

2019 - 2020



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



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## BULLETIN

TO: High School and Middle School Cheer Coaches  
FROM: Dr. Cindy Daniel, Ed.D., Assistant Executive Director  
DATE: July-2019  
SUBJECT: 2019-2020 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.

### Required Reading:

1. **Coaches Packet**
2. **NFHS Rule Book**
3. **Interscholastic (website)**
4. **Cheer Manual (website)**
5. **NFHS Music Copyright Course (Free) - [nfhslearn.com](http://nfhslearn.com)**

### 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 under the School Resources of our website.
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, Cheer Manual and The Interscholastic.)  
**Cheer judges and Choreographers are also required to attend a judges clinic: See website [www.wvssac.org](http://www.wvssac.org) for dates and locations**
4. Please note the following dates:

#### Season Begins

Middle School	August 12, 2019
High School	August 5, 2019
Regional Outline & Entry Form (C-2 A&B)	October 7, 2019
Regional Entry Form (C4) & Music Form (C5) Due	October 7, 2019
Regional	November 9, 2019
State	December 14, 2019
MS Cheer Injury Report due	March 4, 2020
HS Cheer Injury Report Due	March 25, 2020

## Season Ends

Middle School

High School

February 29, 2020

March 21, 2020 **OR** Elimination from Basketball Tournament

## Regional/State Outline Forms

Cover Sheet Forms C2A - Narrative Form C2B - Form C4, C5

5. The 2019-2020 high school competition format will include a 30-40 second technical and a 2 minute 30 second open routine. For specific information and rules regarding the technical and open portions, please refer to the cheer manual.
6. **Coaches are responsible for discussing the bench clearing rule with all other coaches and players prior to participation.**
7. 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. FOR MORE INFORMATION, PLEASE REFER TO THE WVSSAC WEBSITE.**
8. Additional safety regulations have been adopted for middle school teams. Coaches are responsible for following ALL REGULATIONS. (See Cheer Manual Online)
9. **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.
10. **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. To be better informed, please take the free NFHS course "Appearance and Performance Enhancing Drugs and Substances".

## **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 be 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 have 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: County approved 3 week window and Principal approved 6 flex days)

During the cheer season, each school is allowed five outside assistance days for any assistance that is provided to teams by someone other than the contracted coach. Any or all part of a day used for outside assistance shall count as one full day. Cheer coaches within the same county feeder program may assist each other as long as no compensation is given for the assistance. Teams advancing to the state tournament may request one additional outside assistance day from the WVSSAC office.

### **2019-2020 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.
3. Uniform Requirements. (See Interscholastic "Uniforms" pg. 11)
4. Basket Tosses performed on any surface are illegal for all cheer teams in West Virginia.
5. If dance is incorporated, there must be a minimum of 6 consecutive 8-counts of full squad dance in order to earn any of the possible points.
6. All judges must be trained and certified by WVSSAC. List available upon request.
7. Requirement: All coaches must complete the free NFHS Sudden Cardiac Arrest Course annually. The link is on the WVSSAC website.
8. ALL COACHES are required to complete the free NFHS Concussion Course annually.
9. ALL COACHES must complete Heat Illness Prevention one time.
10. Rule 127-2-15 - ALL COACHES are required to submit an Emergency action Plan annually to WVSSAC, County BOE and your local emergency response agency for all practice and game facilities. Training and practice of the plan is required.
11. All coaches are required to complete the Outside Assistance Verification Form with principal's signature and send to WVSSAC office.
12. **High School Coaches:**
  - a. Refer to Cheer Manual and Interscholastic for a complete list of WV restrictions on stunts and tumbling.
13. **Middle School 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. Any member of an all freshman team in a four year high school that participates on a junior varsity or varsity team is ineligible to return to the all freshman team.
  - f. Refer to Cheer Manual and Interscholastic for a complete list of WV restrictions on stunts and tumbling.

14. High school teams participating in the regional tournament are required to send an Outline (Forms C2a and C2B) to the WVSSAC office by October 7<sup>th</sup>. Forms C4 and C5 must be sent to WVSSAC no later than October 7<sup>th</sup>.
15. 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.
16. Music–Regional Directors will be asked to notify coaches of musical/sound system requirements.
17. 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.

## 2019-2020 CHEER RULES CLINICS

<u>DATE</u>	<u>LOCATION</u>	<u>TIME</u>	<u>COORDINATOR</u>
July 31	John Marshall	6:00 p.m.	Robert Chavanak
Aug. 1	Huntington High	6:00 p.m.	Bruce Senior
Aug. 5	Woodrow Wilson H. S.	6:00 p.m.	JT Payne
Aug. 6	Capital H. S.	6:00 p.m.	Ron Wilson
Aug. 7	WVSSAC Office (Parkersburg)	6:00 p.m.	Dr. Cindy Daniel
Aug. 8	East Fairmont HS	6:00 p.m.	James Beckman
Aug. 9	Spring Mills HS	6:00 p.m.	Dan Comer
Aug. 10	Frankfort	9:00 a.m.	Jay Hesse
Aug. 12	*WVSSAC Office *Make-up Clinic - \$10.00 Fee	5:00 p.m.	Dr. Cindy Daniel

**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, Cheer Manual and Interscholastic ..

New judges and choerographers must attend one of the 4 hour trainings. Current judges and choerographers must attend the first 2 hours of one of the 4 hour trainings before working with school teams

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

### Judges and Choreographer Training

Aug. 3	WVSSAC Office	1:00 - 5:00 PM
Aug. 10	East Fairmont HS	1:00 - 5:00 PM

## WVSSAC Rules and Regulations Handbook

### **§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*- The above rules will apply for Middle School 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 spirit and competitive cheer season will begin Monday of Week 6. The competitive season will end Saturday of Week 18. The middle school spirit season will end on the last day of the middle school girls' or boys' basketball season.



# WVSSAC Cheer/Safety Judge Clinic

## Registration Form

**NEW:** All choreographers must successfully complete a background check prior to working with any cheer team. Cost is \$10.00. Contact the WVSSAC for more information.

This 4-hour course is required if you wish to become a WV cheer judge or wish to be a choreographer for member schools for regional or states. **If you have already completed a 4-hour training, you only need to stay for the first 2 hours of the 4-hour training.**

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

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

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

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

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

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

Please check one:

- I am a new judge, choreographer
- I have judged, choreographed in the past and have attended one of the 4-hour trainings.

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

- A.    \_\_\_     Saturday, August 3<sup>rd</sup> WVSSAC office – 1:00-5:00  
      \_\_\_     Saturday, August 10<sup>th</sup> East Fairmont High School – 1:00-5:00

- B.    Please check all necessary blanks.  
      \_\_\_ \$6.00 National Federation Spirit Rules Book  
      \_\_\_ \$14.00 Registration Fee  
      Total Enclosed \$ \_\_\_\_\_

WV Cheer Manuals are available online for you to download and print should you want to have one on hand during the training.

**Please make checks payable to WVSSAC**

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

**Deadline for registration is Thursday by 4:00 p.m.  
prior to the scheduled training date.**

### 2019-2020 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, 2019	WVSSAC
	Routine Outline / Narrative - Typed and attached to C2B	October 7, 2019	WVSSAC
	Regional Cheer Entry Form C4	October 7, 2019	WVSSAC
	Music Copyright Form C5	October 7, 2019	WVSSAC
	Cheer Injury Survey	March 25, 2020	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:	(minimum - 30 seconds; maximum - 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>

Email this form along with the typed outline to:

Heather Enoch  
WVSSAC  
Heather.Enoch@wvssac.org

AND

Kelly Stewart  
(304) 816-1931 or Email: kellysstewart68@gmail.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:**

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TECHNICAL: (Time)

1. First jump:
2. Second jump:

WORDS:

NARRATIVE: (time)

Open Outline:

<b>WVSSAC HIGH SCHOOL COMPETITIVE CHEERING REGIONAL/STATE ENTRY FORM</b>
--

**DUE BY OCTOBER 7, 2019**

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

Return to: Heather Enoch

Mail: WVSSAC - 2875 STAUNTON TURNPIKE, PARKERSBURG WV 26104

or

Email: Heather.Enoch@wvssac.org

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## Regional Entry Form Music Warranty

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\_\_\_\_\_ (hereinafter "School"), its Principal and its Cheerleading Coach herewith warrant that, with respect to the 2019-2020 WVSSAC Regional Cheerleading Tournament and the 2019-2020 WVSSAC Cheerleading State Tournament, they have obtained the required written permission and/or license from each copyright holder to play each piece of music that will be played during the performance of the cheerleading squad during the Regional and/or State Tournaments.

In the event of the School, Principal or Cheerleading Coach has failed to obtain the required license and/or permission to use the music in connection with the performance by the cheerleading team, then the school shall promptly reimburse the WVSSAC for any costs incurred by the WVSSAC as a result of the school's failure to have the required license and/or permission.

Dated this \_\_\_\_ day of \_\_\_\_\_, 2019.

\_\_\_\_\_  
School

\_\_\_\_\_  
Print Name (PRINCIPAL)

By: \_\_\_\_\_

Principal Signature

\_\_\_\_\_  
Print Name (CHEER COACH)

**DUE DATE – OCTOBER 7**



**CHEER SCORE SHEET**

School: \_\_\_\_\_ Class: \_\_\_\_\_ Regional: \_\_\_\_\_ State: \_\_\_\_\_

Category	Maximum Points	Points		Comments
<b>Technical Cheer</b> (30 seconds minimum)			<input type="checkbox"/> Strong Motions	<input type="checkbox"/> Needs Improvement: placements, sharpness, levels, flying arms, bent wrists
Cheer Fundamentals		_____	<input type="checkbox"/> Good Precision	<input type="checkbox"/> Add variety
Motion Technique	5	_____	<input type="checkbox"/> Good Formations	<input type="checkbox"/> Not together/timing/rhythm/words
Precision of Motions	5	_____	<input type="checkbox"/> Good Expressions	<input type="checkbox"/> Needs polish
Formations/Spacing/Use of Floor	5	_____	<input type="checkbox"/> Good Transitions	<input type="checkbox"/> Formations need variety
Voice/Facial Expression	5	_____	<input type="checkbox"/> Good Jumps	<input type="checkbox"/> Watch spacing
Jumps	5	_____	<input type="checkbox"/> Good Voice	<input type="checkbox"/> Transitions sloppy
Choreography/Creativity	5	_____	<input type="checkbox"/> Levels variety of	<input type="checkbox"/> Jumps need synchronization
		_____	<input type="checkbox"/> Good Variety	<input type="checkbox"/> height/point toes/landing
	Subtotal: (30)	_____		<input type="checkbox"/> Poor attitude/unsportsmanlike

**POINT VALUE CHANGE**

<b>Open</b>			<input type="checkbox"/> Flashy/exciting	<input type="checkbox"/> Not together
Dance	8	_____	<input type="checkbox"/> Good incorporation	<input type="checkbox"/> Formations need variety
Tumbling	7	_____	<input type="checkbox"/> Good difficulty	<input type="checkbox"/> Level of difficulty
Partner Stunts/Pyramids	10	_____	<input type="checkbox"/> Moves match music	<input type="checkbox"/> Timing/rhythm off
		_____	<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"/> Level changes	<input type="checkbox"/> Watch dismount/cradle/timing
	Subtotal:(25)	_____	<input type="checkbox"/> Flow of dance	

<b>Overall Appeal</b>			<input type="checkbox"/> Good flow	<input type="checkbox"/> Choppy/doesn't flow
Choreography/Creativity	10	_____	<input type="checkbox"/> Good variety	<input type="checkbox"/> Transitions sloppy
Level of Difficulty	15	_____	<input type="checkbox"/> Very creative	<input type="checkbox"/> Monotonous
		_____	<input type="checkbox"/> Good difficulty	<input type="checkbox"/> Level of difficulty
		_____	<input type="checkbox"/> Music Interp	<input type="checkbox"/> Add variety
	Subtotal: (25)	_____		

<b>Projection</b>			<input type="checkbox"/> Excellent Spirit	<input type="checkbox"/> Keep Spirit
Expression/Spirit	10	_____	<input type="checkbox"/> Showy/Spirited	<input type="checkbox"/> Entire Routine
Showmanship		_____	<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	_____	<input type="checkbox"/> Clean Routine	<input type="checkbox"/> Routine needs polished
		_____	<input type="checkbox"/> Consistency	
		_____	<input type="checkbox"/> Sync/Precision	

**TOTAL: (100)** \_\_\_\_\_ **Judge's Signature:** \_\_\_\_\_



## State Tournament Program Information

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

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

**Deadline:** *Immediately After Regional-No Later Than November 21, 2019 @ Noon*

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

- ✓ Go to [www.wvssac.org](http://www.wvssac.org) click on Admin Login in the upper left corner of homepage
- ✓ As the school Administrator, type in your Username and Password in the appropriate sections and click on Login
- ✓ Click on Submit Rosters. Under Program select Senior and select **Cheer**
- ✓ Complete the School Information and head coaches information. Click Update/Continue
- ✓ Click the Sync button and enter the information requested, then save by clicking the Update/Save Roster button. Always view your roster for accuracy.
- ✓ If you don't find a student, go to the Eligibility Certificate Form and add the name and return to the Roster and click Sync button. **Note:** The Sync button feature has been added to update all names on the active Eligibility Certificate Form. Check for accuracy. Save all changes to your eligibility certificate and roster.

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

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

*Team Picture*

*Individual Head Coaches' Picture*

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

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

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

### **Questions Contact:**

*Katelyn Enoch*

*WVSSAC*

*2875 Staunton Turnpike*

*Parkersburg, WV 26104*

*Phone (304) 485-5494*

*Fax (304) 428-5431*

*Email: [katelyn.enoch@wvssac.org](mailto:katelyn.enoch@wvssac.org)*

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

**Sunday 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 May 1<sup>st</sup>.)

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

**Awards:** Team members can accept awards from school sponsoring a sanctioned event or the school. Wearing apparel, championship rings, equipment, athletic goods that exceeds \$20.00 are prohibited from any source. Rule 127-3-5.

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

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

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

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

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

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

## WVSSAC Rules and Regulation Handbook

**§127-2-13. Practice.**

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

13.2. The frequency and length of practice is at the discretion of each member school.

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

13.4. Individual players of a team must have practiced

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

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

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

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

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

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

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

## 127-4-3 Code for Interscholastic Athletics

3.7. *Statement of Policy.* Insofar as unsportsmanlike actions by students, school administrators, officials, coaches, faculty members, and spectators are concerned, the identical items under the Sportsmanship Rule along with the following guides will be referred to by the WVSSAC:

3.7.a. The school whose coach behaves in a manner likely to have adverse influence on the attitudes of students or spectators may be provided with the choice of taking disciplinary action against that coach or having the entire school disciplined by the WVSSAC.

3.7.b. Any student who in protest lays hands or attempts to lay hands upon an official may be declared ineligible by the principal or by the WVSSAC for up to one year. Any student who strikes an opponent, coach, or a spectator during or following an athletic event may be declared ineligible by the principal or the WVSSAC for a specified period of time up to one year, depending on the seriousness of the act.

3.7.c. Any coach, student, or bench personnel ejected by an official will be suspended for the remainder of the game, match, meet or contest. The coach, student, or bench personnel ejected by an official will also be suspended in additional contest(s): the suspension will be assessed based upon ten (10) percent of the allowed regular season contests or post season progression in a playoff tournament for each sport. Any tenth of a percentage from .1 to .4 will be a suspension equal to the whole number of the percent. Any tenth from .5 to .9 will be an additional contest added to the whole number. The suspension will include the number of indicated contests in that sport and at that level and all other sport contests in the interim at any level. A second ejection will result in the doubling of the suspension assessed for the first ejection. If an individual is ejected for a third time during the same sport season, the individual will be suspended from participating or coaching for 365 calendar days from the date of ejection. In accordance with rule 127-3-15.3, an individual ejected by an official may not appeal that ejection, or any subsequent suspension that is a consequence of the ejection by an official..

3.7.c.1. Any coach, player or bench personnel who has been ejected shall not be permitted to attend any contest(s) during said suspension. He/she shall not be affiliated with the team in any capacity. This would include but not be limited to transportation to or from the contest, meeting with the team before, during or after said contest. He/she is not permitted to be in sight or sound of said contest venue. Regular practice or team meetings not affiliated with a contest are permitted.

3.7.c.2. If suspensions are imposed to a student or bench personnel at the end of the sport season and no contest remains, the suspension is carried over to that particular sport until the next school year. In the case of a senior student, the penalty will continue to the next WVSSAC sponsored sport.

3.7.c.3. Any coach suspension that cannot be enforced during the sport season in which the ejection occurs will be enforced at the beginning of the next season of that same sport.

3.7.d. In case of spectators physically molesting an official, administrator, coach, or student, the school may be given one of two options: 1) file charges against the offender (s) or 2) accept discipline from the WVSSAC. Any person found guilty of W.Va. Code §61-2-15(a) Assault, Battery on Athletic Officials, while these individuals are working or as a result of working an athletic contest, shall be banned from all WVSSAC athletic events for a minimum of 365 days from the date of being found guilty. The school filing charges shall notify the WVSSAC of the incident and outcome of any legal action.

3.7.e. The school that does not lend complete cooperation in the host school's effort to promote the spirit of good sportsmanship may be disciplined by the WVSSAC.

3.7.f. A coach may be considered as committing unsportsmanlike conduct if they make degrading remarks about officials during or after a game either on the field of play, from the bench, or through any public news media, argues with officials, or goes through motions indicating dislike for a decision, protests the decision and actions of officials pertaining to the game during and after the contest, or detains the official on the field of play following a game to request a ruling or explanation of some phase of the game. If a coach feels he/she has a legitimate criticism of a penalty call or a request for a rule interpretation, such criticism or request should be made in the privacy of the coach's office or the official's quarters and should be made in a courteous manner.

3.7.g. A student or team attendant shall not leave the bench area, team box area, or their designated off-field area during a game or contest other than during that time permitted by game or contest rules. A coach shall not leave the bench area, team box area, or the designated off-field area during a game or contest other than during that time permitted by game or contest rules unless a student altercation is taking place and the official requests assistance. Violation of this rule shall cause the coach, student, or team attendant to be immediately ejected from the contest, team penalized according to game or contest rules and that coach, student, or team attendant will not be eligible to participate in the next contest as outlined in §127-4-2.3.

3.8. *Procedure.* Unsportsmanship action must be reported in detail to the WVSSAC. A copy of the complaint must also be filed with the principal of the school involved. Each principal involved shall report such information or answers to the report as they deem appropriate. Upon receipt of all reports, the Executive Director and/or the Board of Directors of the WVSSAC shall investigate and adjudicate such reports in accordance with the powers afforded in §127-1-8.6 and 8.7 and §127-1-12.2 and 12.3 of the Constitution. Penalties up to and including suspension of member schools may be made in accordance with §127-4.

3.9. The following defines the different types of disciplinary action which may be assessed for violation of any WVSSAC rule by a member school, administrator, coach, athlete or contest official:

3.9.a. *Warning.* A warning may be given by the Executive Director or Assistant Executive Director. It is official notice that an inexcusable, unethical, or unsportsmanship action has occurred, is a matter of record, and that such an occurrence must not be repeated.

3.9.b. *Probation.* Probation is a much more severe type of warning and may be expressed two ways: 1) a school, coach, student, or team attendant on probation is told that further violations will lead to a fine or suspension; and/or 2) a school on probation is on conditional WVSSAC membership but may engage in its regular schedule, sanctioned events, and all WVSSAC tournament play, providing a program is filed with the Executive Director of the WVSSAC indicating measures to be taken to alleviate this problem which caused the school to be placed on probation.

3.9.c. *Suspension.* A school/coach suspended from the WVSSAC may not meet in interscholastic competition of any kind with a WVSSAC member school or a school that is a member of another state associated with the National Federation of State High School Associations.

3.9.d. *Fine.* A fine may be levied by the Executive Director.

3.9.e. Each of these sanctions (Warning, Probation, suspension and Fine) may be imposed or levied separately, or in a combination of one or more sanctions.

3.10 *Appeals.* All cases involving disciplinary action against member schools, coaches, students, team attendants, or officials may be protested in accordance with §127-6. However, disciplinary action imposed by an official, including disciplinary action that is a consequence of a decision by an official, such as a suspension for an additional game or games as a consequence of an ejection, is governed by rule 127-3-15.3 and is not subject to appeal.

3.11 *Review of Ejections.* Disciplinary action imposed by a contest official, including disciplinary action that results in a suspension for an additional game or games as a consequence of an ejection, is not subject to appeal pursuant to Rule §127-6. However, if the individual ejected believes the ejection was improper, he/she may request a review of the ejection by his/her principal. If the principal believes there is merit in the requested review, the principal shall complete and submit the WVSSAC Ejection Review Form within 24 hours or the next business day of the ejection to the Executive Director of the WVSSAC. If a review is properly requested, the WVSSAC will review the officials' special report, the WVSSAC Ejection Review Form, and such other information as the WVSSAC deems appropriate. Upon review, the WVSSAC Executive Director or the designated Assistant Director will either sustain the ejection and any consequent suspension(s), or will determine the ejection was improper and void any consequent suspension(s). A decision by the WVSSAC upon reviewing an ejection is not subject to appeal pursuant to Rule §127-6.



## SPECTATOR SUPPORT INFORMATION FOR TOURNAMENTS

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

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

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

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

\* Not Permitted at State Tournament