K.H.S.A.A. BOARD OF CONTROL

Front Row (Left to Right): Charlie Wilson, President Eldon Davidson, Commissioner Tom Mills, Vice President Bob Rogers, Patrick Crawford. Back Row: David Webb, Frank Welch, Tony Olinger, Chester Turner, Ray Story, Grant Talbott.
### February 1985

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- Deadline for Schools to Enter Teams in Spring Sports
- Regional Swimming Meet
- Regional Wrestling Tournament
- Mail Three Copies of Final Basketball Eligibility List to District Tournament Managers
- Regional Wrestling Tournament
- Track Clinic
- Louisville 7:00 P.M.
- State Swimming Meet
- State Wrestling Tournament
- District Basketball Tournaments

### March 1985

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<td>Track Clinic Lexington 7:00 P.M.</td>
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The Kentucky High School Athlete
Official Publication of the
Kentucky High School Athletic Association

VOL. XLVII NO. 6 JANUARY, 1985 $5.00 PER YEAR

MINUTES OF THE BOARD MEETING

The Board of Control of the Kentucky High School Athletic Association met at the K.H.S.A.A. Office Building, Lexington, Kentucky on Saturday morning, December 22, 1984. The meeting was called to order by President Eldon Davidson at 9:00 a.m. Board members present were Bob Rogers, Tony Olinger, Ray Story, Grant Talbott, Chester Turner, David Webb, Frank Welch and Charlie Wilson. Commissioner Tom Mills, Executive Assistant Bill V. Wise, Assistant Commissioners Brigid DeVries and Louis Stout, Sports Information Director Julian Tackett and Conley Manning, representing the State Department of Education were also in attendance. Mr. Earl Cox of the Courier Journal was present. The invocation was given by Conley Manning.

Bob Rogers moved, seconded by Chalie Wilson, that the minutes of the October 6 Board Meeting and the November 17 Called Meeting be approved. The motion carried unanimously.

Chester Turner made the motion, seconded by Tony Olinger, that all bills of the Association for the period October 1, 1984, through November 30, 1984, be approved. The motion carried unanimously.

Bob Rogers, Chairman of the All-Sports Committee, recommended the following recommendations be adopted by the Board of Control and submitted to the State Board of Education at their joint meeting in Frankfort on January 2, 1985.

I. Baseball
   a. Extend season one (1) week beginning with the 1985-86 school year. This change will assure that the finals will be played after schools have been dismissed for the summer (June 5-7). The change will also allow schools an additional week to play regular season games and hopefully get a break on the weather.
   b. No game or tournament may be sanctioned by the Association if it requires loss of school time for travel or playing.
   c. A maximum of thirty-five (35) games may be played prior to K.H.S.A.A. tournament play.
   d. All other regulations remain as presently stipulated in By-Law 27, Limitation of Season.

II. Girls Softball
   a. Extend season two (2) weeks for same reason given for extending baseball season.
   b. Permit double-headers on school day with time limit (as provided for in the rules).
   c., d. Same as that for baseball.

III. Cross Country
   a. No game or tournament may be played if it requires loss of school time for travel or play.

IV. Volleyball
   a. Allow no school time for travel or play.
   b. Add one week to season, extending the tournament over two weekends, thereby eliminating tournament play on school time.
   c. All other provisions of By-Law 27 remain the same as stipulated as they relate to volleyball.

V. Swimming
   a. Allow no school time for travel or competition.
   b. Hold preliminaries on Saturday with finals to be held on following Saturday, thereby eliminating school time for tournament play.
   c. All other provisions of By-Law 27 remain the same as stipulated as they relate to swimming.

VI. Wrestling
   a. Allow no school time for travel or competition.
   b. Hold finals over two weekends (Saturday).
   c. All other provisions of By-Law 27 remain the same as they relate to wrestling.

VII. Tennis
   A. Extend season one week and gain same results as those expressed in baseball and softball.
   b. All other regulations remain same.

VIII. Golf
   a. Extend season three weeks and gain same results as baseball and softball.
   b. All other regulations remain same.

IX. Track
   a. Extend season one (1) week and gain same results as baseball, softball and tennis.
   b. All other regulations remain same as presently stipulated in By-Law 27 for track.

X. Soccer
   a. No school time may be used for travel or playing.
   b. Organized practice shall not take place prior to August 1.
   c. The season ends at all levels of play with team elimination from K.H.S.A.A. sponsored championship play. No practice or participation in post season or all-star games shall be permitted until the end of that academic school year following elimination from K.H.S.A.A. tournament play.
   d. Violation shall be loss of eligibility for one year.

Ray Story moved, seconded by Frank Welch that the above items be adopted as recommended. The motion carried unanimously.

Following a discussion of varsity basketball officials' fees, Tony Olinger made a motion, seconded by Chester Turner, that the fees be increased $5.00 for the 1985-86 school year. The motion carried by a vote of 8 in favor and 1 opposed.

Assistant Commissioner Stout distributed copies of the 1985 softball alignment. Frank Welch moved, seconded by David Webb that the alignment be approved as revised and presented. The motion carried unanimously. The alignment will appear in the January issue of the "Athlete".

Assistant Commissioner DeVries presented a recommendation from the Track Committee that the 800 meter relay in the boys track meet be changed to a 400 meter relay. Tony Olinger moved, seconded by David Webb, that the track committee's recommendation be approved. The motion carried unanimously.

Commissioner Mills presented a letter to the Board that he had received from the Kentucky High School Coaches Association, regarding recommendations for football. Following a discussion of the items, Bob Rogers made a motion, seconded by Frank Welch, that the Board adopt the following recommendations as submitted by the All-Sports Committee and to be presented to the State Board of Education.

(Continued on Page 2)
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(Continued from Page 1)

Football

a. Organized practice in pads shall not begin prior to August 1.

b. The first game shall not take place prior to ten (10) weekends before sub-district play-offs.

c. A maximum of ten (10) regular season games may be played. Pre-season bowl games shall count toward the ten-game regular season limitation.

d. The school's football season ends at all levels of play at the conclusion of the varsity team's last regular season game, except that the varsity team may play through its elimination from K.H.S.A.A. championship play-off competition. There shall be no further practice during the remainder of that academic school year.

e. No game, including regular season or play-off games, may be scheduled on a date that would require loss of school time for travel or play.

f. Every player must have five (5) days of practice without pads to become acclimated to heat conditions prior to August 1.

g. All other regulations remain as presently stipulated in By-Law 27, Limitation of Season as they relate to football.

The motion carried by a vote of 8 in favor and Chester Turner opposed.

A lengthy discussion ensued regarding basketball recommendations. The following items were submitted for consideration.

1. Ray Story moved, seconded by Bob Rogers, that By-Law 21: Number of Basketball Games be eliminated and included with By-Law 27, Limitation of Season. The motion carried unanimously.

2. Chester Turner made a motion, seconded by David Webb, that the number of regular season games be reduced to 20 for football playing schools and 24 for non-football playing schools (number is presently 24-30). The motion carried by a vote of 5-4.

3. Chester Turner moved, seconded by Bob Rogers, that schools may participate in only two (2) single elimination tournaments or one (1) double elimination tournament during the regular season. The single elimination tournaments shall count as one game each toward the total game limit. A double elimination tournament shall count as two (2) games toward the total game limit. The motion passed by a vote of 6-2.

4. Ray Story made a motion, Seconded by Frank Welch, that the first basketball game (including invitational type tournaments) shall not take place prior to the first Monday after Thanksgiving for all member schools. The motion carried by a vote of 5 in favor and Bob Rogers, Grant Talbott, David Webb and Charlie Wilson opposed.

5. Ray Story moved, seconded by Frank Welch, that there shall be no organized basketball practice prior to October 15 for both football and non-football playing schools. The motion carried by a vote of 5 in favor and Bob Rogers, Grant Talbott, David Webb and Charlie Wilson opposed.

6. Bob Rogers made a motion, seconded by Chester Turner, that the school's basketball season end at all levels of play at the conclusion of the varsity team's last scheduled game, except that the varsity team may play through its elimination from K.H.S.A.A. tournament play. There shall be no further practice or play at any level during the remainder of that academic school year. The motion carried by a vote of 7-1.

7. Bob Rogers moved, seconded by Charlie Wilson that the Board table the following recommendation: Schools may establish a basketball season for elementary and junior high schools (through grade 8) during the fall season if they desire to do so. Students participating in this program would not be eligible to participate in the regular season program. This would help eliminate shortage of facilities during regular season. The motion carried unanimously.

8. Grant Talbott moved to table the following recommendation: The number of games allowed applied to teams sponsored by the school at each level. (If a school sponsors more than one team at a given level, those teams could not play more than a combined total of 20-24 games.) Chester Turner seconded the motion, which carried unanimously.

9. Bob Rogers made a motion, seconded by Frank Welch, that the following recommendation be tabled: Beginning with the 1986-87 school year both the Boys and Girls State Basketball Tournaments shall be scheduled during the same week (third week in March). The motion carried by a vote of 7-1.

Chester Turner moved, seconded by Frank Welch, that the Board present a proposal to the State Board of Education showing what has been done to schedule the tournaments during the same week and the positive and negative aspects of such a study. The motion carried unanimously.

10. Frank Welch moved, seconded by David Webb, that the Board adopt the following recommendation: The K.H.S.A.A. supports the recommendation that the K.E.A. host its annual meeting on Thursday and Friday during the Boys State Tournament. The motion carried unanimously.

Bob Rogers made a motion, seconded by David Webb, that beginning with the 1985-86 school year, the transfer rule apply to all students who have represented a secondary school in a first team game in any sport after enrolling in grades 9 through 12 regardless of the location of the school being transferred from. The motion carried with seven in favor and one abstention.

(Continued on Page 5)
1985 WRESTLING TOURNAMENT

The State Wrestling Tournament will be held at Atherton High School, Louisville, on February 22-23, 1985. Orville Williams will manage the State Tournament.

The district and regional tournaments will be held on February 8-9, and February 15-16, respectively. The region, district, name of the manager and the schools assigned to districts are listed below. If your school plans to enter a team and is not listed in any district, will you please contact this office or the district manager nearest you.

**Lexington Region:** (Norman Powell, Henry Clay High School, Lexington, Ky. 40503)


**Ashland District** (Clarence Howard, Paul Blazer High School, Ashland, Kentucky 41101) — Belfry, Bell Co., Boyd Co., Bryan Station, Clinton Co., Harrison Co., Henry Clay, Johnson Central, Lafayette, Middleboro, Oneida, Paintsville, Paul Blazer, Rowan Co., Tate Creek

**West Jefferson Region:** (Paul Dennison, Western High School, Louisville, Ky. 40216)

**West Jefferson District** (Paul Dennison, A.D., Western High School, 201 Rockford Lane, Louisville, Kentucky 40216) — Doss, Pleasure Ridge Park, Shawnee, Valley, Western, Fairdale.

**Northern Kentucky District** (Wayne Baddda, Conner High School, Box 36, Limburg Road, Hebron, Kentucky 41048) — Boone Co., Campbell Co., Conner, Holmes, Scott, Simon Kenton, Dixie Heights.

**Louisville Trinity Region** (Larry Mann, Kentucky School I t Blind, S. 2nd St., Louisville, Kentucky 40206)

**Louisville Trinity District** (Larry Mann, Kentucky School I t Blind, S. 2nd Street, Louisville, Kentucky 40206) — Kentucky School I t Blind, Male, Moore, St. Xavier, Seneca, Trinity, Evangel.

**East Jefferson District** (Jack Jacobs, A.D., Waggener High School, 320 Hubbard Lane, Louisville, Kentucky 40207) — Ballard Central, Fern Creek, Jeffersontown, Kentucky Country Day, Manual, Waggener.

**North Hardin Region:** (Paul Underdonk, North Hardin High School, Radcliff, Ky. 40160).


OFFICIATING

“Getting “Psyched” Can Mean Getting It Right

By Kevin L. Burke

When alluding to a sporting contest, spectators many times will refer to their team as being “psyched” or getting psyched out.” Yet how many times have you heard, “Wow, those officials were really psyched!” The answer is probably never. The major reason for this is that good officials usually go unnoticed during a contest. This does not mean that officials should not prepare psychologically though.

Just as athletes and coaches get into the proper “mind set” for a game, officials should mentally prepare for each contest. The preparation being referred to here includes the normal pre-game conference, but should also include a technique known as visualization or mental rehearsal.

Mental rehearsal is a technique that is used in combination with relaxation by athletes to assist them in their psychological preparation for a game. This method entails visualizing or rehearsing mentally a successful accomplishment during situations that may occur while actually participating in a game. For example, a basketball player has been missing critical free throws during the late stages of a game. This player would create in his/her mind this situation and see himself/herself making the free throws. Athletes have reported positive results from such mental practice. Also, successful pro golfer, Jack Nicklaus, has revealed he pictures every shot in detail in his mind before he strikes it.

Such visualization can be very beneficial to officials. Officials should set aside time in which they can relax and rehearse the crucial game situations that may occur as well as typical game situations. Since I am a basketball official, I will give you an abbreviated example of one of my mental rehearsal procedures. I see and feel myself in the midst of a close game in a gymnasium full of screaming and yelling spectators. I sense the excitement of the crowd and the intensity of the game. Yet I remain calm and collected. (Being able to create your feelings during visualization is essential for full effectiveness.) A charging foul is committed. I quickly and firmly blow my whistle, utilize the appropriate mechanics, and report the foul to the official scorer. This type of visualization fosters good concentration and control under a pressure situation, which is always a necessity for quality officiating.

You should successfully rehearse those situations that are troublesome or those you have not felt comfortable in the past. Mental rehearsal is also an excellent way to practice making calls that are affected by new rule changes. This will help you get used to the rule changes more quickly. Another excellent way to take advantage of visualization is by employing it as you read the case book for your sport. You can create in your mind the play situations presented in the book and picture yourself properly handling each encounter. (It is important that you feel totally involved in the situation that is being rehearsed, not just “watching” yourself as you would on a videotape).

Obviously mental rehearsal is not a substitute for studying the rules, staying in good physical shape, and actual game experience. It is a way you can improve on your officiating at your convenience. Mental rehearsal can be very effective when used in conjunction with those pre-requisites. So officials, “Get psyched!”

(Reprinted from the National Federation News)
1984-85 Certified and Approved Basketball Officials

A large number of KHSAA registered officials qualified for the advance ratings of Certified and Approved as a result of the National Federation Part II Examination. Only officials receiving these higher ratings are eligible to work in the district and regional tournaments. Only Certified officials are eligible to work in the state tournaments.

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<td></td>
<td>Craft, Bob</td>
</tr>
<tr>
<td></td>
<td>Evans, Ron</td>
</tr>
<tr>
<td></td>
<td>Hale, David</td>
</tr>
<tr>
<td></td>
<td>Hardin, Phil</td>
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</table>

BASEBALL CLINICS

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ashland</td>
<td>March 24</td>
<td>2:00 p.m.</td>
</tr>
<tr>
<td>Bowling Green</td>
<td>March 10</td>
<td>2:30 p.m.</td>
</tr>
<tr>
<td>Hopkinsville</td>
<td>February 20</td>
<td>7:00 p.m.</td>
</tr>
<tr>
<td>Lexington</td>
<td>March 18</td>
<td>7:00 p.m.</td>
</tr>
<tr>
<td>London</td>
<td>March 18</td>
<td>7:00 p.m.</td>
</tr>
<tr>
<td>Paducah</td>
<td>March 25</td>
<td>7:00 p.m.</td>
</tr>
<tr>
<td>Fort Knox</td>
<td>March 18</td>
<td>7:00 p.m.</td>
</tr>
<tr>
<td>Owensboro</td>
<td>March 18</td>
<td>7:00 p.m.</td>
</tr>
<tr>
<td>Covington</td>
<td>February 20</td>
<td>7:00 p.m.</td>
</tr>
<tr>
<td>Mullensburg</td>
<td>March 17</td>
<td>2:00 p.m.</td>
</tr>
<tr>
<td>Louisville</td>
<td>March 11</td>
<td>7:00 p.m.</td>
</tr>
</tbody>
</table>

McDowell Elementary School
Warren East High School Community College
Hopkinsville Community College
Student Center Room 220 Transylvania University Recital Hall
Mitchell Fine Arts Bldg.
Laurel County High School Mayfield High School Elizabethtown High School
Owensboro High School Liddy Memorial High School
Hughes-Kirk High School Durett Education Bldg.
TV Room
MINUTES OF THE TRACK AND FIELD COMMITTEE MEETING

The K.H.S.A.A. Track and Field Committee met at the Kentucky High School Athletic Association Office, Lexington on December 11, 1984. The meeting was called to order by Assistant Commissioner Brigid DeVries at 1:30 p.m. Committee members present were Bro. Borgia, John Gettler, Marty Mayer, Willi Pagan, Sue Fetter, Tony Roe, Charlie Ruter, Bob Stacey, Larry Wingfield, Bob Miller and Jean Wright. Absent were Reba Woodall and Jack Kaelin.

Assistant Commissioner DeVries called on Charlie Ruter to report on the Mason-Dixon Games which will be held at Freedom Hall on February 8-9, 1985.

Ms. DeVries discussed regional meet sites with committee members and advised members of the requests from schools who wanted to host regional and/or sectional track meets. A listing of the regional and sectional sites will be sent to each school in January.

The dates for the meets are as follows:
- Regional Meet — May 11
- Sectional Meet — May 18
- State Meet — May 25

It was emphasized that all track meets be scheduled so as not to interfere with regular school time.

The Committee screened regional, sectional and state meet information, and made revisions on the information that will be sent to the schools.

Items for the All-Sports Committee Meeting scheduled for December 21 include a proposal by the track committee to include the boys 400 meter relay in place of the 800 meter relay, and also to add the 3200 meter relay for boys and girls. Both requests would be effective for the 1985 season if approved. A three-member committee to include Marty Mayer, Sue Fetter and Bob Stacey will draft a survey if need be.

The dates for the Kentucky High School Athletic Association Track and Field Rules Clinics for coaches and officials are as follows:
- Feb. 21, 1985—St. Xavier High School, Louisville-7:00 p.m.
- Mar. 25, 1985—Tates Creek High School, Lexington-7:00 p.m.
- April 2, 1985—David Co. High School, Owensboro-7:00 p.m.

A discussion then ensued regarding the fact that the National Federation beginning in 1985 will recognize national records in the girls 100m (33 inch) hurdles and 300 meter low hurdles, and the boys 110m high hurdles and 300 meter intermediate hurdles.

It was decided that the regional, sectional and state meets would include these hurdle heights for the 1988 meets.

There was a brief discussion regarding the 1984-85 National Federation Track rule changes.

The motion carried unanimously.

There being no further business, the meeting was adjourned.

1984-85 Approved Wrestling Officials

Listed below are the officials who made 80% or more (on a supervised test) to become Approved in Wrestling.

Colston, Donald
Hill, Mark
Lewis, William
Warnick, Robert

(Continued on Page 10)
The events for the State Swimming Meets for 1985 will be the same as those listed in the K.H.S.A.A. Constitution and By-Laws, Swimming Regulations, on pages 52 & 53.

NOTE: There will be a cutoff time for the 500 Freestyle for the regional meets. Boys - 6 minutes, 30 seconds; Girls - 7 minutes.

The dates of the State Meet will be February 22 & 23, 1985, and the site will be Eastern Kentucky University. Richmond, Kentucky. Tim Cahill will manage the meet. The girls and boys meets will be run together.

The schools are divided in the following regions:

LOUISVILLE REGION

WESTERN KENTUCKY REGION

CENTRAL KENTUCKY REGION
Girls: Anderson County, Bourbon County, Bryan Station, Danville, Fleming County, Franklin County, Henry Clay, Jessamine County, Ky. School f/t Deaf, Knott County Central, Lafayette, Lexington Catholic, Laurel County, Model, Oneida Baptist, Pairs, Paul Blazer, Rowan Co., Russell, Russell Co., Scott County, Tates Creek, Woodford County, Western Hills.
Boys: Anderson County, Bourbon County, Bryan Station, Danville, Fleming County, Franklin County, Henry Clay, Jessamine County, Ky. School f/t Deaf, Knott County Central, Lafayette, Laurel County, Lexington Catholic, M.M.I., Model, Oneida Baptist, Paris, Paul Blazer, Rowan County, Russell, Russell Co., Scott County, Tates Creek, Western Hills, Woodford County.

NORTHERN KENTUCKY REGION
Girls: Beechwood, Bellevue, Campbell County, Conner, Dixie Heights, Highlands, Lloyd Memorial, Newport, Newport Central Catholic, Notre Dame, Scott, Villa Madonna.
Boys: Beechwood, Bellevue, Campbell County, Conner, Covington Catholic, Covington Latin, Dixie Heights, Highlands, Lloyd Memorial, Newport, Newport Central Catholic, Scott.

STATE MEET TIME SCHEDULE

<table>
<thead>
<tr>
<th>TIME SCHEDULE:</th>
<th>Friday, February 22</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assigned Warm-ups</td>
<td>8:00 a.m.-8:30 a.m.</td>
</tr>
<tr>
<td>Open Warm-ups, Sprint and Pace Work Only</td>
<td>8:00 a.m.-8:45 a.m. (Western &amp; Central Regions)</td>
</tr>
<tr>
<td>Scratch Meeting for Coaches</td>
<td>8:45 a.m.-9:30 a.m. (Northern &amp; Louisville Regions)</td>
</tr>
<tr>
<td>Alumni Coliseum, Room 101, Locker Room Level</td>
<td>9:30 a.m.-10:00 a.m.</td>
</tr>
<tr>
<td>Swimming Preliminaries</td>
<td>10:05 a.m.</td>
</tr>
<tr>
<td>Girls’ Diving Warm-ups</td>
<td>10:30 a.m.</td>
</tr>
<tr>
<td>Girls’ Diving (Preliminaries &amp; Semi-finals)</td>
<td>3:30 p.m.-5:00 p.m.</td>
</tr>
<tr>
<td>Boys’ Diving Warm-ups</td>
<td>5:00 p.m.</td>
</tr>
<tr>
<td>Boys’ Diving (Preliminaries &amp; Semi-finals)</td>
<td>7:00 p.m.-8:30 p.m.</td>
</tr>
<tr>
<td>Boys’ Diving (Preliminaries &amp; Semi-finals)</td>
<td>8:30 p.m.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Saturday, February 23</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diving Warm-ups</td>
</tr>
<tr>
<td>Open Warm-ups (Swimming)</td>
</tr>
<tr>
<td>Diving Warm-ups (Lanes 1, 2, 3 &amp; 6)</td>
</tr>
<tr>
<td>Diving Warm-ups (Lanes 4, 5)</td>
</tr>
<tr>
<td>Finals in All Events, including Diving as Event #5 (A 10-minute swimming warm-up will precede the girls’ diving)</td>
</tr>
</tbody>
</table>

QUALIFIERS: The top three (3) swimmers in each event, in each of the four (4) regional qualifying meets, and the next twelve (12) fastest swimmers from the state-at-large, determined by times established in regional meets, will qualify for the State Meet. This enables the top twenty-four (24) swimmers and divers in the state to compete for the championship in each event.
1985
GIRLS' SOFTBALL DISTRICTS AND REGIONS

REGION 1
District 1
Ballard Memorial
Hearn
Lone Oak
Reidland

District 2
Livingston Central
Lyon County
Marshall County
Murray

District 3
Christian County
Hopkinsville
Providence
Trigg County
University Heights

REGION 2
District 4
Apollo
Davies County
Henderson County
Owensboro
Owensboro Catholic

District 5
Bremen
Drakesboro
Frederick Fraize
Graham
Muhlenberg Central

District 6
Forsythe
Hancock County
McLean County
St. Roman
Trinity/Whitesville

REGION 3
District 7
Edmonson County
Hart County
Warren Central
Warren East

District 8
Adair County
Clinton County
Cumberland County
Garnett
Metcalfe County

District 9
East Hardin
Elizabethtown
Fort Knox
North Hardin
West Hardin

REGION 4
District 10
Bardstown
Bethlehem
Green County
Nelson County
Taylor County

District 11
Central
Portland Christian
Presentation Academy
Shawnee

District 12
Butler
Holy Cross
Pleasure Ridge Park
Western

District 13
Both Haven
Doss
Fairdale
Valley

REGION 5
District 14
Evangel
Holy Rosary
Iroquois
Southern

District 15
duPont Manual
Louisville Collegiate
Male
Mercy Academy
Ninth & 0

District 16
Assumption
Atherton
Christian Academy
Seneca

District 17
Fern Creek
Jeffersontown
Moore
Walden

REGION 6
District 18
Ballard
Kentucky County Day
Sacred Heart
Waggner

District 19
Bullitt Central
Bulitt East
Henry County
North Bullitt
Spencer County

District 20
Carroll County
Gallatin County
Oldham County
Owen County
Scott County
Trimble County
Williamstown

District 21
Boone County
Conner
Dixie Heights
Lloyd Memorial
Simon Kenton
Walton-Verona

REGION 7
District 22
Beechwood
Covington Catholic
Holmes
Holy Cross
Notre Dame
Villa Madonna

District 23
Bellevue
Dayton
Newport
Newport Central Cath.

District 24
Bishop Brossart
Campbell County
Highlands
Scott
Silver Grove

District 25
Bracken County
Doming
Mason County
Pendleton county

REGION 8
District 26
Estill County
George Rogers Clark
Madison
Madison Central

District 27
Bryan Station
Henry Clay
Lafayette
Lexington Catholic
Sayre
Tates Creek
Woodford County

District 28
Burgin
Mercer County
Monticello
Wayne County

District 29
Bell County
Corbin
Evarts
Middleboro
Oneida Baptist
Red Bird
Whitley County

REGION 9
District 30
Buckhorn
Dilce Combs
Hazard
Leslie County
Letcher
M.C. Napier

District 31
Cordia
Jackson
Jackson County
Knox County Central
Riverside Christian
Wolfe County

District 32
Allen Central
McDowell
Morgan County
Shelton Clark
Wheelwright

District 33
Belfry
Elkhorn City
Feds Creek
Phelps
Pikeville
HIGH SCHOOL SPORTS ATTRACT FIVE MILLION

In pinpointing the scope of interscholastic athletics, the 1984 “Sports Participation Survey” conducted by the National Federation has revealed that over five million students participated in competitive sports programs offered last year by the nation’s high schools.

The in-depth survey measures boys and girls participation in athletic programs sponsored during the 1983-84 school year by approximately 18,000 high schools in the United States belonging to the National Federation’s member state associations. The National Federation’s annual participation report represents approximately 89 percent of the nation’s public and private schools.

The overall 1983-84 participation count of 5,050,945 students includes 3,303,599 males and 1,747,346 females, compared to 3,555,558 males and 1,779,972 females during the previous school year. Although this year’s report reflects a slight overall decrease in total sports participation, much of the less than two percent decline can be attributed to more sophisticated and accurate research submitted by member state associations. A participant is counted once for each sport in which he or she participates.

The most popular sport for boys in terms of participation last year was football which accounted for 944,473 students representing slightly over 14,000 high schools. Boys basketball continued to be the sport played by the largest number of schools, topping the list with 16,869 schools which provided competition for 497,277 players, the second-highest boys participation total. Other participation leaders for boys included outdoor track and field (464,956), baseball (398,608), wrestling (248,300) and soccer (173,423).

In terms of school programs, outdoor track and field listed runner-up to basketball as programs were offered at 14,517 schools across the country. Football (14,254) was next, followed by baseball (13,336).

Of the ten most popular boys sports, swimming and diving and soccer showed the most significant jumps in participation. Swimming and diving (82,702)—with an additional 6,045 participants—showed a modest increase of eight percent over the previous year. Soccer climbed to an all-time participation high of 173,423 students, up seven percent from a year ago.

In girls sports, basketball retained the lead as the number one participation sport (390,678) and was also the sport conducted by the largest number of schools (16,366). Among the other girls participation leaders were the sports of outdoor track and field (351,274), volleyball (269,498), fast pitch softball (194,270) and tennis (114,177).

From the standpoint of school programs, two sports other than basketball were conducted by over 10,000 schools—outdoor track and field (13,992) and volleyball (11,603). Girls soccer showed the biggest participation growth in 1983-84, gaining 11,453 participants to move up 20 percent to an all-time best of 69,374 students. Fast pitch softball (194,270) enjoyed a growth of 5,469 players for a modest three percent increase, and swimming and diving (78,491) added 2,230 participants while showing a three percent increase over last year's total.

Among the National Federation’s member state associations, the California Interscholastic Federation topped the nation in overall participation (408,963) and reported the highest totals for both boys (275,043) and girls (133,920). The Texas University Interscholastic League ranked second in both overall participation (351,075) and boys participation (231,745), and was third with 119,330 female participants. The New York Public High School Athletic Association held down the runner-up spot in girls participation (131,354) and was third in total sports participation (344,314). The Illinois High School Association reported 279,485 boys and girls competing during the 1983-84 school year and the Michigan High School Athletic Association rounded out the top five states with 257,505 overall participants.

The National Federation’s 1984 “Sports Participation Survey” includes figures for both boys and girls in 31 different sports conducted by high schools belonging to member state associations in all 50 states and the District of Columbia. The survey breaks down the number of participants by state, sport and sex. The complete survey is available through the National Federation headquarters in Kansas City, Mo.
### NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS
### SUMMARY
### 1983-84 SPORTS PARTICIPATION SURVEY

#### TEN MOST POPULAR BOYS SPORTS

<table>
<thead>
<tr>
<th>Schools</th>
<th>Participants</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Basketball</td>
<td>16,869</td>
<td>944,473</td>
</tr>
<tr>
<td>2. Track &amp; Field (Outdoor)</td>
<td>14,517</td>
<td>497,277</td>
</tr>
<tr>
<td>3. Football</td>
<td>14,254</td>
<td>464,956</td>
</tr>
<tr>
<td>4. Baseball</td>
<td>13,336</td>
<td>398,608</td>
</tr>
<tr>
<td>5. Cross Country</td>
<td>9,709</td>
<td>248,300</td>
</tr>
<tr>
<td>6. Golf</td>
<td>9,074</td>
<td>173,423</td>
</tr>
<tr>
<td>7. Tennis</td>
<td>8,644</td>
<td>152,521</td>
</tr>
<tr>
<td>8. Wrestling</td>
<td>8,273</td>
<td>118,539</td>
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<tr>
<td>9. Soccer</td>
<td>4,882</td>
<td>103,196</td>
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<tr>
<td>10. Swimming &amp; Diving</td>
<td>3,771</td>
<td>82,702</td>
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</table>

#### TEN MOST POPULAR GIRLS SPORTS

<table>
<thead>
<tr>
<th>Schools</th>
<th>Participants</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Basketball</td>
<td>16,336</td>
<td>390,678</td>
</tr>
<tr>
<td>2. Track &amp; Field (Outdoor)</td>
<td>13,992</td>
<td>351,274</td>
</tr>
<tr>
<td>3. Volleyball</td>
<td>11,603</td>
<td>269,498</td>
</tr>
<tr>
<td>4. Tennis</td>
<td>8,221</td>
<td>194,270</td>
</tr>
<tr>
<td>5. Cross Country</td>
<td>8,176</td>
<td>114,177</td>
</tr>
<tr>
<td>6. Softball (Fast Pitch)</td>
<td>7,831</td>
<td>87,316</td>
</tr>
<tr>
<td>7. Swimming &amp; Diving</td>
<td>3,781</td>
<td>78,491</td>
</tr>
<tr>
<td>8. Golf</td>
<td>3,344</td>
<td>69,374</td>
</tr>
<tr>
<td>9. Soccer</td>
<td>2,562</td>
<td>49,188</td>
</tr>
<tr>
<td>10. Gymnastics</td>
<td>2,278</td>
<td>38,684</td>
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</table>

#### SPORTS PARTICIPATION SURVEY TOTALS

<table>
<thead>
<tr>
<th>Year</th>
<th>Boy Participants</th>
<th>Year</th>
<th>Girl Participants</th>
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<tbody>
<tr>
<td>1971</td>
<td>3,666,917</td>
<td>1971</td>
<td>294,015</td>
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<tr>
<td>1972-73</td>
<td>3,770,621</td>
<td>1972-73</td>
<td>817,073</td>
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<tr>
<td>1973-74</td>
<td>4,070,125</td>
<td>1973-74</td>
<td>1,300,169</td>
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<tr>
<td>1975-76</td>
<td>4,109,021</td>
<td>1975-76</td>
<td>1,645,039</td>
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<tr>
<td>1977-78</td>
<td>4,367,442</td>
<td>1977-78</td>
<td>2,083,040</td>
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<tr>
<td>1978-79</td>
<td>3,709,512</td>
<td>1978-79</td>
<td>1,854,400</td>
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<tr>
<td>1979-80</td>
<td>3,517,829</td>
<td>1979-80</td>
<td>1,750,264</td>
</tr>
<tr>
<td>1980-81</td>
<td>3,503,124</td>
<td>1980-81</td>
<td>1,853,789</td>
</tr>
<tr>
<td>1981-82</td>
<td>3,409,081</td>
<td>1981-82</td>
<td>1,810,671</td>
</tr>
<tr>
<td>1982-83</td>
<td>3,355,558</td>
<td>1982-83</td>
<td>1,779,972</td>
</tr>
<tr>
<td>1983-84</td>
<td>3,303,599</td>
<td>1983-84</td>
<td>1,747,346</td>
</tr>
</tbody>
</table>
read a letter to the Board explaining the circumstances surrounding Candace's transfer from Somerset High School to Model. Candace McEnroe had been ruled ineligible to participate in interscholastic athletics based on By-Law 6, Transfer Rule.

Following Mr. Whitaker's presentation and questions by the Board members to Mr. and Mrs. Whitaker, and a discussion thereof, Eldon Davidson moved, seconded by Charlie Wilson, that the Commissioner's ruling be upheld in this case. The motion carried by a vote of six in favor and one abstention. Mr. Rogers explained the Due Process Procedure to Mr. and Mrs. Whitaker.

Then came Mr. Charles Tilley on behalf of his son, John Charles Tilley, a student who had transferred from University Heights Academy to Christian County High School. Due to the fact that John had participated in tennis at University Heights Academy, he was subject to By-Law 6, Transfer Rule, and was ruled ineligible by the Commissioner to participate in interscholastic athletics at Christian County High School for a period of thirty-six school weeks. Mr. Tilley was appealing the decision of the Commissioner before the Board of Control.

Following Mr. Tilley's presentation and questions to him by the Board, Charlie Wilson moved, seconded by Tony Olinger that the ruling of the Commissioner be upheld in this case. The motion carried unanimously.

Commissioner Mills then presented a letter requesting that the Board waive By-Law 5, Section 4, for Vincent Calvin Hoover, a student at Corbin High School. Vincent was injured in a baseball game and had not enrolled in school the first semester. Following a discussion of the case, Ray Story moved, seconded by David Webb, that By-Law 5, Section 4, be waived in this case and Vincent Calvin Hoover be allowed to participate in athletics. The motion carried unanimously.

There being no further appeals, the meeting was adjourned.

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**SPORTSMANSHIP**

**THE WINNING STROKE**

---

**Be All You Can Be**

To be an athlete, you first must learn
That it's "self-respect" you'll have to earn.
You must conquer you, or you'll surely get beat,
'cause you are the one, against whom you compete.

Victories are the reason a team comes to be,
but scores and stats are for the fans to see.
All athletes know that what matters more,
is attention to the effort, that causes the score.

Sprinters can lope and leapers can hop;
talent without effort is always a flop.
If you hold back in fear, or opponents or mistakes,
you simply don't have the "stuff" that it takes.

Speak first to yourself and firmly say,
"I'm going all out — today is the day".
Then concentrate totally to do what you're told;
be poised, be alert, be aggressive and bold.

That's what it takes to earn "self-respect";
it's not quite as tough as many suspect.
The goal never changes, all athletes agree,
"whatever you have — is what you must be."

Heed not the opponent's name or fame;
Care naught for others' praise or blame.
For there is this fact at the final gun:
If you were "all you can be" — you won.

Robert L. Kleine

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SITUATION #15: Substitute A6 moves to the scorer's table while the game is in progress. A6 kneels in front of the table waiting for an opportunity to be beckoned onto the court. A6 forgets to report to the scorer prior to kneeling down. A6 fouls or fouls the scorer. A6 causes the ball to become dead. The official properly beckons A6 to enter. A6 enters for A1. The scorer now realizes A6 did not report and signals the official: (a) after the official has handed the ball to A2 for a throw-in, or (b) after the official has handed the ball to free thrower A2.

RULING: The official will immediately sound his or her whistle. In (a) the basket will not become live; however, A6 is charged with a technical foul and play continues with the free throw awarded to Team B. In (b), the ball became alive when the official handed it to A6; A6 became a legal player when the ball became alive. No penalty can be assessed for A6's failure to report. (3-3 Ques. 1, 10-2-1)

SITUATION #16: A1 attempts to pass the ball to A2. B1 tries to intercept and manages to bat the ball toward B1's end of the court. The ball bounces several times before B1 is able to recover. B1 then dribbles into a double foul.

RULING: Legal. The ball is not part of a dribble, as B1 did not have control until he or she recovered the ball. Securing, maintaining and losing control of the ball is a factor which must be considered in administrating the dribble rule. (4-12)

SITUATION #17: Substitute A6 reports to the scorer to replace A1 and enters the game. The official is not properly replaced by another player. If A1 is available, A6 enters the game. If A1 is not available, A6 may enter until the clock has run following their substitution. (3-5-2, 3)

SITUATION #18: The ball is live and momentarily grasps the ring to regain balance. The official properly charges A1 with a technical foul. A1 is visibly upset and in defiance jumps up and grabs the basket ring again.

RULING: The 2nd grasping is intentional and may be ruled flagrant. If it is flagrant, A1 must be disqualified. Team B is awarded 3 free throws. The technical foul is charged to A1. (10-3-6)

SITUATION #19: Substitute B6 enters the court while the ball is alive and the clock is running. Team A is in possession of the ball on the frontcourt. The officials are unaware of what has happened. Should the scorer signal the officials while Team A is in control?

RULING: No. The scorer shall only signal when the ball is dead or in control of the opposing team. When the official is properly signaled, this infraction may be penalized if it is recognized before the ball becomes alive following the first dead ball after the infraction. When properly administered, B6 would be charged with a technical foul. (4-12-3-4)

SITUATION #20: A1 attempts a long field goal try. The try is considerably short and the ball strikes the floor and rebounds. A1 attempts to dribble the ball and enters the backboard. In both cases, the ball then drops through the basket.

RULING: In (a), it is a violation and the ball is dead immediately when it passes through the basket from below. The throw-in by B1 will be from the free throw line extended. A goal is scored in (b) as nothing occurred to cause a dead ball. The try ended when it was certain it would not be successful. However, regardless of how the ball got through the basket, a goal is scored when a live ball enters the basket from above and passes through. (4-1-2, 5-1, 9-4 Pen.)

SITUATION #21: The scorer fails to record 2 points for Team A as a result of B1's goaltending in the 2nd quarter. The error is discovered as the scorers compare their books at halftime. The omission is announced as the referee is checking the scorebook at halftime.

RULING: The 2 points are added to Team A's total. This bookkeeping error may be corrected anytime before the final score is announced. (4-12-3-5, 5-11-5)

SITUATION #22: Team A has no eligible substitutes remaining when A1 is injured. The coach of Team A comes onto the court to assist the trainer A1 is attended. After 4 seconds, it is determined he or she would be able to play. Team A has already used its allowable 4 time-outs in the game. Can A1 remain in the game without any substitution charged with a technical foul time-out, as it has no subs? Can A1 be removed and Team A play short until the next opportunity to substitute?

RULING: If A1 remains in the game, Team A is charged with an excess time-out resulting in a 2-shot technical foul. Since no substitutes are available, Team A may continue play with 4 players if A1 is removed. A1 must return at the first substitution opportunity unless the injury prevents further participation. (3-3; 5-9, 10-1-6)

SITUATION #23: A1 has the ball out-of-bounds for a throw-in along the end line at B's basket. A1 throws a long pass toward the other end of the court. The 5-second count expires while the untouched pass is in the air. The officials whistle sounds and then A2 grabs the ball and tosses it into A's basket. Where is the ball awarded to Team B for the throw-in?

RULING: The throw-in for Team B is from A1's original throw-in. The ball is not taken to A's free throw line extended, even though it passed through the basket. When a violation is called and action thereafter begins which results in the ball passing through the basket, the throw-in is from the out-of-bounds spot nearest the violation. The reason for going to the free throw line extended is to clarify that no points were scored. In the situation outlined, there is no doubt the ball was dead and no points could be scored. (7-5-1; 9-4-1)

SITUATION #24: B1 commits a technical foul. A6 enters to attempt the throw. The lane is cleared and A6 makes the free throw. The scorer then discovers that A6 had previously been disqualified for committing his or her technical foul.

RULING: The successful free throw cannot be canceled. A1 is disqualified for the flagrant technical foul and is banished from the vicinity of the bench. Team A will be awarded 2 free throws resulting from A6's flagrant technical. Team B will be awarded the ball for a dribble-in free throw line in timeout. (8-7, 10-3-2 Pen.)

SITUATION #25: The ball is batted or thrown from under A's basket so that it enters the basket from below and passes through it. The ball is charged as a dribble when very little change in direction or any great distance is involved. (4-12; 4-29; 9-4)

SITUATION #27: A1 is charged with a player control foul. The scorers detect that they do not agree on the number of fouls charged to A1.

RULING: The referee should be notified of the problem. If the reason for the discrepancy is determined, it should be corrected. If the reason for the difference cannot be found, the referee must accept the record of the official scorer, unless he or she has information which would permit a different decision. (2-11-6)

SITUATION #28: The totals of Team A have legal numbers. The mascot name "TIGERS" is placed vertically on the front left side, and the player's last name is placed horizontally above the number on the back of the shirt.

RULING: This is legal. An identifying number may be placed either vertically or horizontally on either, or on both, the front and back of the shirt. (4-3-2)

SITUATION #29: Team B is charged with a technical foul after the starters have been designated, but prior to the start of the game. A6 replaces A1 and makes the free throw. Immediately after the throw (a) A1 reports to go in for A6; or (b) A7 reports to go in for A6, or (c) A7 and A8 report to go in for A2 and A3 respectively.

RULING: In (a), A1 may not enter until the clock has run. The substitution in (b) and (c) is permitted. In (b), the rules do not require that a player remain in the game at any specified period of time. In (c), once the ball became alive, it is legal for any designated starter to be replaced. (4-2-3, 6-1-5; 8-3)

SITUATION #30: A1 fouled in the act of shooting, but the try is successful. While A1's free throw attempt is in flight, A2 fouls B1. The attempt is either (a) successful, or (b) unsuccessful. Team B is not in the bonus.

RULING: This is a false double foul. In (a) the throw-in by B1 will be from a designated spot anywhere along the frontcourt. In (b), the throw-in by B1 will be from a designated spot out-of-bounds nearest to where A2's foul occurred. (4-15-3; 7-5-4, 7)

SITUATION #31: A1 passes the ball in A2's direction. A2 is moving rapidly. The ball strikes A2's hand, but he or she takes several steps before gaining control of the ball. Has A2 violated?

RULING: No. Since A2 did not have control of the ball, the foot movements are legal. After gaining control, A2 would have to start and maintain a legal dribble, if movement with the ball continues. (4-12)
1984-85 NATIONAL FEDERATION WRESTLING RULE INTERPRETATIONS

PART II

WRESTLING INSTALLMENT II

SITUATION #15: When an individual is in violation of rule 4-2-3, concerning the taking of medication during a match, what is the penalty for this violation?

RULING: During tournament competition any correction of error must take place prior to the offended contestant leaving the mat area. Therefore, Wrestler A would be the loser of the quarterfinal match. If the coach of School A had detected this error prior to his contestant leaving the mat area, then the error could have been corrected and the overtime periods would have been deleted.

SITUATION #23: In a dual meet, the 138-pound contestant from School A defeats his opponent from School B by a score of 17-5. When this is recorded for the official score, Team A is only credited with a four point major decision. Is this a correctable error?

RULING: This would be considered a clerical error in recording team score and may be corrected when detected.

COMMENTS: Any clerical error in recording team score may be corrected when detected in either dual meets or tournament competition. This would include errors in the summation of team scores from the actual recorded match scores or for incorrect points given for a superior or major decision. No change, however, is allowed in the match score indicated on the scoreboard.

SITUATION #24: Wrestler A is attempting to turn Wrestler B with a legal but potentially dangerous chicken wing, and during the process pressure is applied to the long axis of the body and not permitted to it. Creating an illegal hold. What is the correct procedure for the referee to follow?

RULING: By definition, the chicken wing is a potentially dangerous hold, and as soon as it is applied the referee shall immediately yield the correct signal and notification. As soon as it becomes illegal, however, he shall stop the match and award the proper points to the defensive wrestler.

SITUATION #25: As the referee is officiating a heavyweight match, he has some concern about stalling, but does not feel that a penalty of 1 point should be imposed. What is the legal procedure to follow?

RULING: The referee may make an audible and visible hand signal without indicating whether the wrestler is stalling. If there is no response by the wrestler, the referee shall indicate a stalemate or a warning or penalty for stalling may be called. It should be pointed out, however, that it is not necessary that the second-second count point penalty or a penalty for stalling be made. Any time an official recognizes stalling in any position, he shall warn or penalize the contestants. The live-third second count is simply one additional tool that has been given to the referee to help eliminate stalling.

SITUATION #26: After an out-of-bounds situation, where Wrestler A had Wrestler B in a pinning situation, Wrestler B, instead of returning to the center of the mat, sets at the edge of the mat adjusting his socks, kneepads and starts to reposition his shoes in an obvious delay of match tactic. What is the penalty for this violation?

RULING: This would also be a longer technical violation and a penalty for what is considered stalling.

SITUATION #27: What is the correct procedure for the referee to follow in the following situation? a) Giving a warning for stalling when the contestants are in the neutral position, b) either warning or penalizing the defensive wrestler for stalling, c) warning or penalizing the offensive wrestler for stalling.

RULING: In both a and b, the referee shall not stop the match. In c, the match would be stopped for both the warning and penalty.

SITUATION #28: At the edge of the mat, Wrestler A has Wrestler B in a pinning situation. Wrestler B has his hands and shoulders in bounds and the scapula are out of bounds. Given the above guidelines, the following occurs: a) Wrestler A wrestles with both the shoulders and the scapula off the mat, b) both shoulders and both scapula of Wrestler B are on the mat, c) the shoulders of Wrestler B are on the mat and his scapula are off the mat, d) Wrestler B bridges with both shoulders of the mat and his scapula on the mat.

RULING: In a) and d), Wrestler A would receive near fall points and in b) and c) Wrestler A could win the match by a fall.

SITUATION #29: Is it permissible for a coach to visit with the official between matches?

RULING: Rule 6-6-5 is primarily concerned with what goes on during a match. If a coach wishes to visit about a rule between matches, it would not be a violation. The time a coach could be penalized would be if he were questioning the judgment of an official as in Rule 6-6-6, or if he were conducting himself in an unsportsmanlike manner.

SITUATION #30: In Rule 6-6 we make reference to “prior to the start of the next match” in the correction of errors. What do we consider to be the start of a match?

RULING: A match is officially started when the referee sounds his whistle to begin wrestling.

SITUATION #31: If a coach is removed from the premises for misconduct or a similar conduct and an individual is removed, is this also a one point team deduction?

RULING: In the above situation no points would be deducted when the individual is removed. The only time a point is deducted when an individual is removed when the penalty is for flagrant misconduct.
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