

2020 - 2021



**Soccer
Officials
Packet**

SOCCER OFFICIALS TABLE OF CONTENTS

The Interscholastic Soccer Program August 2020 **Online**

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Attendance at the WVSSAC sponsored rules clinic is a requirement to officiate the 2020 season. (see Additional Option for Clinic Attendance in your Officials' Handbook) located on our website.

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For additional information related to sports medicine issues concerning athletic participation, please click the “Sports Medicine” tab on the opening page of our website.

My Officials' Packet! Where is it?

1. Go to www.wvssac.org
2. On the SSAC homepage. Locate and click on Officials
3. Once the Officials page opens look for Officials Packets and click on the sport. Example: Football Officials Packet

How Do I Login To The WVSSAC Officials' Management Page?

1. Go to www.wvssac.org
2. Click on Admin Login
3. Type in your Registration Number and password. Remember both are case sensitive.
4. Click on Login
5. This will take you to the officials management page.

How to Login to the WV Central Hub/Arbiter Site for Part 1 and Part 2 Tests:

1. Go to www.wvssac.arbitersports.com
2. Enter your email address and password
3. Click Sign in
4. Your accounts on Arbiter should show up, if not, click on Switch Views in the upper right hand corner.
5. Click on the WV-Central Hub - Account Type - Central Hub
6. Click on the Testing Tab
7. Look under Open Test
8. Find the appropriate test
9. Click on Take Test

How to Login to Register Online on the WV Central Hub/Arbiter Site:

1. Use Google Chrome as your browser
2. Go to www.wvssac.arbitersports.com
3. Enter your email address and password
4. Click Sign-in
5. Click on WV-Central Hub - Account Type - Central Hub
6. Click on "Registration"
7. Select the Registration that pertains to your specific sport/s
8. Complete ALL of the Steps of the Registration Process. Then click "Next"
9. Verify information, then enter payment information, agree to the "Terms and Conditions", then select "Make Payment" press only once or you will be charged each time. A copy of your receipt will be sent to the email address you provided.

Part I Test Window

Football-Soccer-Volleyball-July 26 - August 9, 2020

Part II Test Window

Football-Soccer-Volleyball-August 10 - August 24, 2020

Deadline for Self Nomination Forms-Online

Football – September 14, 2020

Soccer – September 14, 2020

Volleyball – October 20, 2020

Deadline For Game Reports-Online

Due Date is December 1, 2020

Final Deadline for Game Reports Online With a \$25.00 late fee

Football-Soccer-Volleyball – December 31, 2020 at midnight

Football-Soccer-Volleyball

Note: Failure to take Part I – Loss of 5 points on classification scale

Failure to take Part II – Suspension the following season

WEST VIRGINIA SECONDARY SCHOOL ACTIVITIES COMMISSION



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BULLETIN

TO: Soccer Officials
FROM: Greg Reed, Assistant Executive Director
DATE: June - 2020

Important Reminders:

1. **The Interpreters Clinic will be held at the WVSSAC office on July 25, 2020 at 9:00 am. Each local board must be represented at this clinic for members of that board to be considered to work post season matches.**
2. Each official is required to attend one of the WVSSAC sponsored rules clinics to be eligible to officiate the 2020 season unless he/she attended the Interpreters Clinic (See Additional Option For Clinic Attendance, Item L. Clinic Attendance of the Officials Handbook), which is found on our Website.
3. All officials **must** join a local board.
4. Officials must attend **four (4)** local board meetings. To receive max points you must attend 8 local meetings.
5. The Part II Examination is mandatory for all registered officials. The Part II Examination will be taken online.
6. Introductory cards are being provided for your use to give to coaches for the ratings of all varsity matches.
7. **Be reminded to notify this office of any address change.**
8. It is your obligation and responsibility to understand the contents, and deadline dates, etc. of the WVSSAC Officials Handbook found on our website.
9. All officials must submit game report on line by December 1 to receive credit for matches worked – online submission only.

READ ↓

***Points will be given for Game Reports provided they are timely posted. The report must be posted on or before the due date of December 1, 2020. Late Game Reports will be accepted and points credited if posted within 30 (Thirty) days from December 1, 2020 date. Contact Alice Goodwin and send your late fee of \$25.00 and request. Alice will contact you and let you know when you can post your game reports. You have until January 1, 2021 to complete this. Credit for game reports will not be given after the January 1st deadline date.**

11. Official's Tournament Nomination is due September 14, 2020, for Class I officials. To be considered for a state tournament assignment. Must be submitted on line only-see Index.
12. Special Reports are to be submitted online.

2020-2021 Fall Sports Clinics

**Fall Clinics for 2020-21 will be online.
Schools and Officials will be emailed the link
when the clinics are available.**

Soccer Rules Changes - 2019-20

2-2-4 SECTION 2 BALL SPECIFICATIONS:

ART. 4...If the ball becomes deflated during play, it is declared dead and the game is resumed by a drop ball. If the ball becomes deflated within the goal area, then the ball is dropped subject to the provisions of Rule 9-2-2 and 9-2-3. Ball deflated during a penalty kick results in retaken kick.

Rationale: The provisions for a drop ball have changed, refer to 9-2.

4-1-1a SECTION 1 REQUIRED EQUIPMENT:

ART. 1a...The visiting team shall wear solid white jerseys and solid white socks, and the home team shall wear dark jerseys and socks (dark is defined as any color which contrasts with white). **Rationale:** Manufacturing practices have changed.

4-2-7e, f SECTION 2 OTHER EQUIPMENT:

ART. 7...A tooth and mouth protector (intraoral), if worn, shall: **Rationale:** SMAC no longer recommends the mouth protector meet these two criteria; dropping these two requirements brings soccer in line with the other sports that allow mouth guards.

9-1-1b SECTION 1 BALL IN AND OUT OF PLAY:

ART. 1...The ball is out of play when:

a. it has completely crossed the goal line or touch line, whether on the ground or in the air;

b. the ball touches an official and remains on the field; and

1. a team starts a promising attack;

2. goes directly into the goal;

3. possession changes. **Rationale:** This is to address situations where the ball touches a referee and a team gains an advantage.

SECTION 2 DROP BALL:

ART. 1...The game is restarted with a drop ball:

a. when the ball is caused to go out-of-bounds by two opponents simultaneously;

b. when the ball becomes deflated; (2-2-4)

c. following a temporary suspension of play for an injury or unusual situation; (except as noted in 14-1-7)

d. when simultaneous fouls of the same degree occur by opponents; or

e. when the ball touches an official as per 9-1-1b. **Rationale:** This proposal prevents an opponent from gaining an advantage.

9-2-3 SECTION 2 DROP BALL

ART. 3...The ball is dropped by an official from waist level to the ground. The referee drops the ball to one player of the team that last possessed the ball at the position where it was last touched by a player(s), an outside agent or match official. If when play was stopped, the ball was in the penalty area or the last touch, by either team, was in the penalty area, the ball is dropped to the defending team's goalkeeper with all opposing players outside the penalty area. In all cases, all other players must remain at least 4 yards from the ball until it is in play.

Other Rules Affected:

9-2-2 SECTION 2 DROP BALL ART. 2...The ball should be dropped at the location where it became dead unless this is within the goal area, in which case, it shall be dropped on that part of the goal-area line which runs parallel to the goal line nearest the location where the ball was when play was stopped. If the ball was caused to go out of bounds by two opponents simultaneously, the ball is dropped five yards inside the boundary line to one player of the team in possession of the ball prior to the simultaneous touch, unless this is the goal area. (See 9-3) (See 9-2-3) **Rationale:** Simplifies the drop ball procedure.

9-3 DELETE SECTION 3 TEMPORARY SUSPENSION

~~In the case of a temporary injury or unusual situation the game shall be restarted with a drop ball. As in 9-2-3. The referee drops the ball to one player of the team that last touched the ball at the position where it was last touched by a player, an outside agent or match official. If when play was stopped, the ball was in the penalty area or the last touch, by either team, was in the penalty area, the ball is dropped to the defending team's goalkeeper. In either case, all other players must remain 4 yds from the ball until it is in play. at the point where the ball was when play was suspended (except as noted in 14-1-7) provided the ball was not in the goal area and not in the possession of the goalkeeper (1The ball is dropped f2-8-2). Should there not be clear possession at the time play is suspended due to an injury or unusual situation, there will be a drop ball at the spot where the ball was declared dead subject to the provisions of Rule 9-2-2. **Rationale:** Information was redundant.~~

13-2-3b DELETE SECTION 2 WHEN AWARDED

~~ART. 3b...For temporary suspension of play for injury or unusual situation and the goalkeeper has possession to the ball as per Rule 9-3 (9-3).~~

~~**Rationale:** Provisions for drop ball changed.~~

13-3-1 SECTION 3 HOW TAKEN

ART. 1...Players opposing the kicker shall be at least 10 yards from the ball until it is kicked, unless they are standing on their own goal line between the goal posts. If the free kick is awarded to the defending team in its penalty area, players opposing the kicker shall be outside the penalty area at least 10 yards from the ball and shall remain there until the ball is in play. Where 3 or more defending team players form a wall, all attacking team players must remain at least 1 yard from the wall until the ball is in play. **Rationale:** This will allow the ball to be put back into play quicker and will lead to a decrease in confrontational moments during free kicks.

13-3-2 SECTION 3 HOW TAKEN

ART. 2...The ball shall be kicked while it is stationary on the ground at the spot specified by the official. To be in play, the ball shall be moved in any direction. Failure to kick the ball as specified shall result in a rekick. **Rationale:** Allows the ball to be put back into play quicker.

13-3-4 NEW SECTION 3 HOW TAKEN

NEW ART. 4...For indirect kicks, the referee shall signal an indirect kick (using Official NFHS Soccer Signals Rule 5-3-1b) by raising an arm above the head; this signal shall be maintained until the kick is taken and the ball touches another player or goes out of play. If the referee fails to signal the kick is indirect and the ball goes directly into the opponent's goal, the kick shall be retaken. **Rationale:** This clarifies the need to make the signal and prevents punishing the team taking the kick when the referee fails to give the proper signal.

14-1-3 SECTION 1 PENALTY KICK

ART. 3...The opposing goalkeeper shall stand with at least one foot on or in-line with the goal line, facing the kicker, between the goal posts, and shall not be touching the goal posts, crossbar, or nets, until the ball is kicked. Lateral or forward movement is allowed, but the goalkeeper is not permitted to come off the line with both feet until the ball is in play. **Rationale:** This clarifies the goalkeeper's position during the taking of a penalty kick.

16-1-2 SECTION 1 GOAL KICK

ART. 2...Players opposing the kicker shall remain outside the penalty area until the ball is in play. **Rationale:** Clarifies when the ball is in play.

16-1-3 SECTION 1 GOAL KICK

ART. 3...Once spotted, the ball shall be kicked from the ground from any point within the goal area by a player of the defending team. The ball is in play when it is kicked and moves. **Rationale:** Clarifies when the ball is in play.

16-1-4 SECTION 1 GOAL KICK

ART. 4...After the goal kick is properly taken, the ball may be played by any player except the one who executes the goal kick. The kicker may not play the ball until it has been touched by another player. **Rationale:** Clarifies how the kick is taken and when it is in play.

Soccer Points of Emphasis 2020-21

Correct Field Markings and Appropriate Uniform. It is important that games are played on fields marked in a consistent manner, and players wear uniforms according to NFHS rules. If a field is improperly marked and/or if a team wears an illegal uniform the referee shall contact the state association, who will work with school administrators to make appropriate changes. In addition, during pregame communication with school administration, game officials are also encouraged to communicate these corrective actions directly to administrators.

Understanding the Difference Between Fair, Hard Play and a Foul. Soccer is a contact sport and understanding the differences between fair and hard play and a foul that is either reckless or serious is important to ensuring fair play and the safety of the players. When a player acts with disregard of the danger to, or consequences for, the opponent, he/she should be cautioned for reckless play. When a player uses disproportionate and unnecessary force against an opponent, he/she could be disqualified for serious foul play. It is critical coaches teach players about their own safety and the safety of their opponents, and officials recognize the differences between reckless and serious and the corresponding penalties. Safety, fair play and sportsmanship should be emphasized in the pregame meeting. Communication between officials, coaches and captains should continue throughout a match, especially as the intensity increases. And when reckless or serious foul play occurs, officials should deal with the situation immediately – this kind of play should not be tolerated.

Education-Based Soccer. High school athletics is education-based, and some mechanics of our game are intentionally different from other levels of soccer. The pregame meeting, for example, is a time for officials to communicate expectations to both coaches and captains. This REQUIRED meeting for both head coaches and captains should cover pertinent rules, sportsmanship, the coin toss, and properly and legally equipped players. This meeting is a purposeful start to an education-based interscholastic match.

WEST VIRGINIA SECONDARY SCHOOL ACTIVITIES COMMISSION



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BULLETIN

YEARLY REQUIREMENTS FOR REGISTERED OFFICIALS

1. **MUST BE A** CURRENTLY REGISTERED OFFICIAL AND **MUST BELONG** TO A LOCAL BOARD, IN ORDER TO OFFICIATE ANY SPORT. **(NO OFFICIAL MAY OFFICIATE UNTIL REGISTRATION IS COMPLETE.)**
2. **MUST ATTEND** THE WVSSAC SPONSORED RULES CLINIC IN THE SPORT FOR WHICH HE/SHE IS REGISTERED. FAILURE TO ATTEND THE STATE CLINIC WILL CAUSE YOU TO FORFEIT REGISTRATION FEES AND SUSPEND YOU FOR THE CURRENT SEASON IN THAT SPORT.
3. **ATTEND A MINIMUM** OF FOUR (4) LOCAL BOARD MEETINGS. FAILURE TO ATTEND THE MINIMUM MEETINGS WILL RESULT IN SUSPENSION FOR THE NEXT FOLLOWING SEASON IN THAT SPORT.
4. **MUST TAKE NFHS PART I TEST ONLINE.**
5. **MUST TAKE THE NFHS PART II EXAM.** FAILURE TO TAKE THE PART II EXAM WILL RESULT IN SUSPENSION FOR THE FOLLOWING SEASON IN THAT SPORT.
6. **MUST SUBMIT** GAME REPORTS BY THE SPECIFIED DATES AS LISTED IN THE OFFICIALS HANDBOOK AND IN OFFICIALS PACKET ONLINE.

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BULLETIN

TO: All Officials
FROM: WVSSAC
SUBJECT: Entering Game Reports

Below are the instructions and due dates for submitting game reports. Due Dates can be found in your Officials' Packet online. Game Reports will not be accepted if faxed or mailed to the WVSSAC.

INSTRUCTIONS:

1. Login to the WVSSAC Website: www.wvssac.org
2. Go to Admin Login (Located in the left-hand corner)
3. Type in your Registration Number.
4. Type in your Password. Write it down and use it when you login to the SSAC website as an official
5. Click on Login
6. You are now on the Officials Management Page.
7. You need to click on Submit Game Reports.
8. Once at the game report form you can start entering your game reports. Remember to update and save for each game you enter. Make sure you select the sport your entering game reports for.
9. There is not a Submit button, when you update and save that will save your game reports to the file.

GAME REPORT DUE DATES:

FOOTBALL - VOLLEYBALL - SOCCER: DECEMBER 1, 2020

BASKETBALL - WRESTLING: APRIL 1, 2021

BASEBALL - SOFTBALL: JULY 1, 2021

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BULLETIN

HOW TO ENTER SELF NOMINATION FORMS

1. Go to our website and click on Admin Login
2. At User Name enter your registration number **IN ALL CAPS.**
3. At Password enter your password that you have created.
4. Once you're on the Officials Management Page click on Self Nomination Forms
5. In the upper left hand corner of the screen check and see if you are on the correct sport. If you are, Click on Load Self Nomination Form.
6. Once you're on the Self Nomination Form page you enter the month, day, and year.
7. Click if it's boys or girls.
8. Click if its college, varsity, jv, middle/other.
9. Click your position.
10. Click and select the Home Team. If the team is a non-member school you need to click in the box that says Non-Member School and type in the school name.
11. Click on and select the Visitor Team. If the team is a non-member school you need to click in the box that says Non-Member School and type in the school name.
12. Click on Add Game. This Key will start a new entry below the one you just entered.
13. When you have entered in all the games you need to qualify for tournament assignment, Go to and READ the Section on How to Submit Application. You must check mark all the boxes. When all boxes are marked the Save Application button will appear.
14. Click on the Save Application button. This is the same as Submit Application.
15. The screen will go blank and you need to click on the back to menu button in the upper left hand corner.
16. Click on the Load Self Nomination button again and check all the games you have entered. If everything looks ok you don't need to do anything else just logout. If you need to make any changes or corrections, make your corrections and click save application again.

If you have followed the Instructions above correctly you will receive an e-mail confirmation that you're Self Nomination Form has been received.

You don't need to contact this office if you have received an e-mail.

Please remember to update you e-mail address if you have any changes.

127-4-3 Code for Interscholastic Athletics

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

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

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

3.7.c. Any coach, student, or bench personnel ejected by an official will be suspended for the remainder of the game, match, meet or contest. The coach, student, or bench personnel ejected by an official will also be suspended in additional contest(s): the suspension will be assessed based upon ten (10) percent of the allowed regular season contests or post season progression in a playoff tournament for each sport. Any tenth of a percentage from .1 to .4 will be a suspension equal to the whole number of the percent. Any tenth from .5 to .9 will be an additional contest added to the whole number. The suspension will include the number of indicated contests in that sport and at that level and all other sport contests in the interim at any level. A second ejection will result in the doubling of the suspension assessed for the first ejection. If an individual is ejected for a third time during the same sport season, the individual will be suspended from participating or coaching for 365 calendar days from the date of ejection. In accordance with rule 127-3-15.3, an individual ejected by an official may not appeal that ejection, or any subsequent suspension that is a consequence of the ejection by an official..

3.7.c.1. Any coach, player or bench personnel who has been ejected shall not be permitted to attend any contest(s) during said suspension. He/she shall not be affiliated with the team in any capacity. This would include but not be limited to transportation to or from the contest, meeting with the team before, during or after said contest. He/she is not permitted to be in sight or sound of said contest venue. Regular practice or team meetings not affiliated with a contest are permitted.

3.7.c.2. If suspensions are imposed to a student or bench personnel at the end of the sport season and no contest remains, the suspension is carried over to that particular sport until the next school year. In the case of a senior student, the penalty will continue to the next WVSSAC sponsored sport.

3.7.c.3. Any coach suspension that cannot be enforced during the sport season in which the ejection occurs will be enforced at the beginning of the next season of that same sport.

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

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

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

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

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

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

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

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

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

3.9.d. *Fine.* A fine may be levied by the Executive Director.

3.9.e. Each of these sanctions (Warning, Probation, suspension and Fine) may be imposed or levied separately, or in a combination of one or more sanctions.

3.10 *Appeals.* All cases involving disciplinary action against member schools, coaches, students, team attendants, or officials may be protested in accordance with §127-6. However, disciplinary action imposed by an official, including disciplinary action that is a consequence of a decision by an official, such as a suspension for an additional game or games as a consequence of an ejection, is governed by rule 127-3-15.3 and is not subject to appeal.

3.11 *Review of Ejections.* Disciplinary action imposed by a contest official, including disciplinary action that results in a suspension for an additional game or games as a consequence of an ejection, is not subject to appeal pursuant to Rule §127-6. However, if the individual ejected believes the ejection was improper, he/she may request a review of the ejection by his/her principal. If the principal believes there is merit in the requested review, the principal shall complete and submit the WVSSAC Ejection Review Form within 24 hours or the next business day of the ejection to the Executive Director of the WVSSAC. If a review is properly requested, the WVSSAC will review the officials' special report, the WVSSAC Ejection Review Form, and such other information as the WVSSAC deems appropriate. Upon review, the WVSSAC Executive Director or the designated Assistant Director will either sustain the ejection and any consequent suspension(s), or will determine the ejection was improper and void any consequent suspension(s). A decision by the WVSSAC upon reviewing an ejection is not subject to appeal pursuant to Rule §127-6.

**National Federation of State
High School Associations**



**GUIDELINES ON HANDLING PRACTICES AND CONTESTS
DURING LIGHTNING OR THUNDER DISTURBANCES**

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

PROACTIVE PLANNING

1. Assign staff to monitor local weather conditions before and during practices and contests.
 2. Develop an evacuation plan, including identification of appropriate nearby safer areas and determine the amount of time needed to get everyone to a designated safer area:
 - a. A designated safer place is a substantial building with plumbing and wiring where people live or work, such as a school, gymnasium or library. An alternate safer place from the threat of lightning is a fully enclosed (not convertible or soft top) metal car or school bus.
 3. Develop criteria for suspension and resumption of play:
 - a. When thunder is heard or lightning is seen*, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for at least 30 minutes and vacate the outdoor activity to the previously designated safer location immediately.
 - b. 30-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or lightning is witnessed* prior to resuming play.
 - c. Any subsequent thunder or lightning* after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.
 - d. When lightning-detection devices or mobile phone apps are available, this technology could be used to assist in making a decision to suspend play if a lightning strike is noted to be within 10 miles of the event location. However, you should never depend on the reliability of these devices and, thus, hearing thunder or seeing lightning* should always take precedence over information from a mobile app or lightning-detection device.
- * – At night, under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be safe to continue an event. If no thunder can be heard and the flashes are low on the horizon, the storm may not pose a threat. Independently verified lightning detection information would help eliminate any uncertainty.
4. Review the lightning safety policy annually with all administrators, coaches and game personnel and train all personnel.
 5. Inform student-athletes and their parents of the lightning policy at start of the season.

Revised and Approved March 2018



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

BODY FLUID HANDLING PROCEDURES

PURPOSE

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

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

BLOOD-BORNE PATHOGENS

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

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

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

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

PRECAUTIONS AGAINST TRANSMISSION OF BLOOD-BORNE PATHOGENS

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

General Procedures:

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

Procedures for Activities:

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

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

Policy Adopted by the Board of Directors



Concussion Course Required

All **Coaches** are required to take the free course “Concussion in Sports” annually.

If the **Coach** took the course last year, he/she **MUST** take the course again before the anniversary date from the previous year.

You must go through the purchase/checkout process for the free course in order to get credit for the current year and to be able to print the certificate.

All **New Coaches** must take the course now. Follow the directions “**New to NFHS Learn? Register Now**” on www.nfhslearn.com

Concussion in Sports - What You Need to Know Ordering Information at www.nfhslearn.com



Steps to access the FREE course:

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

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



WVSSAC

Return to Play (RTP) Protocol

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

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

RTP shall be delayed until athlete is asymptomatic and has undergone a progression of tests to determine if they are able to RTP. **Each step / test in the progression takes 24 hours (1 per day)**

The progression shall follow: (Neuro-cognitive testing is strongly recommended.)

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

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

Appropriate Health Care Professional

Note: Any of the following who have appropriate training in the evaluation and management of head injuries.

- Medical Doctor (MD)
- Doctor of Osteopathy (DO)
- Doctor of Chiropractic (DC)
- Advanced Registered Nurse Practitioner (ARNP)
- Physician Assistant (PA-C)
- Licensed or Registered Certified Athletic Trainer (ATC/R, LAT, ATC)
- Licensed Physical Therapist

Approved Board of Directors 5/06/10. Revised May 2020

**WEST VIRGINIA SECONDARY SCHOOL
ACTIVITIES COMMISSION
WVSSAC Sports Medicine Committee**

**Heat Acclimatization and Heat Illness Prevention Position
Statement**

Although deaths from heat illness are rare, constant surveillance and education of our student athletes and coaches is necessary in order to maintain the safety and health of our students and coaches. Students participating in high-intensity, long-duration or repeated same-day sports practices and training activities during times of high heat and/or humidity may be at risk.

Following the recommended guidelines and procedures as established by the WVSSAC Sports Medicine Committee can reduce the risk and incidence of heat illnesses and the resulting deaths and injuries in high and middle school athletics. The Sports Medicine Committee and WVSSAC Board of Directors recognize the importance of our coaches and other individuals responsible for supervising our students. They have the ultimate responsibility for the health and welfare of those students under their care.

National Federation of State
High School Associations



EAS
SPORTS NUTRITION

Heat Illness Prevention

Exertional heat stroke is the leading cause of preventable death in high school athletics. Exertional heat stroke also results in thousands of emergency room visits and hospitalizations throughout the nation each year. This free course, brought to you by EAS Sports Nutrition, a division of Abbott Labs, is designed to give you the critical information you need to minimize the risk of exertional heat stroke among your athletes. The course presents seven fundamentals, which when followed, will minimize heat related illnesses of the students who participate.

Course Objectives

- Recognize that Exertional Heatstroke (EHS) is the leading preventable cause of death among athletes
- Know the importance of a formal pre-season heat acclimatization plan
- Know the importance of having and implementing a specific hydration plan, keeping your athletes well-hydrated, and providing ample opportunities for, and encouraging, regular fluid replacement

Units

- Fundamentals
 1. Start Slow, Then Progress
 2. Allow for Individual Conditioning
 3. Adjust Intensity and Rest
 4. Start Sessions Adequately Hydrated
 5. Recognize Signs Early
 6. Recognize More Serious Signs
 7. Have an Emergency Action Plan

More

- Unlimited access to course & resources for one year from date of purchase
- FREE Course
- Use as an elective to fulfill  certification requirements
- Approved by NFHS for 1 course clock hour

More Information at nfhslearn.com!

HEAT INDEX (apparent temperature)

°F	RELATIVE PERCENT HUMIDITY								
	40%	45%	50%	55%	60%	65%	70%	75%	80%
102°	114°	119°	124°	130°	137°				
100°	109°	114°	118°	124°	129°	136°			
98°	105°	109°	113°	117°	123°	128°	134°		
96°	101°	104°	108°	112°	116°	121°	126°	132°	
94°	97°	100°	102°	106°	110°	114°	119°	124°	129°
92°	94°	96°	99°	101°	105°	108°	112°	116°	121°
90°	91°	93°	95°	97°	100°	103°	106°	109°	113°
88°	88°	89°	91°	93°	95°	98°	100°	103°	106°
86°	85°	87°	88°	89°	91°	93°	95°	97°	100°
84°	83°	84°	85°	86°	88°	89°	90°	92°	94°
82°	81°	82°	83°	84°	84°	85°	86°	88°	89°
80°	80°	80°	81°	81°	82°	82°	83°	84°	84°

CAUTION
 EXTREME CAUTION
 DANGER

Source: National Weather Service

STA

- 91 degrees Heat Index or under
- All Sports:
 - Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
 - Optional water breaks every 30 minutes.
 - Ice-down towels for cooling.
 - Watch/monitor athletes carefully for necessary action.

- 92 degrees to 103 degrees Heat Index
- All Sports:
 - See above plus; Contact sports and activities with additional equipment (ie), helmets and other possible equipment removed if not involved in contact.
 - Increase water breaks; a minimum every 30 minutes.
 - Reduce time of outside activity. Consider postponing practice to later in the day.
 - *Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index.

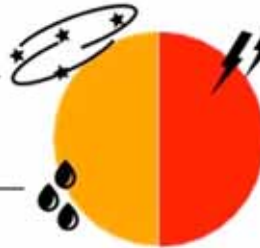
- 104 degrees to 125 degrees Heat Index
- All Sports:
 - Same as above plus; Alter uniform by removing items if possible.
 - Allow for changes to dry t-shirts and shorts.
 - Reduce time of outside activity as well as indoor activity if air conditioning is unavailable.
 - Postpone practice to later in the day.
 - Suspend practice, or remove equipment and decrease practice intensity for sports and activities where additional equipment is required for contact or safety.

- **Above 125 degrees Heat Index**
- All Sports:
 - ***Suspend all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.***
 - **Re-evaluate before resuming activities.**

HEAT EXHAUSTION

OR

Faint or dizzy



Excessive sweating



Cool, pale,
clammy skin

Nausea or vomiting

Rapid, weak pulse





W V S S A C

SUDDEN CARDIAC ARREST AWARENESS



All coaches are required to complete the NFHS Sudden Cardiac Arrest Awareness course annually.

What is Sudden Cardiac Arrest?

- Occurs suddenly and often without warning.
- An electrical malfunction (short-circuit) causes the bottom chambers of the heart (ventricles) to beat dangerously fast (ventricular tachycardia or fibrillation) and disrupts the pumping ability of the heart.
- The heart cannot pump blood to the brain, lungs and other organs of the body.
- The person loses consciousness (passes out) and has no pulse.
- Death occurs within minutes if not treated immediately.

What are the symptoms/warning signs of Sudden Cardiac Arrest?

- SCA should be suspected in any athlete who has collapsed and is unresponsive
- Fainting, a seizure, or convulsions during physical activity
- Dizziness or lightheadedness during physical activity
- Unusual fatigue/weakness
- Chest pain
- Shortness of breath
- Nausea/vomiting
- Palpitations (heart is beating unusually fast or skipping beats)
- Family history of sudden cardiac arrest at age <50

ANY of these symptoms/warning signs may necessitate further evaluation from your physician before returning to practice or a game.

What causes Sudden Cardiac Arrest?

- Conditions present at birth (inherited and non-inherited heart abnormalities)
- A blow to the chest (Comotio Cordis)
- An infection/inflammation of the heart, usually caused by a virus. (Myocarditis)
- Recreational/Performance-Enhancing drug use.
- Other cardiac & medical conditions / Unknown causes. (Obesity/Idiopathic)

What are ways to screen for Sudden Cardiac Arrest?

- The American Heart Association recommends a pre-participation history and physical which is mandatory annually in West Virginia.
- Always answer the heart history questions on the student Health History section of the WVSSAC Physical Form completely and honestly.
- Additional screening may be necessary at the recommendation of a physician.

What is the treatment for Sudden Cardiac Arrest?

- Act immediately; time is critical to increase survival rate
- Activate emergency action plan
- Call 911
- Begin CPR
- Use Automated External Defibrillator (AED)

Where can one find additional information?

- Contact your primary health care provider
- American Heart Association (www.heart.org)



National Athletic Trainers' Association Official Statement on Athletic Health Care Provider "Time Outs" Before Athletic Events

The National Athletic Trainers' Association recommends a "time out" system be adopted for athletic health care. Before the start of each athletic event – practice or competition – a time out should be held to convene the athletic health care professionals who comprise the emergency response team. The purpose of the meeting is to go through a pre-athletic event checklist reviewing the venue's emergency action plan (EAP).

Time out is a common term both in athletics and medicine. Time outs are taken immediately before surgery when all operating room participants stop to verify the procedure, patient identity, correct site and side. Coaches and athletes call time out to gather the team together and discuss game strategies or call a play. This new application of time out is expected to save lives by ascertaining all those involved in emergency care are properly briefed and ready before a potentially dangerous or life-threatening injury occurs.

A time out will help produce a decisive, coordinated emergency response and outcome. Typically the athletic trainer is the first person to respond to an athletic emergency situation. Other individuals also are involved – physicians, EMTs – and need to be part of the pre-event briefing so they are fully informed. Effective communication with all relevant parties is critical to ensure the athlete receives the best care when an emergency arises.

EAP Time Out: Pre-Athletic Event Checklist

- Athletic health care providers meet before start of each practice or competition to review the emergency action plan.
- Determine the role and location of each person present (i.e., AT, EMT, MD)
- Establish how communication will occur (i.e., voice commands, radio, hand signals). What is the primary means of communication? What is the secondary or back-up method of communication?
- An ambulance should be present at all high-risk events. Where is it physically located? What is the planned route for entrance/exit and is the route unencumbered? Is the ambulance a dedicated unit or on stand-by? If an ambulance is not on site, what is the mechanism for calling one?
- In the event of emergency transport, what is the designated hospital? Consider the most appropriate facility for the injury/illness when selecting the hospital.
- What emergency equipment is present? Where is it located? Has it been checked to confirm it is in working order and fully ready for use?
- Are there any issues that could potentially impact the emergency action plan (i.e., construction, weather, crowd flow)?

References

1. Andersen J, Courson RW, Kleiner DM, McLoda TA. National Athletic Trainers' Association position statement: emergency planning in athletics. *J Athl Train*. 2002;37(1):99–104.
2. Drezner JA, Rao AL, Heistand J, Bloomingdale MK, Harmon KG. Effectiveness of emergency response planning for sudden cardiac arrest in United States high schools with automated external defibrillators. *Circulation*. 2009;120(6):518–525.
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4. http://www.jointcommission.org/standards_information/up.aspx
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Sports Venue Coverage: EMS Guidelines for Medical Time Out

Introduction

High school sporting venues are high profile community events with an inherent risk of sports trauma or spectator illness or injury. Emergency Medical Services (EMS) coverage of West Virginia inter-scholastic Friday night football has been documented to occur in over 94% of contests. Similar to other rural states, physician and certified athletic trainers (NATA) are present in less than 50% of events. The Medical Time Out protocol promotes pre-game organization for response to athlete and spectator injury.

These guidelines provide a rationale and structure for EMS entry to the sports trauma arena with the focus on pre-game preparation and communication with medical staff for participating schools. The guidelines in this protocol provide procedures for catastrophic injury recognition and response. This encourages direct participation and venue awareness with EMS positioning to promote precision of response. EMS event coverage is a valued community service with a component of unique high visibility “fish-bowl arena” and deserves a component of protection for adverse outcomes.

EMS Squad education and implementation for a Medical Time Out prior to providing coverage for scholastic sporting events is consistent with new legislation for sports concussion in all 50 states.

Medical Time Out education and checklist should be monitored by the Squad Training Officer and Squad Medical Director.

Pre-Game Checklist

The pre-game checklist should be initiated 15-30 minutes prior to the event and should document cell **phone contacts** for all participants - Team Medical Staff, EMS, Police, and School Officials.

The checklist should include **hand signals** for EMS response to the field of play with need for sport concussion, backboard, ACLS support, and spectator response. Event sideline and press box radio communication is recommended but optional.

AED locations in the venue should be recorded with documentation of Sentinel Seizure awareness in athlete sudden cardiac arrest.

Procedures for **head and neck injury** should be reviewed with the captain assigned for C-spine control, face mask removal equipment, and agreed **technique for boarding** (log roll or 8 person lift).

Additional information included in the checklist depending on the sport venue may include **cheerleading injury response** and in geographically isolated locations designated **aero-**

medical landing zone coordinates, and back-up EMS when game coverage is limited to a single unit.

Check List Items:

- *Phone Contacts
- *Hand Signals
- *AED Locations
- *Head and Neck Injury
- *Technique for Boarding
- *Cheerleading Injury Response
- *Aero-medical Landing Zone Coordinates

Sports Arena Special Case Management

Sports Concussion

West Virginia 2013 legislation on sports concussion return to play requires mandatory removal from contest in all cases of suspected head injury identified by sideline physician, athletic trainer or coach. Return to play guidelines require a 5 day progression after symptom resolution and neuropsychological testing with physician involvement.

EMS intervention is typically requested in cases with loss of consciousness or worsening symptoms. During transport a symptom checklist should be recorded and provided to the receiving Emergency Department. (Sports Concussion

Checklist Tools can be found online).

Heat Illness

Heat stress is common in high school football. Exertion Heat Stroke with rectal temperature above 104 F and altered mental status requires rapid cooling with ice bath immersion prior to transport. Heat exhaustion with temp above 100 F should include IVF with normal saline bolus (1 liter). Athletes with known or suspected sickle cell trait (SCT) are at increased risk for heat stress and may progress to explosive rhabdomyolysis and deterioration to PEA cardiac arrest from acute renal failure induced hyperkalemia. SCT athletes with heat stress require cardiac monitoring for development of peaked T waves or QRS prolongation.

Athlete Sudden Cardiac Arrest (SCA)

Intense exercise is a trigger for Sudden Cardiac Arrest in athletes with unrecognized Hypertrophic Cardiac Myopathy (HCM), Coronary Artery Anomalies, Arrhythmogenic Right Ventricular Dysplasia (ARVD), and Long QT Syndrome.

Sudden collapse during sports play should be considered cardiac in origin. Athlete collapse with seizure (Sentinel Seizure) and/or agonal respirations require chest exposure for AED placement or cardiac monitor with high index of suspicion for cardiac etiology.