlevy, the Board voted unanimously to approve the agenda as amended.

#### 4. Financial Reports

- A. May Monthly – Mr. Dolan presented the May Monthly Financial Report for consideration by the Board. On a motion by Dr. Eddie Campbell and a second by Jim Crawford, the Board unanimously approved the report as presented.
- B. Girls Basketball Tournament- Mr. Greg Reed presented the Girls Basketball Tournament for consideration by the Board. On a motion by Greg Webb and a second by Dr. Eddie Campbell, the Board unanimously approved the report as presented.
- C. Boys Basketball Tournament – Mr. Greg Reed presented the Boys Basketball Tournament for consideration by the Board. On a motion by Bob Dunlevy and a second by Jim

Crawford, the Board unanimously approved the report as presented.

- D. State Tennis Tournament – Mr. Londeree presented the State Tennis Tournament for consideration by the Board. On a motion by Craig Lee Loy and a second by Bob Dunlevy, the Board unanimously approved the report as presented.
- E. State Track Meet – Mr. Londeree presented the State Track Meet for consideration by the Board. On a motion by Jim Crawford and a second by Dr. Eddie Campbell, the Board unanimously approved the report as presented.

#### 5. Committee Meeting Reports

##### A. Softball Committee Report –

1. On a motion by Bob Dunlevy and a second by Jim Crawford, the Board unanimously approved the change for sections with more than three teams must begin play no later than Tuesday and sections with 3 teams or less must begin no later than Wednesday.
2. On a motion by Wayne Ryan and a second by Craig Lee Loy, the Board unanimously approved the change for the regional tournament to be double elimination and if the games are unable to be played then teams will revert back to single elimination. Schools must try to play Monday and must have games in by Saturday.
3. On a motion by Jim Crawford and a second by Dr. Eddie Campbell, the Board unanimously approved the change to rotate regional host site from section 1 to section 2 and to begin the first game at the host school, the 2<sup>nd</sup> game would go back to the visitor and the third game would return to host site.
4. On a motion by Bob Dunlevy and a second by Jim Crawford, the Board unanimously approved the change for the home site team to be responsible for securing umpires for the regional regardless of where the games are held.

##### B. Baseball Committee Report

1. On a motion by Greg Webb and a second by Dr. Eddie Campbell, the Board unanimously approved the change to the format so that all teams begin sectional tournament play on Monday, Week 45 and played on consecutive days. All sections will use a double elimination tournament; teams be seeded in the sectional and regional just like in Basketball; the regional tournament be the best two (2) out of three (3) and the first day of regional play begin on Tuesday, of Week 47 and end on Saturday of Week 47.

- Game 1 on Tuesday at higher seed
- Game 2 on Wednesday at lower seed
- Game 3 if necessary on Thursday at higher seed
- If no games played until Thursday this game will be played at higher seed (If the host team deems their field unplayable on Friday/Saturday, the host team will have the option to find another appropriate site. If no approved field is available, the visiting team will have the option to host)
- If no games are played until Friday, a double-header must be played
- If no games are played by Saturday, then it becomes a single elimination tournament; and the state tournament use seeded format. Terry Smith seconded the motion. The vote was unanimous (5-0).

##### C. Tennis Committee Report

1. On a motion by Jim Crawford and a second by Bob Dunlevy, the Board unanimously approved the change for II-A-3 In order to enter regional play, the position must have been played in at least six matches ~~and the individual must play the position six times....~~ When playing teams inside your region and player doesn't ~~show~~ actively participate, or is injured, the team must default the position. An exhibition match may be played if mutually agreed upon

by coaches.....When playing outside your region and a player does not show actively participate or is injured, the team may choose to default substitute or move players up; II-A-11 Take out: Regional Play — No ad scoring may be used at the discretion of the regional tournament director only; II-E-Take out 1 and 2; III-C-4 include the following after the first sentence: “Number of additional positions seeded may be decided by majority vote of participating schools. All positions must be seeded in same manner”; III-C-5 be changed to Teams/Individuals must actively participate against at least 50% of the teams within their assigned region to be eligible to participate in the regional seeding process”; and III-C-6 remove “for the top four”.

2. On a motion by Bob Dunlevy and a second by Jim Crawford, the Board unanimously voted to approve the Tennis Committee report as presented.

D. Sports Medicine Committee Report

1. On a motion by Jim Crawford and a second by Greg Webb, the Board unanimously voted to make Football Practice Guidelines a requirement rather than a recommendation
2. On a motion by Jim Crawford and a second by Dr. Eddie Campbell, the Board unanimously voted to add no more than one progression step per day.
3. On a motion by Craig Lee Loy and a second by Jim Crawford, the Board unanimously voted to require all coaches, not just head coaches, to take the free course annually.
4. On a motion by Dr. Eddie Campbell and a second by Craig Lee Loy, the Board unanimously voted to require all coaches to take the Sudden Cardiac Arrest course one time.
5. On a motion by Bob Dunlevy and a second by Dr. Eddie Campbell, the Board unanimously voted all coaches must follow the same Preseason

Team Practice Guidelines up to and including control.

6. On a motion by Jim Crawford and a second by Bob Dunlevy, the Board unanimously voted to approve the Sports Medicine Committee Report.

**6. Officials Advisory Report**

1. On a motion by Dr. Eddie Campbell and a second by Craig Lee Loy, the Board unanimously voted to approve the Officials Advisory Report as presented.

**7. Discipline Log**

- A. Bernie Dolan presented the discipline log to the Board. On a motion by Craig Lee Loy and second by Greg Webb, the Board unanimously approved the presented Discipline Log.

**8. Legal Update**

- A. Information only.

**9. Program Report**

1. On a motion by Bob Dunlevy and a second by Jim Crawford, the Board unanimously voted to approve the Program Report as presented.

**10. Ball Contract**

- A. On a motion by Wayne Ryan and a second by Bob Dunlevy, the Board unanimously voted to accept Spalding as the WVSSAC official ball for 2017-2022

**11. Items Member Schools will not have to pay during the 2016-2017 School Year**

- A. On a motion made by Dr. Eddie Campbell and a second by Jim Crawford, the Board unanimously voted and agreed schools will not have to pay Catastrophic Insurance, Dues, and Trophies expense for the 2016-2017 school year.

**12. Hotel/Motel Policy Update**

- A. Information only

**13. Salary Committee Report/Recommendations**

- A. On a motion made by Craig Lee Loy and second by Bob Dunlevy, the Board unanimously voted to approve the pay proposal as presented.

**14. Administrative Update**

- A. NFHS Summer Meeting – Information only
- B. Technology – Department of Education approved WVSSAC use of office 365
- C. Review Spring Tournaments – Information only
- D. Arbitrator – Online Officials Registration – Last year for mailed registration. 2017 will be online only.
- E. WVDE – Rules on Public Comment – 2 comments on rule changes – Information only

**15. BB & T**

- A. Information only

**16. Appeals**

- A. Student Athlete, Brooke High School (127-2-4) Residence Transfer – On a motion by Dr. Eddie Campbell and a second by Greg Webb, the Board voted unanimously to overturn the decision of the Executive Director because it has been demonstrated that the rule fails to accomplish the purpose for which it is intended.

**17. Items for the Good of the Order**

- A. Goal Settings – Staff will present goals to Bernie Dolan in July and Mr. Dolan will present to Board.
- B. Cross Country Tournaments – On a motion made by Dr. Eddie Campbell and a second by Jim Crawford, the Board unanimously voted to approve using the same format for Cross Country that is used for Wrestling.

Motion to adjourn by Craig Lee Loy and seconded by Dr. Eddie Campbell. Vote – unanimous.




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**Bernie Dolan, Executive Director**

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**Minutes of Meeting  
Board of Directors #669  
WVSSAC Office, Parkersburg, WV  
July 19-20, 2016**

**1. Call to Order**

The regular meeting of the WVSSAC Board of Directors was called to order at 6:03 pm on Tuesday, July 19, 2016 by President Mike Arbogast and continued at 8:30 am on Wednesday at the WVSSAC Office, Parkersburg, WV. The following members were present: David Cottrell, Craig Lee Loy (Wednesday only), Harold Erwin, Jim Crawford, Dr. Eddie Campbell, Dr. James Wilson, and Robert Dunlevy. Representing the WVSSAC administrative staff was: Bernie Dolan, Kelly Geddis, and Wayne Ryan.

**2. Approval of Minutes**

- A. June Meeting – Mr. Dolan presented the minutes of the June 13, 2016 meeting for approval. On a motion by Jim Crawford and a second by Dr. James Wilson, the Board voted unanimously to accept the minutes as presented.

**3. Approval of Agenda**

Mr. Dolan presented the Agenda for approval. On a motion by Eddie Campbell and a second by Jim Crawford, the Board voted unanimously to approve the agenda as amended.

**4. Financial Reports**

- A. June Monthly – Mr. Dolan presented the June Monthly Financial Report for consideration by the Board. On a motion by David Cottrell and a second by Eddie Campbell, the Board unanimously approved the report as presented.
- B. State Softball Tournament – Ms. Geddis presented the State Softball Tournament for consideration by the Board. On a motion by Robert Dunlevy and a second by Jim Crawford the Board unanimously approved the report as presented.
- C. State Baseball Tournament – Mr. Dolan presented the State Baseball Tournament for consideration by the Board. On a motion by Jim Crawford and a second by David Cottrell, the Board unanimously approved the report as presented.

**5. Committee Meeting Reports**

- A. None

**6. Discipline Log**

- A. None

**7. Legal Update**

- A. Review Board
  - i. Nathan Hughes – Hedgesville – Granted eligibility
  - ii. Jared Fagan – Notre Dame – Granted 2<sup>nd</sup> semester eligibility
  - iii. Greenbrier County Circuit Court – Non-member wanted to play – Denied eligibility
  - iv. Transgender – Editing our transgender policy and guidelines on how to handle individual circumstance for this office and schools. There is nothing in the Rules and Regulation Handbook. Schools make first determination as to what gender the student is. 1) Whether student is truly transgender, 2) Meet all eligibility requirements, 3) Fair competition among schools if the school allows, 4) Any member school can appeal to this Board, 5) Look on individual basis, 6) Where are we going to stand as a Board.

**8. Board of Director Resignations**

- A. District 1 – Rick Jones
- B. District 4 – Greg Webb  
Mr. Dolan will be emailing schools in these districts seeking recommendations. New Board members will serve out Mr. Jones and Mr. Webb's terms. Mr. Dolan hopes to have new members to vote on in August.

**9. Deputy Board Member Vacancy**

- A. Region 1 and Region 7 are vacant.

**10. Board of Trustees Vacancy**

- A. There is one vacancy on the Board of Trustees. This Board deals with property issues.

**11. Administrative Update**

- A. Administrative Goals

- i. Bernie Dolan – Partner with Metro News; enhance partnerships; electronically online calendar; develop Department of Education K-12 web-office 365 video configuring with some committees; officials registration online through Arbitrator 360; and student leadership.
- ii. Kelly Geddis – Continue Coaches Education; keeping Sports Medicine updated on the website; attend NFHS meeting in Indianapolis, implement new softball rules
- iii. Greg Reed – New Baseball Tournament structure; pitch count rule.
- iv. Wayne Ryan – Reimbursement formula won't change but hope to get money back to schools sooner; improve efficiency
- v. Bill Gillispie – Change website; document everything – old VHS to DVD; work with Metro News; scan documents and save to eliminate paper; continue with social media.
- B. Regional Principal Meetings – expect good turn out because of C&I cards.
- C. Corporate Partner Update – New plan for Corporate Sponsor. Different levels of sponsorship: Champion; Partner; Patron. Champion would have naming rite for events.
- D. Office Salary Report
- E. 2015-16 Rule Proposals Approved by WVDE – Dr. Wilson presented to WVDE and the two proposals were approved.
- F. Technology – Website – New changes are coming to the Website
- G. NFHS Summer Meeting – Mr. Dolan thanked the Board for completing the survey. Everyone felt the meeting was worthwhile and they should be attending. Their 100 year anniversary is coming up.
- H. Administrators Workshop – Workshop will be 9/20/16. This event is beneficial for all administrators' not just new principals.
- I. Request to Partner with the WV Attorney General on Opioid Use/Abuse – How to get started legally. Parents need to seek another avenue besides Opioid use that is not addictive. We will be giving out in-



formation with the Student Athlete Physical Exam Form.

12. Appeals

- A. **Student Athlete, Poca High School – 127-2-4 (Age)** - On a motion by Robert Dunlevy and seconded by David Cottrell, the Board voted 5-2 (Harold Erwin and Eddie Campbell voted no) to overturn the decision of the Executive Director granting eligibility as it has been demonstrated that the rule fails to accomplish the purpose for which it is intended.
- B. **Student Athlete, East Hardy High School – 127-2-7 (Residence-Transfer)** - On a motion by Eddie Campbell and seconded by Jim Crawford, the Board voted 6-1 (Dr. Wilson voted no) to sustain the decision of the Executive Director denying eligibility as extreme and undue hardship had not been proven and for the reason that the applicant had not demonstrated that the rule fails to accomplish the purpose for which it is intended.
- C. **Student Athlete, Spring Mills High School – 127-2-7 (Residence-Transfer)** – On a motion by Lee Loy and seconded by Dr. Wilson, the Board voted unanimously to overturn the decision of the Executive Director granting eligibility as it has been demonstrated that the rule fails to accomplish the purpose for which it is intended.
- D. **Student Athlete, McKinley Middle School – 127-2-4 (Age)** – On a motion by David Cottrell and seconded by Jim Crawford, the Board voted to sustain the decision of the Executive Director denying eligibility as the applicant has not demonstrated that the rule fails to accomplish the purpose for which it is intended and there is no allegation of extreme and undue hardship.
- E. **Student Athlete, Wirt County High School – 127-2-7 (Residence-Transfer)** – On a motion by David Cottrell and seconded by Jim Crawford, the Board voted unanimously to overturn the decision of the Executive Director granting eligibility as it has been demonstrated that the rule fails to accomplish the purpose for which it is intended.
- F. **Student Athlete, Charleston Catholic High School – 127-2-7 (Residence-Transfer)** – On a mo-

tion by David Cottrell and seconded by Lee Loy, the Board voted unanimously to sustain the decision of the Executive Director denying eligibility as extreme and undue hardship has not been proven and for the reason that the applicant has not demonstrated that the rule fails to accomplish the purpose for which it is intended.

- G. **Student Athlete, Spring Valley High School – 127-2-7 (Residence-Transfer)** – On a motion by Dr. Wilson and seconded by Jim Crawford, the Board voted unanimously to overturn the decision of the Executive Director granting eligibility extreme and undue hardship having been established.
- H. **Student Athlete, Notre Dame High School – 127-2-7 (Residence-Transfer)** – On a motion by David Cottrell and seconded by Jim Crawford, the Board voted unanimously to sustain the decision of the Executive Director denying eligibility for the reason that extreme and undue hardship has not been proven and for the reason that the applicant has not demonstrated that the rule fails to accomplish the purpose for which it is intended.

13. Items for the Good of the Order

- A. Presidential Issue – Rick Jones resigned to accept position as assistant superintendent. Mike Arbogast will fill in the rest of his term and then serve his own term. Lee Loy will now serve as Vice President for the rest of Mike Arbogast’s term and then serve his own term. On a motion by Jim Crawford and a second by David Cottrell, the Board voted unanimously to accept the president and vice president.
- B. Flood Relief – Schools have done an incredible job of donating and helping out the flooded areas. The WVSSAC is receiving donations from various sources. Metro News has a Go Fund Me account to raise money for the relief. Zides is donating helmets and shoulder pads. WVU is donating 513 pairs of spikes. Funds raised will be divided among the 3 high schools and 3 middle schools.
- C. Pictures of Board - Action Images will be here in August (maybe October) to take pictures of the Board members for the wall display.

Motion to adjourn by Eddie Campbell and seconded by Jim Crawford. Vote – unanimous.



Bernie Dolan, Executive Director

## A B C's of LIFE

**A**ct instead of argue

**B**uild instead of brag

**C**limb instead of criticize

**D**evelop instead of destroy

**E**ncourage instead of envy

**F**ight instead of faint

**G**ive instead of grumble

**H**elp instead of harm

**I**nvoke instead of ignore

**J**oin instead of jeopardize

**K**ind instead of kick

**L**ove instead of label

**M**ove instead of mold

**N**urture instead of neglect

**O**bey instead of object

**P**roduce instead of pout

**Q**ualify instead of quit

**R**escue instead of ridicule

**S**tand instead of sink

**T**ry instead of tremble

**U**ppgrade instead of undermine

**V**indicate instead of vilify

**W**ork instead of wail

e**X**pand instead of excuse

**Y**ield instead of yell

**Z**ip instead of zig-zag