

2020 - 2021



**Swimming
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

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: Swim Coaches
FROM: Cindy Daniel, Ed,D, Assistant Executive Director
DATE: October 2020
SUBJECT: 2020-2021 Swim Season

Required Reading:

1. Coaches Packet
2. NFHS Rule Book
3. Interscholastic (website)

*Note: Due to COVID-19, revisions and/or modifications to information in this document may be made at any time during the season.

Coaches are asked to bring all packet materials with them to the State Rules Clinic. Coaches are also asked to familiarize themselves with all enclosed materials prior to the clinic. The rules clinic, for this year, will be recorded and made available on the WVSSAC website. There will be no "face to face" clinics.

Points of Emphasis

1. The nature of swimming adds a safety factor not present in other activities. Note: Safety measures need to be followed. Please read the Rules Book carefully.
2. It is recommended that all swim coaches have CPR and life saving and that an athletic trainer be in attendance at all meets.
3. It is the coach's responsibility to regularly communicate with school personnel.
4. **Rules Clinics** – All head coaches and officials are required to attend the WVSSAC Rules Clinic. Please be reminded that the clinic attendance requirement will not be granted if the **head coach is late in excess of 10 minutes no one can attend in place of the head coach**. Please note that failure of the coach to attend will cause a school to be assessed a \$50.00 fine.
5. **Officials** – WV registered officials must be used for all regular season tournaments and meets. Dual and tri meets require a minimum of three registered officials; registered officials will be used in regional meets. Registered officials will be used in the state tournament. Officials' contracts are highly recommended.
6. **Official Registration** – Coaches who wish to also register as an official may request a registration form. The registration fee is \$40.00

7. Season Dates:

	High School	
First practice date	Monday	October 26, 2020
First contest date	Wednesday	November 11, 2020

Regional	Saturday	February 6, 2021
State Tournament	Thursday and Friday	February 18-19, 2021
Middle School		
First practice date	Monday	October 26, 2020
First contest date	Wednesday	November 11, 2020
End of Season	Saturday	February 13, 2021

1. **Eligibility Certificates** are due online on before the date of the first contest according to the standardized calendar. Failure to submit eligibility certificates prior to 1st contest will result in a \$25.00 fine and forfeiture of contest(s). Contact your principal or athletic director.
2. **Practice** – Schools are reminded that two or more schools may NOT use the same practice facility at the same time unless permission is granted by the WVSSAC office. Coaches are reminded that the fourteen practices must be TEAM practices. The school-contracted coach must be present on deck at all practices. Refer to Rule 127-2-13 in the *Rules & Regulations Handbook*.
3. **Regular Season Regulations** – Coaches should carefully review the enclosed program from *The Interscholastic* with particular emphasis on the following items:
 - a. Meet Committee procedures
 - b. Deck regulations
 - c. Facilities
 - d. Relay entry procedures
 - e. Warm-up procedures
 - f. Water Depth Regulations
 - g. Scoring
4. **Tournament Structure** – Coaches should carefully review the enclosed program from *The Interscholastic* with particular emphasis on the following items:
 - a. Regional Alignment and State Qualifiers.
 - b. Regional Meeting and Entry Form – ***Please note that both sides of the Entry Form must be completed. The Meet Codes for the times for each swimmer are to be entered on the back of the form. Use one form for girls and a separate form for boys.***
 - c. The Entry form must be in the WVSSAC office **by Noon February 2, 2021** and to the Regional Director **after 12:00 noon** but before **12:00 midnight on February 2, 2021**. The meet time must be included on the Entry Form. **No changes will be accepted. All entry forms must be submitted by Hy-Tek program.**
 - d. **If Entry Form is not received by Regional Director and the WVSSAC office ON THE due date, the swimmers will be entered as a NO TIME. If a coach only submits the form to the Regional Director and not to the WVSSAC, all swimmers will be entered as a NO TIME.**
 - A NO TIME issued due to late submission of the Entry Form will not be changed under any circumstances.
 - e. Relay entry procedures (State Meet).
 - f. State Meet Coaches' Meeting – Wednesday, **February 17, 2021** at the Mylan Aquatic Center at 6 pm.
 - g. Individual entry times for regular season must be from High School meets

- h. Relay event entry times must be from current season.
- i. 500 Freestyle Qualifying time for State Meet:

Women	7:30.00
Men	6:30.00

Take the top 3 individual finishes and top 2 relay finishes for each event from each region that qualified by times and then take the next fastest qualifying times to fill the field.

- a. If a tie occurs after the completion of the regional, another heat will be added to the event at the State Meet.

1. **Sportsmanship** – Coaches must lead by example and promote good sportsmanship at all times whether it be regular season or tournament competition. Coaches should conduct pre-season meetings to inform all parents and athletes of rules and regulations and the importance of sportsmanship. Coaches or swimmers who choose to exhibit poor sportsmanship will be appropriately sanctioned by the WVSSAC.
2. **Ejection Rule and Bench Clearing Policy** – It is the coach’s responsibility to discuss with all other coaches and players prior to the first contest. Rule 127-4-3.7 Code for Interscholastic Athletics – Coaches are hereby notified to carefully review this rule with special emphasis on 3.7.3.
3. **Head and Neck Trauma Guidelines** – Refer to the approved Return to Play/Concussion Protocol. RTP refers to return to play and return to practice. The appropriate health care professional will determine when a concussed athlete may return to participation.
4. **Use of Drugs, Medication or Food Supplements** – It is the philosophy of the National Federation and the WVSSAC that students be encouraged and supported in their efforts to develop and maintain a healthy lifestyle. In promotion of safety and healthy lifestyles, the WVSSAC Sports Medicine Committee requests that coaches assume the responsibility of informing athletes that the use of such substances should be discontinued especially during the times when dehydration may occur due to potential life threatening consequences.
5. **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. If a parent refuses to follow the determination of the authorized person, a release form must be signed.
6. **State Meet Notes**
 - Timers who commit to time for an entire session be issued an admission identification band for that session only. It will be the coach’s responsibility to submit timers’ names and session to the Tournament Director. This information may be faxed to State Tournament Director. The bands will be color coded per session and will only be useable for the designated session. The bands will be given to the timers by the coaches for each session. Only the timer listed on the school’s list will receive free admission. Timers will not be granted free admission without a band.

- Time Schedule. Warm-up time and session times.
- Only the two winning teams (boys and girls) will be allowed entry into the pool at the conclusion of the meet.
- Coach, Swimmer, and Official Identification – Identification bands (hospital type bands) will be issued to the various participants. A different color will be issued for each group.

2020-2021 Winter Sports Clinics

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

§127-3-27. Swimming (Boys and Girls).

27.1. Rules: Swimming rules published by the NFHS are the official rules for all interscholastic competition unless otherwise provided by Commission modification.

27.2. Organized Team Practice: Organized team practice will begin on Monday of Week 17 and the first contest may be on Wednesday of Week 19.

27.3. Length of Season: The swimming season will end for each team or individual by WVSSAC tournament elimination.

27.4. Maximum Team Contests: A swimming team will be permitted 16 contests exclusive of sectional, regional, and state contests.

27.5. Scrimmages: Two swimming scrimmages with another high school may be conducted. (See Glossary.).

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

27.7. A student may accept awards in WVSSAC sanctioned events and non-sanctioned events during the entire year. These awards must be consistent with the items specified in §127-3-5.

27.8. The above will apply for middle schools with the following adaptations: (Revised 2018-19)

27.8.a. Middle school teams will be permitted 14 meets.

27.8.b. Organized team practice will begin on Monday of Week 18 and the first contest may be on Wednesday of Week 20.

27.8.c. Middle school season will be completed by Saturday of Week 31.

27.8.d. Middle school teams are permitted one scrimmage. (See Glossary.).

WVSSAC MEET COMMITTEE PROTEST FORM

The Meet Committee shall consist of the Meet Director (ex-officio), the Meet Referee (ex-officio), and other knowledgeable swimming persons to comprise an odd number of committee members.

Protest Procedure

- a. The Meet Committee will meet as needed to make decisions on all protests.
- b. Proper procedures for filing a protest will be detailed for coaches by the Meet Director at a pre-meet meeting.
- c. The protest procedure must be initiated on the proper form within one event, unless otherwise approved by meet referee.
- d. Coaches must submit a formal written explanation on the Protest Form.
- e. The Meet Director will present the protest to the Meet Committee.
- f. The Meet Referee will be required to submit a written explanation.
- g. The Meet Director will present the Meet Referee's explanation to the Meet Committee.
- h. Coach and meet referee will also make oral statement to meet committee, and answer any questions from committee members. Thereafter, coach and meet referee will exit meeting and meet committee will make final decision.
- i. After the Meet Committee is adjourned, the Meet Director will relay the decision to the coach.
- j. All decisions of the Meet Committee are final.

DATE: _____

MEET: _____ REGIONAL: _____ STATE: _____

LOCATION: _____

COACH SUBMITTING COMPLAINT: _____

SCHOOL: _____

EVENT NUMBER AND NAME: _____

SWIMMER: _____

SITE NF OR WVSSAC RULE IN QUESTION (include rule, section, article, page)

COMPLAINT: _____

Swimming and Diving Rules Changes - 2020-21 By NFHS

1-1-1: Additional language was added to define the end wall.

Rationale: Since swimmers may now finish the race by contacting the end wall or touchpad, a more complete definition of what constitutes the end wall was necessary.

1-4-5, 1-4-6, 9-2-1, 9-4-1d, 9-4-2, 9-4-4, 9-4-5: Diving rounds and diving sessions were defined.

Rationale: Rounds and sessions were used interchangeably in the rules book and clarity was necessary when referencing sessions during and 11-dive competition.

3-3-3 NOTE, 3-3-4c: The rule was updated to comply with current requirements of suit manufacturers.

Rationale: New language clarifies that a check mark placed adjacent to the FINA logo is compliant for high school competition.

6-3-2: New language describes the manner in which an official time is obtained.

Rationale: This rule change clarifies that other data points such as touchpad, buttons, or stopwatches may need to be used by the Referee to determine the swimmer's time.

6-3-4: Added language describes when the backup system for timing and judging shall be operative.

Rationale: The change more accurately describes the protocol for determining an official time when automatic timing equipment malfunctions or is not activated.

9-3-3, 9-3-5: Headings were added to articles to assist with identifying a two-pronged process for entering a diver participating in a championship meet.

Rationale: New rule organization clarifies the entry process.

2020-21 SWIMMING AND DIVING EDITORIAL CHANGES

4-1-3, 4-1-7, 4-5-1, 4-8-1f, 4-8-2, 4-9-1, 4-9-2, 4-9-3, 3-3-4 NOTE, Appendix B

2020-21 SWIMMING AND DIVING POINTS OF EMPHASIS

Communication between the Referee and Table

Establishing the Official Time

Diving Entries

Signals for Officiating Swimmers with Disabilities

OUR KIDS INITIATIVE

POOL DEPTH COMPARISONS (as of February 16, 2018)

	FINA	NCAA	NFHS	USA-S/USMS	YMCA
<i>Depths for Competitive Swimming</i>	See Below	minimum depth: 4' at start end; 3' 6" feet at the opposite end; Minimum depth of 4 ft. is recommended throughout; NEW construction recommends 7 ft.	No Minimum depth required for competition	No minimum depth for swimming	Same as USA-S
<i>Depths for Competitive Racing Starts</i>	A minimum depth of 1.35 meters from 1 meter to 6 meters from end wall; The height of the platform shall be at least 0.5 meters to 0.75 meters above the water surface; No provision for starting in the water *see NOTE above	Water depth shall be no less than 4'; The height of the platform may not exceed 30" above the surface of the water; Provision for starting in the water (Rule 2) *see NOTE above	Minimum depth: 4 ft. at start end measured from the end wall to 5 m. from the end wall 4' > : platform no more than 30" above the water; 4' > block or deck start < 4'; only in water BACKSTROKE LEDGES NOT AUTHORIZED AT ANY DEPTH *see NOTE above	Minimum depth for teaching racing starts: 6 ft. (USA-S only); For starts in competition: 4 ft. measured from 1 mtr. to 5 mtrs. from the end wall ; < 4' - must start in water- <4'-no backstroke ledges. (USMS: <3'6" in-water starts; 3'6"-<4' in-water or deck starts); 4' > - platform maximum of 2' 6" (30") above water (USA-S - Article 103) (USMS - Article 107) * see NOTE above	Minimum depth for teaching starts: 9 ft. (YMCA); Minimum depth for starts in practice and competition: 5'; Provision for starting in the water if less than 5'

*NOTE: THE MORE RESTRICTIVE LOCAL, STATE, AND MUNICIPAL ORDINANCES TAKE PRECEDENCE OVER NATIONAL GOVERNING BODY RULES

SWIMMING RULES: COMMON ELEMENTS and DIFFERENCES (as of September 12, 2017)

OKI

COMMON ELEMENTS WITH GOVERNING BODIES		Freestyle	Backstroke	Breaststroke	Butterfly	I.M.
	<ul style="list-style-type: none"> Whistle preparatory commands; No recall; Forward - after TYM - foot/feet at front of block (see USMS); Back - feet can be above water; not above lip of gutter or curving of toes over gutter. Requires a stationary starting position. 	<ul style="list-style-type: none"> Head up by 15m 	<ul style="list-style-type: none"> Head up by 15m After 15m, some part of the swimmer must break the surface throughout the race May be completely submerged during turn. 	<ul style="list-style-type: none"> 2 hand touch –simultaneous; Arms in same horizontal plane; Elbows can be out at turn and finish; Head must break surface by widest part of 2nd stroke; One single butterfly/dolphin kick permitted at start and each turn at any time prior to the first breaststroke kick; 	<ul style="list-style-type: none"> Head up by 15 m; simultaneous 2 hand touch; Arms simultaneous in recovery and pull; Breaststroke, scissor, alternating kick not permitted (see USMS); Body kept on breast from beginning of first arm stroke; Can't re-submerge 	<ul style="list-style-type: none"> Turn rules apply for intermediate turns. Finish rules apply at transition turns. During freestyle the after the turn the swimmer may be towards the back provided there is no kick or stroke.

DIFFERENCES – see specific rule book for exact wording

<p>FINA; USA-S; YMCA; NCAA</p>	<p>See POOL DEPTH COMPARISON chart for differences</p>	<ul style="list-style-type: none"> Backstroke starting device use is permitted. When backstroke ledge is used, toes of both feet in contact with end wall at start. 	<ul style="list-style-type: none"> At the touch at turns and finish, hands must be "separated"- meaning-cannot be "stacked". 	<ul style="list-style-type: none"> At the touch at turns and finish, hands must be "separated"- meaning-cannot be "stacked". 	<ul style="list-style-type: none"> See stroke differences.
<p>NFHS</p>	<ul style="list-style-type: none"> Verbal or whistle preparatory commands - State option 	<ul style="list-style-type: none"> Kick/glide is permitted before and after turning action. Backstroke starting device not permitted. Both hands in contact with the end of the pool or starting platform. 	<ul style="list-style-type: none"> No sculling permitted; Two hand simultaneous touch required. Stacking hands permitted during touch. 	<ul style="list-style-type: none"> Hands – at same horizontal plane at any given time during stroke; (both pull and recovery) Stacking hands permitted during touch. 	<ul style="list-style-type: none"> See stroke differences.
<p>USMS</p>	<ul style="list-style-type: none"> Use back start for in-water free start; At least one foot at front of block before TYM In water relay exchanges permitted. At least one foot must remain in contact with the wall prior to the exchange 			<ul style="list-style-type: none"> Allow breaststroke or whip kick exclusively or interchangeably Only one breaststroke or whip kick per arm pull permitted. On 9/25/13, adopted the "separated" rule wording interpreted to be identical in meaning to the USA Swimming interpretation. 	<ul style="list-style-type: none"> See stroke differences.

Contract for Officials

Official's Name (Please Print)	Official's Social Security Number	Home Phone
Address	City, State, Zip	Work Phone

The said official agrees to be present and officiate the game(s) listed as follows:

Date/ Time	Game	Fee/Mileage Expenses	Home Team	Visitors	Other Officials

- A. Official must be agreed upon by all schools involved in this contest.
- B. This contract shall be returned to the originating school/tournament director within ten (10) days from date listed on contract. Otherwise, contract will be considered null and void.
- C. If the event is cancelled by reason mutually agreed upon by the schools/tournament director, then the following shall apply:
 - If the official is notified in time to prevent travel to the site of the event, there shall be no payment to the official, provided the official is offered the opportunity to officiate the postponed event on the new date.
 - If the official is notified in time to prevent travel to the site of the event, and the official is not offered the opportunity to officiate the postponed event on the new date, the official shall be paid the contract price less travel expense.
 - If the official is not notified in time to prevent travel to the site of the event, and the official is offered the opportunity to officiate the postponed event on the new date, the official shall be paid travel and meal expenses.
 - If the official is not notified in time to prevent travel to the site of the event, and the official is not offered the opportunity to officiate the postponed event on the new date, the official shall be paid the full contract price including travel expenses.
- D. Mileage shall be paid only upon the single rate if the officials travel to the site in the same car.
- E. The official agrees to arrive in advance of scheduled contest time for pre-game conference, etc. in accordance with NFHS and WVSSAC rules.
- F. Services provided by the official are as an independent contractor.
- G. The official assumes all liability for injury to him/herself and waives any claim for an injury, loss or damage which may be sustained by the official during any game, contest or activity against the schools involved or West Virginia Secondary School Activities Commission.
- H. It is understood that the services of the official are provided as an independent contractor and that no medical insurance, workers compensation, unemployment insurance or other benefit is accorded to the official by this contract.
- I. This contract is considered binding by both parties and cannot be negated except through mutual agreement of the parties.

If either party hereto fails to fulfill the obligation of any part of this contract, that party shall pay to the offended party the amount specified above as the fee for the event, the remainder of the contract shall not be binding and the breach of contract shall be reported to the Executive Director of the West Virginia Secondary School Activities Commission.

Principal/Designee	Date Signed
Official/Designee	Date Signed

Swim Request for Alternate Form

If a team qualifies fewer than 7 athletes (which must include at least one relay), this request form must be completed and sent to the WVSSAC office no later than Monday following regional tournament. Please submit one for boys and another for girls.

School: _____

Boy: _____ Girl: _____

1. _____ Relay

2. _____ Relay

List of all qualifiers for your school:

Name	Number of Events

Name of alternate for relay: _____

Signature (coach): _____ Date: _____

Once this form is received and the information is verified, a response will be sent by email. Please list the email that you want me to use. _____

**THIS REQUEST FORM MUST BE FAXED TO 304-428-5431
NO LATER THAN MONDAY FOLLOWING THE
REGIONAL TOURNAMENT.**

Swim Regional and State Meet Warm-Up Procedures

Twenty (20) Minute Warm-Up Per Team

1. A designated supervisor shall be on the deck during the entire warm-up period.
2. Swimmers shall enter the water feet-first except for starts which are limited to specified lanes.
3. Last 5 minutes of warm-up, all lanes are to be designated as one-way sprint lanes with racing starts permitted at the starting end point of the pool and verbally start swimmers for sprint or pace work.
4. Coaches are to stand at the starting end of the pool and verbally start swimmers for sprint or pace work.
5. Swimmers are not allowed on a starting platform when a backstroker is executing a start in the same lane.
6. The coach or assistant coach must be present at all times.

Meet management or a designated official may remove a swimmer, coach, and/or team from the deck for violations of these regulations. In facilities that have a warm-up and/or warm-down area, management shall provide supervision (lifeguards, etc.) of the area at all times.

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

WVSSAC STATE TOURNAMENT ROOMING LIST INFORMATION

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

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

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

Hotel / Motel Policy

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

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

WVSSAC STATE TOURNAMENT

School Name: _____	
Principal: _____	Athletic Director: _____
Person in Charge of Supervision: _____	
Coach Cell: _____	Coach Email: _____

1. List each person who will be staying in room and his or her capacity. (Coach or Player)
2. Reservations
3. After making reservations, send a copy of the room list to the WVSSAC office (FAX 304-428-5431) and should be submitted to the hotel/motel management immediately upon arrival.

Room #1	Name	Official Capacity
1.	_____	Choose an item.
2.	_____	Choose an item.
3.	_____	Choose an item.
4.	_____	Choose an item.
Room #2	Name	Official Capacity
1.	_____	Choose an item.
2.	_____	Choose an item.
3.	_____	Choose an item.
4.	_____	Choose an item.
Room #3	Name	Official Capacity
1.	_____	Choose an item.
2.	_____	Choose an item.
3.	_____	Choose an item.
4.	_____	Choose an item.
Room #4	Name	Official Capacity
1.	_____	Choose an item.
2.	_____	Choose an item.
3.	_____	Choose an item.
4.	_____	Choose an item.
Room #5	Name	Official Capacity
1.	_____	Choose an item.
2.	_____	Choose an item.
3.	_____	Choose an item.

STATE CHAMPIONSHIP PROGRAMS

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

WHAT: *State Swim Program*

DEADLINE: **Wednesday, February 10, 2021 by Noon**

Login as the School Administrator (www.wvssac.org) and Update the Information Below:

1. Update the Eligibility Certificates Online
2. Update Your School Information/Head Coaching Information/Roster Information
3. Update your Swim Schedule Online
4. **Remember what you enter online is what will be printed in the championship program, so please make sure you have reviewed this information for accuracy. This will be the school's responsibility.**

Items that need to be emailed by to the deadline listed above:

1. Team Picture
2. Head Coach's Picture
3. Team Page Sponsor (*Team Page Sponsor refers to the person/s or business/organization that is going to pay for the team page. Example: a local business, booster club etc.*) If no sponsor is provided the school will be listed and invoiced for the team page
4. Ad-The Ad is about the size of a business card
5. Team Page-Cost - \$125.00-Make Checks Payable to WVSSAC and Mail to Address Below

Submit all the required information before **Noon on Wednesday, February 10, 2021**

Late submissions will not be included in the program!

Mail payment Attn: Katelyn Enoch
and a copy of the WVSSAC
Invoice to: 2875 Staunton Turnpike
 Parkersburg, WV 26104
 Phone (304) 485-5494 Fax (304) 428-5431
 Email: katelyn.enoch@wvssac.org

(Please call to verify that we received your picture and were able to open the file)



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.

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.

RECRUITING REGULATIONS

If a coach is contacted by a student, his/her parents, or anyone else regarding a student athlete transferring to his/her district, the coach shall refer the individual(s) to a school administrator in the district immediately. A coach cannot discuss the matter with the student or anyone else for that matter and should not even listen when the subject is brought up concerning students transferring to his/her school. School coaches working or coaching in outside school leagues and camps should be warned that a potential problem exists if a student later enrolls at the school where the coach is employed. The school administrator, after being notified by the coach that a prospective student athlete has approached the coach about possibly playing for his/her school team, should contact the WVSSAC office immediately. Seriously or jokingly telling a student that you would like for that athlete to play for you or your team shall be considered recruiting. Rules regarding individuals who engage in recruiting shall not be restricted specifically to school personnel.

Approved by the Board of Directors
October 1998

GUIDELINES FOR SUSPENDED COACH/PLAYER

A coach or player who is ejected from a contest shall be suspended for the remainder of the game, match, meet or contest. An ejected coach shall exit the playing arena (out of sight and sound of the venue) as well as the team and bench areas. If there is not another person hired by the board of education to coach that sport or a professional from that school present to take his/her place, the contest shall be forfeited. Because of supervision and liability, an ejected athlete shall sit on the bench and shall not cause nor participate in any further problems. Furthermore, a coach or player shall not be permitted to attend subsequent contests of the suspension. He/she shall not be formally affiliated with the team in any capacity. This would include but not be limited to transportation to or from the contest, meeting with the team before, during or after the contest, wearing a uniform, or sitting in the bench or team area. Regular practice or team meetings not affiliated with a contest will not fall under this policy.



SPECTATOR SUPPORT INFORMATION FOR TOURNAMENTS

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

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

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

SPORT	BSK	BB	CH	CC	FB	GO	SB	SC	SW	TE	TR	VB	WR
Apparel Required Upper/lower Body Garments	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Balloons	No	Yes	No	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No	No
Banners on wall/stadium	No	No	No	No	No	No	No	No	No	No	No	No	No
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