

**2020 - 2021**



**Baseball  
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

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## BULLETIN

**TO:** Baseball Coaches  
**FROM:** Greg Reed, Assistant Executive Director  
**DATE:** January 2021  
**SUBJECT:** 2020-2021 Baseball

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

1. Important dates for Baseball. (Refer to ***The Interscholastic***)
2. Eligibility Certificates are due online no later than the date of the first contest according to the standardized calendar. **Failure will result in a \$25 fine and forfeit of all contests played.**
3. **WVSSAC Rules Clinics:** The WVSSAC will conduct Baseball Rules Clinics for the 2020-2021 season. Schools sponsoring baseball must be represented by the head coach. A schedule of sites and dates is enclosed.
4. 2020-2021 Baseball Schedules must be posted online by March 4, 2021. Our web address is [www.wvssac.org](http://www.wvssac.org).

**Maximum Team Contests:** A high school baseball team will be permitted to schedule no more than 32 games.

5. Please review the WVSSAC Baseball Program **online** from the February issue of ***The Interscholastic*** for more information about the baseball program. Carefully review the "Pitching Rule" and Warm-Up Procedure.
6. You will also find enclosed one (1) Baseball Lineup Card to be copied and used for your games. Cards are to be given to the umpire prior to the start of the contest.
7. The WVSSAC adopted baseball for the 2020-2021 season will be the Spalding TF-Pro.
8. **Rules on Wearing Special Equipment and Braces – BASEBALL:** (Refer to ***Rules & Regulations Handbook***) Rule 1, Section 5, Article 5-6, 8-9.
9. **Speed-Up Rule: *Courtesy Runners***

"At anytime, the team at bat may use courtesy runners for the pitcher and/or the catcher." By state association adoption, our state will use the part of the rule that states: "*If a courtesy*

*runner is going to be used for the pitcher and/or catcher, they can be inserted at any time when or after the pitcher/catcher gets on base.”*

10. The Board of Directors has ruled that tobacco shall not be used during an athletic contest by players, coaches, or officials. In addition, the National Federation Baseball Rules Committee adopted Rule 3-3-1p, which states that “a coach, player, substitute, attendant, or other bench personnel shall not use tobacco or tobacco-like products within the confines of the field.” The penalty requires the umpire to eject the offender from the game. Also, the enforcement of this rule is strongly emphasized during the 2019-2020 season.

11. Coaches’ Ratings of Officials are **ONLINE ONLY**.

- It is the responsibility of the high school varsity coach to rate each official registered with the WVSSAC (all regular season varsity games and all tournament games). Please follow the directions on the online form very carefully. **NOTE – ALL RATINGS OF 4 AND 5 MUST INCLUDE A WRITTEN REPORT.**
- The form is online and should be submitted no later than the mid-season and after the last game. This must be done correctly and on schedule. Failure to comply will carry a \$10.00 per game fine. **Evaluations are due no later than June 26, 2021.** After this date coaches and schools will be blocked from entering evaluations.

**The Board of Directors has 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 not to suspend a coach or impose monetary penalties which affect your school finances. Therefore, if you have a change in your schedule (cancellations, etc.,) update your baseball schedule online.**

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

**Rule 127-4-3 Code for Interscholastic Athletics** - Coaches are hereby notified to carefully review this rule with special emphasis on **3.8 (c)**. The first high school baseball ejection would result in a three (3) game suspension; the first junior high/middle baseball ejection would result in a two (2) game suspension.

**Suspension/Recruitment Policies- Carefully review the enclosed rule clarifications and contact me if you have questions.**

13. **Head Trauma Guidelines** – Refer to the approved Return to Play/Concussion Protocol. RTP refers to return to play and return to practice. The appropriate health care professional will determine when a concussed athlete may return to participation.

- 14 **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.
15. **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. Athletic trainers will receive additional information at Rules Clinics.
16. The WVSSAC is actively involved in promoting good sportsmanship in all of our sport programs. I encourage you to promote good sportsmanship by informing parents and athletes of the importance of supporting this concept. Please review the sportsmanship section of the ***Rules & Regulations Handbook*** with your team. I ask that you lead by example.
17. **All coaches for each sport are required to complete an Emergency Action Plan (Senate Bill 40). This must be completed online - See your Athletic Director for further information.**

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

**National Federation Part I Rules Examination - No longer required for coaches.**

GR/ag

# **2020-2021 Spring Sports Clinics**

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

## **§127-3-19. Baseball.**

19.1. Rules: Baseball rules published by the NFHS are the official rules for all interscholastic competition unless otherwise provided by Commission modifications. (Revised 2010-11)

19.2. Organized Team Practice: Organized team practice will begin Monday, March 15, 2021 and the first contest may be played on Monday, April 12, 2021.

19.3. Length of Season: The baseball season ends for each team by WVSSAC tournament elimination.

19.4. Maximum Team Contests: A baseball team is permitted to play no more than 32 games exclusive of sectional, regional, and state tournament contests.

19.5. Scrimmages: Teams may conduct two baseball scrimmages with another high school. (See Glossary.)

19.6. 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.

19.7. Student Participation:

19.7.a. A student may not play or practice on a non-school baseball team while a member of the school team.

19.7.b. A student shall not participate in more than 32 games in one season, exclusive of sectional, regional, and state tournament contests. Serving as a “courtesy or pinch runner” is not considered “participation” in a game.

19.8. During the sport season, a student may accept awards only in WVSSAC sanctioned events. Awards must comply with §127-3-5. Outside the sport season, students may accept only compliant awards in non-sanctioned events.

19.9. Middle Schools — The above will apply for middle schools with following adaptations: (Revised 2018-19)

19.9.a. Middle school teams may play 18 games including tournaments sanctioned by the WVSSAC.

19.9.b. Middle school season will be completed by Saturday of Week 45.

19.9.c. Middle school teams are permitted one scrimmage. (See Glossary.)

# **NOCSAE Manual Helmet Information**

## **NOCSAE Licensed Reconditioners**

Licensed reconditioners themselves test used helmets to the original standard applicable when the helmet was new.

The NOCSAE helmet standards are voluntary test standards that have been developed to reduce head injuries by establishing requirements of impact attenuation for football helmets/face masks, baseball/softball batting helmets, baseballs and softballs, and lacrosse helmets/face masks. These standards are adopted by various regulatory bodies for sports, including the National Collegiate Athletic Association (NCAA) and the National Federation of State High School Associations (NFHS).

NOCSAE continually studies all types of helmets and test conditions, and the severity of the tests will be changed when credible evidence is presented that such changes will affect injury reduction.

The NOCSAE helmet standard is not a warranty, but simply a statement that a particular helmet met the requirements of performance tests when it was manufactured or reconditioned. For football helmets, NOCSAE does recommend that the consumer adhere to a program of periodically having used helmets recertified. Because of the difference in the amount and intensity of usage on each helmet, the consumer should use discretion regarding the frequency with which certain helmets are to be recertified.

Those helmets which meet the NOCSAE standard must bear the seal, "Meets NOCSAE standards" and the logo for that type of helmet. The seal and the logo are permanently branded on the outside rear portion of the helmet.

The NOCSAE standard does not require the use of specific brand name replacement parts when helmets are reconditioned. Neither the test nor the performance standard call for any specific materials or designs. The standard speaks only to the performance of the helmet when new, or after reconditioning and recertification.

### **NOCSAE Licensed Reconditioners**

(List Available: <http://www.naera.net/members.htm>)

ACE RECONDITIONERS

ADAMS, U.S.A.

ALL SPORT SERVICES

ATHLETIC EQUIPMENT REPAIR CORP

ATHLETIC RECONDITIONING, INC.

ATHLETIC SUPPLY

AUSTIN ATHLETIC MFG. CO.

CAPITOL VARSITY SPORTS

CLEAN GEAR USA

CONTINENTAL ATHLETICS

E&R ATHLETICS

EXECUTIVE DIRECTOR

GRIDIRON, INC.

GUNTHERS ATHLETIC SERVICE

HARCO RECONDITIONERS

J&H ATHLETIC EQUIPMENT RECONDITIONING

MAXLETCS SPORTS LLC

MERCURY SPORTS

PROLINE, INC

RIDDELL/ALL AMERICAN

SCHUTT SPORTS

SPORT SYSTEMS, INC.

SCHUTT RECONDITIONING EASTON

SPORTSMAN'S RECONDITIONING

STADIUM SYSTEM, INC.

SUNVALCO ATHLETIC

TUCKER MFG CO, INC.

XENITH

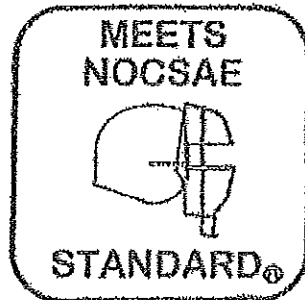


## NOCSAE Catcher's Helmet and Mask Certification Information

Beginning January 1, 2003, the NOCSAE standard for a catcher's headgear is in effect. The NOCSAE standard for a catcher's helmet and mask only applies to products where the helmet and face guard (mask) are attached together by some means, either permanent means or something as simple as Velcro. It is not possible for a catcher's face guard (mask) or a catcher's helmet to be NOCSAE tested and certified as individual units. If however these individual units are used together in a combination intended by the manufacturer(s), they have to be tested together to the NOCSAE standard in that combination in order to be legal. Remember the face guard (mask) portion must attach to the helmet, and only the helmets will have the NOCSAE stamp. This means that it will be virtually impossible for umpires on the field to determine if different manufactured components have been tested and certified together.

If the umpires have any doubt regarding the legality of any combination, then the umpires shall require the head coach to provide written documentation verifying the legality of that combination in question. The written verification shall include a statement indicating that the individually manufactured components of the combination have been tested and certified together as called for in the standard. Any helmet and mask combination that has been manufactured together as a single unit (hockey style helmets) and has been certified to meet the NOCSAE standard will have their stamp on it. Umpires can then tell if it is a legal helmet by the identifying stamp.

Manufacturer Certifies



## Baseball/Softball Catcher's Helmet

The NOCSAE® Baseball/Softball Catcher's Helmet standard was first published in 1998. Manufacturers began making helmets to meet the NOCSAE® standard in January 1999.

This new standard requires a "full coverage" helmet with a faceguard attached. It is possible to use a helmet from one manufacturer with another manufacturer's faceguard, provided they are attached in some manner and the resulting particular combination is tested as a unit and found to meet the standard. This information should be provided in the literature that accompanies each product. The information stating that a particular combination meets the standard is required to be included in the literature for each of those components.

The consumer can readily identify certified helmets and faceguards by the seal "Manufacturer Certifies Meets NOCSAE Standard®" permanently affixed on the outside portion of each helmet. The standard applies to both traditional helmet and mask combinations, as well as the newer single piece design.

## Lacrosse

A standard for the lacrosse helmet and facemask was published by NOCSAE® in 1986, and was adopted by the NCAA, the National Federation of State High School Associations (NFHS) and other regulatory groups. The consumer can readily identify certified helmets by the seal "Manufacturer Certifies Meets NOCSAE Standard®" permanently affixed on the outside portion of each helmet.

## Ice Hockey

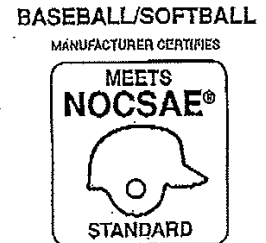
NOCSAE published a standard for Ice Hockey helmets in 2004, following research into the performance of Ice hockey helmets when tested to the NOCSAE lacrosse helmet standard. Although there are many similarities between the play in lacrosse and ice hockey, including the use of a stick and an object propelled at very high velocities, there are unique impact risks with each sport, not the least of which is the presence of very hard surfaces in ice hockey. The standard has not yet been incorporated into the rules of play for any governing body, but an organization that certifies ice hockey equipment is considering whether to utilize this standard as part of its independent certification process.

## Polo

A Polo helmet standard was first published by Dr. Voigt Hodgson in the early 1980s. That standard was revised and republished in 2004, with clarifications and modifications. Though the sport is played by a small number of participants, polo riders face extreme head injury risks from mallets and balls, as well as falls from their horses.

## Helmet Logos

The helmet logos that must be displayed on the rear outside portions of all certified helmets are as shown:



## Baseball/Softball Batter's or Catcher's Helmet

A number of guidelines are in place, to assist persons responsible for the inspection of and repair/maintenance of helmets. The following list is not intended to cover every observation. It is recommended that a periodic inspection be made of all helmets.

### Suggested Inspection Check List

#### EXTERIOR:

Check helmet fit for agreement with manufacturer's instructions and procedures

Examine shell for cracks, particularly noting any cracks around holes (where most cracks start) Replace any shells that have cracked.

**DO NOT USE A HELMET WITH A CRACKED SHELL.**

Examine all mounting rivets, screws, Velcro® and snaps for breakage distortion and/or looseness Repair as necessary.

Read instructions provided by manufacturer regarding care and maintenance procedures Always follow these instructions

If the helmet has a facemask attached, make sure it is a mask that has been certified to that particular helmet. A list of matched helmets should be provided with the facemask when purchased. unless the mask came with the helmet as a new set

#### CAUTION:

*Only paints, waxes, decals or cleaning agents approved by the manufacturer are to be used on any helmet. It is possible to get a severe or delayed reaction by using unauthorized materials, which could permanently damage the helmet shell and affect its performance and durability.*

#### LAYERS:

Inspect your particular helmet prior to each usage as follows:

#### EXTERIOR: Padded Style

Check foam padding for proper placement and any deterioration. Check for cracks in the vinyl/rubber covering of air, foam and liquid padded helmets.

Check that the protective system or foam padding has not been altered or removed

3 Examine for helmet completeness and replace any liner parts which are missing or have become damaged or deteriorated

4 Replace jaw pads when damaged. Check for proper installation and fit.

If any of the above inspections indicate a need for repair and/or replacement notify your coach immediately. This is your responsibility.

**NEVER WEAR  
A DAMAGED HELMET!**

### Other Considerations

In addition to compliance with the testing protocol and performance standards, NOCSAE® recommends that a helmet inventory system be adopted so that the age, usage and reconditioning frequency for each helmet can be followed. It is also recommended that football and lacrosse helmets be reconditioned and recertified as frequently as is feasible, depending on usage, condition and age of the helmet.

There is no NOCSAE standard that requires recertification of any helmet. Some helmet manufacturers may require that their helmets be reconditioned and recertified on a particular frequency as a condition of maintaining warranty coverage, or to extend the useful life of the helmet, but such recertification is not required or mandated by NOCSAE

## NOCSAE NON-HELMET STANDARDS

### Soccer Shinguards

In 2002, at the request of the NCAA and the NFHS, NOCSAE began investigating the performance parameters for soccer shinguards as related to impact forces experienced in games and practices, as well as lower leg coverage and fit. Following a long review and comment period, a final standard was published in June 2006, and became effective in June 2007

Initially the standard was incorporated into the rules of play from the NCAA and the NFHS, and as of the fall of 2008, shinguards certified to the NOCSAE standard will be required for all participants in games governed by the published rules of the NCAA and the NFHS

**SOFTBALL OR BASEBALL LINEUP CARD**

School: \_\_\_\_\_

Opponent: \_\_\_\_\_

(Circle One)

Date: \_\_\_\_\_ Home Visitor

Order	Pos.	No.	STARTERS	No.	SUBSTITUTES
			Name		Name
1					
2					
3					
4					
5					
6					
7					
8					
9					

**SOFTBALL OR BASEBALL LINEUP CARD**

School: \_\_\_\_\_

Opponent: \_\_\_\_\_

(Circle One)

Date: \_\_\_\_\_ Home Visitor

Order	Pos.	No.	STARTERS	No.	SUBSTITUTES
			Name		Name
1					
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5					
6					
7					
8					
9					

WEST VIRGINIA SECONDARY SCHOOL  
 ACTIVITIES COMMISSION  
 2875 Staunton Turnpike  
 Parkersburg, WV 26104

SUBSTITUTES	
No.	Name

ALL OF MY PLAYERS ARE EQUIPPED  
 ACCORDING TO THE RULES

Signature of Coach \_\_\_\_\_  
 Umpire to complete at conclusion or point of suspension

Time Started \_\_\_\_\_ Ended \_\_\_\_\_ Innings \_\_\_\_\_  
 Score \_\_\_\_\_ Signature \_\_\_\_\_

**CONFERENCES**

1 2 3 4 5 6 7 8 9

OFFENSE									
DEFENSE									

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 Score \_\_\_\_\_ Signature \_\_\_\_\_

**CONFERENCES**

1 2 3 4 5 6 7 8 9

OFFENSE									
DEFENSE									

## State Tournament Program Information

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

**What:** *Baseball State Championship Program*

**Deadline:** June 18, 2021 - Noon (No extensions after Noon deadline)

### **Required Online Submission Only - (School Information-Roster-Schedule)**

- ✓ Go to [www.wvssac.org](http://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 Baseball.
- ✓ Complete the School Information and head coaches information. Click Update/Continue
- ✓ Click the Sync button and enter the information requested, then save by clicking the Update/Save Roster button. Always view your roster for accuracy.
- ✓ If a student is not dressing for the tournament just omit their number or make student inactive.
- ✓ 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. Check for accuracy. Save all changes to your eligibility certificate and roster.
- ✓ Click on the Back to Main Menu button then click on the Submit Schedules link 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**

**Page Sponsor** - Please contact a business or the boosters club concerning sponsoring this page. Ad is about the size of a business card which often times is used.

**Team Page Cost** - \$125 - Make checks payable to WVSSAC. Indicate sport & school in memo section of check.

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

**Submit To:** **Katelyn Enoch**  
**WVSSAC**  
**2875 Staunton Turnpike**  
**Parkersburg, WV 26104**  
**Phone (304) 485-5494 Fax (304) 428-5431**  
**Email: [katelyn.enoch@wvssac.org](mailto:katelyn.enoch@wvssac.org)**

----- **HIGH SCHOOL ONLY** -----



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



# - - - - - HIGH SCHOOL ONLY - - - - -

## 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](http://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.**

**REMEMBER: DO NOT USE PIN FROM LAST YEAR**

### Entering Coaches Evaluations Online

- Step 1 - Go to [www.wvssac.org](http://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 1<sup>st</sup>.)

**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 \$20.00 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](http://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 seven separate days of sport specific practice in the second sport.

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



## 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
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
TOURNAMENT DIRECTORS HAVE AUTHORITY IN DETERMINING APPROPRIATE SIZE AND SIGN MESSAGE.													
Laser Pointer	No	No	No	No	No	No	No	No	No	No	No	No	No
Miniature sports balls thrown to crowd	No	No	No	No	No	No	No	No	No	No	No	No	No
Noise makers (Horns, cow bells, bells, buzzers, clickers, or any noisemakers)	No	Yes	No	Yes	Yes	No	Yes	Yes	No	No	No	No	No
TOURNAMENT DIRECTORS HAVE AUTHORITY IN DETERMINING WHAT IS CONSIDERED AN ARTIFICIAL OR MECHANICAL NOISE MAKER. NF RULES SPECIFY NOISE MAKERS WHICH MAY NOT BE USED.													
Opening Prayer/ Invocation	No	No	No	No	No	No	No	No	No	No	No	No	No
Paper banners for team to run through	Yes *	Yes	N/A	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Pom pons (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