

2020 - 2021



High School
Football
Coaches
Packet

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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.

WEST VIRGINIA SECONDARY SCHOOL ACTIVITIES COMMISSION



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BULLETIN

TO: High School Football Coaches
FROM: Wayne Ryan, Assistant Executive Director
DATE: July 2020
SUBJECT: 2020-2021 Football Season

The following special points of emphasis are presented for the coming season:

NFHS Rulebook was mailed to your school.

1. **August 17**– Conditioning drills may begin (**August 17 – Middle School**). The use of football uniforms, protective equipment (except helmets), tackling or blocking dummies, charging sleds or similar devices are strictly prohibited during this conditioning period.
2. **August 21** – First date for pads – **NO LIVE CONTACT** – This refers to no live contact between players. The use of sleds, shields, and blocking dummies will be allowed. The purpose of this period is to permit gradual adaptation of the players to carrying the weight of their pads and adjusting to temperature variation.
3. **August 25**- First date live contact allowed.
4. **August 28** – Earliest date for pre-season scrimmage or Grid-O-Rama. Must be after 4:00 PM.
5. (Section 127-3-23.4): Maximum contest: a) The total number of quarters for a player in one season is 50 exclusive of the play-off games. b) A player can only play 4 quarters in one day. c) Any player who participated in one or more downs in one quarter shall be charged with one quarter of play, except those downs in which the football teams are in a free kick formation or the offensive team is in a scrimmage kick formation, as defined in the National Federation Rule 2-14-2, the down will not count as a down. **A violation of the quarter rule will cause suspension of the student for the next varsity and junior varsity contest of that sport.**
6. **Playoff Structure Modifications:**
 - A. The Football Playoff Manual may be viewed and printed from the WVSSAC website (www.wvssac.org). Copies may be purchased at a minimal cost from the WVSSAC office. It may also be found in the Director's Manual received by your principal.
 - B. Football Playoff Manual: Modifications to III. Teams with Identical Point Rating If (A) does not select a sixteenth place team or eliminate a tie above sixteenth, the wins of opponents will be totaled and the team with the most bonus points in their class or higher as computed by the WVSSAC Rating Plan will be selected or move up for pairing.

- C. All games in 1st, 2nd, and 3rd rounds will be played at the home site of the highest rated team. If the home site is not approved, the game will be played at an approved site selected by the highest rated team subject to approval of the WVSSAC office. If necessary, the Executive Director may send a committee to inspect the site. Reimbursement may be adjusted depending on site.
 - D. The Spalding Alpha football shall be used in a playoff game. Schools cannot use a product from another company. This was approved unanimously by the Board of Directors.
 - E. Pre-game Coin Toss – Teams are to leave the playing field 15 minutes before the game and return promptly at five minutes before kick-off time. Upon returning to the playing field, the captains will participate in tossing of the coin.
 - F. In playoff games, teams may enter the field 1½ hours before the game.
 - G. For playoff game, the game administrator must be in attendance at all playoff meetings.
7. The WVSSAC promotes good sportsmanship in all sport programs. We encourage you to inform parents and athletes of the importance of supporting sportsmanship. Please review sportsmanship with your team; WVSSAC guidelines and rules are located in the **WVSSAC Rules & Regulations Handbook**. Lead by example.
 8. **Rule 127-4-3.7.3 Code for Interscholastic Athletes** – Coaches are hereby notified to carefully review this rule with their athletes.
 9. Recruitment/Suspension Policies – Carefully review the enclosed rule clarifications and contact me if you have any questions.
 10. **Head and Neck Trauma Guidelines** – – Refer to the approved Return to Play/Concussion Protocol. RTP refers to return to play and return to practice. Only the appropriate health care professional will determine when a concussed athlete may return to participation.
 11. **Use of Performance Enhancing Substances by Athletes** – It is the philosophy of the National Federation and the WVSSAC that students be encouraged and supported in their efforts to develop and maintain a healthy lifestyle. In promotion of safety and healthy lifestyles, the WVSSAC Sports Medicine Committee requests that coaches assume the responsibility of informing athletes that the uses of such substances should be discontinued especially during the times when dehydration may occur due to potential life threatening consequences. The committee further encourages all athletic trainers to support coaches in promoting healthy lifestyles.
 12. **Injury/Participation Procedure at WVSSAC Championship Events** – Medical personnel (athletic trainers) will have the jurisdiction concerning the return of a player to competition after an injury.
 13. **Post all scores on the WVSSAC Website by noon Monday after each contest.**
 14. Please study the enclosed bulletin for WVSSAC Modifications and Points of Special Emphasis.

15. Information concerning concussions, sudden cardiac arrest, helmets, heat, catastrophic insurance, warning labels for helmets and suggestions for football coaches are enclosed. Please review this information carefully.

16. Class III officials are not allowed to officiate high school varsity games.

17. COACHES ARE REQUIRED TO RATE GAME OFFICIALS (HIGH SCHOOL VARSITY ONLY). These evaluations are to be done online at mid-season and after the last contest. This must be done correctly and on schedule as all information will be computerized. Please read carefully the enclosed directions on how to obtain a PIN and how to enter coach's reports online.

Failure to comply will carry a \$10.00 per game fine. The Board of Directors approved the suspension of any coach who fails to submit these forms or to pay the fine within the designated time line. This organization wants to make every effort to not suspend a coach or impose monetary penalties which will affect your school finances. If you have a change to your schedule (cancellations, etc.) please update your football schedule online as needed.

18. State sponsored rules clinics are required for all high school and middle school head coaches and officials. Dates and sites for the football clinics are listed on the enclosed clinic schedule. This will be modified for 2020.

If your school sponsors a separate 9th grade team, the head coach of that team is required to attend the rules clinic.

19. Head Coaches are responsible for discussing the Bench Clearing Rule with all other coaches and players prior to the first contest.

20. NFHS Sports Medicine Advisory Regulations

A. Insulin Pumps with Shirt must be padded and a physician's letter indicating the need for the athlete to wear the pumps must be given to the official prior to the start of the game.

B. Inhalers – A physician's letter indicating the need for the athlete to use the inhaler must be given to the official prior to the start of the game.

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.**

§127-3-23. Football.

23.1. Rules: Football rules published by the National Federation of State High School Associations are the official rules for all interscholastic competition unless otherwise provided by Commission modification.

23.2. Organized Team Practice: Organized team conditioning practice will begin on Monday of Week 5 and the first contest may be played during Week 8.

23.2.a. The following table establishes for senior high school the first date pads with no live contact, first date to use pads with total contact, earliest date for scrimmage or Grid-O-Rama, date for first contest and date season must be completed.

Year	First Date Organized Practice	First Date Pads No Live Contact	First Date Live Contact Allowed	Earliest Date For Scrimmage or Grid-O-Rama (After 4:00 PM)	Date For First Contest	Date Season Must Be Completed
2020	Aug. 17	Aug. 21	Aug. 25	Aug. 28	Sept. 3	Nov. 7
2021	Aug. 2	Aug. 6	Aug. 10	Aug. 13	Aug. 23	Nov. 6
2022	Aug. 1	Aug. 5	Aug. 9	Aug. 12	Aug. 22	Nov. 5
2023	July 31	Aug. 4	Aug. 8	Aug. 11	Aug. 21	Nov. 4
2024	Aug. 5	Aug. 9	Aug. 13	Aug. 16	Aug. 26	Nov. 9

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

23.2.c. No in season football camps sponsored by a member school or by other school related organizations where football coaching and instruction are given are permitted.

23.2.d. The use of football uniforms, protective equipment, tackling or blocking dummies, charging sleds, or similar devices are strictly prohibited during the conditioning program. However, during the DATE OF PADS NO LIVE CONTACT, the use of sleds, shields and blocking dummies will be allowed. The purpose of this period is to permit gradual adaptation of the students to carrying the weight of their pads and adjusting to temperature variation.

23.3. Length of Season: The football season will end for each team at the end of the regular season or by play-off elimination.

23.4. Maximum Team Contests: A football team will be permitted to play no more than 10 games exclusive of the play-off games.

23.4.a. The total number of quarters for a student in one season is 50 exclusive of the play-off games.

23.4.b. A student may only play 4 quarters in one day.

23.4.c. Any student who participated in one or more downs in one quarter shall be charged with one quarter of play, except those downs in which the football teams are in a free kick formation, or the offensive team is in a scrimmage kick formation, as defined in the National Federation Football Rule Book, the down will not count as a down.

23.4.d. Overtime is considered as an extension of the fourth quarter.

23.4.e. Interscholastic practice game or games in which teams representing a member school play against alumni or other people shall not be allowed.

23.5. A football team is permitted to participate in a Grid-O-Rama and one (1) preseason scrimmage or two (2) preseason scrimmages. See Glossary for definitions of Grid-O-Rama and Scrimmage.

23.6. Special Regulations:

23.6.a. All rules and regulations of these Bylaws pertaining to football are also applicable to six-man and eight-man football.

23.6.b. Any member of a freshman team in a 4-year high school that plays in a varsity contest (scrimmage, grid-o-rama or game) is ineligible to return to the freshman team.

23.6.c. A student may not play or practice on a non-school football team while a member of his school team.

23.7. A student may accept awards only in WVSSAC sanctioned events during the school year. These awards must be consistent with the items specified in the Awards Rule. Students may accept only this same type of an award in non-sanctioned event during non-school months.

23.8. The Board of Directors is authorized to adopt a point rating system and overall procedure for determining a state champion in each class.

23.9. *Middle School* - The above rules will apply for Middle School with the following adaptations:

23.9.a. Organized team conditioning practice will begin on Monday of Week 6 and the first game played during Week 9.

23.9.b. The following table establishes the first date for organized practice, the first date pads with no live contact, the first date for live contact, earliest date for a scrimmage, the date for first game and the date season must be completed.

Year	First Date Organized Practice	Pads No Live Contact	Contact Allowed Full Equip.	Date For Scrimmage	Earliest For First Game	Date Season Must Be Completed
2020	Aug. 17	Aug. 24	Aug. 27	Aug. 31	Week 10	Oct. 31
2021	Aug. 9	Aug. 16	Aug. 19	Aug. 23	Week 9	Oct. 30
2022	Aug. 8	Aug. 15	Aug. 18	Aug. 22	Week 9	Oct. 29
2023	Aug. 7	Aug. 14	Aug. 17	Aug. 21	Week 9	Oct. 28
2024	Aug. 12	Aug. 19	Aug. 22	Aug. 26	Week 9	Nov. 2

23.9.c. The football season will end on Saturday of Week 17.

23.9.d. Not more than eight (8) interscholastic football games shall be played, with the exception of league playoff games in which one (1) game may be added for playoffs. There shall be a nine (9) game limit even if league playoff games are used, and the extra game would be limited to only two (2) teams in the league having the playoff. Leagues choosing to have the extra playoff game may participate in a 2 quarter Grid-O-Rama in place of a scrimmage game. This must be decided prior to the start of the season.

23.9.e. The total number of quarters for a student in one season is 40, exclusive of the playoff game in Rule 127-3-23.4.

23.9.f. A Middle School football team is allowed one preseason scrimmage under the following conditions:

23.9.f.1. Scrimmage will not be played under game conditions.

23.9.f.2. Scrimmage must be played prior to first game of regular season.

23.9.f.3. Admission may be charged.

23.9.f.4. Registered officials may be used.

23.9.g. Middle School football teams may be permitted to play overtime periods in regular season games. Where conferences or counties are holding season ending championships, a tie breaking procedure shall be established if at the end of two overtime periods the score remains tied. A maximum of 2 overtime periods will be permitted in accordance with the National Federation Football Rules 20 yard line overtime procedure.

23.9.h. Middle School game ball: The football used involving only students in the eighth grade and below shall be the youth football. Games involving students of a combination seventh, eighth, and ninth graders may use the youth football by mutual agreement. Modification of the rule is listed in Rule 1-3-1, National Federation Football Rule Book.

23.9.i. Length of Quarters: The maximum length of quarters for ninth grade teams shall be 10 minutes. For teams composed of students in the sixth, seventh and eighth grade, the length of quarters shall be 8 minutes.

23.9.j. A ninth grade team in a high school program will follow the rules provided for Middle School.

WEST VIRGINIA SECONDARY SCHOOL ACTIVITIES COMMISSION

FOOTBALL ALERTS - - 2020

Modifications and Points of Special Emphasis

1. **Mouthpiece** – Rule 1-5-1d,5: The only exception to the mouth and tooth protector rule is by a dentist's written exclusion on file in the WVSSAC office.
2. **Artificial Limb** – Rule 1-7: Requires WVSSAC authorization (see enclosed policy, ATTACHMENT A).
3. **Game Ball** – Rule 1-3-1 Note and Table 1-3-1; the small ball for players below the 9th grade shall be used. Rule 1-3-2 Note; for varsity playoffs a Spalding Alpha football shall be used.
4. **Length of Quarters** - Rule 3-1; Table 3-1: Note: WVSSAC adoption; games involving only students below the 9th grade shall be played in 8-minute quarters.
5. **Half-time** - Rule 3-1 Table, Intermission: All HIGH SCHOOL VARSITY games involving WVSSAC member schools played in West Virginia will have a maximum 20 minute half-time. This includes regular season and playoff games. Notification to coaches of the end of half-time by officials is permissible, but not required. Coaches are responsible for teams being on the field for the mandatory warm-up at the end of the half-time. Out-of-state varsity opponents must be notified of the 20 minute half-time. The half-time length shall not be lengthened.
6. **Interrupted Games** - Rule 3-1-4 & 3-1-5: For any interruption continued the same day, resume from the point of interruption and complete the game. If both schools agree not to resume, Rule 3-1-4 may be used to declare the interrupted game as a completed contest.
For interrupted games to be resumed at a later date: "If the interruption is in the 1st (including the coin toss), 2nd or 3rd quarters, resume from the point of interruption; if in the 4th quarter, the game is over and the score stands".
7. **Game shortening Rule: Rule 3-1-2. 35-point differential in 4th quarter. Clock runs; see also 3-1-3: "By mutual agreement of the opposing coaches and the referee, any remaining period may be shortened at any time or the game terminated."**
8. **Overtime:** Rule 3-1-1 NOTE: By state adoption, all varsity regular season games that end in a tie after regulation time, shall use the 20-yard line overtime procedure until a winner is determined. Overtime for middle schools can be played if mutually agreed upon prior to start of a game by both head coaches, with a 2 overtime limit. There shall be no PSK applications in overtime periods.
9. **Heat and Humidity Problems** – Rule 3-5-7g: Coaches need to be aware of the HEAT INDEX during practices. During games if, in the opinion of the officials, heat and/or humidity may cause problems for the players, an official's time-out may be taken and water administered to the teams. An authorized conference may be held during this official's time-out, outside the numbers and in front of the team box.
10. **Side Line and Team Box Area:** The diagram associated with Rule 1-2-1 (11-player field diagram) and the operation of the down marker and line-to-gain equipment as in Rule 1-3-5 and 9-8-3 specifically require the

sideline to be kept clear. ***The restricted area is to be clear when the ball is live.*** Safety is always a main concern.

11. Rule 7-5-6 covers pass eligibility numbering. All levels of play must follow this rule. Numbers 50-79 are always ineligible receivers.
12. **NFHS / WVSSAC Point of emphasis. Sportsmanship, Intentional Grounding, Ineligible Downfield/LOS**
13. The WVSSAC requires each game of High School level Varsity, JV and Jr. High/Middle School football be administered by appropriately registered officials. **First year Class III officials may not work varsity contests**
14. **COACHES' RATINGS OF OFFICIALS:** Make them as constructive as possible and be specific. We don't want to run off officials.
15. **SPORTSMANSHIP:** Coaches and Officials – we are on the same team. Maintain good behavior in practices as well as games. Let us eliminate bad behaviors in sports. (See Penalty 9-5 and 9-8).
16. **Remember**, if there is only one (1) flag for a foul the calling official shall give the preliminary signal. The foul must also be reported to the referee.

- **SPORTSMANSHIP IS LEARNED. TEACH IT!**
- **PREVENT ILLEGAL HELMET TO HELMET CONTACT.**
- **ILLEGAL CONTACT TO THE HEAD AND NECK MUST BE ELIMINATED!**
- **SEE WHAT YOU HIT!!**

2020

WVSSAC 20-YARD LINE OVERTIME PROCEDURE

REGULAR SEASON OVERTIME PROCEDURE

Regular season high school football games, which are tied at the end of regulation time shall be continued by using the 20-yard line overtime procedure. Overtime periods will be played until a winner is determined. Overtime for middle schools may be played if mutually agreed upon prior to the game by both head coaches. Maximum of 2 OT periods. There is no overtime at the 9th grade or junior varsity level. ***PSK shall not be used in overtime periods.***

PLAYOFF OVERTIME PROCEDURE

The 20-yard line overtime procedure shall be used and a winner shall be determined.

PROCEDURE:

Modify the 10-yard overtime procedure in the Rules Book to have Team A put the ball in play at their 20-yard line, 1st and 10. A first down may be gained and Team A shall continue to attempt to score.



SCOREBOARD

TIME: 00:00

PERIOD 4

HOME: 7

VISITORS: 7



Revise National Federation 2020 Football Rules Book - pages 86-89.

Page 85. Title: **RESOLVING TIED GAMES**

- 5-1-1 Paragraph one. In line one change to 1st and ten, and "10" to "20" in line two.
Paragraph five. Change line two from "10" to "20". Change "10" to "20" in paragraph five.

Page 86. 5-2-1 add c. "The offensive team is in possession of the ball beyond the line-to-gain."

- 5-3-1 Delete the line-to-gain is always the goal line. (The line-to-gain shall be as during the regular game and as described in Rule 5-1).

Page 86-88. **RESOLVING TIED GAMES INTERPRETATIONS**

- 3-1-1 Situation I: Ruling: In (b) B will decline the penalty and take the ball on the 20-yard line.
3-1-1 Situation J: Change 3rd sentence of Ruling to read "If B were first to put the ball in play, it will be from the ten-yard line and if A puts the ball in play first, it will be from the 35 yard line, 1st & 10.

A three-minute intermission shall precede the first overtime period. All other overtime periods shall be preceded with a two-minute intermission. Team captains come out to begin each OT period. The overtime is considered as an extension of the 4th period.

Larry McCloy,
WVSSAC Football Clinician
June 1, 2020



To: Head Football Coaches

Junior Varsity, Freshmen, Middle School

Subject: Numbering Requirements for Sub Varsity Contests for 11-man football.

The NFHS Football Rules regarding number requirements

(Rule 7-2-5) and pass eligibility requirements (7-5-6a) will be in effect for all Sub Varsity Contests beginning with the 2019 Football season.

Unless in scrimmage kick formation, at least 5 offensive linemen must be numbered 50-79 for a scrimmage down. To be an eligible pass receiver, the player must be eligible by both position and number (1-49 or 80-99).

Please make note when equipping players for Sub Varsity contests.

Larry McCloy

WVSSAC Football Clinician



To: All Junior Varsity, Freshmen & Middle School Football Coaches

Subject: Eight-Player Football

At the sub varsity level, by agreement of both head coaches, teams are permitted to play 8 player football contests in lieu of 11 player contests.

EIGHT-PLAYER

GENERAL: Eleven-player rules are used for eight-player football with the following modifications.

RULE 7: a. At least five A players shall be on their line at the snap and may have any legal jersey number.

c. Each A player (regardless of jersey number) who at the snap was on the end of the scrimmage line (total of two) and each A player who at the snap was legally behind the scrimmage line (possible total of three) is eligible.

Wayne Ryan, Asst. Executive Director
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Larry McCloy
WVSSAC Football Clinician
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Protocols for the 40/:25 Second Play Clock

The 40- second play clock will provide more consistency as the ball must be snapped within 40 seconds after the end of the previous play and is not dependent on the referees' subjective signal.

In the case where play is continuing with no stoppage or interruption, the offense will have 40 seconds from the end of the previous play to snap the ball. If play has been stopped (timeout or penalty), the offense will have 25 – seconds from the time the umpire sets the ball and the referee starts the ready for play following the administration of the timeout or penalty.

Basic Premise: The play clock will **ALWAYS** start at :40 seconds (started by BJ or stadium clock operator within 3 seconds of the end of the previous play) unless there is an administrative stoppage. The following administrative stoppage situations are when the play clock will be set at :25 seconds under varsity timing rules.

<u>Situation</u>	<u>Play Clock</u>	<u>Referee Signal</u>
Administration of a foul & penalty	25 Seconds	Chop or Wind
At the start of a period	25 Seconds	Chop
Measurement	25 Seconds	Chop or Wind
Helmet Comes Off	25 Seconds	Chop or Wind
Injury or Equipment Team A (New)	25 Seconds	Chop or Wind
After any score	25 Seconds	Chop
Start of Team A's possession in OT	25 Seconds	Chop
Inadvertent whistle	25 Seconds	Wind
Timeout by either team	25 Seconds	Chop
Timeout by official	25 Seconds	Chop
Touchback	25 Seconds	Chop
Untimed down	25 Seconds	Chop
Period Extension	25 Seconds	Chop
Following a change of team possession	25 Seconds	Chop
Either team awarded a new series following a legal kick	25 Seconds	Chop

Notes:

- This change only affects the play clock, not the game clock.
- The Back Judge has primary responsibility for the play clock and will signal at :05 left by raising arm
- Following the end of a down the Back Judge will (after seeing there are no penalties or other delays) start the 40-second play clock.
- All members of the crew will react to ball movement and ball placement as efficiently and as accurately as possible. (there are no warnings for waiting on the ready for play)
- If the :40 - second play clock has started and runs down below :25 seconds remaining and the ball is not yet placed on the ground and ready for play through no fault of the players (long run, long pass and ball is being relayed back, etc.), the referee shall sound the whistle, reset the play clock to :25 seconds and start the play clock (and possibly the game clock) on his whistle/signal.
- If the referee is re-setting the :40 play clock, he will signal with both palms open in an over-the-head pumping motion to the back judge to reset the :40 play clock. If the referee is re-setting the :25 play clock, he will signal with one palm open in an over-the-head pumping motion to the back judge to reset the :25 play clock.
- The ball is ready for play with the 40 second clock running when the ball has been spotted by the official and they have stepped away to position.
- Pre-game discussion is a must. Discuss procedures and 40-second clock start signals with head coaches. Identify that the play clock will start within 3 seconds after the previous play ends.
- Be consistent in starting the 40-second play clock, ball movement, spotting the ball and being in position for the snap.

Larry McCloy
WVSSAC
Football Clinician

WEST VIRGINIA MECHANICS – 2020

These pages dictate the commonalities with the NFHS Football Officials Manual and some add-ons that make the mechanics more efficient. **We need greater consistency across the State. Work at it.**

1. PRE-GAME MEETING WITH COACHES AND THE COIN TOSS:

The Coaches Pre-game meetings shall occur between 1 1/2 to 1 1/4 hours prior to the kickoff in or near a team locker room. The coin toss shall be conducted 3 minutes prior to the scheduled kickoff in the center of the field. Only 4 captains from each team shall be on the field. All other team members shall be off the field of play. Any request to send other players on the field shall be denied. Sportsmanship shall be addressed with the captains at this time. The LJ and BJ shall be at their respective hashes with a ball from the team on their side of the field. For 2nd half, take captains out for options (can take out all 4 captains or just one).

2. KICKOFF (5-man):

- a. The Referee shall take a position near the hash mark opposite the press box. Depth will vary with the ability of the kickers. Check K's formation.
- b. The Line Judge shall assist in counting the kicking team.
- c. If a kickoff goes out of bounds and has been touched by the receivers, the covering official shall go to the spot, no need in using a bean bag.

3. SCRIMMAGE DOWN:

- a. The wings will give a hand signal for the closest wide-out near them OFF the LOS ONLY. DO NOT PUNCH ON THE LOS. (New for 2020)
- b. The covering official on out of bounds plays will hold the out-of-bounds spot and continue to observe action from that vantage point. Wings must be aware to assist Umpires with ineligibles downfield.
- c. The chain clip shall be placed in the **middle** of the yard line closest to the back stake.
- d. **6-man: New: Deep judges, start on sideline for scrimmage plays. Distance yourself 20 yards downfield from LJ & L**

4. Types of formations will determine how the referee will give the ready-for-play and take his position to cover the play.

- a) If the offense has a normal huddle the referee should always be near the line of scrimmage to help with ball exchanges. Be sure your Back Judge and Timer can see you give the ready signal and always face the line of scrimmage.
- b) If the offense is a no-huddle set, the Referee may drop back 10-15 yards to give the ready signal. (when needed). Always face the line of scrimmage.

5. SHORT FREE KICK MECHANICS (5-man):

- Kick comes to BJ/L side of the field, focus on touching of the ball by R players and First Touching by K players. LJ/U key on blocking by K players and the ball traveling 10 yards.
- Kick comes to LJ/U side of the field, focus on touching of the ball by R players and First Touching by K players. BJ/L key on blocking by K players and the ball traveling 10 yards.

For an unexpected Short Free Kick:

- BJ-Team K's Free Kick Line — LJ- Team R's Free Kick Line, others in **normal** free kick positions.
- Kick comes to BJ side of the field, BJ takes touching of the ball by R players and First Touching by K players. LJ keys on blocking by K players and on the ball traveling 10 yards.
- Kick comes to LJ side of the field, LJ takes touching of the ball by R players and First Touching by K players. BJ keys on blocking by K players and on the ball traveling 10 yards.

6. PUNT COVERAGE DOWN FIELD (5-man)

- a. The Back Judge will cover his 2/3 of the field favoring the Line Judge's side. If the Back Judge starts out behind the deepest receiver he must move forward to view the catch/no catch or muff.
- b. The Linesman will leave when he is sure ball will be kicked and cover his 1/3 of the field. One official has the ball the other is observing action in front of and around the receiver/runner.

6. **PUNT COVERAGE DOWN FIELD (5-man)**
 - a. The Back Judge will cover his 2/3 of the field favoring the Line Judge's side. If the Back Judge starts out behind the deepest receiver he must move forward to view the catch/no catch or muff.
 - b. The Linesman will leave when he is sure ball will be kicked and cover his 1/3 of the field. One official has the ball the other is observing action in front of and around the receiver/runner.
 - c. The Line Judge will not leave the line-of-scrimmage until the kick has crossed the line.
 - d. If the punt is short, the Back Judge may get help from the Line Judge.
7. **TRY BY KICK OR FIELD GOAL ATTEMPT (5-Man):**
 - a. Umpire goes back under the uprights with the Back Judge. New for 2020
 - b. Referee shall look into the holder's face, and be at least 10 yards wide and 3 yards deeper than kicker.
8. **Official's uniforms shall follow the WVSSAC Officials' Handbook regulations. Blue bean bags** and if necessary white bean bags for a PSK spot or aiding the down-marker in 1st and goal situations. **Predominately black shoes with black laces and some white accents.** If an official wears a towel it must be black with the black pants. **NO SUNGLASSES ARE TO BE WORN (unless prescription)**
9. **TIMING INTERVALS AND INTERMISSION:**
 - a. All intermissions are to be timed by the Back Judge (and perhaps the Referee).
 - b. Put 3 minutes on the clock for the mandatory warm-up period after the halftime intermission expires.
10. **INITIAL COVERAGE OF ELIGIBLES:**
Follow the mechanics illustrated in the most recent Official's Manual.
11. **PSK shall not be used in overtime periods.**
There are to be no overtime periods for JV football. Middle School may play a maximum of 2 OT if coaches agree prior to the start of the game.
12. **6-MAN MECHANICS:**
In 6-man, deep judges have outside eligibles. With trips, take two outside eligibles.

Umpire shall raise his hand when the ball becomes dead following a scrimmage down (this helps the wings on making sure ball is secured).

If there is only one flag, that official shall give the preliminary signal and report foul to the referee. If there are two flags, referee will get call and give preliminary/s signals.

Misc. Referees may operate either on the wide side of the formation or on the passing arm/kicking leg side for scrimmage downs (*other than kick tries*).

Be certain the chain crew has been properly instructed as to their duties and to stay alert and move out of the way when a play comes toward them.

Reminders for 2020: Referee, give penalty options to the Head Coach.

Reminders for 2020: Referee, announce number of offender on penalty announcement. (Ex. "Holding, offense, #74")

Reminder for 2020: We will not be doing the 2+2 anymore (Incomplete pass followed by stopping the clock signal). Officials, when an incomplete pass is thrown, covering official give incomplete pass signal. Other officials glance at game clock to make sure it has stopped.

Larry McCloy
WVSSAC
Football Clinician

ATTACHMENT A

ARTIFICIAL LIMB POLICY

Any school that has a student with an artificial limb who wishes to participate in athletics must do the following:

1. Obtain a statement from an orthopedic surgeon licensed to practice medicine in the state of West Virginia that student's participation in the particular sport(s) he desires to participate in is not likely to cause harm to the student with the artificial limb or the other participants in that sports through the use of such artificial limb.
2. Submit such statement and photograph of the artificial limb to the Executive Director of the West Virginia Secondary School Activities Commission before the student commences practice for or participates in said sport.
3. Obtain written permission from the West Virginia Secondary School Activities Commission to participate in such sport before commencing practice or participation.
4. Advise opponents and contest officials at least one week before each contest of such student's participation with such artificial limb.
5. Should the West Virginia Secondary School Activities Commission find that the use of such artificial limb is likely to cause harm to the student using the same or to other participants in the particular sport(s) for which participation is sought, the Commission may withhold such permission or make participation in any particular sport contingent upon the student's exercise of such safeguards as the Commission may prescribe. Any student, parent, principal, or school may appeal the Commission's ruling in this regard the same as any other adverse decision of the Executive Director.

PROPER SELECTION OF FOOTBALL

BY RICK BAKER, A.T.,C. • STAFF SUPERVISOR • THE SI

The proper fit, care and condition of athletic equipment is essential to the prevention of athletic injuries. In general, coaches take on this task as their respective athletic seasons begin. However, coaches and staff members should continually check equipment throughout the season for the proper fit and condition regardless of the sport or activity. Injuries to the head and neck occur frequently and can also be catastrophic. This type of injury can be significantly reduced by the coaches teaching proper blocking and tackling techniques to their players. Also, this trauma can be reduced by properly fitting their helmets.

There are some key points on the issue of properly selecting the various equipment products. These would include:

- The customary budget-minded "lowbid" approach for other types of equipment would not be appropriate criteria for athletic equipment. The protection of the athlete from injury is too vital a goal to take chances on inferior products.
- One must have both awareness of the various products that are available, and grasp of the functional qualities of the equipment. This is usually achieved by experience.
- Every item of protective equipment recommended and made mandatory for a particular sport should be available to each participant. The team should be no larger than the number of players that can be properly equipped with quality equipment to reduce the likelihood of litigation.
- One needs to look toward the equipments' protective characteristics, instead of the frills when purchasing these products.

FOOTBALL HELMET

To assist the person responsible for repair and maintenance of helmets, NOCSAE has developed a number of guidelines to observe when inspecting helmets. There may be other things to check as this list is not intended to cover every observation which may be made. NOCSAE recommends that a periodic inspection of all helmets be made and that they be periodically retested in a recertification program.

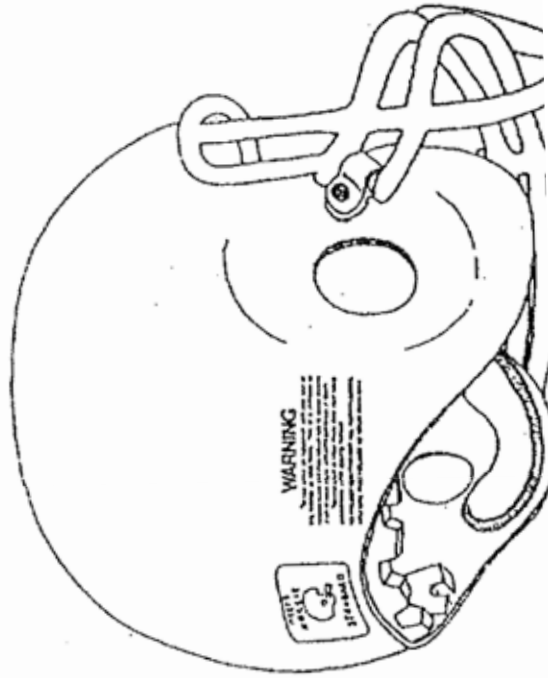
Suggested Inspection Check List

1. Check helmet fit for agreement with manufacture's instructions and procedures.
2. Examine shell for cracks, particularly noting any cracks around holes (where most cracks start) and replace any shells that have cracked. **DO NOT USE A HELMET WITH A CRACKED SHELL.**
3. Examine all mounting rivets, screws, velcro and snaps for breakage, distortion and/or looseness. **Repair as necessary.**
4. Replace faceguards if bare metal is showing, if there is a broken weld or if guard is grossly misshapen.
5. Examine for helmet completeness, and replace any parts which have become damaged, such as sweatbands, interior parts, nose snubbers and chinstraps.
6. Replace jaw pads when damaged. Check for proper

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FOR PROPER WARNING LABELS



**DANGER
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History

During the 1960s, organized athletics enjoyed increasing popularity. High school and college athletic contests brought sports enthusiasts out to watch the games, and media coverage of athletic events began to increase dramatically. Many young athletes were motivated to perform aggressively in order to secure an athletic scholarship or a lucrative professional contract after college.


Unfortunately, along with the increased participation and intensity of effort came an increase in serious injuries. There were 32 football fatalities in 1968 in organized competition and 4 in sandlot play. Head trauma accounted for the vast majority of these deaths and serious injuries.

HEAD INJURIES

To address the issue of head injuries and death, NOCSAE[®] was formed in 1969 through the joint efforts of the American College Health Association, the NCAA, the National Federation of State High School Associations, and the Sporting Goods Manufacturers Association, to draft standards and commission research directed toward injury reduction and prevention. Priorities had to be established because of limited funds, and research was directed where there was a most urgent need for a standard. Therefore, football helmets were targeted for the initial research effort.

Because the football helmet standard was the first, and because the research and knowledge gained during the preparation of that standard helped give rise to the other NOCSAE[®] standards, the history of the development of that standard is important.

Football Helmet Standard – History

After extensive research, a helmet test system was designed which included the use of an artificial 

Head Injury Reduction

By 1985, a significant downward trend in head injury related fatalities in football was observed, leading to zero deaths during the 1990 season for the first time since such records were kept. Comparing the incidences of head injury fatalities for pre- and post-NOCSAE® periods ranging from the 1959 through 1990 seasons in organized high school football, a 74% reduction was documented. Of even more fundamental importance, the incidence of serious but non-fatal head injuries (the leading cause of disability and death in football, estimated to average 4.25/100,000 players in the 1964-68 era, immediately prior to the formation of NOCSAE®), has averaged only 0.68/100,000 players during the 1987-90 seasons, an 84% reduction. For the football seasons from 2002 through 2006, the injury rate for serious non-fatal head injuries declined even more to 0.51/100,000. Helmets are not the sole injury reduction factor. Player education, improved coaching techniques, and stricter rules enforcement also play a substantial role.

With increased awareness and understanding of concussive type head injuries, now generally referred to as Mild Traumatic Brain Injury, or MTBI, work is underway to revise NOCSAE® standards to attempt to reduce those types of injuries. A proposed revision to the NOCSAE Football Helmet Standard is currently being developed in part, to address MTBI reduction.

NECK INJURIES

During part of this period of progress in head injury reduction (1971-1975 seasons), permanent quadriplegia from neck injuries averaged 20 annually. In 1976, rules-making

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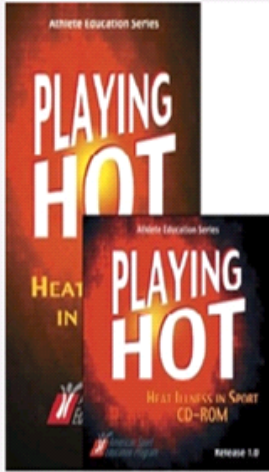


Stores

Community Centers

Instructor & Student Resources

Program



Playing Hot: Heat Illness in Sport NTSC

By [ASEP](#)

© 2000

Win CD Vid Pkg

Other

ISBN-13: 9780736032438

Description

Author

Multimedia

Product Description

Heat affects even the best athletes, causing dehydration and heat illness. With *Playing Hot*, you will learn how to detect heat illness when it occurs, and most importantly, how to prevent it.

WEST VIRGINIA SECONDARY SCHOOL ACTIVITIES COMMISSION



2875 Staunton Turnpike, Parkersburg, WV 26104-7219

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

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



BULLETIN

TO: Football Coaches
FROM: Bernie Dolan, Executive Director
SUBJECT: Catastrophic Injury Prevention

Your school should have a VHS tape entitled "Prevent Paralysis – Don't Hit With Your Head." This tape was developed and provided free of charge to your school by the University of Pennsylvania Sports Medicine Center and the National Federation of State High Schools with help from Riddell Corporation. Also available is a VHS tape titled "See What You Hit". This tape was developed and provided by The Spine in Sports Foundation.

During the 2007 football season, schools were provided the "Heads Up" CD produced by the Riddell Corporation and the National Athletic Trainer Association. This is another excellent resource to share with all football players.

These tapes and CD's emphasize how to avoid cervical spine injuries to our athletes on the football field. They explain and show what physically happens to the cervical spine when improper techniques are used.

As a result of the research that has taken place in this study, rules have been re-written and proper methods of tackling and blocking have come about. Hence, serious neck injuries have decreased from 35 in 1976 to about 5-10 per year at the present.

Therefore, it is mandatory that you and your staff study one of these tapes and review it with your team prior to making "live" contact. Hopefully, we can reduce this type of catastrophic injury to zero.

If for some reason you cannot find this tape or CD, you can contact this office for a copy. Replacement cost will be \$5.00 to cover reproduction and postage.

Reducing Brain and Spinal Injuries in Football & Other Athletic Activities

Frederick O. Mueller, Ph.D.

Robert C. Cantu, M.D.

Brain and spinal injuries in football have been dramatically reduced since the rules were changed in 1976 to prohibit butt blocking and face tackling, and any other technique in which the helmet and facemask purposely received the brunt of the initial impact. There are still a small number of football players (and fewer in other sports) that become paralyzed, but the lesson to keep the head and face out of blocking and tackling remains.

Generally, about 3 - 5% of the injuries experienced by participants in athletics are concussions, e.g., temporary dizziness, confusion, nausea, headaches, and perhaps unconsciousness. Concussions are given grades from Grade 1 (a hit that dazes for a few minutes) to Grade 3 (unconscious). No concussion should be dismissed as minor until proven so by medical personnel. The task is to be sure that the athlete no longer has any post concussion symptoms at rest and exertion before returning to competition. What is now called "the second impact syndrome" with its high rate of morbidity if not mortality, is the result of returning to play too soon.

Several suggestions for reducing brain and spinal injuries follows:

1. Preseason physical exams for all participants. Identify during the physical exam those athletes with a history of previous brain or spinal injuries. If the physician has any questions about the athlete's readiness to participate, the athlete should not be allowed to play.
2. A physician should be present at all games and practices. If it is not possible for a physician to be present at all games and practice sessions, emergency measures must be provided. The total staff should be organized in that each person will know what to do in case of a brain or spinal injury in game or practice. Have a plan ready and have your staff prepared to implement that plan. Prevention of further injury is the main objective.
3. Athletes must be given proper conditioning exercises which will strengthen their neck muscles in order for them to be able to hold their head firmly erect when making contact. Strong neck muscles may help prevent neck injuries.
4. Coaches should drill the athletes in the proper execution of the fundamentals of the football skills, particularly blocking and tackling. **KEEP THE HEAD OUT OF FOOTBALL.**
5. Coaches and officials should discourage the players from using their heads as battering rams. The rules prohibiting spearing should be enforced in practice and games. The players should be taught to respect the helmet as a protective device and that the helmet should not be used as a weapon.
6. All coaches, physicians and trainers should take special care to see that the players' equipment is properly fitted, particularly the helmet.

7. Strict enforcement of the rules of the game by both coaches and officials will help reduce serious injuries.
8. When a player has experienced or shown signs of brain trauma (loss of consciousness, visual disturbances, headache, inability to walk correctly, obvious disorientation, memory loss) he/she should receive immediate medical attention and should not be allowed to return to practice or game without permission from the proper medical authorities. Coaches should encourage players to let them know if they have any of the above mentioned symptoms (that can't be seen by others, such as headaches) and why it is important.
9. Both athletes and their parents should be warned of the risks of injuries.
10. Coaches should not be hired if they do not have the training and experience needed to teach the skills of the sport and to properly train and develop the athletes for competition.

Following is a list of Post Concussion Signs/Symptoms

Headache—Nausea—Vomiting—Numbness/Tingling—Dizziness— Poor Balance—Ringing in the ears
Drowsiness—Excess Sleep—Trouble falling asleep—Memory Problems—Feel “in fog” —Nervousness
Depression—Sadness—Fatigue—Poor Concentration—Irritability—Sensitive to Light—Sensitivity to
Noise

(http://www.nfhs.org/web/2003/11/sports_medicine_reducing_brain_and_spinal_injuries_in_football_.aspx)

Memorandum

To: State Association Executive Officers
From: Robert Kanaby/Jerry L. Diehl
Subject: Continued Research-Catastrophic Injury and Fatality Reporting Forms

Dr. Fred Mueller at the University of North Carolina is continuing the research projects that have been going on for a number of years. The football fatality research and data collection has been done since 1931. The football catastrophic research started in 1977 at the University of North Carolina and the research on fatalities and catastrophic injuries in all other sports was added beginning in 1982. Presently, Dr. Fred Mueller coordinates all of the research through funding by the NCAA and the American College Football Coaches Association with cooperation for data collection through the National Federation of State High School Associations (NFHS) at the high school level.

It is very important that each member school is aware of the catastrophic injury research and data collection system that is currently in place and being used by the NFHS. We are concerned that many member schools are not aware of this program and are not informing the state office when a catastrophic athletic injury, including cheerleading, occurs. Many important decisions (rules changes, equipment changes, insurance rates, etc.) are based on this data, and it is essential that we have accurate information. Excellent examples are the swimming and diving and pole vault rule changes that have been implemented due to catastrophic injury reports.

Catastrophic injuries are listed as follows:

1. Fatalities.
2. Permanent disability injuries.
3. Serious injuries (fractured neck or serious head injury) even though the athlete has a full recovery.
4. Temporary or transient paralysis (athlete has no movement for a short time, but has a complete recovery).

Whenever a fatality or catastrophic injury occurs in any member school, please take the following steps in reporting the incident:

1. Complete the appropriate form for the sport involved.
 - a. Football catastrophic injuries or fatalities.
 - b. All other sport catastrophic injuries or fatalities.
2. Have appropriate consent form signed and attach to injury/fatality form.
 - c. Parent consent form should be used if student is under 18, or over 18 but physically unable to sign signature (i.e. paralysis, fatality).
 - d. Student consent form should be used only if the student is over 18 and physically able.
3. Keep a copy of the reporting form and consent form for your files.
4. Mail the completed reporting form and signed consent form to the NFHS office.

We do not use the name of the state, school, or student in making reports. Even though it is often difficult to get the form completed, the information is very valuable and your efforts to obtain the information are appreciated. It

would help if all schools were informed about the research and reporting injuries to your office before the new school year.

As you will note from the sample forms enclosed and the explanatory letter from Dr. Mueller, consent forms and a permission slip have to be used in order to collect information under existing regulations.

Enclosed are a number of the reporting forms and copies of both of the consent forms. Feel free to copy the forms if the need arises or, if you need more, please contact the NFHS. Thank you for your continued help and cooperation with the researchers.

Dear Athlete: (Same letter addressed to: Dear Parent)

The University of North Carolina at Chapel Hill Department of Physical Education, Exercise and Sport Science is conducting a study titled Catastrophic Sports Injury Research. The purpose of the research is to collect background data (age, height, weight, playing experience, previous injury experience, etc.) and injury data (type and body part injured, medical evaluation, medical care, equipment, game or practice, new or old injury) for high school and college athletes receiving a catastrophic or serious injury. The research is being conducted with the National Federation of State High School Associations and the National Collegiate Athletic Association. Your athletic trainer or coach will be completing the questionnaire.

There are no risks involved and we will not let anyone know you are participating and will not use any names on reports about the study. Your participation in the study is voluntary and you may withdraw at any time. However, your participation is important in collecting accurate data and the information collected will help reduce high school and college athletic injuries across the country.

If you are under age 18, your parent must sign the permission slip so that you can participate in the study. If you are 18 or older, you should sign the permission slip yourself and return it to the school athletic trainer or coach.

You may contact the University of North Carolina Academic Affairs Institutional Review Board at the following address and telephone if at any time during the study should you feel that your rights have been violated: Frances A. Campbell, Chair, Academic Affairs Institutional Review Board, CB 4100, 300 Bynum Hall, Chapel Hill, NC 27599-4100. Telephone 919-966-5625.

Sincerely,

Frederick O. Mueller, Ph.D.

FATALITIES AND CATASTROPHIC INJURIES FOR FOOTBALL ONLY

American Football Coaches Association, NCAA and National Federation of State High School Associations

1. **Athlete Information**

School: _____ Phone: (____) _____

School Address: _____

Date Reported: _____ Date Injured: _____ Date of Death: _____

Grade: _____ Height: _____ Age: _____ Weight: _____

2. **Medical Information**

Medical exam before season: (please circle) Yes – No

Body Part Injured: _____ Type injury: _____

Paralysis or disability (explain):

Physician's Name: _____

Address: _____ Phone: (____) _____

Hospital Address: _____ Phone: (____) _____

3. **Football Information**

Game: _____ Practice: _____ Other: _____

Describe how accident happened (be specific):

Type Field: Natural – Artificial

Position played at time of accident: Varsity or Jr. Varsity

Quarter Injured: 1 – 2 – 3 – 4 Head position during contact: Up – Down – Other

Part of head/helmet initial contact was made: Front – Top – Back – Right Side – Left Side

Head/Helmet made contact with: Opponent's body part – Ground – Other

Film clip available: Yes – No

4. **Football Helmet Information** – for all head and neck injuries

Helmet Manufacturer: _____ Model: _____

Condition: Old – New – Reconditioned Met NOCSAE standard: Yes – No

5. **Person To Contact**

Name: _____

Address: _____

Phone: (____) _____

Please return to your state association office

NOTE: ATTACH SIGNED CONSENT FORM BEFORE RETURNING

State Tournament Program Information

Note: Deadline is Noon on Friday, November 6th for all requested information to be updated online and all pictures emailed, including team page sponsor and ads. Late submissions or omissions of the requested information may not make it in the program. This is the responsibility of the school and head coach.

Verification of material received will be done at the Round 1 Playoff meeting. Please make sure the information required is submitted by the deadline listed above.

Goal: To provide a quality program for all championship events

What: Football Playoff Program

Deadline: Immediately After Week 10 Contest-No Later Than November 8, 2019 - Noon

Required Online Submission Only - School Information - Eligibility Certificate - Rosters - Head Coach Information - Schedule/Scores

- Go to www.wvssac.org click on Admin Login in the upper left corner of homepage
- Type in your Username and Password as the School Administrator in the appropriate sections and click on Login
- Click on Submit Rosters. Under Program select Senior and select Football
- Complete the School Information and Head Coach Information. Click Update/Continue
- Click the Sync button and enter the information requested, then save by clicking the Update/Save Roster button. Always review your roster for accuracy.
- If you don't find a student, go to the Eligibility Certificate Form and add the name and return to the Roster and click Sync button. **Note:** The Sync button feature has been added to update all names on the active Eligibility Certificate Form. Save all changes to your eligibility certificate and roster.
- Click on the Back to Main Menu button then click on the Submit Schedules to update your schedule
- Click on Quick Post Scores to enter your scores

Required Items for a Team Page:

School Information, Head Coach Information, Roster Information. Update/Complete Online - Printer will use this for the Program Page.

Team Picture

Individual Head Coaches' Picture

Team Page Cost - \$125 - Please contact a business or the boosters club concerning sponsoring this page. Ad is about the size of a business card which oftentimes is used. If no team page sponsor is provided, the school will be invoiced for team page. Make checks payable to WVSSAC.

***When emailing the team/coach and page sponsor, please enter the school name (No Abbreviations, please) and the sport in the subject line of the email. Send pictures and sponsor information in one email please.**

Questions Contact/Mail Payment: *Alice Goodwin*
WVSSAC
2875 Staunton Turnpike
Parkersburg, WV 26104
Phone (304) 485-5494 Fax (304) 428-5431
Email: alice.goodwin@wvssac.org



Refer to the previous page
for instructions on
filling out coaching and team
information online.



My PIN/Password! How Do I Get It? - High School Coaches Only!

For High School Sports: Football, Volleyball, Soccer, Basketball, Wrestling, Softball and Baseball

1. Go to www.wvssac.org
2. Go to Admin Login (Located in the left-hand corner of the homepage)
3. If you have not logged into the new site to request a PIN; in the Username and Password section enter wvcoach. Click on Log In
4. On the Create New Coach Account page:
 - a. Select your School from the drop down box
 - b. Enter your First Name
 - c. Enter your Last Name
 - d. Enter your Email Address
 - e. Select your Sport from the drop down box
 - f. Click on Create Coach Account button
 - g. A page will display your PIN/Password. Your PIN/Password are the same. **Keep this information because we will not be able to retrieve your PIN/Password.** If you entered your email address you will be able to reset your lost password

REMEMBER: DO NOT USE PIN FROM LAST YEAR

Entering Coaches Evaluations Online

- Step 1 - Go to www.wvssac.org
- Step 2 - Go to Admin Login (Located in the left-hand corner of the homepage)
- Step 3 - Enter in your PIN/Password in the Username and Password section. Click on Log In.
- Step 4 - You are now on the Coach's Management Page.
- Step 5 - Select "Submit Coach's Evaluation of Officials"
- Step 6 - Select Opposing School (Note: For Out-of-State or Non-Member Schools select "Non-Member School section)
- Step 7 - Enter "Score"
- Step 8 - Enter "Game Date"
- Step 9 - Check "Certified by Head Coach"
- Step 10 - Enter the Officials' Registration Number
- Step 11 - Select "Position"
- Step 12 - Then Rate the Official
- Step 13 - Repeat steps 10-12 until all officials for that contest have been rated
- Step 14 - Click "Submit"
- Step 15 - You will return to the Coach Management Page and select "Submit Coach's Evaluation of Officials" for your next contest/game.

Coaches must evaluate officials in all contests, meets or matches. Failure to evaluate officials will result in fine(s), suspension and C&I cards for all school personnel being withheld until fines are paid.

It is also the coaches' responsibility to make sure his/her schedules on the SSAC website are updated on a regular basis and at the end of his/her sports season. If you have questions or concerns, please contact the SSAC office at 304-485-5494.



COACHING REMINDERS



Practice: Team members must have 14 practices on 14 separate days - 5 days sports specific if participating in another sport during the same sports season. A student must have 5 days of practice if coming from one sports season into the next sports season without interruption of school days. Only students enrolled in the specific member school and a member of team is allowed to practice. Rule 127-2-13.

Sunday Contests: Contests or practice on Sunday is prohibited. Practice refers to any group or individual meeting to view films or activity associated with the activity of that sports season. Rule 127-3-14.

Physical Exam: Team members must have Athletic Participation/Parental Consent/Physician's Certificate form completed and on file before beginning practice. Rule 127-3-3. (Must be on or after May 1st.)

All-Star Competition: Any student completing athletic eligibility at the end of current school year because of age or completion of semesters of eligibility may play in one (1) all-star game upon conclusion of the season without loss of eligibility for balance of year. Rule 127-3-4.

Awards: Team members can accept awards from school sponsoring a sanctioned event or the school. Wearing apparel, championship rings, equipment, athletic goods that exceeds \$100.00 are prohibited from any source. Rule 127-3-5.

Out of Season Coaching: Coaches may not promote, initiate, organize, supervise or participate in out-of-season events involving students of the same sport as the grade level coaching assignment and preceding grade level except as specified in Rules 127-3-7.2 and 127-3-7.3. Rule 127-3-7.7.

Amateur: Any team member competing for money, receiving any award or prize of monetary value that has not been approved by the WVSSAC, capitalizing on athletic fame or signing a professional playing contract in that sport is prohibited. Rule 127-2-11.

Participation as Ineligible: Any student who participates as ineligible may forfeit eligibility for up to 365 days. Rule 127-2-12.

Non-School Participation: Participation is limited to school teams only with a few exceptions in individual sports provided the school principal approves and no school contests/activities are missed. Participation includes but is not limited to, practice, fund raising, team pictures, tryouts, etc. Rule 127-2-10.

Sanctioning and Travel: A member school shall not enter a contest, tournament, or competition which requires sanctioning until it is approved 30 days prior to the event. Rule 127-3-16.

For complete details regarding the above regulations and those governing team memberships, scholarship, undue influence, age, semester, etc. refer to the **Rules & Regulations Handbook** or at www.wvssac.org.
This is not a comprehensive listing.

§127-2-13. Practice.

13.1. Only students enrolled and eligible to be listed on the eligibility certificate for that sport in the specific member school are allowed to participate in that school's practices. Exceptions - Rules 127-2-3.2, 127-2-3.5 and 127-2-13.6.

13.2. The frequency and length of practice is at the discretion of each member school. **Football must follow the WVSSAC Football Practice Guidelines listed in this packet.**

13.3. Member schools of the WVSSAC may practice on any day of the year with the exception of Sunday practice. Rule 127-3-14.2 further clarifies Sunday practice.

13.4. Individual players of a team must have practiced

13.4.a. on 7 SEPARATE days before participating in an interscholastic scrimmage.

13.4.b. on 14 SEPARATE days, exclusive of the day of a contest, before participating in an interscholastic contest. The following sport(s) is exempted from the provisions of this rule: golf.

13.4.c. A student athlete who is absent from practice with their team for non-medical reasons, not under a doctor care, for more than fourteen (14) consecutive days must have the required full fourteen (14) practice days before resuming participation in a contest. Students participating in football must follow the practice progression as set forth in Rule 127-3-23.

13.5. A student shall not be permitted to engage in interscholastic practice until that student has filed with the principal a completed Athletic Participation/Parental Consent/Physician's Certificate Form. Rule 127-3-3 further explains this required form.

13.6. A student academically ineligible may begin practicing 15 school days immediately prior to the date of regaining full eligibility. (All other ineligible students may not practice.)

13.7. If a student has established eligibility in a sport requiring 14 separate days of practice and is continuing to participate in that sport or no school days have lapsed from one sport to another sport in a same season, the student may participate in another sport of the season after completing five separate days of sport specific practice in the second sport.

13.8. Students participating in a sport(s) in one season must have practiced 14 separate days, exclusive of the day of a contest, to be eligible to participate in a sport in the next season with the following exception: the student has continued to practice or participate in tournament play without an interruption of school days. The student must complete five separate days of sport specific practice in the second sport.

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.

2020-21 WVSSAC REQUIRED FOOTBALL PRACTICE GUIDELINES

GUIDELINE 1: Implementing a Preseason Football Heat Acclimatization Period

Reported cases of exertional heat stroke (EHS) currently rank among the top-three causes of sport participation fatalities. Setting mandatory guidelines for heat acclimatization provides a vital standard to protect athletes against exertional heat illnesses and possibly save lives. The majority of EHS cases occur during summer workouts when athletes are unprepared to cope with environmental conditions and physiological demands placed upon them. Heat acclimatization guidelines recommend that athletes be introduced slowly to environmental stresses during practice sessions, resulting in a lowered risk for EHS. These guidelines call for a two-week period (10-14 days) when coaches gradually increase the length and intensity of practice and the amount of equipment that can be worn. At all times, athletes should have access to fluids and have periods of rest throughout a practice.

GUIDELINE 2: Preseason Team Practices:

Practice Days 1-4 – no pads, helmets may be worn **CONTACT – AIR**

Practice Days 5-7 – pads but no live contact. **CONTACT – BAG**

Remainder of preseason **CONTACT – CONTROL, THUD and LIVE ACTION**

Two-a-days shall not be held on consecutive days. Provide at least a 3 hour recuperation period between two-a-day practices.

A practice session (physical activity) shall not exceed 3 hours

Live Action Contact time during any single practice shall be limited to no more than 30 minutes with weekly limits of 90 minutes.

14 days of practice are required for each individual player before playing in any game.

GUIDELINE 3: During the Season:

Types of Contact – Control, Thud and Live Action

Team Practice Sessions (physical activity) shall not exceed 3 hours. No two-a-days permitted.

GUIDELINE 4: Emergency Action Plan:

Ambulance available, medical personnel contacts, location of AED with trained personnel, drinking water, ice, athletic trainer, weather guidelines, heat index guidelines.

GUIDELINE 5: Contact Definitions

<u>CONTACT</u>	<u>INTENSITY</u>	<u>DESCRIPTION</u>
AIR	0	Players run a drill unopposed without contact
BAG	1	Drill is run against a bag or another soft-contact surface.
CONTROL	2	Drill is run at assigned speed until the moment of contact, one player is pre-determined the “winner” by the coach. Contact remains above the waist and players stay on their feet.
THUD	3	Drill is run at assigned speed to competitive speed through the moment of contact; no pre-determined “winner.” Contact remains above the waist, players stay on their feet and a quick whistle ends the drill.
LIVE ACTION	4	Drill is run in game-like conditions and is the only time that players are taken to the ground.

During the regular season, “contact” will be defined as drills run at the Thud and Live Action Level. Drill run at the Air, Bags and Control level would not be considered contact.

Interpretation – A team may continue to dress in full pads for practice, but may only participate in “Thud” drills, “Live Action” drills and game time simulations no more than ninety minutes per team per week. It is assumed that when players are in shells (shorts, shoulder pads, and helmets) no contact or simulations at any point.

Game Participation Recommendation – During the regular season, a player may play no more than 6 quarters per week. Week is defined as Monday to Saturday.

2020 Football Bulletin

WVSSAC Football Game Shortening Rule:

Re: NFHS Football Rule 3-1-2

Beginning with the start of the 4th period if a 35 point differential has been reached the clock operator will keep the game clock running except for the following situations:

- Clock stopped for an injured player
- A charged Team timeout is awarded
- There is a change of possession
- There is a score
- For a try after touchdown
- Any extended delay

When these instances occur the **Referee** will face the clock operator and give the Stop the Clock signal (**signal 3**).

When the clock is stopped for any of the above reasons the clock will start on the Ready-for-Play by the Referee. The **Referee** will face the clock operator and give the start the clock signal (**signal 2**).

The game clock will run during the following:

- Incomplete legal or illegal forward pass
- Runner goes out of bounds
- For Penalty Administration including delay of game fouls
- When a first down is gained with no change of team possession
- When there is a change of possession and the team that had possession at the beginning of the down has possession at the end of the down.

Game officials will use all normal mechanics within the Game Shortening Period. The remainder of the 4th period will be under this rule even if the differential is lessened.

NFHS Rule 3-1-3 may still may be utilized. “A period or periods may be shortened in any emergency by agreement of the opposing coaches and the referee. By mutual agreement of the opposing coaches and the referee, any remaining period may be shortened at any time or the game terminated.”



SPECTATOR SUPPORT INFORMATION FOR TOURNAMENTS

The following sport support information is provided for each specified sport. **ONLY** those items marked with “Yes” are allowed during tournament play (sectional, regional, and state). It is recommended that schools follow these regulations during regular season play.

Vocal cheering and support from team bench areas are encouraged; however, the items indicated on this page are for use by spectators. Schools must stress **GOOD SPORTSMANSHIP** when allowing any item to be used. All items must be for support of your team and not directed against the opponent.

Legend: BSK Basketball CC Cross Country SB Softball TE Tennis WR Wrestling
 BB Baseball FB Football SC Soccer TR Track & Field
 CH Cheer GO Golf SW Swimming VB Volleyball

SPORT	BSK	BB	CH	CC	FB	GO	SB	SC	SW	TE	TR	VB	WR
Apparel Required Upper/Lower Body Garments	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Balloons	No	Yes	No	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No	No
Banners on wall/stadium	No	No	No	No	No	No	No	No	No	No	No	No	No
Cheer & Band Member “Human” Tunnels	No	Yes	No	No	Yes	No	Yes	Yes	No	No	No	Yes	Yes
Permanent Signage/ Advertisement Senior Pictures	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Confetti/Paper debris	No	No	No	No	No	No	No	No	No	No	No	No	No
Hand-held Signs (one holder)	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
<small>TOURNAMENT DIRECTORS HAVE AUTHORITY IN DETERMINING APPROPRIATE SIZE AND SIGN MESSAGE.</small>													
Inflatable Tunnels	No	Yes	No	No	Yes	No	Yes	Yes	No	No	No	Yes	Yes
Laser Pointer	No	No	No	No	No	No	No	No	No	No	No	No	No
Miniature sports balls thrown to crowd	No	No	No	No	No	No	No	No	No	No	No	No	No
Noise makers (Horns, cow bells, bells, buzzers, clickers, or any noisemakers)	No	Yes	No	Yes	Yes	No	Yes	Yes	No	No	No	No	No
<small>TOURNAMENT DIRECTORS HAVE AUTHORITY IN DETERMINING WHAT IS CONSIDERED AN ARTIFICIAL OR MECHANICAL NOISE MAKER. NF RULES SPECIFY NOISE MAKERS WHICH MAY NOT BE USED.</small>													
Opening Prayer/ Invocation	No	No	No	No	No	No	No	No	No	No	No	No	No
Paper banners for team to run through	Yes *	Yes	N/A	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Pom poms (w/o sticks) Spirit Towels	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Recorded/taped Music over amplifying system Only pregame or halftime	Yes *	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
School Band, Pep Band	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Air Horns / Bull Horn	No	No	No	No	No	No	No	No	No	No	No	No	No
Cannons & Muskets	No	No	No	No	No	No	No	No	No	No	No	No	No
50-50 Drawing	No	No	No	No	No	No	No	No	No	No	No	No	No
Reserve Seating State Only	No	No	No	No	No	No	No	No	No	No	No	No	No

* Not Permitted at State Tournament