

# Commissioner's Notes

June/July 2005

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## FROM THE COMMISSIONER'S DESK



The State Baseball Tournament is a part of history, and from the KHSAA perspective the school year is now officially over. We have had a great spring sports season with participation in Tennis, Track and Field, Softball and Baseball, at an excellent level. We are continually reminded that the boys and girls who participate in high school sports are the beneficiary of an experience that creates a lifetime memory. Additionally, I am happy to report that spectator support at all post-season events, particularly state championship events has been very good. This is an excellent sign that people recognize and appreciate the value of high school sports, which are still the purest example of sport for sports sake.

Special thanks go to Jim Sexton of Eastern High School for his leadership as President of the Board of Control for the 2004-05 school year. Congratulations are also in order for Jerry Taylor at Hart County High School who is the incoming Board President, and Gary Dearborn of Pendleton County High School who was elected Vice President for the 2005-06 school year.

Have a great summer!

## REMINDER ABOUT SUMMER START OF PRACTICE AND ELIGIBILITY

School representatives are reminded that athletes must be eligible by all KHSAA Bylaws prior to any PRACTICE, PLAY OR TRYOUT, in sports that begin official practice July 15 (see KHSAA Bylaw 9).

This includes restrictions on transferring students who are subject to Bylaw 6, as well as all other applicable KHSAA rules concerning age, academics and enrollment. Each summer, the fall sports coaches are often caught in a situation where students appear for tryouts or practice and the coach's inclination is to immediately allow participation with the squad.

It is imperative that administrators ensure that all eligibility rules are followed. No local district policy may supersede or overrule this important Bylaw.

## ANNUAL MEETING PROPOSALS DEADLINE

All proposals for the Annual Meeting of the Delegates must be submitted by the September 10 deadline to be presented at the Annual Delegate Assembly Meeting of member schools October 20, 2005 at the Lexington Center.

Proposals should be addressed to the attention of Julian Tackett, Assistant Commissioner. Prior to the meeting, proposals submitted will be posted on the KHSAA website as well as sent to each member school's delegate.

## MEMBER SCHOOLS REMINDED ABOUT HEAT INDEX REQUIREMENT

The Board of Control affirmed at its May meeting that the submission of the Heat Index Forms by each school participating in a fall sport is REQUIRED. The form, GE20, is to be maintained by each fall sports team on every day that a practice of any type is held. The form is available on the KHSAA web site, <http://www.khsaa.org/forms/ge20.pdf> or <http://www.khsaa.org/forms/ge20.doc>.

Complete information about the heat index plan and the manner in which data is to be collected can be found on the KHSAA web site, <http://www.khsaa.org> and then pull down the KMA/KHSAA Heat Information near the bottom of the page. The most important single document is the temperature chart, which allows for you to enter the temperature at the site of practice/play and the humidity, and it gives you the heat index. It is from that index that the determination must be made as to the removal of any equipment or the cessation of practice or play.

## 2006 HALL OF FAME INDUCTEES

Thirteen former high school coaches, athletes, officials and/or administrators make up the 19th class to be inducted into the Dawahares/KHSAA Hall of Fame. The class of 2006 will be inducted in ceremonies scheduled for Tuesday, March 14, 2006 at the Lexington Center. The induction of the 13 will bring the total number of individuals honored to 331.

The 2006 class is as follows: Earl Adkins, Richard Bedwell, Tom Hammond, Stan Hardin, James Holman, Joan Johnston, Charles Joseph, Rick Kestner, Carole Liedtke, George Lusby, Jimmie Reed, Kenny Rollins and Tom Steltenkamp.

## **SPORTSMANSHIP HONOREES**

Jill Duckworth of Henderson County and Austin Fitch of Paul Dunbar were named statewide scholarship winners at the annual First Corbin Financial Corporation/KHSAA Sportsmanship Recognition Banquet held Sunday, May 15 at the Hyatt Regency in Lexington. Each receive a \$3,000 scholarship, courtesy of First Corbin Financial Corporation

Following are regional winners: Region 1 - Jarad Key Lone Oak, Carrie Radke, Calloway County, Region 2 - Jill Duckworth, Henderson County, Thomas Webber, Lyon County, Region 3 - Thomas Vallandingham, Owensboro, Alexandra Payne, Hancock County, 4 - Eric Belt, Greenwood, Rachel Miller, Logan County, Region 5 - Phillip Warsaw, John Hardin, 5 Catherine Barnes, Bardstown, Region 6 - Chad Bowling, Holy Cross (Louisville), Mallory Harlow, Holy Cross (Louisville), Region 7 - Andrew Boyd, Eastern, Erin Ballard, Ballard, Region 8 - Emily Zenger, Shelby County, Aaron Hume, Anderson County, Region 9 - Joseph Spears, Holmes, Rachael Skerczak, Beechwood, Region 10 - Kenton Belcher, Pendleton County, Hannah Jefferson, Bracken County, Region 11 - Austin Fitch, Paul Dunbar, Kelly Eckert, Woodford County, Region 12 - Ashley Bell, Wayne County, Steven Sexton, Wayne County, Region 13 - Cara Catherine Rains, Williamsburg, Aaron Cash, Rockcastle County, Region 14 - Kayla Bentley, Jenkins, Matthew Lincoln Frazier, Whitesburg, Region 15 - Aaron Branham, East Ridge, Molly Burchett, Prestonsburg, Region 16 - Cody D. Gillum, Greenup County, Krista M. Kouns, East Carter.

## **SCHOOLS REMINDED OF DEADLINE TO PLAY SEEDED GAMES**

In districts that have voted to seed, all schools are reminded that each of those games involved in the seeding decision shall be played prior to the tournament meeting. In addition, the latest possible date for that meeting is the second Sunday prior to the start of postseason play. If the meeting is held PRIOR to the standard date, then all seeded games must be played prior to that meeting. Consult each sport's tournament rules for regulations regarding games unable to be played in a timely manner and how they are calculated in the seeding.

For the 2005-2006 school year, those meeting dates are: Volleyball and Soccer- Sunday October 2 (last seeded game must be completed by October 1)  
Basketball – Sunday, February 19 (last seeded game must be completed by February 18)  
Baseball and Softball, Sunday, May 14 (last seeded game must be completed by May 13)

## **ATHLETIC DIRECTORS CORNER**

New membership applications for the KHSADA are available for the 2005-2006 school year from Membership Committee Chair, Mitchell Irvin, mirvin@oldham.k12.ky.us. If you are retiring or leaving your Athletic Director's position, please forward the name of the new Athletic Director so we can insure that our mailing addresses, etc. are complete.

Need PD/EILA credit this summer? The Indiana Athletic Directors' Association/NIAAA is offering a Leadership Training Institute in Indianapolis, July 27 & 28. Contact bwhitehead@niaaa.org for additional information. If you complete a course there, please let Faye Thornton, CMAA, know so she can mail you your EILA certificate from Kentucky.

## **REVISED INTERPRETATION REGARDING PRE-SEASON SCRIMMAGES**

At the request of at least two sport Advisory Committees, and after consultation with the Board of Control, the Commissioner has issued a revision to the scrimmage definitions which will be in effect immediately and supersedes all other printed or issued interpretations.

Though most of the previous definitions remain intact, the primary change is to simplify the rule. In all KHSAA sponsored sports, each school is allowed two scrimmages. Each of these scrimmages is limited to a total of three hours from start to finish, but is no longer restricted in terms of the number of teams. For example, if an activity started at 9 a.m. and it involved players mixing up among several schools and it concludes at noon, it would be one scrimmage for each school involved.

Though most sports and schools may continue to use two traditional single school vs. single school activities as a scrimmage, this gives flexibility in all sports to make sure that players have at least some pre-season experience. The scrimmages limits still include all levels of play, not each level of play (in other words, there are not separate scrimmage allowances for freshman, junior varsity and varsity competition) as each SCHOOL has a total of two scrimmages, per sport. In addition, the three hour limit includes any breaks, meals or non-play time, as it is an aggregate start to finish limit. Most of the rest of the re-interpretation remains the same for the 2005-2006 seasons.

## **ATHLETIC ADMINISTRATORS WORKSHOP SCHEDULED**

This year's Athletic Administrators Workshop is scheduled for Friday, August 12, 2005 in Lexington at the KHSAA office. Registration information will be emailed to Principals, Athletic Directors and Superintendents in July with registration details.

## THREE TEAM DISTRICT SEEDING REMINDER

In all districts in volleyball, soccer, basketball, baseball and softball, if there are only three teams in the district, those districts SHALL be seeded, and playing in postseason cannot be decided by blind draw.

In those three team districts, each team shall play each of the other two teams twice, and there are tiebreakers in the tournament rules in the case that the games result in a tie as well as provisions for games unable to be played.

## REMINDER SWIMMING COACHES RULES CLINIC REQUIREMENT

Beginning with the 2005-06 school year, **ALL** head swimming coaches are required to attend an annual KHSAA Swimming and Diving Rules Clinic in order to be eligible to coach in post season play. The 2005 Rules Clinic dates are:

(All times are 6 p.m., unless noted otherwise)

- 8/30 Lexington, Paul Dunbar HS, TBA
- 9/17 Madisonville, Madisonville-North Hopkins HS, 9:00 a.m.
- 9/17 Bowling Green HS, 4:00 p.m.
- 9/19 Covington, Scott HS
- 9/21 Louisville, St. Xavier HS
- 11/15 Make-Up (\$75 Fine) Lexington, KHSAA Office, 1:30 p.m.

## CLARIFICATION ON PERMISSABLE GEAR DURING SUMMER FOOTBALL PRACTICE

**Case BL25-18- What equipment can be worn and what restrictions are in place for football practice during the summer.**

From the period that begins the day following the last date of school or June 1, whichever is earlier, through June 24, a football player may wear a helmet during any football specific drill or practice session that is supervised or attended by any member of the high school coaching staff, but may wear no other gear as defined by NFHS Football Rule 1, Section 5.

- From June 25 to July 9, no gear may be issued by a school directly to a player from that school, and the full provisions of the dead period (Bylaw 26) must be observed.

- From July 10 to July 14, a football player may wear a helmet during any football specific drill or practice session that is supervised or attended by any member of the high school coaching staff, but may wear no other gear as defined by NFHS Football Rule 1, Section 5.

- Member school players and teams may participate in unlimited non-contact simulations / passing leagues / pass skeleton drills during the period between June 1

and July 14 (exclusive of the dead period as described in Bylaw 26) as play is not regulated in KHSAA sports at this time. However, schools should note that there are no insurance provisions in place at this time.

- From July 15 through the last day of non-contact practice out of pads, a player may wear a helmet and shoulder pads during any football specific drill or practice that is supervised or attended by any member of the high school coaching staff, but may wear no other gear as defined by NFHS Football Rule 1, Section 5.

- In addition, it was specified that it should be recommended that both the helmet and shoulder pads be worn during the July 15 to first date of contact period in order to acclimate the player to the heat and the changes in body temperature brought on by additional pads and equipment.

- Beginning with the first legal date of contact practice, all other pads can be worn as defined in Rule 1-5.

- With the exception of the Dead Period, nothing about this interpretation prevents a school from allowing equipment to be issued to students for them to attend individual camps at other sites.

- Any activity in the summer prior to July 15 or any activity contradictory to the rules and regulations of the Association (including the interpretations as published), renders all insurance provisions null and void and places the member school, its coach and all of its players at risk for litigation and other problems.

- Nothing about any of the interpretations prevents smaller group learning experiences, individual camp attendance (outside of the dead period), team camp attendance (within the contact window and subject to the scrimmage limitations).

## SCHOOLS REMINDED OF CRITICAL NEED TO UPDATE INFORMATION

At this time of year, administrators and coaches are changing schools, retiring, moving to other careers, etc. This is a critical time for the KHSAA to keep its information up to date about your school.

If you are leaving your school, please take the time to update your information one last time by going through the Members Only Link on the KHSAA web site to update the information as of now.

The link is:

(<http://www.khsaa.org/memberschoolpage.html>)

Much effort has been expended by staff and the member schools over the last year in making sure of the accuracy of the information, and your cooperation is greatly appreciated. If you need password assistance, contact Marilyn Mitchell at the KHSAA ([mmitchell@khsaa.org](mailto:mmitchell@khsaa.org)).

## GAME/CONTEST CONTRACTS

The KHSAA recommends that formal contracts be written in all sports and include all terms and conditions for participation. School personnel are reminded that the KHSAA Constitution Article 8 Section B states:

"The Association will not undertake to enforce oral contracts or oral agreements to changes in written contracts."

## CHEER WORKSHOP

The KHSAA has scheduled the Annual Cheerleading Workshop on Saturday, August 27, 2005 (9:00 a.m.) at the KHSAA office in Lexington. Details will be available soon on the KHSAA website.

## MAJOR CHANGE IN BASKETBALL SCHEDULING FOR 2008-09 AND BEYOND

With the finalizing of the girls' basketball state sites for 2007-2011, as approved by the Board of Control in May, and following a year-long review of scheduling conflicts existing with the current timelines of tournament play, the Board has set the dates for postseason play in 2009 and beyond to be one week earlier than the current season.

Over the past year, the Board and staff have studied conflicts in the March activity schedules in our schools,

which are compounded by 1) alternative and traditional spring break dates being shifted to earlier in the school year; 2) the school's needs for earlier breaks to prepare for testing, etc. and 3) conflicts with Easter and other holidays and observances. This coupled with the Board's stated desire and policy to play the Boys' State Tournament during the NCAA Mens' First Round week factored into the Board's consideration. Ultimately, the determination was made to leave the boys' basketball tournament in its current week to minimize the conflicts with other activities, and make a slight adjustment to the scheduling for the girls' tournament to ensure that it was not constantly conflicting with other activities and observances.

For the 2005-2006 through 2006-2007 season, there is no change necessary to any schedules. For the 2007-2008 season, the corresponding dates change due to a change in the NCAA dates and the inherent conflicts, yet the KHSAA season will remain the same length. However in 2008-2009 and beyond, the district basketball tournaments will move to corresponding week 34 of the NFHS calendar, effectively shortening the season by one week.

Below is printed the Corresponding Date chart for the next few years to allow for advance scheduling:

Week	2004-05	2005-06	2006-07	2007-08	2008-09
State 2	3/20-3/26 (38) (G)	3/19-3/25 (38) (G)	3/18-3/24 (38) (B)	3/17-3/23 (38) (B)	3/10-3/16 (37) (B)
State 1	3/13-3/19 (37) (B)	3/12-3/18 (37) (B)	3/11-3/17 (37) (G)	3/10-3/16 (37) (G)	3/3 -3/9 (36) (G)
Region	3/6-3/12 (36)	3/5-3/11 (36)	3/4 -3/10 (36)	3/3 -3/9 (36)	2/24-3/2 (35)
District	2/27-3/5 (35)	2/26-3/4 (35)	2/25-3/3 (35)	2/24-3/2 (35)	2/17-2/23 (34)
Week 12	2/20-2/26 (34)	2/19-2/25 (34)	2/18-2/24 (34)	2/17-2/23 (34)	2/10-2/16 (33)
Week 11	2/13-2/19 (33)	2/12-2/18 (33)	2/11-2/17 (33)	2/10-2/16 (33)	2/3-2/9 (32)
Week 10	2/6-2/12 (32)	2/5-2/11 (32)	2/4-2/10 (32)	2/3-2/9 (32)	1/27-2/2 (31)
Week 9	1/30-2/5 (31)	1/29-2/4 (31)	1/28-2/3 (31)	1/27-2/2 (31)	1/20-1/26 (30)
Week 8	1/23-1/29 (30)	1/22-1/28 (30)	1/21-1/27 (30)	1/20-1/26 (30)	1/13-1/19 (29)
Week 7	1/16-1/22 (29)	1/15-1/21 (29)	1/14-1/20 (29)	1/13-1/19 (29)	1/6-1/12 (28)
Week 6	1/9-1/15 (28)	1/8-1/14 (28)	1/7-1/13 (28)	1/6-1/12 (28)	12/30 -1/5 (27)
Week 5	1/2 -1/8 (27)	1/1 -1/7 (27)	12/31 -1/6 (27)	12/30 -1/5 (27)	12/23-12/29 (26)
Week 4	12/26-1/1 (26)	12/25-12/31 (26)	12/24-12/30 (26)	12/23-12/29 (26)	12/16-12/22(25)
Week 3	12/19-12/25 (25)	12/18-12/24(25)	12/17-12/23(25)	12/16-12/22(25)	12/9-12/15(24)
Week 2	12/12-12/18 (24)	12/11-12/17(24)	12/10-12/16(24)	12/9-12/15(24)	12/2-12/8 (23)
Week 1	12/5-12/11 (23)	12/4-12/10 (23)	12/3-12/9 (23)	12/2-12/8 (23)	11/25-12/1 (22)
Week 0	11/28-12/4 (22)	11/27-12/3 (22)	11/26-12/2 (22)	11/25-12/1 (22)	
1st Contest	11/29/04	11/28/05	11/27/06	11/26/07	11/24/08
Practice	10/15 (15)	10/15 (15)	10/15 (15)	10/15 (15)	10/15 (15)

"A" - The State portion of the All "A" Classic Invitational is normally played in Week 31 (playing week 10)

Numbers in parenthesis refer to the National Federation Corresponding Date Master Chart

Schools should be mindful that these dates serve as a guide, but do not supercede the Limitation of Seasons with respect to starting dates and limits of games.



### KENTUCKY HIGH SCHOOL ATHLETIC ASSOCIATION HEAT INDEX MEASUREMENT AND RECORD

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

DATE	TIME	TEMP	HUMIDITY	HEAT INDEX (from chart)	ACTIVITY REVISION??	SIGNATURE

Using the following scale, activity should be altered and / or eliminated based on this Heat Index as determined –

Under 95 degrees Heat Index	Provide ample amounts of water. Mandatory water breaks every 30 minutes for 10 minutes in duration; Ice-down towels for cooling; Watch athletes carefully.
95 degrees to 99 degrees Heat Index	Provide ample amounts of water. Mandatory water breaks every 30 minutes for 10 minutes in duration; Ice-down towels for cooling; Watch athletes carefully. Helmets removed if not in contact; reduce time of outside activity. Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index.
100 degrees to 104 degrees Heat Index	Provide ample amounts of water. Mandatory water breaks every 30 minutes for 10 minutes in duration; Ice-down towels for cooling; Watch athletes carefully. Alter uniform by removing items except dry t-shirts and shorts. Reduce time of outside activity. Postpone practice to later in day. Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index.
Above 104 degrees Heat Index	Stop all outside activity in practice and/or play.

# Heat Index Calculation and Chart Temperature (In Fahrenheit)

**Relative Humidity at Site**

	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99
100	84	87	91	95	99	103	107	112	116	121	126	132	137	143	149	155	161	168	174	181	188
99	84	87	91	94	98	102	106	111	116	120	125	131	136	142	147	153	160	166	172	179	186
98	84	87	90	94	98	102	106	110	115	120	124	130	135	140	146	152	158	164	171	177	184
97	84	87	90	94	97	101	105	110	114	119	124	129	134	139	145	151	157	163	169	176	182
96	83	87	90	93	97	101	105	109	113	118	123	128	133	138	144	149	155	161	167	174	180
95	83	86	90	93	97	100	104	108	113	117	122	127	132	137	142	148	154	160	166	172	179
94	83	86	89	93	96	100	104	108	112	116	121	126	131	136	141	147	152	158	164	170	177
93	83	86	89	92	96	99	103	107	111	116	120	125	130	135	140	145	151	157	162	169	175
92	83	86	89	92	95	99	103	106	111	115	119	124	129	133	139	144	149	155	161	167	173
91	83	86	89	92	95	98	102	106	110	114	118	123	127	132	137	143	148	154	159	165	171
90	83	86	88	91	95	98	102	105	109	113	117	122	126	131	136	141	147	152	158	164	170
89	83	85	88	91	94	98	101	105	109	113	117	121	125	130	135	140	145	151	156	162	168
88	83	85	88	91	94	97	101	104	108	112	116	120	125	129	134	139	144	149	155	160	166
87	83	85	88	91	94	97	100	104	107	111	115	119	124	128	133	138	143	148	153	159	164
86	83	85	88	90	93	96	100	103	107	110	114	118	123	127	132	136	141	146	152	157	163
85	83	85	87	90	93	96	99	102	106	110	113	117	122	126	130	135	140	145	150	155	161
84	82	85	87	90	93	96	99	102	105	109	113	117	121	125	129	134	139	144	149	154	159
83	82	85	87	90	92	95	98	101	105	108	112	116	120	124	128	133	137	142	147	152	158
82	82	85	87	89	92	95	98	101	104	108	111	115	119	123	127	132	136	141	146	151	156
81	82	84	87	89	92	94	97	100	104	107	110	114	118	122	126	131	135	140	144	149	155
80	82	84	86	89	91	94	97	100	103	106	110	113	117	121	125	129	134	138	143	148	153
79	82	84	86	89	91	94	96	99	102	106	109	113	116	120	124	128	133	137	142	146	151
78	82	84	86	88	91	93	96	99	102	105	108	112	115	119	123	127	131	136	140	145	150
77	82	84	86	88	90	93	96	98	101	104	108	111	115	118	122	126	130	135	139	144	148
76	82	84	86	88	90	93	95	98	101	104	107	110	114	117	121	125	129	133	138	142	147
75	82	84	85	88	90	92	95	97	100	103	106	109	113	116	120	124	128	132	136	141	145
74	82	83	85	87	89	92	94	97	100	103	106	109	112	116	119	123	127	131	135	140	144
73	82	83	85	87	89	91	94	96	99	102	105	108	111	115	118	122	126	130	134	138	143
72	82	83	85	87	89	91	93	96	99	101	104	107	111	114	117	121	125	129	133	137	141
71	81	83	85	87	89	91	93	96	98	101	104	107	110	113	116	120	124	127	131	136	140
70	81	83	85	86	88	90	93	95	98	100	103	106	109	112	116	119	123	126	130	134	138
69	81	83	84	86	88	90	92	95	97	100	102	105	108	111	115	118	122	125	129	133	137
68	81	83	84	86	88	90	92	94	97	99	102	105	108	111	114	117	121	124	128	132	136
67	81	83	84	86	88	90	92	94	96	99	101	104	107	110	113	116	120	123	127	131	135
66	81	82	84	86	87	89	91	93	96	98	101	103	106	109	112	115	119	122	126	129	133
65	81	82	84	85	87	89	91	93	95	98	100	103	105	108	111	114	118	121	125	128	132
64	81	82	84	85	87	89	91	93	95	97	99	102	105	108	110	114	117	120	123	127	131
63	81	82	84	85	87	88	90	92	94	97	99	101	104	107	110	113	116	119	122	126	130
62	81	82	83	85	86	88	90	92	94	96	98	101	103	106	109	112	115	118	121	125	128
61	81	82	83	85	86	88	90	91	93	96	98	100	103	105	108	111	114	117	120	124	127
60	81	82	83	84	86	88	89	91	93	95	97	100	102	105	107	110	113	116	119	123	126
59	81	82	83	84	86	87	89	91	93	95	97	99	102	104	107	109	112	115	118	122	125
58	81	82	83	84	85	87	89	90	92	94	96	99	101	103	106	109	111	114	117	120	124
57	80	81	83	84	85	87	88	90	92	94	96	98	100	103	105	108	111	113	116	119	123
56	80	81	83	84	85	86	88	90	92	93	95	98	100	102	105	107	110	113	115	118	122
55	80	81	82	84	85	86	88	89	91	93	95	97	99	101	104	106	109	112	114	117	120
54	80	81	82	83	85	86	87	89	91	93	94	96	99	101	103	106	108	111	114	116	119
53	80	81	82	83	84	86	87	89	90	92	94	96	98	100	103	105	107	110	113	116	118
52	80	81	82	83	84	86	87	88	90	92	94	96	98	100	102	104	107	109	112	115	117
51	80	81	82	83	84	85	87	88	90	91	93	95	97	99	101	104	106	108	111	114	116
50	80	81	82	83	84	85	86	88	89	91	93	95	97	99	101	103	105	108	110	113	115
49	80	81	82	83	84	85	86	88	89	91	92	94	96	98	100	102	105	107	109	112	115
48	80	81	81	82	84	85	86	87	89	90	92	94	96	97	100	102	104	106	109	111	114
47	80	81	81	82	83	85	86	87	88	90	92	93	95	97	99	101	103	105	108	110	113
46	80	80	81	82	83	84	86	87	88	90	91	93	95	96	98	100	103	105	107	109	112
45	80	80	81	82	83	84	85	87	88	89	91	92	94	96	98	100	102	104	106	109	111
44	80	80	81	82	83	84	85	86	88	89	91	92	94	96	97	99	101	103	106	108	110
43	79	80	81	82	83	84	85	86	87	89	90	92	93	95	97	99	101	103	105	107	109
42	79	80	81	82	83	84	85	86	87	88	90	91	93	95	96	98	100	102	104	106	109
41	79	80	81	82	82	83	85	86	87	88	90	91	93	94	96	98	100	101	104	106	108
40	79	80	81	81	82	83	84	85	87	88	89	91	92	94	95	97	99	101	103	105	107

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| Under 95 HI      | <ul style="list-style-type: none"> <li>❖ 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; Mandatory water breaks every 30 minutes for 10 minutes in duration; Ice-down towels for cooling</li> <li>❖ Watch/monitor athletes carefully for necessary action</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| 95 HI to 99 HI   | <ul style="list-style-type: none"> <li>❖ 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; Mandatory water breaks every 30 minutes for 10 minutes in duration; Ice-down towels for cooling; Watch/monitor athletes carefully for necessary action.</li> <li>❖ Contact sports and activities with additional equipment - Helmets and other possible equipment removed if not involved in contact or necessary for safety.</li> <li>❖ Reduce time of outside activity. Consider postponing practice to later in the day.</li> <li>❖ Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index.</li> </ul>                                                                                                                                                                           |
| 100 HI to 104 HI | <ul style="list-style-type: none"> <li>❖ 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; Mandatory water breaks every 30 minutes for 10 minutes in duration; Ice-down towels for cooling; Watch/monitor athletes carefully for necessary action; 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 day.</li> <li>❖ Contact sports and activities with additional equipment - Helmets and other possible equipment removed if not involved in contact or necessary for safety. If necessary for safety, suspend activity.</li> <li>❖ Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index.</li> </ul> |
| Above 104 HI     | <ul style="list-style-type: none"> <li>❖ All Sports - Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |

## 2005-06 KHSAA RULES CLINICS

(As of May 2, 2005)

It is an Association requirement that each licensed official and head coach attend a rules interpretation clinic conducted by the KHSAA (ByLaw 26, Sec. 2). Officials who have not met the requirement will not be permitted to officiate any postseason contest. Coaches who have not met the requirement will not be permitted to coach any postseason contest.

For 2005-06, approved KHSAA rules clinic sites and dates. ALL TIMES ARE LOCAL.

### BASEBALL

(All times are 7 p.m., unless noted otherwise)

- 1/14 Louisville, Holiday Inn, Fern Valley  
(w/ Coaches Conference, registered coaches only), 11:00 a.m.
- 1/25 Florence, Boone Co. HS
- 1/29 Cadiz, Trigg Co. HS, 5:00 p.m.
- 1/30 London, North Laurel HS
- 1/31 Bowling Green HS
- 2/4 Paintsville, Johnson Central HS, 9:00 a.m.
- 2/8 Lexington, Tates Creek HS
- 2/12 Elizabethtown, John Hardin HS, 3:00 p.m.
- 4/12 Makeup Clinic (\$75 Fine) Lexington, KHSAA Office, 1:30 p.m.

### BASKETBALL

(All times are 7 p.m., unless noted otherwise)

- 10/10 Paris, Bourbon Co. HS
- 10/11 Newport HS
- 10/12 London, South Laurel HS
- 10/13 Grayson, East Carter HS
- 10/17 Louisville, TBA
- 10/18 Bardstown, Nelson Co. HS
- 10/19 Eastern, Allen Central HS
- 11/7 Owensboro, Apollo HS
- 11/8 Eddyville, Lyon Co. HS
- 11/9 Bowling Green HS
- 12/14 Make-Up Clinic (\$75 fine) Lexington, KHSAA Office, 1:30 p.m.

### CROSS COUNTRY

(All times are 7 p.m., unless noted otherwise)

- 7/21 Somerset, Pulaski Co. HS
- 7/25 Covington Catholic HS
- 7/26 Ashland, Boyd Co. HS
- 7/27 Elizabethtown, John Hardin HS
- 7/28 Louisville, Christian Academy HS
- 7/31 Bowling Green HS, 5:00 p.m.
- 8/8 Cadiz, Trigg Co. HS
- 8/16 Lexington, Tates Creek HS
- 9/14 Makeup Clinic (\$75 Fine) Lexington, KHSAA Office, 1:30 p.m.

### FIELD HOCKEY

(All times are 7 p.m., unless noted otherwise)

- 7/26 Louisville, TBA
- 8/2 Louisville, TBA
- 8/6 Louisville (Play Day), TBA

### FOOTBALL

(All times are 7 p.m., unless noted otherwise)

- 6/23 Danville, Centre College, w/ KFCA (registered only), 6:30 p.m.
- 7/31 Bowling Green HS, 3:00 p.m.
- 8/2 London, North Laurel HS
- 8/3 Newport, HS
- 8/4 Louisville, Christian Academy HS
- 8/9 Mayfield HS
- 8/10 Lexington, Tates Creek HS
- 8/11 Elizabethtown, John Hardin HS, 3:00 p.m.
- 8/14 Paintsville, Johnson Central HS, 3:00 p.m.
- 9/21 Makeup Clinic (\$75 Fine) Lexington, KHSAA Office, 1:30 p.m.

### GOLF

(All times are 7 p.m., unless noted otherwise)

- 7/13 Owensboro, Daviess Co. HS
- 7/20 London, South Laurel HS
- 7/21 Florence, Boone Co. HS
- 7/27 Paintsville, Johnson Central HS
- 7/28 Lexington, KHSAA Office
- 8/16 Bowling Green HS
- 8/17 Murray HS
- 8/18 Louisville, Christian Academy HS
- 9/13 Make-Up Clinic (\$75 Fine), Lexington, KHSAA Office

### SOCCER

(All times are 6:30 p.m., unless noted otherwise)

- 7/27 Grayson, East Carter HS
- 7/29 Frankfort (w/Coaches Association Conference), Holiday Inn
- 8/1 Louisville, Fern Creek, 7:00 p.m.
- 8/6 Cadiz, Lake Barkley State Resort, (w/WKSOA Meeting), 11 a.m.
- 8/7 Bowling Green HS, 2:00 p.m.
- 8/8 Elizabethtown, HS
- 8/10 Erlanger, St. Henry HS
- 8/11 Somerset, Pulaski Co. HS
- 9/8 Make-Up (\$75 Fine) Lexington, KHSAA Office, 1:30 p.m.

### SOFTBALL

(All times are 6:30 p.m., unless noted otherwise)

- 1/21 Danville, W/KSCA Conference, Site TBA, 1:00 p.m.
- 1/22 London, North Laurel HS, 3:00 p.m.
- 1/23 Florence, Boone Co. HS
- 1/25 Lexington, Paul Dunbar HS
- 1/29 Cadiz, Trigg Co. HS, 3:00 p.m.
- 1/30 Bowling Green HS
- 2/4 Paintsville, Johnson Central HS, 11:00 a.m.
- 2/6 Bardstown HS
- 2/8 Louisville, Christian Academy HS
- 4/12 Make-Up (\$75 Fine) Lexington, KHSAA Office, 1:30 p.m.

### SWIMMING

(All times are 6 p.m., unless noted otherwise)

- 8/30 Lexington, Paul Dunbar HS, TBA
- 9/17 Madisonville, Madisonville-North Hopkins HS, 9:00 a.m.
- 9/17 Bowling Green HS, 4:00 p.m.
- 9/19 Covington, Scott HS
- 9/21 Louisville, St. Xavier HS
- 11/15 Make-Up (\$75 Fine) Lexington, KHSAA Office, 1:30 p.m.

### TRACK

(All times are 7 p.m., unless noted otherwise)

- 1/23 Somerset, Pulaski Co. HS
  - 1/24 Louisville, Christian Academy
  - 1/29 Cadiz, Trigg Co. HS
  - 2/1 Bowling Green HS
  - 2/2 Covington Catholic HS
  - 2/12 Elizabethtown, John Hardin HS, 5:00 p.m.
  - 2/22 Lexington, Tates Creek HS
  - 3/5 Paintsville, Johnson Central HS, 3:00 p.m.
  - 4/11 Makeup Clinic (\$75 Fine) Lexington, KHSAA Office
- An additional track clinic may be added to coincide with the KTCCCA State Conference.*

### VOLLEYBALL

(All times are 7 p.m., unless noted otherwise)

- 7/25 Lexington, KHSAA Office
- 7/26 Louisville, Fern Creek HS
- 8/7 Cadiz, Trigg Co. HS, 2:00 p.m.
- 8/8 Bowling Green HS
- 8/9 Owensboro, Daviess Co. HS
- 8/10 Covington, Scott HS
- 8/11 Paintsville, Johnson Central HS
- 8/14 Bardstown HS, 3:00 p.m.
- 8/15 Morehead, Rowan Co. HS
- 8/22 London, North Laurel HS
- 9/21 Make-Up Clinic (\$75 Fine) Lexington, KHSAA Office

### WRESTLING

(All times are 7 p.m., unless noted otherwise)

- 10/5 Hebron, Conner HS
- 10/6 Louisville, Christian Academy HS
- 10/9 Princeton, Caldwell Co. HS, 3:00 p.m.
- 10/10 Lexington, KHSAA
- 10/12 Makeup Clinic (\$75 Fine) Lexington, KHSAA Office, 1:30 p.m.

## 2005-2006 KENTUCKY HIGH SCHOOL ATHLETIC ASSOCIATION SPORTS SEASON REFERENCE CALENDAR

(as of 5/23/05)

Sport	First Practice	First Contest Date	Max # of Regular Contests	District	Regional	Semi-State/ Q-Finals Sub-Sectional	Sectionals	Semis	State	State Championship Site
Girls' Golf	July 15	Aug. 1	20 Rounds		Sept. 24-27				Oct. 3-5	Rolling Hills Country Club, Paducah
Boys' Golf	July 15	Aug. 1	20 Rounds		Sept. 24-27				Oct. 5-7	Country Club of Paducah, Paducah
Girls' Soccer	July 15	Aug. 15	17	Oct. 10-14	Oct. 17-21	Oct. 25	Oct. 27	Nov. 3	Nov. 5	Rawlings Stadium Georgetown College, Georgetown
Boys' Soccer	July 15	Aug. 15	17	Oct. 10-14	Oct. 17-21	Oct. 24	Oct. 26	Nov. 2	Nov. 5	Rawlings Stadium, Georgetown College, Georgetown
Girls' Volleyball	July 15	Aug. 8	20	Oct. 10-15	Oct. 17-22				Oct. 28-29	TBA
Girls' & Boys' Cross Country	July 15	Aug. 15	13		Oct. 29-Nov. 5				Nov. 12	Kentucky Horse Park, Lexington
Football	July 15 (helmet & shoulder pads) (Contact based on start of school)	Aug. 19	10	Nov. 4-5	Nov. 11-12	Nov. 18-19		Nov. 25-26	Dec. 2-3	Papa John's Cardinal Stadium, Louisville
Boys' & Girls' Swimming & Diving	Oct. 1	Nov. 15	15		Jan. 30-Feb. 4				Feb. TBA	TBA
Wrestling	Oct. 15	Nov. 21	17		Feb. 10-11				Feb. 16-18	Frankfort Convention Complex, Frankfort
Boys' Basketball	Oct. 15	Nov. 28	24	Feb. 27- March 4	March 6-11				March 15-18	Rupp Arena, Lexington
Girls' Basketball	Oct. 15	Nov. 28	24	Feb. 27- March 4	March 6-14				March 22-25	WKU E.A. Diddle Arena, Bowling Green
Slow Pitch Softball	Feb. 15	March 27	30		May 12-13				May 20	RiverShore Sportsplex, Hebron
Boys' Tennis	Feb. 15	March 27	22		May 12-20				May 25-27	UK Boone/Downing Tennis Complex, Lexington
Girls' Tennis	Feb. 15	March 27	22		May 12-20				May 25-27	UK Boone/Downing Tennis Complex, Lexington
Outdoor Track/Field	Dec. 1	March 27	15		May 20-27				June 2-3	UK Shively Track, Lexington
Indoor Track/Field	Dec. 1	January 1	4							
Fast Pitch Softball	Feb. 15	March 27	30	May 22-27	May 29- June 3				June 9-10	Skyview Park, Jeffersontown
Baseball	Feb. 15	March 27	30	May 22-27	May 29- June 3	June 7-9			June 14-17	Applebee's Park, Lexington





**Kentucky High School Athletic Association**  
 2280 Executive Drive  
 Lexington, KY 40505  
 (859) 299-5472 • FAX: (859)293-5999  
**2005-06 Publication Order Form**

KHSAA Form GE44  
 Revised 6/05

**Name** \_\_\_\_\_  
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	Quantity	Mail order	Walk-in	Extended Price
<b>KHSAA PUBLICATIONS</b>				
Athlete Magazine (1 year subscription-4 issues), each school provided two subscriptions through its Principal and Athletic Director, Superintendents are provided one, use this form to order additional.		15.00		
Year-End Athlete Results (included with subscription)		9.00	5.00	
KHSAA Handbook, each school provided two copies through its Principal and Athletic Director, Superintendents are provided one copy, use this form to order additional.		15.00	10.00	
3-Ring Handbook (insert & binder)		30.00	25.00	
3-Ring Handbook (insert)		20.00	15.00	
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Baseball Program		7.00	3.00	
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Basketball (G) Program		8.00	4.00	
Fast Pitch Softball Program		7.00	3.00	
Football Program		9.00	4.00	
Slow Pitch Softball Program		4.00	2.00	
Volleyball Program		7.00	3.00	
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Post-Event Results – Cross Country, Golf, Swimming, Tennis, Track or Wrestling	Sport -	5.00	3.00	

<b>PLAYING RULE BOOKS</b> , each school that has properly reported participation is provided one copy of each through its head coach, use this form to order additional.	<b>Quantity</b>	<b>Mail order</b>	<b>Walk-in</b>	<b>Extended Price</b>
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