



KHSAA Overview

- KHSAA, private, non-profit organization
- Designated by the Kentucky Board of Education to manage athletics through 702 KAR 7:065 as a part of KRS 156.070(2) and receives its enforcement authority from the Kentucky General Assembly.
- This process gives the KHSAA rules and regulations the force of state regulation, but also means that change is necessarily slow due to the process.
- Today we review a few rules and provisions coaches need to know.

Bylaw Review

- Student Eligibility. If you have questions about the following rules, you should refer the specific case to your school administrator
 - Bylaw 4 – Enrollment – Issues such as repeating a grade (ineligible), being enrolled at another school (ineligible) and maximum number of years to play
 - Bylaw 5 – Academics – Coaches should assist as directed by the athletic administrators, but should not attempt to issue rules interpretations
 - Bylaw 6 – Transferring Students into your school and Bylaw 7 – Foreign Exchange Students. Cannot practice or play during the Limitation of seasons period until eligible. NOTE: Practice prior to being ruled eligible at other times of the year could result in Bylaw 10 (recruitment) findings.
 - Bylaw 12- Be very careful what your athletes receive as awards. Contact your AD for information.

Bylaw Review

- Bylaw 2- Physical Exam and Insurance
 - Original copy of physical exam should remain in a secure, private, locked area maintained by the Athletic Administrator until the student has graduated.
 - Take a copy of the student's current permission to treat form (part of physical form) to all games
 - Take a copy of student insurance information to all games.
 - Secure the form copies when traveling away from home to where the information is maintained privately. Destroy all extra copies after season once confirmed original has been maintained

Bylaw Review

- Bylaw 10
 - Cannot offer benefits to athletes that are not available to the entire student body, or to entice a student through sports to attend a specific school
 - Any coach who is contacted by a student, parent or other individual is to immediately refer the individual to school administration (Principal or designee)
 - Complete details online at KHSAA web site of impermissible activities such as assistance with housing, transportation, tickets, employment and many other identified items.
 - Allegations of violation must be in writing to the Association

Bylaw Review

- Bylaw 11
 - No change in disqualification penalties for 2012-2013
 - Ejected players are automatically ineligible the remainder of the day and for next 2 contests (at minimum) at the level ejected
 - Ejected coaches or other adults automatically ineligible the remainder of the day and for next 3 contests (at minimum) at the level ejected
 - Second ejection automatically 1 additional contest in addition to minimum penalty
 - Third penalty in same sport results in remainder of season suspension
 - All requests for reinstatement must be done using web site, and no person may be reinstated until school has made request

Social Media has introduced an entirely new series of problems, Social Media IS media. Players, Coaches and Officials will be held accountable for social media comments

Bylaw Review

■ Bylaw 11 – For Officials

- Disqualifications must be submitted within 24 hours
- Disqualifications must be submitted for all grade 9-12 levels
- Disqualifications must be submitted online only
- Different link on officials page to report ejection of out of state participant or coach
- When reporting disqualifications, avoid being overly dramatic or emotional. Just the facts. Use the "needs investigation link" if you feel staff needs to do further research
- Avoid using foul language, many computer filters will not send the message.
- Do not tell coaches length of suspension, etc., just make report.



Bylaw Review

■ Bylaw 11 – For Officials

- Do not give your opinions about penalties, once the situation is administered during the game, your job is complete following submission of report
- Some sports have warning rules (i.e. Baseball restriction, Basketball 1st technical requires seating, etc.). USE THESE PROVISIONS, EJECTION SHOULD BE LAST RESORT
- If you need help (i.e. a fight breaks out and you don't know who was involved) be sure your report asks for help in determining individuals. KHSAA can utilize video, etc. to help in that situation
- The KHSAA will absolutely defend your enforcement of conduct rules, particularly foul language. Provided you model the expected conduct and don't use similar language, the staff will support your efforts.



Bylaw Review

■ Bylaw 23 – Sanctions

- KHSAA Member schools may not take part in contests for which an outside organization derives a financial profit from ticket sales.
- KHSAA schools may only play member schools of the KHSAA, and those schools that are members of their respective state athletic associations
- KHSAA member schools may NOT play non-member schools from out of state who are on specific "approved" lists for other states.
- Contracts are NOT VALID if not signed by the Principal or Designated Representative of the school



Bylaw Review

■ Bylaw 25

- Section 1 applies to all sports (and cheer) including consecutive days, too many contests or scrimmages. School travel governed by local policy.
- Each sport has specific limitations on contests and how they are counted
- Member school coaches MAY attend and be involved with students on their squads during the offseason during the school year, if approved by the school Principal and in accordance with KHSAA rules



Bylaw Review

■ Bylaw 26

- Dead Period – June 25 to July 9, inclusive of both dates
- Coaches cannot be with their squad members, nor can they communicate with them about sports specific activity, meetings, workouts, etc.
- Athletes cannot use the athletic facilities owned or managed by the school
- When in doubt, keep in mind, DEAD MEANS DEAD
- Coaches with children playing for a team may ATTEND the games played by those students, provided that they are fully participating squad members, but may NOT COACH those students
- See KHSAA web site for more details



Bylaw Review

■ Bylaw 27 – Coaching Requirements for Sport Coaches

- All coaches must meet requirements
- Coach is a coach whether or not paid, regardless of sport or level (head or assistant, freshman, JV or varsity). Pay is individual district decision
- If instruction given to the team as a unit off-site, the person must meet coaching criteria.
- If instruction is given to one or more team members at the school or school owned site, the person must meet coaching criteria
- NEW FOR 2012-2013- All head and assistant coaches must have credit for rules clinic



Wrap Up

- Thanks for this time to review some of the key KHSAA Bylaws and rulings. If you have questions, please contact your Athletic Director or refer to the KHSAA web site at www.khsaa.org



National Federation of State High School Associations



Kentucky High School Athletic Association



2012-2013 KHSAA Policy Related to Concussions in Sports

Julian Tackett, Commissioner
KHSAA

Take Part. Get Set For Life.™

KHSAA CONCUSSION PROTOCOL FOR COACHES AND OFFICIALS

Background

- Baseline defined a concussion as a brain injury that results in a temporary disruption of normal brain function
- A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body
- Athletes with continued concussion symptoms are at significant risk for recurrent, cumulative and even catastrophic consequences of a second concussive injury. Continued focus on both the initial AND subsequent injuries!
- Lots of research and information coming from a variety of fronts on the topic. No equipment purchased can concussion-proof an athlete!



CDC Concussions Signs and Symptoms

What are the Signs and Symptoms of Concussion?

Most people with a concussion recover quickly and fully. But for some people, symptoms can last for days, weeks, or longer. In general, recovery may be slower among older adults, young children, and teens. Those who have had a concussion in the past are also at risk of having another one and may find that it takes longer to recover if they have another concussion.

Symptoms of concussion usually fall into four categories:

Thinking/Remembering	Physical	Emotional/Mood	Sleep
Difficulty thinking clearly	Nausea	Irritability	Sleeping more than usual
Feeling slowed down	Blurry or blurry vision	Sadness	Sleep less than usual
Difficulty concentrating	Fatigue or vomiting (early on)	More emotional	Trouble falling asleep
Difficulty remembering new information	Dizziness	Balance problems	
	Sensitivity to noise or light	Feeling lured, having no energy	
		Nervousness or anxiety	

Some of these symptoms may appear right away, while others may not be noticed for days or months after the injury, or until the person starts resuming their everyday life and more demands are placed upon them. Sometimes, people do not recognize or admit that they are having problems. Others may not understand why they are having problems and what their problems really are, which can make them nervous and upset.

The signs and symptoms of a concussion can be difficult to sort out. Early on, problems may be missed by the person with the concussion, family members, or doctors. People may look fine even though they are acting or feeling differently.

KHSAA CONCUSSION PROTOCOL FOR COACHES AND OFFICIALS

Policy

- KRS 160.445, as well as NFHS playing rules (and KHSAA rules in sports such as tennis and golf where outside rules are adopted, as well as KHSAA sport activities) require coaches, officials and athletic personnel to remove athletes from play if the athlete displays signs and symptoms of a concussion (as adopted by the CDC)
- Playing Rules determine minimum time out of game for review by appropriate personnel



KHSAA CONCUSSION PROTOCOL FOR COACHES AND OFFICIALS

Officials Role related to Concussion

- Officials should say "Coach, please evaluate this player" unless absolutely certain that a concussion has occurred
- The sole role of the game official is to observe signs and symptoms to determine if an athlete needs to leave the game
- Remember role that officials are independent contractors!
- The official is not involved in further medical decisions unless required by law (i.e. licensed first responder)
- The officials are to be vigilant in observing student-athletes and may in fact have to send the same student out of the contest more than once
- Sports specific rules (i.e. injury / recovery time in wrestling) still apply under this policy



KHSAA CONCUSSION PROTOCOL FOR COACHES AND OFFICIALS

Implementation

- When athlete is deemed to have signs/symptoms of concussion at practice or a contest, the athlete must be evaluated by medical personnel
- After removal, specific medical personnel are permitted to make the decision as to whether or not a concussion has occurred. This includes an M.D. and a D.O.
- This also includes A.P.R.N., A.T.C., P.A., or any other medical personnel licensed or certified by the K.B.M.L. whose scope of practice and training includes the evaluation and management of concussion and other brain injuries.
- Refer all questions concerning appropriate training of concussions to the KHSAA web site, Sports Medicine page.



KHSAA CONCUSSION PROTOCOL FOR COACHES AND OFFICIALS

Implementation

- If athlete has been concussed as diagnosed by any one of these medical professionals, there is no further play that day regardless of improvement or change in symptoms. There is no "trump card", if anyone says yes, the athlete is out.
- If there is not an authorized and qualified health care provider from this list at the contest, and these symptoms are displayed, it is to be presumed the athlete has a concussion with respect to this rule



KHSAA CONCUSSION PROTOCOL FOR COACHES AND OFFICIALS

Implementation

- An athlete who has been concussed as diagnosed by one of these medical professionals (or by default if medical personnel are not present) may not return to play on subsequent days without written authorization from an M.D. or D.O.
- No other medical professional may make this decision
- While there is no prescribed form for this permission, whatever written method is used must be given to school administration by the physician. A copy should be given to the coach and maintained on file by the school



KHSAA CONCUSSION PROTOCOL FOR COACHES AND OFFICIALS

Implementation

- In the case of multiple day events, the designated on-site physician shall make return to play decisions for future events and that decision (if not to allow play), is not appealable to any other medical party
- Never may an athlete return the same day
- For KHSAA multiple day events, if a concussion is diagnosed by the authorized medical providers, the athlete will not be able to return to play until at least the second day following the incident, and then only with written approval by the designated on-site medical practitioner the event



KHSAA CONCUSSION PROTOCOL FOR COACHES AND OFFICIALS

KHSAA Concussion Requirements and Protocol

- It is and always has been the role and responsibility of the coach to determine if an athlete is fit to play, even when not concussed. This is especially critical at contests with no medical coverage
- When in doubt, they sit out!



KHSAA CONCUSSION PROTOCOL FOR COACHES AND OFFICIALS

Wrap Up

- High school level has always been leader in health and safety
- KHSAA looking to partner with other stakeholders to ensure that safety is always first in policy development
- Safety of participants is fundamental to rules and policy writing
- Safety must remain paramount, regardless of impact on winning and losing
- Health of Students ALWAYS first



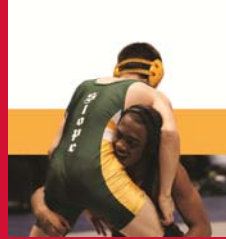
KHSAA CONCUSSION PROTOCOL FOR COACHES AND OFFICIALS

External References

- KHSAA Sports Medicine Information, <http://khsaa.org/coaches-officials/sports-safety/sports-medicine/>
- NFHS Sports Medicine Handbook, 4th Edition, available to be ordered online at <http://www.nfhs.org/content.aspx?id=3281>
- NFHS Learning Center, Free Concussion Education Course, <http://www.nfhslearn.com/electiveDetail.aspx?courseID=15000>
- KHSAA Sports Safety Course, go to KHSAA web site, Sports Medicine, Safety Course http://khsaa.org/safety_course/index.php
- High School RIO (Reporting Information Online™) at Ohio State University, <http://www.injuryresearch.net/highschoolrio.aspx>
- New Public Web Site with Concussion Resources and Information <http://www.kyconcussions.com>



National Federation of State High School Associations



2012-13 Wrestling Rules Changes

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Random Draw
Rules 1-2-2a, 1-3-4a, 4-5-3, 5-21-1

RULE CHANGE

The random draw shall take place immediately preceding the weigh-ins.

REFeree

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Random Draw
Rule 4-5-3

RULE CHANGE

Dual meet weigh-in shall proceed through the weight classes beginning with the random draw selected weight class, continue through the weight classes, wrap around the 106-pound weight class and end immediately upon the completion of the highest weight class in consecutive order.

REFeree

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Uniform
Rule 4-1-1a

RULE CHANGE

Wrestlers must wear a one-piece singlet cut no lower in the back or front than the level of the armpits and under the arms no lower than one-half the distance between the armpit and the belt line (PlayPic A). If sufficient reason is determined by the referee, a tight-fitting, short-sleeved or sleeveless undershirt of a single, solid color unadorned with no more than one manufacturer's logo/trademark/reference may be worn under the one-piece singlet (PlayPic B).

REFeree

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Special Equipment
Rule 4-3-5 (NEW)

RULE CHANGE

Sweatbands and headbands (PlayPic A) and bicep bands (PlayPic B) are illegal.

REFeree

© REFEREE ENTERPRISES INC. 2012

**Near-Fall
Rule 5-11-2i**

RULE CHANGE

When an imminent or near-fall situation is stopped due to a defensive wrestler committing a technical violation, applying an illegal hold/maneuver, committing unnecessary roughness or unsportsmanlike act which cannot be corrected and requires the referee to stop the match (PlayPic A), the match is stopped. The referee then awards the near-fall points (PlayPic B) and the penalty points (PlayPic C).

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**Stalling
Rule 8-2, Penalty Chart**

RULE CHANGE

In the situation above, the defensive wrestler is penalized a third time for stalling (PlayPic A) and the opponent is awarded two points (PlayPic B). The offensive wrestler gets the choice at the next restart (PlayPic C).

© REFEREE ENTERPRISES INC. 2012

**Second Injury Time-Out
Rule 8-2-1h EXCEPTIONS (NEW)**

RULE CHANGE

If the second injury time-out is taken at the conclusion of the first 30-second tiebreaker period and the opponent already has the choice at the beginning of the second 30-second tiebreaker period, the opponent would then have the added choice at the first restart after the beginning of the second 30-second tiebreaker period.

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**Tournament Advancement
Rule 10-2-9 (NEW)**

RULE CHANGE

If two wrestlers, in the championship bracket simultaneously cannot continue the match due to both being disqualified for stalling or having their injury or blood time elapse, the wrestler who is leading on points at the time the match is terminated will continue in the consolation bracket. If the match is tied at the time of termination, neither wrestler will continue.

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**Tournament Bracket Format
Rules 10-3-6 and 10-3-7**

8-COMPETITOR CHAMPIONSHIP BRACKET

CONSOLATION WITH CROSS-BRACKETING

The committee revised the tournament bracket format. This rule change allows the tournament director more flexibility in conducting a smooth running competition that fits the unique needs of a particular tournament.

National Federation of State
High School Associations


**2012-13
Wrestling
Editorial Changes**

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NHS

EDITORIAL CHANGE

**Escape
Rule 5-10**



An escape is when the defensive wrestler gains a neutral position and the opponent has lost control, beyond reaction time, while all the supporting points of either wrestler are inbounds.

REFEREE

© REFEREE ENTERPRISES INC. 2012

NHS

EDITORIAL CHANGE

**Inbounds
Rule 5-15-1**



Contestants are considered to be inbounds if all the supporting points of either wrestler are inside or on the boundary lines.

REFEREE

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NHS

EDITORIAL CHANGE

**Inbounds
Rule 5-15-1**



Contestants are considered to be inbounds if all the supporting points of either wrestler are inside or on the boundary lines.

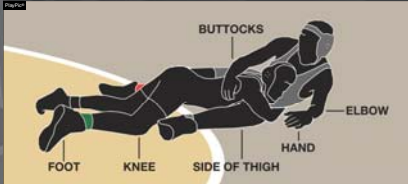
REFEREE

© REFEREE ENTERPRISES INC. 2012

NHS

EDITORIAL CHANGE

**Supporting Points
Rule 5-15-2**



Supporting points are the parts of the body touching the wrestling area which bear the wrestler's weight, other than those parts with which the wrestler is holding the opponent.


REFEREE

© REFEREE ENTERPRISES INC. 2012

NHS

EDITORIAL CHANGE

**Inbounds
Rule 5-15-3**



Wrestling shall continue as long as all the supporting points of either wrestler remain inbounds. If there is no action at the edge of the mat and one wrestler is out of bounds, the referee may stop the match.


REFEREE

© REFEREE ENTERPRISES INC. 2012

NHS

EDITORIAL CHANGE

**Reversal
Rules 5-22-1, 5-22-2**



In awarding a reversal at the edge of the mat, control must be established while all the supporting points of either wrestler are inbounds or while the feet of the scoring contestant finish down on the mat inbounds.

REFEREE

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Takedown
Rules 5-25-1, 5-25-3

EDITORIAL CHANGE



It is a takedown when, from a neutral position, a wrestler gains control over the opponent down on the mat and all the supporting points of either wrestler are inbounds. When a majority of the defensive wrestler's weight is borne on a hand(s), it is considered a supporting point(s).


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2012-13 NFHS Wrestling Editorial Changes

➤1-1-2	Added additional rules references.
➤1-2-2	Changed the words "dual-meet or team-formatted tournaments" to "team advancement tournaments."
➤1-2-3	Moved Article over from Representation.
➤1-2-4	Moved Article over from Representation.
➤1-3-2	Changed the words "dual-meet or team-formatted tournaments" to "team advancement tournaments."
➤1-3-4	Changed the words "dual-meet or team-formatted tournaments" to "team advancement tournaments."

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National Federation of State High School Associations




2012-13 Wrestling Points of Emphasis

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2012-13 NFHS Wrestling Points of Emphasis



1. Concussion Recognition and Management-
2. Slams-
3. Wrestler Conduct-
4. Weigh-In Procedures-



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Concussion
Rule 8-2-4

POINT OF EMPHASIS





Any contestant who exhibits signs, symptoms or behaviors consistent with a concussion (PlayPic A) shall be immediately removed from the match and shall not return to competition until cleared by an appropriate health-care professional (PlayPic B). Each state association is to determine who qualifies as an appropriate health-care professional.

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Slams

POINT OF EMPHASIS




Wrestlers must return opponents to the mat safely after a lift and must realize a slam may be called on wrestlers in the neutral, top or bottom position.

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POINT OF EMPHASIS

Wrestler Conduct



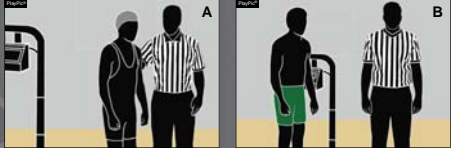
Coaches and referees must be at the forefront in promoting good sportsmanship, which includes eliminating profanity among the athletes.

REFEREE

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POINT OF EMPHASIS

Weigh-In Procedures



All wrestlers weighing in must meet the grooming standard, which requires the hair to meet certain length and abrasive standards. All competitors must meet this standard or wear an appropriate cover. This cover must be worn to the weigh-in for the referee's approval and then removed prior to stepping on the scale.

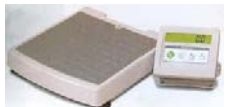
REFEREE

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POINT OF EMPHASIS

Weigh-In Procedures

- A competitor has a minimum and maximum weight that must be adhered to in order to compete at a particular weight class.
- All competitors must be in the designated weigh-in area that is established by the meet administration at the prescribed time and shall not leave the weigh-in area unless granted permission by a meet administrator.
- The wrestlers must weigh in when their weight class is called.



REFEREE

National Federation of State High School Associations

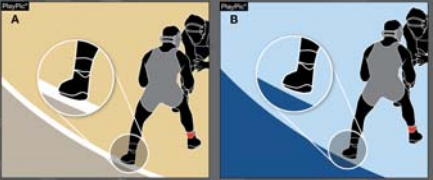


2012-13 Wrestling Rules Reminders

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POINT OF EMPHASIS

Boundary Line Now Inbounds
Rule 2-1-3



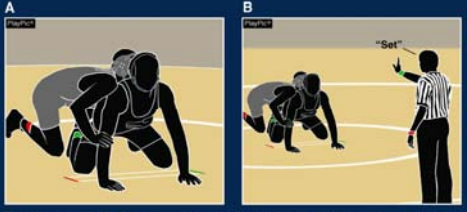
The wrestling area shall be marked on the mat by painted lines, 2 inches wide, which are inbounds (PlayPic A). At the center of the mat there shall be a 10-foot circle, indicated by a 2-inch line. When the area enclosed by the 10-foot circle and the inbounds area of the mat are of contrasting colors, the 2-inch line may be omitted (PlayPic B).

REFEREE

© REFEREE ENTERPRISES, INC. 2011

POINT OF EMPHASIS

Re-Starting the Match
Rule 5-19-9



The referee shall direct the offensive wrestler to assume a legal starting position once the defensive wrestler is stationary in a legal starting position. Once the offensive wrestler has assumed a legal starting position and is stationary (PlayPic A), the referee shall verbally say "Set" and then pause momentarily (PlayPic B), before starting wrestling.

REFEREE

© REFEREE ENTERPRISES, INC. 2011

Frame 2

Figure 4 Around the Head is Now an Illegal Hold/Maneuver
Rule 7-1-5r

The Figure 4 around the head, as seen in the PlayPics, is now an illegal hold/maneuver. The Figure 4 around the body, the head or both legs is an illegal hold/maneuver.

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Second Injury Time-out Clarified
Rule 8-2-1c (NEW)

If the second injury time-out is taken at the conclusion of the second period (PlayPic A), and the opponent already has the choice at the beginning of the third period (PlayPic B), the opponent would then have the added choice at the first restart after the beginning of the third period (PlayPic C).

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Representation
Rule 1-4

- Rule 1-4-2:**
No wrestler shall represent the school in more than one weight class in any meet or compete in more than five matches (championship or consolation), including forfeits in any one day.
- Rule 1-4-3:**
No contestant shall wrestle in two consecutive matches with less than a 45-minute rest between them. The conclusion time of each match shall be recorded.
- Rule 1-4-4:**
A contestant shall not accept a forfeit in one weight class and compete in another class.

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Team Benches
Rule 2-2

- Rule 2-2-1:** For dual meets, all team personnel, including coaches, other than actual participating contestants shall be restricted to an area which is at least **10 feet** from the edge of the mat and the scorer's table, where facilities permit.
- Rule 2-2-2:** During tournament competition, a maximum of **two** team personnel (coaches and/or non-participating contestants) will be permitted on chairs at the edge of the mat. It is permissible to allow coaches on the corner of the mat in a restricted zone. In tournaments where coaches are permitted on the corner of the mat, the restricted zone shall be defined by either a contrasting line marked on the mat with paint or tape or a contrasting colored surface under the chairs. The restricted zone shall be no closer than 5 feet to the edge of the circle. Coaches shall be seated at least **10 feet** from the scorer's table, where facilities permit.

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Conduct of Coaches, Team Personnel and Others

- Rule 7-5-2:** Coaches and other team personnel are restricted to the bench/chairs while the clock is running and during normal out of bounds and resumption of wrestling. The coach may move towards the mat only during a charged time-out or at the end of the match. **(See Rule 2-2)**
- Rule 7-5-3:** Unsportsmanlike conduct – is called on coaches or other team personnel who violate the bench decorum rule. **(See Rule 7-5-2)**

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NWCA OPC Coaches Tutorial

- School Login, Coach's Password
- Assessor ID, Password & School Password

© KHSAA

Login Page and Main Menu

- Log into the OPC using the Coach's Login ID and Password assigned
- Once logged in, click the Coaches tab on the menu bar on the Scholastic home page



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NWCA OPC Weigh-in and Results System

- Update Team Roster
- Enter Team Schedule
- Create Pre-Match Weigh In Form
- Record & Save Actual Weigh In Weights Post Match
- Record Match Results
- View Season Record Forms



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2012-2013 Wrestling

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Assistant Commissioner

Coach's Listserve -

<http://www.uky.edu/Education/khsaalists.html>

www.khsaa.org

**Thank you very much.
HAVE A GREAT SEASON!**

