

2014 - 2015



**Basketball
Officials
Packet**

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The Interscholastic Basketball Program November 2014 **Online**

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Attendance at the WVSSAC sponsored rules clinic is a requirement to officiate the 2014-15 season. (see Additional Option for Clinic Attendance in your Officials' Handbook) located on our website.

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Due date is June 15, 2015 for all sports. A return verification card for your Registration was mailed with the Rule Book. If you wish verification of receipt of the Registration Form, return the verification card with postage when you send in your Registration Form.

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

My Officials' Packet! Where is it?

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

How Do I Login To The Officials' Management Page?

1. Go to www.wvssac.org
2. Go to Admin Login (Located in the left-hand corner of the homepage)
3. In the Username and Password section enter in your Registration Number if you have not logged into the site. If you have logged in sign in using the username (Registration Number) and password you created only if you have changed it. **We do not have the ability to look up your passwords.**
4. Click on Login, and then you are on the Officials' Management Page
5. Then click on Edit Your Information and enter your email address.

NOTE: Before you attempt to login to the Arbiter Hub (WV Central Hub Site) you must have completed the instructions listed above. **The upload to Arbiter Sports (WV Central Hub) is not instantaneous. After you have completed the instructions above, you must wait to be uploaded to the WV Central Hub/Arbiter Site.**

If you have more than one account (local board associations, other states, etc) with Arbiter Sports **YOU** must make sure the e-mail address and password you have entered in as an official for the WVSSAC is the same to prevent log in errors on the WV Central Hub site for your test.

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

1. Go to www.wvssac.arbitersports.com
2. Go to the Sign In Area (Located in the upper right-hand corner)
3. Enter your email address and password
4. Click Go
5. Click on the Testing Tab
6. Look under Open Test
7. Find the appropriate test
8. Click on Take Test

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

1. Go to www.wvssac.arbitersports.com
2. Go to the Sign In Area (Located in the upper right-hand corner)
3. Enter your email address and password
4. Click Go
5. Click on Registration Tab
6. Read and follow the 4 steps of registration
7. Review Sports and Click on Make Payment
8. Print a copy for your records

DO'S and DON'TS:

DO read, follow and understand the instructions before you log in to the WVSSAC and/or WV Central Hub site on Arbiter Sports!

DO write down your password after you change it. They are case sensitive!

DON'T PROCRASTINATE!

DON'T use Auto Complete to remember passwords. All passwords are reset each year!

DON'T share your email address with other officials!

REMEMBER:

If you are having difficulty in logging into the WVSSAC site as an Official or the WV Central Hub site with Arbiter Sports please contact Roberta Newton or Alice Goodwin and have your instructions available.

Part I Test Window

Basketball-Wrestling-November 10, 2014 till November 24, 2014

Swim – October 6, 2014 till November 18, 2014

Part II Test Window

Basketball-Wrestling – December 1, 2014 till December 15, 2014

Swim – No Part II Test

Deadline For Self Nomination Forms-Online

Basketball – September 1, 2014 till December 31, 2014

Wrestling – September 1, 2014 till December 31, 2014

Swim – September 1, 2014 till February 1, 2015

Deadline For Game Reports-Online

Basketball-Wrestling – April 1, 2015

Swim – No Game Reports Due

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

Failure to take Part II – Suspension the following season

WEST VIRGINIA SECONDARY SCHOOL ACTIVITIES COMMISSION



2875 Staunton Turnpike, Parkersburg, WV 26104-7219

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

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



BULLETIN

TO: **BASKETBALL OFFICIALS**
FROM: Butch Powell, Assistant Executive Director
DATE: September 2014
SUBJECT: 2013-14 Basketball Season

Enclosed you will find:

1. 2014-15 Rule Book, Case Book, Handbook 2014-15, and **Official's Manual 2013-15**. If you wish to purchase a copy of the Simplified and Illustrated Book, the cost will be **\$7.00 plus 1.00 postage if you want it mailed**. Please send check or money order in advance. You can pick up a copy at the state rules clinic from Butch Powell.
2. Basketball rules clinic dates & locations. Attendance at the WVSSAC sponsored rules clinic is a requirement to officiate the 2014-15 season. (see Additional Option for Clinic Attendance, Item L. Clinic Attendance of the Officials' Handbook). **The Officials' Handbook is found on our web site.**
3. Basketball Part II Test is Taken on the Arbiter Web Site.
4. 2015-16 REGISTRATION FORM. **Due on or before June 15, 2015 for all sports.**
5. Bench-Clearing Rule.
6. **ATTENTION OFFICIALS': you can register for the 2015-16 season anytime up to the due date of June 15, 2015.**
7. A return card FOR YOUR REGISTRATION is enclosed IN YOUR PACKET THAT WAS SENT TO YOU. This card will not be sent back to you if it do not have a stamp.
8. Introductory Cards.

Important Reminders:

1. Part I Examination – On LINE - SEE INSTRUCTIONS.
2. Part II Examination is mandatory for all officials who expect to register the following year. The Part II examination is taken on the ARBITER WEB SITE. Please follow instructions enclosed in this packet.
3. Class III officials will not officiate varsity interscholastic games in **football, girls' or boys' basketball**.
4. All player-coach ejection's, bench decorum violations, and unsportsmanlike violations must be reported ON LINE to WVSSAC within 24 hours (HS, JV, and MS).
5. Varsity officials are reminded to print their name in both scorebooks.
6. The WVSSAC will fund each official's membership in the National Federation Interscholastic Officials Association (NFIOA). We will forward your registration and address to the National Federation. We should be notified immediately of any change of address. All basketball officials are required to attend the WVSSAC rules clinics. **See Clinic Bulletin for dates and locations.**

If we can be of service to you at anytime, please do not hesitate to write or call us.

BP:rmn

Enclosures

**2014-2015
BOYS' & GIRLS' BASKETBALL RULES CLINICS**

<u>DATE</u>	<u>LOCATION</u>	<u>TIME</u>	<u>COORDINATOR</u>
Oct. 12	Interpreters' Clinic Parkersburg (WVSSAC)	9:00 a.m.	Butch Powell
Oct. 12	Parkersburg South H. S.	4:00 p.m.	Rick Leach
Oct. 13	Woodrow Wilson H. S.	6:00 p.m.	Tim Carrico
Oct. 14	Hampshire H. S.	6:00 p.m.	Erino Leone
Oct. 15	Martinsburg H. S.	6:00 p.m.	Greg Reed
Oct. 20	Logan H. S.	6:00 p.m.	Brian Atkinson
Oct. 21	Capital H.S. - Charleston	6:00 p.m.	Clinton Giles
Oct. 22	Huntington H. S.	6:00 p.m.	Bruce Senior
Oct. 27	Wheeling Park H. S.	6:00 p.m.	Dwaine Rodgers
Oct. 28	Robert C Byrd H. S.	6:00 p.m.	Steve Gibson
Oct. 29	*WVSSAC Office *Make-up Clinic - \$10.00 Fee	7:00 p.m.	Butch Powell

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.

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

WEST VIRGINIA SECONDARY SCHOOL ACTIVITIES COMMISSION

2875 Staunton Turnpike, Parkersburg, WV 26104-7219



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

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



2015-2016 Registration Form

Please Print Legibly

****Required Information**

****Registration Number:** _____

****Social Security Number:** _____

****Name:** _____

****Address:** _____

****City/State/Zip:** _____

****Home Phone:** _____ ****Cell Phone:** _____

E-Mail Address: _____

****Select Sport: (Please complete one registration form per sport)**

_____ Football	\$45	_____ Volleyball	\$39
_____ Basketball	\$45	_____ Baseball	\$39
_____ Wrestling	\$45	_____ Softball	\$39
_____ Soccer	\$39	_____ Swim	\$35
_____ Track	\$35	_____ Tennis	No Charge

Inactive Registration: List Sport Here _____ \$10 Fee

Total Enclosed \$ _____ Check# _____

Make Check/Money Order Payable To: **WVSSAC** Registration fee is Non-Refundable.

Registration Form & Payment Are Due: June 15th of Each Year.

If Postmarked After June 15th, Please Include A \$25 Late Fee. This Includes Inactive Registrations As Well. Registrations will not be accepted after the Make-Up Clinic of the sport for which you are registering.

Signature

Date

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BULLETIN

YEARLY REQUIREMENTS FOR REGISTERED OFFICIALS

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

**WEST VIRGINIA SECONDARY SCHOOL ACTIVITIES COMMISSION
OFFICIALS' HANDBOOK**

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NOTE: It is the responsibility of every official to know the rules set forth by this office that are contained in the Officials' Handbook and to abide by those rules.

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BULLETIN

TO: ALL OFFICIAL'S
DATE: 2014-15 SPORT SEASON
SUBJECT: INDIVIDUAL PRINT-OUT

Use this form when requesting your individual coaches ratings.

NOTE: YOU MUST SUPPLY US WITH A SELF ADDRESSED STAMPED ENVELOPE TO RECEIVE YOUR END OF SEASON COACHES RATINGS.

NAME: _____

ADDRESS: _____

SPORT: _____

REGISTRATION NUMBER: _____

YEAR: 2014-15 SPORT SEASON

(Ejection Rule / Bench Clearing)

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:

3.7.1. 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.

3.7.2. 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.

3.7.3. Any coach, student, or bench personnel ejected by an official will be suspended for the remainder of the game, match, meet or contest. They will also face suspension 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 they are 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.

a. 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.

b. 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.

c. 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.

3.7.4. 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.

3.7.5. 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.

3.7.6. 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.

3.7.7. 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:

3.9.1. *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.

3.9.2. *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.

3.9.3. *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.

3.9.4. *Fine.* A fine may be levied by the Executive Director. It may be levied in addition to a warning, probation, or suspension.

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.



**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 contact 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



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

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



Steps to access the **FREE** course:

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

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



WVSSAC

Return to Play (RTP) Protocol

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

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

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

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. Revised 9/12/12; 6/01/13; Reviewed 2014

rk:Sports Medicine/Return to Play

**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.

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.*

WEST VIRGINIA SECONDARY SCHOOL ACTIVITIES COMMISSION



2875 Staunton Turnpike, Parkersburg, WV 26104-7219

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

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



BULLETIN

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

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

INSTRUCTIONS:

1. Login to the WVSSAC Website: www.wvssac.org
2. Go to Admin Login (Located in the right-hand corner)
3. Go to Officials Login [Click Here](#).
4. Type in your Registration Number-Example- AG1963 (No spaces, dashes or hyphens)
5. Type in your Password. Write it down and use it when you login to the SSAC website as an official
6. Select Sport from the drop down box
7. Click on Continue
8. You are now on the Officials Management Page.
9. You need to click on Game Reports.
10. Once at the game report form you can start entering your game reports. Remember to update and save for each game you enter.
11. There is not a Submit button, when you update and save that will save your game reports to the file. What you see on your screen is what we will receive.

GAME REPORT DUE DATES:

FOOTBALL - VOLLEYBALL - SOCCER: DECEMBER 1, 2014

BASKETBALL - WRESTLING: APRIL 1, 2015

BASEBALL - SOFTBALL: AUGUST 1, 2015



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?

- Fainting/blackouts (especially during exercise)
- Dizziness
- 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.
- Always answer the heart history questions on the student Health History section of the WVSSAC Physical Form completely..
- Additional screening may be necessary at the recommendation of a physician.

Where can one find additional information?

- Contact your primary care physician
- American Heart Association (www.heart.org)
- August Heart (www.augustheart.org)
- Championship Hearts Foundation (www.championshipheartsfoundation.org)
- Cypress ECG Project (www.cypressecgproject.org)
- Parent Heart Watch (www.parentheartwatch.com)