



Commissioner's Notes

November 2011

A monthly newsletter from Commissioner Julian Tackett, Kentucky High School Athletic Association,
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The month of November always seems like a time of transition. Not only can we feel it with the weather, when the warm sunny days of October give way to the first hints of winter, but from an Association standpoint the same is occurring with championship events. The unpredictability of outdoor championships in late October and early November gives us pause that, as always, Mother Nature is in charge, no matter how many precautions we take to guard against it.

The Association staff and event volunteers got a taste of the good life and guaranteed consistent conditions the last weekend of October. How did they do that? Because the event was indoors! The state volleyball tournament produced a historic feel as Greenwood fought its way to the championship match, where they fell to an Assumption squad that finished an amazing 42-1 this season. Congratulations to both schools for what they accomplished.

Things then moved outdoors at Paul Laurence Dunbar High School for the soccer championships, and the craziest 72-hour swing in the weather anyone will likely ever see. On Wednesday the skies were beautiful and temperatures were so warm that short sleeves were the norm. Then, the next night, it rained sideways. This was followed by a championship night even better than the first evening as St. Xavier and Notre Dame took home state titles under the stars.

Last Saturday we were fortunate to have almost perfect conditions for the cross country championships as we were witness to many impressive performances, including Jacob Thomson of Louisville Holy Cross, the sister act of Gabriella and Caterina Karas of Collins, and the record-setting day from the Assumption team.

As our thoughts turn to the holidays and family, we have learned to ask for one additional favor each year - continued good weather and passionate fans to cheer on their student-athletes and their communities. We will find out if we have been living right when we head to Bowling Green the week after Thanksgiving for the Russell Athletic/KHSAA Commonwealth Gridiron Bowl. We hope to see you there, rain or shine.

RULES CLINICS UPDATE

Rules clinics for basketball, cheer, swimming & diving, and wrestling have been posted on the KHSAA web site and are now open and may be viewed with a fine through Dec. 31, 2011.

PRINCIPALS CLINIC UPDATE

The principals clinic was posted on the KHSAA website on Sept. 26 and may be viewed with a \$100 fine for late attendance



through Nov. 30. From Dec. 1 through Dec. 31, the fine will be \$300.

FOOTBALL GEAR RESTRICTIONS

As the football postseason begins to wind down and all but a few teams are eliminated from competition, now is a good time to remind coaches and administrators about what is and is not permissible out of season in regard to Bylaw 25.

Case BL-25-23- What equipment can be worn, what activities can occur, and what restrictions are in place for football practice and the wearing of football gear.

Definitions

- 1) "No Equipment Period" activity is a period where no football gear, including the helmet, can be worn.
- 2) "Helmet-Only Period" activity is a practice period where only a helmet is worn. During this helmet-only period, no full contact drills or other activity can occur which would result in a player completing a tackle, or being blocked or tackled to the ground. Padded and protective equipment such as pads held by a single player (but not blocking sleds and other structures designed for work with full pads) can be used.
- 3) "Practice in Pads Period" is practice when the remainder of the football gear (other than the helmet) specified in NFHS Rule

1-5 is worn and activity during the session is not restricted with regard to contact.

The following are the allowances for the wearing of pads:

1) From the team's elimination from postseason play until the first official day of spring practice is a No Equipment Period.

a) No gear may be worn. This does not preclude the issuance of gear to individual athletes for activities such as an all-star contest.

b) There is no KHSAA catastrophic insurance during this period.

2) The Official Spring Practice Period as designated by Bylaw 25 is a Practice in Pads Period.

a) Coaches are highly advised to use the first two days of this period for acclimation to contact and re-introduction of the rigors of football to the student-athletes.

b) The KHSAA catastrophic insurance is in effect during this period.

3) From the end of the Official Spring Practice Period to May 31 is a No Equipment Period.

a) No gear may be worn. This does not preclude the issuance of a helmet to a student for participation in a skills combine as described in Case BL-25-23.

b) There is no KHSAA catastrophic insurance during this period.

4) From the earlier of the day following the last date of school or June 1, through June 24 is a Helmet-Only period.

a) A football player may wear a helmet during any football specific drill or 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.

b) There is no KHSAA catastrophic insurance during this period.

5) From June 25 to July 9 (inclusive of those dates) is the KHSAA Dead Period (Bylaw 26).

a) There can be no practice (individual or team) and no equipment may be issued.

b) There is no KHSAA catastrophic insurance during this period.

6) July 10 to July 14 is a Helmet-Only Period.

a) The helmet may be issued and worn, but no other gear as defined by NFHS Football Rule 1, Section 5 may be issued or worn.

b) There is no KHSAA catastrophic insurance during this period.

7) July 15 to the first day of contact is a Helmet-Only Period.

a) No other gear as defined by NFHS Football Rule 1, Section 5 may be worn and the restrictions of the definition of a Helmet Only Period must be observed.

b) Legal, on-campus, non-contact, non-interscholastic activity is covered by the KHSAA catastrophic insurance.

c) Non-contact game simulations may be conducted and not applied to scrimmage limitations provided that the first contact practice has not been conducted. The KHSAA catastrophic insurance is not in effect for these simulations if other schools are involved.

8) The earlier of August 1 or seven week days prior to the first date of school for the student body through the team's elimination from postseason play is the defined season. This is a practice in

pads period (including acclimation days required by Bylaw 25)

a) All other pads as defined in Rule 1-5 in addition to the helmet can be worn;

b) It is recommended that the first two to three days of this period be with shoulder pads only, followed by a non-contact day, followed by the addition of the rest of the equipment;

c) Full contact practice may begin for all individuals who have previously (after July 15) had five days of supervised non-contact practice in order to become acclimatized to heat and acclimated to practice;

d) Teams cannot conduct multiple contact practice sessions on consecutive days. If multiple contact practices (up to a maximum of two) are held on a day, then only one contact practice session can be held on the following day;

e) On days when there are multiple contact practice periods, there shall be a minimum three hour break between contact periods.

f) There is not a restriction on the number of non-contact practices conducted on any day;

g) Any play involving at least one player from more than one team shall count as a scrimmage; and

h) Provided all practice and activity are compliant with KHSAA rules, the KHSAA catastrophic insurance is in place.

General Reminders

1) Nothing about Bylaw 25 or its interpretations prevents a school from allowing equipment to be issued to students to attend individual camps at other sites and outside of the KHSAA Dead Period.

2) Nothing about Bylaw 25 or its interpretations prevents individual camp attendance by players using school owned equipment outside of the dead period or team camp attendance within the contact window and subject to the scrimmage limitations.

SPORT UPDATES

Baseball

The Baseball Coaches Association will hold its annual Coaches Conference in Louisville January 13-14. For more information, log on to www.khsbca.com.

Basketball

This is a reminder to all coaches that schools are allowed two preseason scrimmages. Each scrimmage can be three consecutive hours and can include all levels of play.

Bowling

We are happy to announce that we have formed a communication network for Bowling to be used throughout the state. If is sponsored by UK and is referred to as a LISTSERV. You may use the link below to subscribe to the listserve. Once on the link you will fill out your name and email address and choose the button next to Bowling. Then continue to follow the directions. Once you are confirmed you will receive an email with instructions on how to send a message. This message will be sent to everyone who has subscribed and you will receive emails from all that post messages. This will be very useful

to share tournament information, schedule matches, share fund raising ideas, share instructional tips, etc. Here is the link to get you started - <http://www.coe.uky.edu/lists/khsaalists.php>.

Cheer

KAPOS will hold its Board meeting at the KHSAA Office on Nov. 19 at 12 p.m.

Cross Country

The state meet wrapped up on Saturday, Nov. 12 at the Kentucky Horse Park to one of the largest crowds in the event's history. The event could not function without the army of workers and volunteers who dedicate so much of their time each year to our state's running community and its student-athletes. Congratulations on a job well done!

Football

Advance tickets for the Russell Athletic/KHSAA Commonwealth Gridiron Bowl for fans and the general public are available through the KHSAA website at www.khsaa.org/football. Ticket order forms for coaches and administrators were due back on Friday, Nov. 11.

Soccer

The KHSAA State Soccer Championships were among the most successful in the history of the event. The boys' and girls' championships drew a record crowd of 2,927 patrons. We appreciate all the fans who came out to watch this year, the first at Paul Laurence Dunbar High School.

Volleyball

Another volleyball season concluded with Assumption defeating Greenwood to win the 2011 KHSAA State Volleyball Tournament back on Oct. 29. Congratulations to all of the 16 State Tournament teams as well as all others on great year in high school volleyball

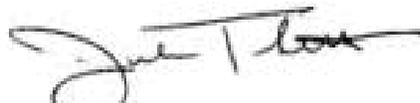
Wrestling

Login information for the NWCA website was sent to each School, if for some reason you have not received this, please contact Michael Barren, (mbarren@khsaa.org) as soon as possible.

2011-12 KHSAA Championship Dates

Dec. 2-3	Russell Athletic/KHSAA Commonwealth Gridiron Bowl	Houchens-L.T. Smith Stadium, Bowling Green
Feb. 17-18	Wrestling	Alltech Arena at Kentucky Horse Park, Lexington
Feb. 23-25	Pannell Swim Shop/KHSAA Swimming & Diving	Wright Natatorium, Louisville
March 7-10	Girls' Basketball	TBA
March 14-17	PNC/KHSAA Boys' Basketball	Rupp Arena, Lexington
March 23-24	Boys' and Girls' Bowling	Executive Bowl, Louisville
May 17-19	Boys' & Girls' Tennis	Lexington
May 17-19	Boys' & Girls' Track and Field	Owsley Frazier Cardinal Park, Louisville
June 7-9	Softball	Jack C. Fisher Park, Owensboro
June 4-9	Kentucky National Insurance/KHSAA Baseball	Whitaker Bank Ballpark, Lexington

Thanks for all of your continued support!



Julian Tackett