

2015 - 2016



Cheer  
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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FAX NUMBER: 304-428-5431

E-MAIL: [wvssac@wvssac.org](mailto:wvssac@wvssac.org)  
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## BULLETIN

TO: High School and Middle School Cheer Coaches  
FROM: Kelly Geddis, CAA, Assistant Executive Director  
DATE: July-2015  
SUBJECT: 2015-2016 Cheer Season

Coaches' Packets are mailed to all varsity high school coaches and all middle schools. If your high school also sponsors a ninth grade cheer team, that coach may request a packet from this office.

**Note** – this is for a high school ninth grade team only. Please share this information with the ninth grade coach.

### Important reminders and announcements:

1. The Interscholastic, the National Federation Spirit Rules Book and WVSSAC Cheer Manual will be used for all West Virginia cheer team competitions, practices and performances. *The Interscholastic* can be found on the opening page of our website. Click on The Interscholastic on the right hand side.
2. It is the coach's responsibility to thoroughly read, understand and follow the safety guidelines, rules, and regulations presented in the NF Spirit Rules Book, the WVSSAC Cheer Manual, and *The Interscholastic*.
3. **All head coaches** of high schools and middle schools are to attend a state sponsored rules clinic (see enclosure). If your school is **not** represented at said clinics, there will be a **\$50.00** fine assessed. Please note that there are no exceptions; the **head coach** must attend, you cannot send your assistant. **If a coach has not been hired by the date of the clinic, the principal shall designate a representative to attend for that school.** The WVSSAC Board of Directors voted to suspend the sport program if the head coach failed to attend and \$50.00 assessed fine was NOT paid. Please be reminded the clinic attendance requirement **will not be granted if you are late in excess of 10 minutes.** (Bring NFHS Rules Book and Cheer Manual.)

**Cheer judges are also required to attend judges clinic: See website [www.wvssac.org](http://www.wvssac.org) Rules Clinics**

4. Please note the following dates:

#### Season Begins

Middle/9 <sup>th</sup> Grade	August 10, 2015
High School	August 3, 2015
Regional Outline & Entry Form (C-2 A&B)	October 7
Regional	November 7, 2015
State	December 11, 2015
MS Cheer Injury Report due	March 1
HS Cheer Injury Report Due	March 23

#### Season Ends

Middle/9 <sup>th</sup> Grade	February 27, 2016
High School	March 19, 2016 <b>OR</b> Elimination from Basketball Tourn.

#### Regional/State Outline Forms

Cover Sheet Forms C2A - Narrative Form C2B - Form C4

5. The 2015-2016 high school competition format will be a 30-40 second technical cheer and two minute thirty-second (2:30) open routine.

The minimum thirty-second 30-40 second technical segment with motions and at least two **different** jumps will constitute 30% of the total score and will be scored at completion of technical portion. Cheerleaders will remain on the floor. Guidelines for the technical segment are:

- a) No gymnastics or tumbling.
- b) No pyramids, partner stunts, or props.
- c) No touching or bracing.
- d) No poms or music.
- e) A minimum of thirty (30) seconds/maximum forty (40) seconds.
- f) No music

Two minute thirty second (2:30) Open routine:

- a) No voice-overs on cheers.
- b) Poms are only props allowed.
- c) Music is used at the discretion of the team.
- d) If music is used, a quality CD (with back-up) must be available and edited for the whole 3 minutes. Only one start and stop is permitted. iPods are permitted. Coach must check with tournament director and provide a ¼" Mono Connector.
- e) The order of performance for Regional and State Competition is listed online and was drawn by the Cheer Coaches Committee.

6. Coaches are responsible for discussing the Bench Clearing Rule with all other coaches and players prior to participation.

Preseason Meetings: It is highly recommended that all coaches conduct preseason meetings for their athletes and parents. In addition to their own rules and regulations, coaches must address athletes on taunting, conduct and sportsmanship rules.

7. **Non-School Participation – Rule 127-2-10 – Several coaches have expressed concerns that community and private cheer organizations are causing complications for the school teams. Please review the rule carefully. No team member can participate on an outside team from the first date of the season through the Regional competition. If a team wins the Regional competition the release date is completion of the State tournament. Participation includes practice, fund raising, competition, team pictures, etc. This rule applies to all middle and high school cheerleader teams - no exceptions.**
8. Regulations for middle schools and ninth grade competitions and county conference high school competitions should be carefully reviewed by all coaches. **Schools may not enter a competition unless it is sanctioned by the WVSSAC.** All sanctioned events are available and listed on our website. **Sanction Forms** – All cheer competitions (in-state and out-of-state) must be sanctioned. Keep in contact with your principal or AD. You can check for sanctioned events on our website. **ALSO, ALL CHEER JUDGES MUST BE CERTIFIED BY THE WVSSAC TO JUDGE ANY IN-STATE COMPETITION.**
9. Additional safety regulations have been adopted for middle school, and ninth grade teams. Coaches are responsible for following ALL REGULATIONS. (See Cheer Manual Online)
10. Board of Education approved conditioning programs are limited to stretching, weight lifting, and running. The following are the **only** agility drills allowed for cheerleaders participating in conditioning program: running, rope jumping, dynamic (bouncing) stretching, static (no bouncing) stretching, plyometric exercises, and calisthenics. Exception: Weeks 50, 51, and 52.

Coaches are notified that it is their responsibility to strictly adhere to the rules regarding conditioning and recreation programs. Violations will be subject to the strictest sanctions.

11. **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.
12. **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.

## GENERAL INFORMATION

Cheerleaders and **Mascots** are included under the jurisdiction of the WVSSAC and are subject to the same rules and regulations as all other athletic teams. National Federation and WVSSAC rules limit mascot eligibility to students enrolled in that particular school and must be placed on eligibility sheet

**To be eligible to participate in activities, member schools must complete a *WVSSAC Certificate of Eligibility*. These forms must submitted online before the teams represent the school in any activity (football game, basketball game, cheer competition, etc.). Failure to comply - \$25 fine and forfeiture of contest.**

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* (Principal and Athletic Director has a copy). Lead by example. Free Sportsmanship course at [nfhslearn.com](http://nfhslearn.com)

Cheer coaches are reminded that no team activities shall occur prior to date for beginning of season. (Exception: Weeks 50, 51, & 52)

**Each school** is limited to five dates for outside assistance. These five dates may occur at anytime from the beginning of the season until the end of the season (Middle School – February 27; High School – Elimination from the Basketball Tournament). Specific restrictions concerning the five dates will be discussed at the State Rules Clinic. These five dates may be used for camps, clinics and outside assistance. These must be approved by your Principal.

## 2015-2016 Point of Emphasis

1. Please read the entire Interscholastic online at website [www.wvssac.org](http://www.wvssac.org).
2. Coaches must review all new changes from NFHS pg. 15 Interscholastic.
3. All mid-driffs and torsos must be covered. (See Interscholastic “Uniforms” pg. 11)
4. **Basket Tosses performed on any surface are illegal for all cheer teams in West Virginia.**
5. All judges must be trained and certified by WVSSAC. List available upon request.
6. New Requirement: All coaches must complete the free Heat Illness Prevention Course one time at [nfhslearn.com](http://nfhslearn.com).
7. All coaches are required to complete and mail/fax the Outside Assistance Verification Form with Principal’s signature.

8. **High School Coaches:**
  - a. Double Downs - Illegal (NFHS 2-9-8)
  - b. A single twist to a cradle is permitted. Airborne twisting tumbling skills are not permitted, with the exception of round offs and aerial and cartwheels.
  - c. Repetitive pelvic thrusts during cheer performances and competitions are not permitted.
  - d. Participants must be legally attired upon receiving their award at Regional and State competition. Participants can no longer carry stuffed animals, scarves and accessories onto the floor during ceremony.
  - e. Practice clothing must be appropriate and must cover the midriff and torso. Participants are not permitted to cut slits in shirts for practice.
  - f. Past mentions of championship either audible or visual for the entire routine is prohibited.
  - g. Refer to Cheer Manual for a complete list of WV restrictions on stunts and tumbling.
9. **Middle School/Ninth Grade spirit team coaches shall emphasize:**
  - a. Safety and readiness, importance of spotter.
  - b. Conditioning.
  - c. Basics [i.e. arm motions, jumps, partner stunts (shoulder height and below)].
  - d. Basket Tosses are never permitted.
  - e. A single twist to a cradle is permitted. Airborne twisting tumbling skills are not permitted, with the exception of round offs and aerial and cartwheels.
  - f. All stunts/pyramids and dismounts with base of support above shoulder/prep level must have a hands on spotter and a free standing spotter.
  - g. Freestanding spotter must have arms fully extended until flyer is cradled and cannot assist in building the stunt.
  - h. All cradle dismount require a hands-on and a free standing spotter. If not cradled, must have assisted landing.
  - i. Any member of an all freshman team in a four year high school that participates (in any capacity) on a junior varsity or varsity team is ineligible to return to the all freshman team.
  - k. Refer to Cheer Manual for a complete list of WV restrictions on stunts and tumbling.
10. High school teams participating in the regional tournament are required to send an Outline (Forms C2a and C2B) to the WVSSAC office and Pat Gross by October 7<sup>th</sup>.
11. All Safety Judge communication concerning the routine is to be between the judge and the coach. Safety Judges shall not communicate directly with the cheerleaders until the coach has been notified and coach is present for the discussion.
12. Music–Regional Directors will be asked to notify coaches if the site has equipment for the CD and iPods. Coach must check with director and provide a ¼" Mono Connector and compact discs.
13. The responsibility of the legality of all components (including but not limited to stunts and spotting) in the entire routine lays solely with the head coach. The onsite safety judge(s) will determine the final interpretation and ruling(s) during the safety check and competition.

**2015-2016  
CHEER RULES CLINICS**

<u>DATE</u>	<u>LOCATION</u>	<u>TIME</u>	<u>COORDINATOR</u>
July 27	Martinsburg	5:00 p.m.	Greg Reed
July 29	Wheeling Park H. S.	6:00 p.m.	Dwayne Rodgers
July 30	Huntington High	6:00 p.m.	Bruce Senior
Aug. 3	Woodrow Wilson H. S.	6:00 p.m.	Tim Carrico
Aug. 4	Capital H. S.	6:00 p.m.	Cody Clay
Aug. 5	WVSSAC Office (Parkersburg)	6:00 p.m.	Kelly Geddis
Aug. 6	East Fairmont HS	6:00 p.m.	Dave Nuzum
Aug. 17	*WVSSAC Office *Make-up Clinic - \$10.00 Fee	5:00 p.m.	Kelly Geddis

**SCHOOLS:** The **Head Coach** shall be **required** to attend any sports rules clinics which are sponsored by this Commission in his/her coaching assignment. Schools failing to have a head coaching position filled at the time of the clinic will be required to have a school representative present at the rules clinic. An individual can only represent one school unless he/she is head coach at both schools. In a 9-12 school, both the varsity and 9th grade coach are required to attend. Failure to have a representative at one of the above clinics will result in a \$50.00 fine.

All Coaches are strongly encouraged to bring to the Rules Clinic their copy of the NFHS Spirit Rules Book and the 2014 copy of the Cheer Manual.

***The clinic attendance requirement will not be granted if the coach or representative is late in excess of 10 minutes.***

**Judges Training**

To be eligible to judge regional/state competitions, you must attend one of these clinics. First time judges must attend 4 hour training.

Aug. 6	East Fairmont	7:15 - 9:15 p.m.
Aug. 17	WVSSAC Office	6:30 - 8:30 p.m.
Aug. 23	WVSSAC Office	4:00 - 8:00 p.m.
Aug. 29	Morgantown	12:00 N - 4:00 p.m.

**§127-3-21. Cheerleading.**

21.1. Rules: Cheerleading 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.

21.2. Organized Practice: Organized team practice will begin on Monday of Week 5.

21.3. Length of Season: The high school spirit and competitive season will begin Monday of Week 5. The competitive season will end for each team at their cheer tournament elimination. The high school spirit season will end on the last day of the Girls' State Basketball Tournament or Boys' State Basketball Tournament.

21.4. 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.

21.5. 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 the Awards Rule.

21.6. *Middle School/9th Grade* - The above rules will apply for Middle School/9th Grade with the following adaptations:

21.6.1. Organized Team Practice: Organized team practice will begin on Monday of Week 6.

21.6.2. The middle school/9th grade spirit and competitive cheer season will begin Monday of Week 6. The competitive season will end Saturday of Week 18. The middle school/9th grade spirit season will end on the last day of the middle school/9th grade girls' or boys' basketball season.



## 2015-16 Spirit Rules Changes

### 2-5: SECTION 5 – INVERSIONS

**ART 1 . . .** Unless allowed under the rules in this section, a top person must not be in an inverted position.

**ART. 2...** Suspended rolls are allowed provided:

1. Two people on the performing surface control the top person with continuous hand-to-hand/arm contact to a stunt, two-person cradle, loading position or the performing surface.
2. A single base or post controls the top person with continuous hands-to-hands contact to a stunt, two-person cradle, loading position or the performing surface.
3. If caught in a cradle, load or stunt, the new catchers are in place and are not involved with any other skill when the suspended roll is initiated.
4. The feet/ankles of the top person are released.

**2-5-3 New:**

**ART 3...** Braced inversions in a pyramid that do not flip or roll are allowed provided the following conditions are met:

- a. The top person does not begin in an extended inverted position.
- b. Braced inversions that release must follow the release transition rule 2-7-6.

**NOTE:** Braced inversions that do not release must follow the non-release stunt rule 2-6.

**2-5-4b (New), c, f:**

**ART. 4 . . .** Braced forward or backward flips or rolls in a pyramid are allowed provided all the following conditions are met:

- a. The top person begins in a multi-base loading position, stunt, cradle, or on the performing surface.
- b. The top person does not begin in an extended inverted position.
- c. The top person maintains continuous hand-to-hand/arm contact with a bracer on each side. The bracers are in multi-base preps with a spotter (no shoulder-stand, shoulder-sit or thigh-stand bracers). The top person is between or in front of the bracers.
- d. At least three catchers (one base and two spotters or two bases and one spotter) who were the original bases/spotters catch the top person in a loading position, stunt or cradle, or assist the top person to the performing surface. If the flip ends in a cradle, the bracers may release the top person once she/he begins to descend and is no longer inverted.
- e. The top person ends in a non-inverted position.
- f. The top person does not perform more than one and one quarter (1¼) flipping rotations and does not no more than one half (½) twist.
- g. The bases/catchers remain stationary except as necessary for safety adjustments.

**2-5-5b (New), c (New):**

**ART. 5...** In all other partner stunts inversions:

- a. An inverted top person is allowed to pass through an extended position, but must not pause or stop while extended.
- b. In inversions where the base of support begins and remains below prep level:
  1. At least one base or spotter must be in a position to protect the head/neck of the top person.
2. The base or spotter must maintain contact with the top person's upper body (waist and above, including arms/hands) until the top person is no longer inverted or his/her hands are on the performing surface. The contact must be sufficient to stabilize/control the top person's position.

**EXCEPTION:** A top person in an inverted position on the performing surface may be released to a loading position below shoulder height.

- c. In inversions where the base of support begins at or passes through prep level:
  1. At least two people on the performing surface must be in a position to protect the head/neck of the top person.
  2. The bases/spotters must maintain contact with the top person's upper body (waist and above, including arms/hands) until the top person is no longer inverted or his/her hands are on the performing surface. The contact must be sufficient to stabilize/control the top person's position.

**EXCEPTION:** In a foldover stunt, the top person may initiate the inversion without upper body contact.

3. The top person must not go directly to an inverted position on the performance surface from a prep position or higher.
- d. Dismounts from inverted stunts to a cradle or an upright position on the performing surface are allowed provided the top person begins in a static or "pump and go" position (i.e., handstand) and does not perform any skill (e.g., toe touches, twists, etc.). Dismounts to the performing surface from shoulder height or above must follow Rule 2-9-2.

**2-5-6:**

**ART. 6 . . .** An inverted top person must not hold objects (poms, signs, etc.) in his/her hands, except during a transition from an inverted position on the performing surface to a non-inverted stunt.

**Rationale:** The committee reorganized 2-5 to improve clarity. With a continued focus on risk minimization, a new Article 3 was added dealing with braced inversions in a pyramid.

**2-6-4:**

### SECTION 6 – NON-RELEASE STUNTS...

**(P) ART 4 . . .** A top person may be moved from a vertical position to a face-up or face-down horizontal position (straight body or cradle) provided all the following conditions are met:

- a. The top person maintains contact with at least one original base or spotter.
- b. At least two catchers and/or bases catch the upper body of the top person.
- c. The catchers must be to the side or front of the person(s) moving the top person.
- d. When the catchers are not the original bases, they remain close to the original bases and are in place prior to the movement to the horizontal position.
- e. When the catchers are not the original bases and the top person begins or passes through an extended overhead position, three catchers are in place.

**2-7-3b:**

### SECTION 7 – RELEASE STUNTS/TOSSES...

**ART. 3 . . .** Quick tosses are legal provided all the following conditions are met:

- a. The toss does not significantly exceed the height of the intended stunt.
- b. The top person is not tossed again or does not lose contact with the base(s) without first dismounting to a cradle or the performing surface.
- b. The base(s) apply upward force on any part of the body other than under the foot/feet. **EXCEPTION:** A switch liberty is permitted.
- d. c. The top person is not caught under the legs in a split or straddle position in a stunt shoulder height or above.

### SECTION 7 – RELEASE STUNTS/TOSSES...

**(P) ART. 6 . . .** Release transitions are permitted, provided all skills used by participants before and after the release are legal and all of the following conditions are met throughout the transition:

- a. The top person has at least two bases, except that a single-base tick tock is permitted provided the top person remains upright.
- a. The required spotters are in place.
- b. The top person maintains hand-to-hand/arm contact with at least one bracer, except that a multi-base non-braced (free standing) tick tock that begins at shoulder level is allowed. Exception: A non-braced tick tock that begins at or below shoulder level is allowed.
- c. The top person and each bracer have a separate spotter with the exception of bracers in shoulder sits and thigh stands.
- d. The bracers do not provide primary support for the top person.
- e. The released top person and bases make no more than a ¼ turn around the bracer in a continuous movement in which the top person remains vertical over the base(s).
- f. The top person is not released to a toss or to separate base(s).
- f. The top person must be caught by original base(s).

**2-8-6 (New):**

### SECTION 8 - SUSPENDED STUNTS...

**(P) ART. 5 . . .** A swinging stunt is legal provided all the following conditions are met:

- a. Any downward movement begins from below shoulder height.
- b. The top person is face up.
- c. The top person begins on the performing surface or in a stunt that is below shoulder level.

**ART. 6 . . .** A top person must not be in a face-down position between bases in which the top person's torso is suspended below the arms and legs.

**2-10-7 (New):**

### SECTION 10 TUMBLING...

**ART. 6 . . .** Airborne twisting tumbling skills are permitted only on grass (real or artificial), a mat or a rubberized track, with the exception of round-offs and aerial cartwheels.

**ART. 7 . . .** Airborne skills without hip over-head rotation may not involve jumping from a standing or squatting position backwards onto the neck, shoulders or hands. This rule refers to a type of entrance into the "kip-up/rubber band" skills.

WVSSAC Cheer/Safety Judge Clinic  
Registration Form

**This 4 hour course is required if you wish to become a WV cheer judge**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: (w) \_\_\_\_\_ (h) \_\_\_\_\_ (cell) \_\_\_\_\_

School Affiliation (if any) \_\_\_\_\_

Email address: \_\_\_\_\_

**Please check the appropriate response for each item.**

- A.    \_\_\_    Sunday, August 23<sup>rd</sup> WVSSAC - 4:00-8:00 pm  
      \_\_\_    Saturday, August 29<sup>th</sup> Morgantown – 12:00-4:00

B. Please check all necessary blanks. Enclosed is:

- \_\_\_ \$6.00 National Federation Spirit Rules Book  
\_\_\_ \$6.00 Registration Fee  
\_\_\_ WV Cheer Manual (available online)  
\_\_\_ Total Enclosed

**Checks payable to WVSSAC**

Please return registration to:  
Heather Enoch  
WVSSAC  
2875 Staunton Turnpike  
Parkersburg WV 26104

**Deadline for registration is Thursday, August 20, 2015 for WVSSAC site and  
Wednesday, August 26, 2015 for Morgantown site.**

### 2015-2016 High School Cheer Checklist

✓	Form	Due	Send to
	Cheer Outside Assistance (with Principal's signature)	Before the first date of outside assistance	WVSSAC
	Routine Outline Cover Sheet C2A	October 7, 2015	WVSSAC & Pat Gross
	Routine Outline / Narrative - Typed and attached to C2B	October 7, 2015	WVSSAC & Pat Gross
	Regional Cheer Entry Form C4	October 7, 2015	WVSSAC

## CHEER OUTSIDE ASSISTANCE VERIFICATION

This form must be received prior to the first date of outside assistance. Each school is only allowed five dates.  
 Please keep the original form, continue to add dates and fax to the office (304) 428-5431.

	<u>Date</u>	<u>Location</u>	<u>Time (s)</u>	<u>Instructor (s)</u>
1.				
2.				
3.				
4.				
5.				

School Name:		Head Coach:	
Phone number:	(W)	(H)	(C)
Email:			
Coach's Signature:		Date:	
Principal or AD Signature:			

## HIGH SCHOOL REGIONAL/STATE CHEER COMPETITION ROUTINE OUTLINE COVER SHEET

<b>School:</b>		<b>Region:</b>	<b>Class:</b>
<b>Coach:</b>		<b>Fax: ( )</b>	
<b>Phone:</b>	<b>(W)</b>	<b>(H)</b>	<b>(Cell)</b>

A **TYPED** outline must be submitted. Each sequence of the outline must be numbered. (See sample outline page 3 in Cheer Forms.) Responsibility of the legality of all components (including but not limited to stunts and spotting) in the entire routine lays solely with the head coach. The onsite safety judge (s) will determine the final interpretation and ruling (s) during the safety check and competition.

<b>I. TECHNICAL</b>	
Jump One:	
Jump Two:	
Time:	(must be between 30 and 40 seconds)
<b>II. OPEN</b>	
Time:	(must be no longer than 2 minutes and 30 seconds)
<b>Coach's Signature:</b>	<b>Date:</b>

**Mail this form along with the typed outline to:**

**KELLY GEDDIS**

**WVSSAC**

**2875 STAUNTON TURNPIKE - PARKERSBURG, WV 26104**

**Mail a COPY of this form, the typed outline and any tapes to:**

**PAT GROSS**

1 Berkshire Drive

Morgantown, WV 26508

Telephone: 304-777-2957 Email: [patricia\\_m\\_gross@yahoo.com](mailto:patricia_m_gross@yahoo.com)

**THIS FORM AND THE OUTLINE MUST BE POSTMARKED BY  
THE DATE POSTED IN THE INTERSCHOLASTIC**

**HIGH SCHOOL REGIONAL/STATE CHEER COMPETITION  
ROUTINE OUTLINE NARRATIVE**

**School:**

---

TECHNICAL: (Time)

1. First jump:
2. Second jump:

WORDS:

NARRATIVE: (time)

Open Outline:

**CHEER COMPETITION ROUTINE OUTLINE COVER SHEET**  
**(Use this form when WV high school format is required in competitions other than the Regional and State.)**

<b>School:</b>	<b>Region:</b>	<b>Class:</b>
<b>Coach:</b>	<b>Fax: ( )</b>	
<b>Phone:</b> (W)	<b>(H)</b>	<b>(Cell)</b>

A **TYPED** outline must be submitted. Each sequence of the outline must be numbered. (See sample outline page 3 in Cheer Forms.) Responsibility of the legality of all components (including but not limited to stunts and spotting) in the entire routine lays solely with the head coach. The onsite safety judge (s) will determine the final interpretation and ruling (s) during the safety check and competition.

<b>I. TECHNICAL</b>	
Jump One:	
Jump Two:	
Time:	(must be between 30 and 40 seconds)
<b>II. OPEN</b>	
Time:	(must be no longer than 2 minutes and 30 seconds)
<b>Coach's Signature:</b>	<b>Date:</b>

**REFER TO YOUR COMPETITION MATERIALS TO DETERMINE WHO SHOULD RECEIVE COPIES OF THIS FORM ALONG WITH YOUR TYPED OUTLINE AND THE DATE THAT THEY SHOULD BE POSTMARKED.**

White copy - WVSSAC  
 Yellow copy - SCHOOL

**WVSSAC HIGH SCHOOL COMPETITIVE CHEERING REGIONAL/STATE ENTRY FORM**

<b>School:</b>		<b>Region:</b>	<b>Class:</b>
<b>Coach:</b>		<b>Fax: ( )</b>	
<b>Phone:</b>	<b>(W)</b>	<b>(H)</b>	<b>(Cell)</b>
<b>Email:</b>			
<b>School Colors:</b>			
<b>Mascot:</b>			

I certify that the following students are eligible under current eligibility rules of the WVSSAC to represent this high school in the regional competition.

<b>CHEERLEADERS</b>		
<b>Last Name</b>	<b>First Name</b>	<b>Year In School</b>
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
<b>ALTERNATES:</b>		
1.		
2.		
3.		
<b>Principal's Signature:</b>		<b>Date:</b>

**FORWARD ORIGINAL TO THE WVSSAC BY 10/7/2015**

**ATTN: HEATHER ENOCH - WVSSAC - 2875 STAUNTON TURNPIKE, PARKERSBURG WV 26104**

**White copy - WVSSAC  
Yellow copy - SCHOOL**





**CHEER SCORE SHEET**

<b>School:</b>	<b>Class:</b>	<b>Regional:</b>	<b>State:</b>
<b>Category</b>	<b>Maximum Points</b>	<b>Points</b>	<b>Comments</b>
<b>Technical Cheer</b>			
(30 seconds minimum)			
Cheer Fundamentals	5	_____	<input type="checkbox"/> Strong Motions <input type="checkbox"/> Needs Improvement: placements, sharpness, levels, flying arms, bent wrists
Motion Technique	5	_____	<input type="checkbox"/> Good Variety <input type="checkbox"/> Add variety
Precision of Motions	5	_____	<input type="checkbox"/> Good Precision <input type="checkbox"/> Not together/timing/rhythm/words
Formations/Spacing/Use of Floor	5	_____	<input type="checkbox"/> Good Formations <input type="checkbox"/> Needs polish <input type="checkbox"/> Formations need variety
Voice	5	_____	<input type="checkbox"/> Watch spacing
Jumps	5	_____	<input type="checkbox"/> Good Transitions <input type="checkbox"/> Transitions sloppy
Choreography/Creativity	5	_____	<input type="checkbox"/> Good Jumps <input type="checkbox"/> Jumps need synchronization <input type="checkbox"/> height/point <input type="checkbox"/> toes/landing
	Subtotal: (30)	_____	
<b>Open</b>			
Variety/Rhythm	5	_____	<input type="checkbox"/> Flashy/exciting <input type="checkbox"/> Not together
Music Interpretation	5	_____	<input type="checkbox"/> Good incorporation <input type="checkbox"/> Formations need variety
Execution	5	_____	<input type="checkbox"/> Good difficulty <input type="checkbox"/> Level of difficulty
Tumbling	5	_____	<input type="checkbox"/> Moves match music <input type="checkbox"/> Timing/rhythm off
Partner Stunts/Pyramids	5	_____	<input type="checkbox"/> Good variety <input type="checkbox"/> Need variety
			<input type="checkbox"/> Strong tumbling <input type="checkbox"/> Tumbling not perfected
			<input type="checkbox"/> Good stunts <input type="checkbox"/> Stunts not steady
			<input type="checkbox"/> Clean dismounts <input type="checkbox"/> Step/lock/tighten <input type="checkbox"/> Watch dismount/cradle/timing
	Subtotal:(25)	_____	
<b>POINT VALUE CHANGE</b>			
<b>Overall Appeal</b>			
Choreography/Creativity	10	_____	<input type="checkbox"/> Good flow <input type="checkbox"/> Choppy/doesn't flow
Level of Difficulty	15	_____	<input type="checkbox"/> Good variety <input type="checkbox"/> Transitions sloppy
			<input type="checkbox"/> Very creative <input type="checkbox"/> Monotonous
			<input type="checkbox"/> Good difficulty <input type="checkbox"/> Level of difficulty
	Subtotal: (25)	_____	
<b>Projection</b>			
Expression/Spirit	10	_____	<input type="checkbox"/> Excellent Spirit <input type="checkbox"/> Keep Spirit
Showmanship			<input type="checkbox"/> Showy/Spirited <input type="checkbox"/> Entire Routine
			<input type="checkbox"/> Strong Voices <input type="checkbox"/> Be louder/Don't fade out
			<input type="checkbox"/> Sportsmanship <input type="checkbox"/> Enunciation
			<input type="checkbox"/> Good Expressions <input type="checkbox"/> More smiles
<b>Overall Effect</b>	10	_____	
<b>TOTAL: (100)</b>		_____	<b>Judge's Signature:</b> _____

## State Tournament Program Information

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

**What:** *Cheer State Championship Program*

**Deadline:** *November 27, 2015 Noon -*

### **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 in the appropriate sections and click on Login
- ✓ Click on Submit Rosters. Under Program select Senior and select Sport
- ✓ Complete the School 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.
- ✓ 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 link to update your schedule
- ✓ Click on Quick Post Scores to enter your scores

### **Items Required for a Team Page:**

*Team Page Information Sheet (IF applicable to your sport)*

*Team Picture*

*Individual Head Coaches' Picture*

*Team Page Sponsor - \$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.*

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:**

*Alice Goodwin  
WVSSAC  
2875 Staunton Turnpike  
Parkersburg, WV 26104  
Phone (304) 485-5494 Fax (304) 428-5431  
Email: [alice.goodwin@wvssac.org](mailto:alice.goodwin@wvssac.org)*

**CHEERLEADING TEAM PAGE INFORMATION SHEET**

CLASS \_\_\_\_\_

REGION \_\_\_\_\_

SCHOOL \_\_\_\_\_

SUPERINTENDENT \_\_\_\_\_

PRINCIPAL \_\_\_\_\_

ASSISTANT(S) \_\_\_\_\_

COACH \_\_\_\_\_

ASSISTANT(S) \_\_\_\_\_

A.D. \_\_\_\_\_

MANAGERS \_\_\_\_\_

CAPTAIN/HEAD CHEELEADER \_\_\_\_\_

CO-HEAD/CO-CAPTAIN \_\_\_\_\_

NAME OF CHEERLEADER (PLEASE PRINT OR TYPE)

GRADE

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

LIST ANY ALTERNATIVES:

_____
_____
_____

**Please submit the form as soon as possible after qualifying for state competition**

*Alice Goodwin, WVSSAC 2875 Staunton Turnpike, Parkersburg, WV 26104 Fax: 304-428-5431*

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 for lodging at state championship sites **MUST** be housed at hotel/motel sites that participate in a cooperative agreement with the WVS-SAC. *(Member schools will be notified by information posted on the WVS-SAC 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 ROOMING LIST

Due to WVSSAC Monday after Regional Tournament

School Name \_\_\_\_\_ Sport Cheer

Address \_\_\_\_\_

Phone # \_\_\_\_\_

Principal \_\_\_\_\_

Athletic Director \_\_\_\_\_

Coach \_\_\_\_\_

Person In Charge of Supervision \_\_\_\_\_

Hotel/Motel Name \_\_\_\_\_

Coach Cell Phone \_\_\_\_\_ E-mail \_\_\_\_\_



\* List each person who will be staying in each room and his/her official capacity. (Coach or Player)

\* Reservations should be made as early as possible.

\* After making reservations, send a copy of the room list to the WVSSAC office (Fax 304-428-5431) and to the hotel/motel contact person. If any changes are made to the room list, a revised copy should be submitted to the hotel/motel management immediately upon arrival.

Room #1	Name	Official Capacity
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____

Room #9	Name	Official Capacity
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____

Room #2	Name	Official Capacity
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____

Room #10	Name	Official Capacity
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____

Room #3	Name	Official Capacity
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____

Room #11	Name	Official Capacity
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____

Room #4	Name	Official Capacity
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____

Room #12	Name	Official Capacity
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____

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

Room #13	Name	Official Capacity
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____

Room #6	Name	Official Capacity
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____

Room #14	Name	Official Capacity
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____

Room #7	Name	Official Capacity
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____

Room #15	Name	Official Capacity
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____

Room #8	Name	Official Capacity
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____

Room #16	Name	Official Capacity
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____



## COACHING REMINDERS



**Practice:** Team members must have 14 practices on 14 separate days - 7 days sports specific if participating in another sport during the same sports season. A student must have 7 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 Participation:** 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 June 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 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 seven 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.





# WVSSAC

## Return to Play (RTP) Protocol

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

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

RTP shall be delayed until athlete is asymptomatic and has undergone a progression of tests to determine if they are able to RTP.

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

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

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

## Appropriate Health Care Professional

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

- Medical Doctor (MD)
- Doctor of Osteopathy (DO)
- Doctor of Chiropractic (DC)
- Advanced Registered Nurse Practitioner (ARNP)
- Physician Assistant (PA-C)
- Registered Certified Athletic Trainers (ATC/R)

Approved Board of Directors 5/06/10. Reviewed 2015

rk:Sports Medicine/Return to Play



## A Parent's Guide to Concussion in Sports

### What is a concussion?

A concussion is a brain injury which results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. An athlete does not have to lose consciousness ("knocked-out") to suffer a concussion.

### Concussion Facts

- It is estimated that over 140,000 high school athletes across the United States suffer a concussion each year. (Data from NFHS Injury Surveillance System)
- Concussions occur most frequently in football, but girl's lacrosse, girl's soccer, boy's lacrosse, wrestling and girl's basketball follow closely behind. All athletes are at risk.
- A concussion is a traumatic injury to the brain.
- Concussion symptoms may last from a few days to several months.
- Concussions can cause symptoms which interfere with school, work, and social life.
- An athlete should not return to sports while still having symptoms from a concussion as they are at risk for prolonging symptoms and further injury.
- A concussion may cause multiple symptoms. Many symptoms appear immediately after the injury, while others may develop over the next several days or weeks. The symptoms may be subtle and are often difficult to fully recognize.

### What are the signs and symptoms of a concussion?

SIGNS OBSERVED BY PARENTS, FRIENDS, TEACHERS OR COACHES	SYMPTOMS REPORTED BY ATHLETE
Appears dazed or stunned	Headache
Is confused about what to do	Nausea
Forgets plays	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or fuzzy vision
Moves clumsily	Sensitivity to light or noise
Answers questions slowly	Feeling sluggish
Loses consciousness	Feeling foggy or groggy
Shows behavior or personality changes	Concentration or memory problems
Can't recall events prior to hit	Confusion
Can't recall events after hit	

### What should I do if I think my child has had a concussion?

If an athlete is suspected of having a concussion, he or she must be immediately removed from play, be it a game or practice. Continuing to participate in physical activity after a concussion can lead to worsening concussion symptoms, increased risk for further injury, and even death. Parents and coaches are not expected to be able to "diagnose" a concussion, as that is the job of a medical professional. However, you

must be aware of the signs and symptoms of a concussion and if you are suspicious, then your child must stop playing.

### **When in doubt, sit them out!**

All athletes who sustain a concussion need to be evaluated by a health care professional who is familiar with sports concussions. You should call your child's physician and explain what has happened and follow your physician's instructions. If your child is vomiting, has a severe headache, is having difficulty staying awake or answering simple questions he or she should be taken to the emergency department immediately.

### **When can an athlete return to play following a concussion?**

After suffering a concussion, **no athlete should return to play or practice on that same day**. Previously, athletes were allowed to return to play if their symptoms resolved within 15 minutes of the injury. Studies have shown us that the young brain does not recover quickly enough for an athlete to return to activity in such a short time.

Concerns over athletes returning to play too quickly have led state lawmakers in both Oregon and Washington to pass laws stating that **no player shall return to play following a concussion on that same day and the athlete must be cleared by an appropriate health-care professional before he or she are allowed to return to play in games or practices**. The laws also mandate that coaches receive education on recognizing the signs and symptoms of concussion.

Once an athlete no longer has symptoms of a concussion and is cleared to return to play by health care professional knowledgeable in the care of sports concussions he or she should proceed with activity in a step-wise fashion to allow the brain to re-adjust to exertion. On average the athlete will complete a new step each day. The return to play schedule should proceed as below following medical clearance:

**Step 1:** Light exercise, including walking or riding an exercise bike. No weight-lifting.

**Step 2:** Running in the gym or on the field. No helmet or other equipment.

**Step 3:** Non-contact training drills in full equipment. Weight-training can begin.

**Step 4:** Full contact practice or training.

**Step 5:** Game play.

**If symptoms occur at any step, the athlete should cease activity and be re-evaluated by their health care provider.**

### **How can a concussion affect schoolwork?**

Following a concussion, many athletes will have difficulty in school. These problems may last from days to months and often involve difficulties with short and long-term memory, concentration, and organization. In many cases it is best to lessen the athlete's class load early on after the injury. This may include staying home from school for a few days, followed by a lightened schedule for a few days, or perhaps a longer period of time, if needed. Decreasing the stress on the brain early on after a concussion may lessen symptoms and shorten the recovery time.

## What can I do?

- Both you and your child should learn to recognize the “Signs and Symptoms” of concussion as listed above.
- Teach your child to tell the coaching staff if he or she experiences such symptoms.
- Emphasize to administrators, coaches, teachers, and other parents your concerns and expectations about concussion and safe play.
- Teach your child to tell the coaching staff if he or she suspects that a teammate has a concussion.
- Monitor sports equipment for safety, fit, and maintenance.
- Ask teachers to monitor any decrease in grades or changes in behavior that could indicate concussion.
- Report concussions that occurred during the school year to appropriate school staff. This will help in monitoring injured athletes as they move to the next season’s sports.

## Other Frequently Asked Questions

### **Why is it so important that an athlete not return to play until they have completely recovered from a concussion?**

Athletes who are not fully recovered from an initial concussion are significantly vulnerable for recurrent, cumulative, and even catastrophic consequences of a second concussive injury. Such difficulties are prevented if the athlete is allowed time to recover from the concussion and return to play decisions are carefully made. No athlete should return-to-sport or other at-risk participation when symptoms of concussion are present and recovery is ongoing.

### **Is a “CAT scan” or MRI needed to diagnose a concussion?**

Diagnostic testing, which includes CT (“CAT”) and MRI scans, are rarely needed following a concussion. While these are helpful in identifying life-threatening brain injuries (e.g. skull fracture, bleeding, swelling), they are not normally utilized, even by athletes who have sustained severe concussions. A concussion is diagnosed based upon the athlete’s story of the injury and the health care provider’s physical examination.

### **What is the best treatment to help my child recover more quickly from a concussion?**

The best treatment for a concussion is rest. There are no medications that can speed the recovery from a concussion. Exposure to loud noises, bright lights, computers, video games, television and phones (including text messaging) all may worsen the symptoms of a concussion. You should allow your child to rest as much as possible in the days following a concussion. As the symptoms lessen, you can allow increased use of computers, phone, video games, etc., but the access must be lessened if symptoms worsen.

### **How long do the symptoms of a concussion usually last?**

The symptoms of a concussion will usually go away within one week of the initial injury. You should anticipate that your child will likely be out of sports for about two weeks following a concussion. However, in some cases symptoms may last for several weeks, or even months. Symptoms such as headache, memory problems, poor concentration, and mood changes can interfere with school, work, and social interactions. The potential for such long-term symptoms indicates the need for careful management of all concussions.

### **How many concussions can an athlete have before he or she should stop playing sports?**

There is no “magic number” of concussions that determine when an athlete should give up playing contact or collision sports. The circumstances surrounding each individual injury, such as how the injury happened and length of symptoms following the concussion, are very important and must be considered when assessing an athlete’s risk for further and potentially more serious concussions. The decision to “retire” from sports is a decision best reached following a complete evaluation by your child’s primary care provider and consultation with a physician or neuropsychologist who specializes in treating sports concussion.

### **I’ve read recently that concussions may cause long-term brain damage in professional football players. Is this a risk for high school athletes who have had a concussion?**

The issue of “chronic encephalopathy” in several former NFL players has received a great deal of media attention lately. Very little is known about what may be causing dramatic abnormalities in the brains of these unfortunate retired football players. At this time we have very little knowledge of the long-term effects of concussions which happen during high school athletics.

In the cases of the retired NFL players, it appears that most had long careers in the NFL after playing in high school and college. In most cases, they played football for over 20 years and suffered multiple concussions in addition to hundreds of other blows to their heads. Alcohol and steroid use may also be contributing factors in some cases. Obviously, the average high school athlete does not come close to suffering the total number or shear force of head trauma seen by professional football players. However, the fact that we know very little about the long-term effects of concussions in young athletes is further reason to very carefully manage each concussion.

Some of this information has been adapted from the CDC’s “Heads Up: Concussion in High School Sports” materials by the NFHS’s Sports Medicine Advisory Committee. Please go to [www.cdc.gov/ncipc/tbi/Coaches\\_Tool\\_Kit.htm](http://www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm) for more information.

If you have any further questions regarding concussions in high school athletes or want to know how to find a concussion specialist in your area please contact Michael C. Koester, MD, ATC and Chair of the NFHS Sports Medicine Advisory Committee at [michael.koester@slocumcenter.com](mailto:michael.koester@slocumcenter.com).

**April 2010**

## Concussions

2013 Legislation - Senate Bill 336

Based upon the recommendation of the Sports Medicine Advisory Committee, the Board of Directors approved the following at it's June, 2012 meeting.

- 1) All head coaches will be required to annually complete the NFHS Concussion Course.
- 2) The principal shall monitor and maintain appropriate records regarding completion of the course.
- 3) Any head coach that does not complete the NFHS Concussion Course annually will not be permitted to coach until the course has been completed.
- 4) Make concussion information available to parents and athletes.
  - Physical Form
  - CDC Letter
  - Parents Guide to Concussion in Sports
- 5) Return to Play protocol (RTP)- Must have written permission to RTP from a health care professional with training in the evaluation of head injuries.
- 6) WVSSAC Concussion Report - Required submission to school administration. Report must be submitted to Dr. Dan Martin within 30 days of injury.

Information/directions regarding the NFHS Concussion Course may be found at [www.nfhslearn.com](http://www.nfhslearn.com).

Additional information regarding concussions may be found on the Sports Medicine tab at the WVSSAC website. ([www.wvssac.org](http://www.wvssac.org))





## Concussion Course Required

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

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

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

**New Head Coaches must** take the course now. Follow the directions “**New to NFHS Learn? Register Now**” on [www.nfhslearn.com](http://www.nfhslearn.com)

## Concussion in Sports - What You Need to Know Ordering Information at [www.nfhslearn.com](http://www.nfhslearn.com)



### Steps to access the FREE course:

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

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

# 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 Appeals  
October 1998

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## 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
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
<b>TOURNAMENT DIRECTORS HAVE AUTHORITY IN DETERMINING APPROPRIATE SIZE AND SIGN MESSAGE.</b>													
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
<b>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.</b>													
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 bands (pep), pre- game, during time-outs, halftime, and post-game	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

**National Federation of State  
High School Associations**



## **NFHS Guidelines on Handling Practices and Contests During Lightning or Thunder Disturbances**

### **National Federation of State High School Associations (NFHS) Sports Medicine Advisory Committee (SMAC)**

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

#### **Proactive Planning**

1. Assign staff to monitor local weather conditions before and during practices and contests.
2. Develop an evacuation plan, including identification of appropriate nearby safe areas.
3. Develop criteria for suspension and resumption of play:
  - a. When thunder is heard within 30 seconds of a visible lightning strike, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play for thirty minutes and take shelter immediately.
  - b. Thirty-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
  - c. Any subsequent thunder or lightning after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.
4. Review annually with all administrators, coaches and game personnel.
5. Inform student athletes of the lightning policy at start of season.

For more detailed information, refer to the “Lightning and Thunder Safety” section contained in the NFHS Sports Medicine Handbook.

**Revised and Approved January 2014**



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

## **BODY FLUID HANDLING PROCEDURES**

### **PURPOSE**

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

### **BLOOD-BORNE PATHOGENS**

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

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

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

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

### **PRECAUTIONS AGAINST TRANSMISSION OF BLOOD-BORNE PATHOGENS**

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

#### **General Procedures:**

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

### Procedures for Activities:

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

### REFERENCES

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

### Policy Adopted by the Board of Directors

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# WAYS TO PREVENT SKIN INFECTIONS: A PLAYER'S GUIDE



## ***Cover Cuts & Sores!***

***With a bandaid or wrap before you play***



## ***Wash Up!***

**With soap and hot water**



## ***Don't Share!***

**Towels, clothes or personal items**



## ***Show & Tell!***

**Show cuts & sores  
to your coach**



## ***Be Prepared!***

**Learn first aid for cuts  
& sores**



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# MEASURES FOR PREVENTING STAPHYLOCOCCAL SKIN INFECTIONS AMONG SPORTS PARTICIPANTS

## Centers for Disease Control Recommendations for School Athletic Teams



Cover all wounds. If a wound cannot be covered adequately, consider excluding players with potentially infectious skin lesions from practice or competitions until the lesions are healed or can be covered adequately.



Encourage good hygiene, including showering and washing with soap after all practices and competitions.



Ensure availability of adequate soap and hot water



Discourage sharing of towels and personal items (e.g., clothing or equipment).



Establish routine cleaning schedules for shared equipment.



Train athletes and coaches in first aid for wounds and recognition of wounds that are potentially infected.



Encourage athletes to report skin lesions to coaches and encourage coaches to assess athletes regularly for skin lesions.



# **West Virginia Department of Health and Human Resources**

## **Information for the Public -**

### **Methicillin Resistant *Staphylococcus aureus* (MRSA)**

#### **What is *Staphylococcus aureus*?**

*Staphylococcus aureus*, or Staph@ is a bacteria that lives on the skin or in the nose of healthy people. Occasionally, staph can cause infections of the skin, bloodstream, lungs, bones, joints, heart, or almost any part of the body.

#### **What is methicillin resistant *Staphylococcus aureus* (MRSA)?**

MRSA (pronounced 'mursa') is a type of staph that has become resistant to some common antibiotics. This means that an infection with MRSA is more difficult to treat.

#### **Where are staph and MRSA found?**

Staph and MRSA may be found on the skin or in the nose. About 30 to 50% of people may carry the staph bacteria on their skin without getting ill.

#### **How common is MRSA?**

In many communities, including some in West Virginia, MRSA is now the most common cause of skin infections due to 'staph.' According to some studies, 1 to 10% of people now carry MRSA in their nose or on their skin.

#### **Who is most at risk for staph infections?**

While anyone can get an infection with staph, certain persons are more at risk. These people include diabetics, people on dialysis, persons who use injection drugs, people who have recently had surgery, and persons with chronic diseases such as cancer. Staph infections are also more common in persons who have a tube going into their body (such as a urinary catheter or intravenous (IV) catheter).

MRSA infections are more likely in persons who have recently received antibiotics or recently been in a hospital or nursing home. In the last few years, MRSA infections have also been identified in persons outside of hospitals. Cases of MRSA disease in the community are associated with recent antibiotic use, sharing contaminated items, active skin disease, and living in crowded settings. Outbreaks have occurred on sports teams, in jails or military units, camps and even hospital wards. Community associated MRSA infections are usually skin infections; however, severe illness can also occur.

## **Are staph and MRSA infections treatable?**

Yes, staph infections are treatable. Skin infections can usually be treated with oral antibiotics. MRSA infections are usually treatable, but they may be more difficult to treat. The doctor will have to get a laboratory test to tell the difference between MRSA and staph.

## **How are staph and MRSA spread?**

Staph and MRSA can spread among people by close physical contact. Spread may also occur by touching objects, such as towels, sheets, clothes, work-out areas and sports equipment contaminated by the skin of a person with MRSA or staph.

## **How can I prevent staph or MRSA infections?**

- Keep your hands clean by washing thoroughly with soap and water. Alcohol-based hand cleansers also help.
- Keep cuts and wounds clean and covered with a dressing until healed. Avoid contact with other peoples= wounds.
- Avoid sharing towels, clothing, sports equipment, deodorant, cosmetics and other personal items.
- Only take antibiotics if you really need them. Antibiotics do not work for a cold, the flu or other viral infections. When a doctor prescribes antibiotics, take them as directed.





Effective with the 2015-16 school year, all coaches are required to complete the NFHS course "Heat Illness Prevention". Schools are to maintain appropriate records.

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

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

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

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

It is strongly recommended that each member school have a written Emergency Action Plan for practice and games to deal with emergencies related to injury or illness to a student athlete. The plan should include involvement of local rescue agencies, medical doctors, hospitals and local law enforcement agencies.

National Federation of State  
High School Associations



**EAS**  
SPORTS NUTRITION

# Heat Illness Prevention

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

## Course Objectives

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

## Units

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

## More

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

More Information at [nfhslearn.com](http://nfhslearn.com)!

# HEAT INDEX (apparent temperature)

°F	RELATIVE PERCENT HUMIDITY												
	40%	45%	50%	55%	60%	65%	70%	75%	80%	85%	90%	95%	100%
102°	114°	119°	124°	130°	137°								
100°	109°	114°	118°	124°	129°	136°							
98°	105°	109°	113°	117°	123°	128°	134°						
96°	101°	104°	108°	112°	116°	121°	126°	132°					
94°	97°	100°	102°	106°	110°	114°	119°	124°	129°	136°			
92°	94°	96°	99°	101°	105°	108°	112°	116°	121°	126°	131°		
90°	91°	93°	95°	97°	100°	103°	106°	109°	113°	117°	122°	127°	132°
88°	88°	89°	91°	93°	95°	98°	100°	103°	106°	110°	113°	117°	121°
86°	85°	87°	88°	89°	91°	93°	95°	97°	100°	102°	105°	108°	112°
84°	83°	84°	85°	86°	88°	89°	90°	92°	94°	96°	98°	100°	103°
82°	81°	82°	83°	84°	84°	85°	86°	88°	89°	90°	91°	93°	95°
80°	80°	80°	81°	81°	82°	82°	83°	84°	84°	85°	86°	86°	87°

CAUTION
  EXTREME CAUTION
  DANGER
  EXTREME DANGER

Source: National Weather Service

STAFF GRAPHIC/ JOHN HANCOCK

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

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

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

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



# HEADS+UP

## CONCUSSION IN HIGH SCHOOL SPORTS

### A FACT SHEET FOR PARENTS

#### What is a concussion?

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

#### What are the signs and symptoms of a concussion?

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs of a concussion:

SYMPTOMS REPORTED BY ATHLETE	SIGNS OBSERVED BY PARENTS/GUARDIANS
<ul style="list-style-type: none"> <li>• Headache or “pressure” in head</li> <li>• Nausea or vomiting</li> <li>• Balance problems or dizziness</li> <li>• Double or blurry vision</li> <li>• Sensitivity to light</li> <li>• Sensitivity to noise</li> <li>• Feeling sluggish, hazy, foggy, or groggy</li> <li>• Concentration or memory problems</li> <li>• Confusion</li> <li>• Just “not feeling right” or “feeling down”</li> </ul>	<ul style="list-style-type: none"> <li>• Appears dazed or stunned</li> <li>• Is confused about assignment or position</li> <li>• Forgets an instruction</li> <li>• Is unsure of game, score, or opponent</li> <li>• Moves clumsily</li> <li>• Answers questions slowly</li> <li>• Loses consciousness (even briefly)</li> <li>• Shows mood, behavior, or personality changes</li> </ul>

#### How can you help your child prevent a concussion or other serious brain injury?

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained.
- Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture.
  - However, helmets are not designed to prevent concussions. There is no “concussion-proof” helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

#### What should you do if you think your child has a concussion?

**SEEK MEDICAL ATTENTION RIGHT AWAY.** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to regular activities, including sports.

**KEEP YOUR CHILD OUT OF PLAY.** Concussions take time to heal. Don’t let your child return to play the day of the injury and until a health care professional says it’s OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a repeat concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

**TELL YOUR CHILD’S COACH ABOUT ANY PREVIOUS CONCUSSION.** Coaches should know if your child had a previous concussion. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

**If you think your teen has a concussion:**  
Don’t assess it yourself. Take him/her out of play.  
Seek the advice of a health care professional.

**It’s better to miss one game than the whole season.**

For more information, visit [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion).



## WVSSAC CONCUSSION REPORT - 2015-2016

SCHOOL \_\_\_\_\_

Person completing this report \_\_\_\_\_

Position \_\_\_\_\_

Date \_\_\_\_\_ (this date must be within 30 days of the injury)

Is this the initial concussion report? yes \_\_\_\_\_ no \_\_\_\_\_

or an updated report? yes \_\_\_\_\_ no \_\_\_\_\_

Grade \_\_\_\_\_ Age \_\_\_\_\_ Female \_\_\_\_\_ Male \_\_\_\_\_

Please indicate the sport of this athlete with an X in the appropriate box.

Baseball	Basketball	Cheerleader	Cross-Country	Football	Golf	Soccer
Softball	Swimming	Tennis	Track	Volleyball	Wrestling	

Date concussion occurred: \_\_\_\_\_

Activity when concussion occurred: Practice \_\_\_\_\_ Scrimmage \_\_\_\_\_ Game \_\_\_\_\_

Who initially evaluated this athlete? (By title/role – no name; athletic trainer, EMT, coach, etc)

\_\_\_\_\_

Initial steps included?

Transport by EMS \_\_\_\_\_

Referral to parents to seek follow up evaluation \_\_\_\_\_

Referral to team physician \_\_\_\_\_

Other \_\_\_\_\_

Date athlete was cleared to return to practice and play: \_\_\_\_\_

Who cleared the athlete to return:

Physician \_\_\_\_\_ Chiropractor \_\_\_\_\_ Nurse Practitioner \_\_\_\_\_

Physician Assistant \_\_\_\_\_ Athletic Trainer (ATC/R) \_\_\_\_\_

Was this in a written document? \_\_\_\_\_ (keep this document on file at the school)

(if athlete is not cleared to return in 30 days the initial report must be submitted and then a follow up report must be submitted listing the return to play date.)

Form is to be sent to Dr. Dan Martin, ATC/R.

FAX: 304-473-8888 or email to 'martin\_d1@wvwc.edu'

Any questions please contact the WVSSAC or Dr. Martin (473-8103 or email)



# W V S S A C

## SUDDEN CARDIAC ARREST AWARENESS



### What is Sudden Cardiac Arrest?

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

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

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

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

### What causes Sudden Cardiac Arrest?

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

### What are ways to screen for Sudden Cardiac Arrest?

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

### What is the treatment for Sudden Cardiac Arrest?

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

### Where can one find additional information?

- Contact your primary health care provider
- American Heart Association ([www.heart.org](http://www.heart.org))

# Courts Recognize A Coach Has Ten Legal Duties

1. Properly plan the activity
2. Provide proper instruction
3. Warn of inherent risks
4. Provide a safe physical environment
5. Provide adequate and proper equipment
6. Match your athletes appropriately
7. Evaluate athletes for injury or incapacity
8. Supervise the activity closely
9. Provide appropriate emergency assistance
10. Protect against physical and psychological harm from others