



**ATHLETIC  
HANDBOOK  
2011-2012**



**A RESOURCE BOOK  
FOR  
ATHLETES AND PARENTS**

*Smart, safe schools*

July-11							August-11							September-11							October-11									
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31																			30	31										
4 Independence Day Observed (schools and offices closed)							22 New Teachers Report 25 All Teachers and Teacher Assistants Report AUGUST 1 – FALL SPORTS' BEGIN							5 Labor Day (Schools & offices closed) 6 All Students Report							14 Schools closed ½ day 1 SAT 12 PSAT									
November-11							December-11							January-12							February-12									
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8 Teacher Workday (Students do not report) 23 Schools closed Offices closed ½ day 24-25 Thanksgiving Holiday (Schools & offices closed) 5 SAT NOV. 7 – WINTER SPORTS' BEGIN							22 Half day (Schools & offices) 23-30 Winter Break (Schools & offices closed) 3 SAT							2 Schools & Offices Closed 3 Schools & Offices Reopen 16 Martin Luther King Day (Schools & offices closed) 27 Teacher Workday (Students do not report) 30 Staff Development Day (Students do not report) 31 Second semester begins 28 SAT							20 President's Day (Schools closed; offices open) FEB. 20 – SPRING SPORTS' BEGIN									
March-12							April-12							May-12							June-12									
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9 Students dismissed ½ day 30 Students dismissed ½ day – Teacher Workday 10 SAT							2-9 Spring Break (annually 1 <sup>st</sup> week of April for Peninsula school divisions) - Schools closed 2-3 Offices closed 9 Offices closed 10 Schools & offices reopen							28 Memorial Day (Schools & offices closed) 5 SAT							12-14 Schools dismissed early 14 Last Student Day 15 Last Teacher Day 2 SAT									

**192 Teacher Days/181 Student Days (Includes one {1} inclement weather day)**

*All schools need to schedule at least one evening conference period, preferably in the fall.*

**NOTE:** If additional make-up days are necessary, they will be made up at the superintendent's direction. For example, President's Day may be designated as a make-up day if needed. If the inclement day scheduled in 2011-2012 is not used, then June 14, 2012 would be a student holiday and teacher workday.

INTERIMS			MARKING PERIODS			9 WEEKS REPORTS		
Period	Ends	Reports Issued	Period	Ends	# Days	Period	Ends	Reports Issued
1	October 5	October 10	1	November 7	45	1	November 16	November 16
2	December 9	December 14	2	January 26	46	2	February 7	February 7
3	February 29	March 5	3	March 30	43	3	April 18	April 18
4	May 9	May 14	4	June 14	47			

**The following religious observances occur on student days during the 2011-2012 school year:**

Rosh Hashanah	September 29	Ash Wednesday	February 22
Ashura	December 5	Ascension Day	May 17
Hanukkah	December 21	Jewish observances begin at sundown on the preceding day	

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# ATHLETIC TEAMS

## FALL

**Varsity**  
 Football  
 Field Hockey  
 Golf  
 Volleyball (boys & girls)  
 Cross Country (boys & girls)  
 Cheerleading (sideline)  
 Cheerleading (competition)  
**Jr. Varsity**  
 Football  
 Field Hockey  
 Cheerleading

## WINTER

**Varsity**  
 Basketball (boys & girls)  
 Indoor Track (boys & girls)  
 Wrestling  
 Swimming (boys & girls)  
 Diving (boys & girls)  
 Cheerleading (sideline)  
**Jr. Varsity**  
 Basketball (boys & girls)  
 Wrestling  
 Cheerleading

## SPRING

**Varsity**  
 Baseball  
 Softball  
 Soccer (boys & girls)  
 Outdoor Track (boys & girls)  
 Tennis (boys & girls)  
**Jr. Varsity**  
 Baseball  
 Softball  
 Soccer (girls & boys)

HIGH SCHOOL	PRINCIPAL	ATHLETIC DIRECTOR	ATHLETIC OFFICE
Denbigh High School	Cynthia Watson	Bryan Weaver	886-7700, x 9-24660
Heritage High School	Michael Nichols	Dwayne Peters	926-6100, x9-17660
Menchville High School	Robert Surry	Greg Henderson	886-7722, x9-45660
Warwick High School	Dr. Rory Stapleton	Michael Cooke	591-4700, x9-58660
Woodside High School	Sean Callender	Todd Price	886-7530, x9-61660

## TICKET PRICES

FOOTBALL		BASKETBALL		WRESTLING		VOLLEYBALL
Adults	\$5.00	Adults	\$5.00	Adults – Tri/Dual	\$5.00/\$4.00	\$4.00
Children 12 & Under	3.00	Children 12 & Under	\$3.00	Children 12 & Under	\$3.00	\$3.00
Sr. Citizen	\$3.00	Sr. Citizens	\$3.00	Sr. Citizens	\$3.00	3.00

**JV BASKETBALL - \$3.00 FOR EVERYONE**  
**(Sr. Citizens (NN residents) 60 and over – FREE**  
**MUST PRESENT IDENTIFICATION**

## FREE AND REDUCED ADMISSIONS TO ATHLETIC EVENTS

In addition to the passes provided by the Peninsula District of the VHSL, the School Board authorizes free or reduced admission to Newport News School Division athletic events for the following groups:

### FREE ADMISSION

- High school faculty and staff for games on Newport News School Board property involving the individual school
- City passes (issued by the athletic office) to the city manager, assistant city managers, fire chief, police chief, director of parks and recreation, and all judges
- Lifetime passes (issued by the superintendent's office) to city council members, school board members and retired school personnel
- Senior citizens (age 60 and over) who are residents of Newport News. In order to receive free admission, senior citizens must present identification that confirms that they are residents of Newport News and age 60 or over.

### REDUCED ADMISSION

- A member of the PTSA (Parent/Teacher/Student Association) of a participating Newport News public school will be admitted for a reduced cost of \$2.00 less than the adult ticket price upon the presentation of a valid current school year PTSA membership card.

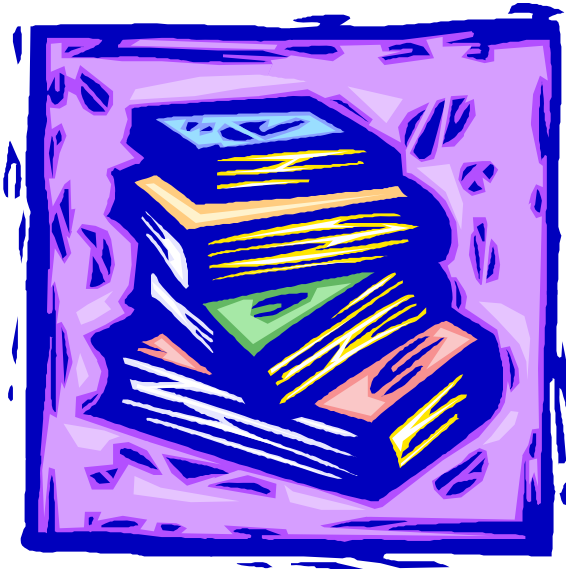
Revised 7/2011

## FOREWORD

The purpose of this handbook is to set forth some of the pertinent operating procedures for the athletic staffs, athletes and parents of the Newport News Public Schools. It is hoped that a ready reference such as this handbook will facilitate the process of seeking information about administrative policies and procedures and will provide a framework within which the athletic department can operate smoothly and efficiently.

## ACADEMICS AND ATHLETICS

Academics play a major role in the Newport News school system athletic program. All coaches monitor their student-athletes throughout the school year. Students wanting to participate in college athletics are encouraged to take core courses that will count toward NCAA academic eligibility. The NCAA now has a central clearinghouse that will certify athletic eligibility for Division 1 and II. It is very important that if your athlete might want to play Division 1 or II athletics that you read up on NCAA Academic Eligibility and Clearinghouse very carefully. Athletes cannot wait until their senior year and make this decision; it must be made early so that all NCAA requirements are met. If you have any questions, please contact the athletic director or guidance counselor.



### NON-DISCRIMINATION

The Newport News School Division does not discriminate on the basis of race, color, national origin, sex, creed, marital status, age, or disability in its programs, activities, or employment practices as required by the Title VI, Title VII, Title IX, Section 504, and ADA regulations. Nicole Clark, HR Compliance Supervisor, at 12507 Warwick Boulevard, Newport News, VA 23606, (757-881-5061), is responsible for coordinating the division's efforts to meet its obligations under Section 504, Title IX, the ADA, and their implementing regulations.

Athletics & Driver Education

12465 Warwick Boulevard, Newport News, VA 23606-3041 • phone: 757-591-4601 • fax: 757-591-4683

To: Parent or Guardian  
From: Dick Tyson, Director  
Athletics and Driver Education  
Re: Newport News Athletic Program

Your child has expressed a desire to participate in our Newport News Athletic Program. It is important that you and your child understand the goals of the program and agree to abide by the rules established by the Newport News Public Schools and the Virginia High School League for the benefit of those who participate both as students and athletes.

The Newport News Athletic Program is part of a broad extracurricular program designed to teach students certain skills and reinforce concepts of self worth (achievement), cooperative effort (teamwork), and ethical decision making (sportsmanship).

While the coaching staff and other responsible school officials will do everything within reason to protect your child against injury, including providing the appropriate equipment, safe facilities and training designed to reduce the impact of accidents; injuries will occur and on a very rare occasion may be serious and disabling. If you are concerned about this possibility you should discuss it with your child's coach.

Athletes and parents should also be advised that the Newport News athletic insurance is a secondary insurance, is limited in coverage, and is intended to supplement family-owned policies (please review insurance letter). Parents are responsible for making all claims. Claim forms must be picked up from the schools' athletic office or head coach. Claims must be submitted to the company within 90 days of the accident. (Sample form may be found in back of this booklet)

School equipment issued to your child for participation is his or her responsibility and must be returned promptly upon request. Reimbursement from the student will be expected for loss or destruction of equipment beyond ordinary wear and tear.

Please make sure you have read the Virginia High School League Individual Eligibility Rules found on the VHSL Physical Form and have completed and signed all other sections of the physical form. Also, please make sure you have completed and signed the Newport News Athletic Insurance Information and Permission for Emergency Care Forms and weight room responsibilities.

**A new policy in effect this year is Concussion Management. Be sure and read this section carefully (page 16-22). Complete and sign the Parent Letter and return to the coach (page 22).**

We hope your child will have a successful and rewarding experience. Your support and encouragement of your child will contribute to that success. Thank you for your concern and we wish you a great year!

Dear Student Athletes and Family Members:

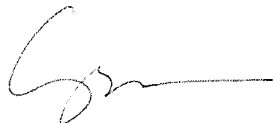
Welcome to the 2011-2012 school year. My vision for this school year is to ensure that the doors to 21<sup>st</sup> Century success are open for all students. I invite you to join as partners as we focus on *smart, safe schools* - schools that open doors for all students to college, career and citizenship.

Through athletics, you have the power to play a vital role as we ensure that schools offer a safe and smart environment where all students can realize their dreams. Participating in athletics involves teamwork, motivation, self-discipline, perseverance and continuous practice.

Athletes serve as role models and help shape the culture of a school. As you go through the school year, athletes and their families can be a very positive force in shaping *smart, safe schools* for the entire student body.

Please accept my best wishes for a productive and rewarding year as you pursue your dreams through athletics and academics.

Sincerely,



Ashby C. Kilgore, Ed.D.  
Superintendent

## NEWPORT NEWS PHILOSOPHY

It shall be the philosophy of the athletic program in the Newport News Public Schools to provide an opportunity for those students endowed with the physical and mental ability to compete at a level higher than that offered in the normal instructional program. This program will allow the talented athletes to develop their skills and knowledge to a higher degree of competency on the practice field and offer them the laboratory of the playing field to measure their accomplishments in competition with their peers.

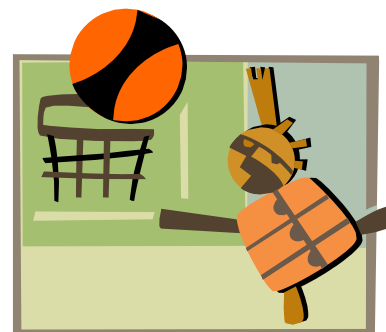
One of our school division's major goals is high academic achievement for all students. We are committed to helping them achieve to their fullest potential and our student-athletes are no exception. Just as an athlete must expend a tremendous amount of time and effort to be successful on the playing field, our athletes must bring that same discipline and dedication to the classroom. The practices established by both successful students and successful athletes would be extremely valuable throughout their school years and beyond.

In addition to the development of these physical skills, the athletic program will offer the athlete the opportunity to become a more useful and loyal member of society by developing a desire to achieve excellence but with the willingness to make personal sacrifices for the benefit of the team. Close contact with teammates and opponents will develop a sense of loyalty and dedication as well as a respect for the dignity of others.

The enrichment of the total being through contributions to their educational, social, moral, emotional and physical development shall be the underlying principle of the school athletic program.

## GOALS AND OBJECTIVES

1. All student athletes will maintain a 2.0 or above.
2. The athletic program will contribute to the physical fitness and development of athletic skills of participants through teaching and presenting a sound program of conditioning and practice.
3. The athletic program will teach the values of sportsmanship through the Virginia High School League Sportsmanship Code in order that participants may learn to be humble in victory and gracious in defeat.
4. The athletic program will teach self-discipline to participants by requiring them to adhere to a lifestyle that will contribute in a positive way to team effectiveness.
5. The athletic program will teach the compatibility of self-reliance and cooperation through activities designed to give recognition to contributions of individual athletes and showing that success of the program depends on team effort.
6. The athletic program will unify the school by providing common goals, involving all students and creating a common purpose; thereby generating school spirit and building alumni loyalty.
7. The athletic program will provide a wholesome environment for athletic participation and will provide carry-over value through teaching positive attitudes and the recreational value of participation.
8. The athletic program will provide opportunities to achieve educational and personal goals for students/athletes through counseling participants to establish goals consistent with their interests, abilities and needs.





## Newport News Public Schools Students Academic Standards for Participating in Virginia High School League Activities

**2.0 GPA**



All students participating in any Virginia High School League sponsored activity will have to meet academic standards established by the school board.

1. Students participating in any VHSL sponsored activity must maintain a 2.0 grade point average (GPA) before participating in any VHSL sponsored activity. They may meet this requirement in two (2) ways:
  - A. Students may maintain a **cumulative 2.0 GPA**
  - Or
  - B. Students may have a **2.0 the previous semester average.**
2. Students must continue to meet all VHSL eligibility requirements in addition to the 2.0 GPA.
3. Students also have the option of taking a **one-time waiver** from the 2.0 requirement for one semester for any reason during their time in high school **but still must meet all VHSL standards.** Forms can be obtained from the high school athletic directors.
4. Students who lose their academic eligibility while participating in a VHSL activity in which the season or district competition extends beyond the semester will be allowed to continue participating until the particular season ends, but will not be able to participate in other extracurricular activities until academic eligibility is restored.
5. Transfer students' academic eligibility for participation in a VHSL activity will be determined initially by their incoming GPA. This eligibility criteria will apply through and include the student's first semester of attendance in Newport News Public Schools. Transfer students who do not meet the academic requirements for the school year in which they enter will be denied academic eligibility during their first semester in Newport News Public Schools. After their first semester as a student in the Newport News Public Schools, the GPA requirements in item 1 shall apply. **ONLY NN POLICY, STILL MUST PASS VHSL 5 SUBJECTS.**
6. Summer school grades will be averaged in with second semester grades.
7. A special education student who is working toward a **special diploma/certificate** must make standard progress in those courses taken as determined by the student's Individualized Education Program (IEP).
8. A special education student who is working toward a **standard diploma** must meet the same academic standards for participation in VHSL activities and extracurricular activities that are required for all students.
9. If there are differences between the school board policy and Virginia High School League (VHSL), the provision that establishes the stricter rule will apply. If either the school board policy or the VHSL regulations contain a condition or requirement that the other one does not, the stated condition or requirement will apply.

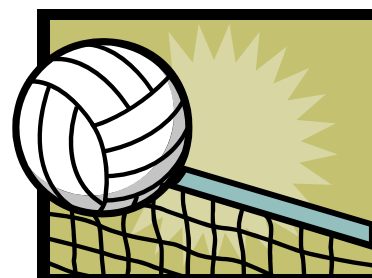


## MAGNET SCHOOL – GENERAL INFORMATION

In general, eighth grade students who wish to participate in VHSL activities are expected to attend their attendance-zone school. Students enrolled in magnet programs who indicate intent to return may participate at the school at which the magnet program continues.

### Magnet Program Deselection Procedures – Voluntary and Involuntary

1. Magnet students and their parents/guardians are required to sign a contract defining the expectations of a magnet school student. The contract specifies expectations related to academic progress, conduct, dress, and attendance. The goal of each magnet program is to provide a learning environment that would allow any child selected the opportunity to succeed. A student, however, may be involuntarily deselected for violations of the contract. Each magnet program provides students who are candidates for deselection and their parents with notification of deselection and the opportunity for discussion.
2. Involuntary deselections should take place at instructionally appropriate times. In most cases, the most appropriate time would be at the end of an academic year. At elementary and middle school levels, however, deselection could take place at the end of a nine weeks. At the high school level, deselection could take place at the end of a semester.
3. The principal may involuntarily deselect a student who has committed an infraction requiring the student to attend an alternative school.
4. A student who has been selected for a magnet program or deselected from a magnet program for any reason and who has officially practiced or participated in a VHSL activity is ineligible to participate in that activity in another school for the remainder of that academic year.
5. Appeals to this process can be made in writing to the assistant superintendent for administrative and alternative services or his/her designee.

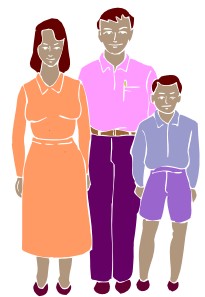


## **IMPORTANT REMINDERS For Parents with Athletic Children**

- Make sure your children know that, win or lose, scared or heroic, you love them, appreciate their efforts, and are not disappointed in them. This will allow them to do their best without a fear of failure. Be the person in their lives they can look to for constant, positive encouragement.
- Try your best to be completely honest about your children's athletic capability, competitive attitude, and sportsmanship and actual skill level.
- Be helpful, but don't coach them on the way to the rink, pool, or track or on the way back, at breakfast, and so on. It is tough not to, but it's a lot tougher on children to be inundated with advice, pep talks, and often critical instruction.
- Teach them to enjoy the thrill of competition, to be "out there trying", to be working to improve their skills and attitude. Help them to develop the feel for competing, for trying hard, for having fun.
- Try not to re-live your athletic life through your children in a way that creates pressure. You fumbled; too, you lost as well as won. You were frightened, you backed off at times, and you were not always heroic. Don't pressure them because of your lost pride.
- Don't compare the skill, courage, or attitudes of your children with other members of the team.
- Get to know the coach so that you can be assured that his/her philosophy, attitudes, ethics and knowledge are such that you are happy to have your children under his/her leadership.
- Always remember that children tend to exaggerate, both when praised and criticized. Temper your action and investigate before over-reacting.

### **You and your family can prevent the spread of infection by following good hygiene practices:**

- Wash hands thoroughly with soap and water;
- Keep cuts and scrapes clean and covered until healed;
- Avoid contact with wounds and bandages;
- Avoid sharing personal items like towels and razors.
- Shower immediately following practices and/or games.



**Impetigo/Staph Infections** are caused by the staphylococcus bacteria getting into a sore or break in the skin. About 1/3 of the infections are caused by "autoinfection" from the bacteria in your nose. Skin to skin contact from draining skin sores is the other most common source. Topical treatment is usually all that is needed. Areas should be covered while at school. If the area spreads see your doctor. NNPS uses appropriate preventative measures to limit the spread of infections. Call your school nurses and coaches if you have questions.

## PARENT/TEACHER COMMUNICATION

### Parent/Coach Relationship

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your child becomes involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

### Communication you should expect from your child's coach

1. Philosophy of the coach.
2. Expectations the coach has for your child as well as all the players on the squad.
3. Locations and times of all practices and contests.
4. Team requirements, i.e. fees, special equipment, off-season conditioning.
5. Procedure should your child be injured during participation.
6. Discipline that results in the denial of your child's participation.

### Communication coaches expect from parents

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concern in regard to a coach's philosophy and/or expectations.

As your children become involved in the program, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times discussion with the coach is encouraged.

### Appropriate concerns to discuss with coaches

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

It is difficult to accept your child's not playing as much as you may hope. **Coaches are professionals.** They make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as those listed later, must be left to the discretion of the coach.

### Issues not appropriate to discuss with coaches

1. Team strategy.
2. Play calling.
3. Playing time.
4. Other student-athletes.

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

### If you have a concern to discuss with a coach, the procedure you should follow is:

1. Call to set up an appointment.
2. If the coach cannot be reached, call the Athletic Director. He will set up the meeting for you.
3. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

### **THE NEXT STEP**

### What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

1. Call and set up an appointment with the School Athletic Director to discuss the situation.
2. At this meeting the appropriate next step can be determined.

# ATHLETIC INSURANCE

The Newport News Public Schools has been able to secure a SECONDARY Insurance Coverage for all student-athletes participating in high school sports.

All athletes must complete and return signed athletic insurance information cards prior to any try-out or practice session. Athletes and parents should also be advised that the Newport News Athletic Insurance is limited in coverage and is intended to supplement family owned policies.

Parents are responsible for making all claims. Notification of Injury forms must be picked up from the schools' athletic office or from the head coach. Notification of Injury forms must be submitted to the company within 90 days of the accident and the initial treatment for the injury must have commenced within 90 days of the injury.

All eligible athletes are covered by catastrophic insurance provided thru the VHSL. The insurance is paid for by the Newport News Public Schools.

## SAMPLE INJURY FORM

<b>NOTIFICATION OF INJURY</b> <small>Any person who knowingly presents a false or fraudulent claim for payment of a loss or benefit or knowingly presents false information in an application for insurance is guilty of a crime and may be subject to fines and imprisonment as proscribed.</small>		Policy Number: _____ FOR OFFICE USE Reference Number: _____ Coverage Code: _____	
AIG LIFE INSURANCE COMPANY NATIONAL UNION FIRE INSURANCE COMPANY MAIL CLAIM FORM TO: TOWER FINANCIAL GROUP 316 OFFICE SQUARE LANE, SUITE 103 VIRGINIA BEACH, VA 23462 Phone: (757) 499-4488 Fax: (757) 499-1522			
<b>FORM MUST BE COMPLETED IN FULL.</b> <b>PART I - ACCIDENT REPORT</b>			
1A. Name of School	1B. Name of School District/Division/Association		
2A. Name of Student (Last) (First) (Middle Initial)	2B. Social Security No.	2C. Grade   2D. Birthdate   2E. Sex	
3. Nature of injury (Please describe fully indicating what part of body was injured - e.g. broken arm, sprained ankle, etc.)			
4. Describe how accident occurred. (Please provide all details) <b>MUST BE A BODILY INJURY DUE TO AN ACCIDENT.</b>			
5A. Was the accident school-related? <input type="checkbox"/> Yes <input type="checkbox"/> No	5B. Is the accident covered under a catastrophic policy? <input type="checkbox"/> Yes <input type="checkbox"/> No		
6A. Did Accident Occur: a) while the claimant was supervised? <input type="checkbox"/> Yes <input type="checkbox"/> No b) during non-scheduled activity? <input type="checkbox"/> Yes <input type="checkbox"/> No c) during programmed hours? <input type="checkbox"/> Yes <input type="checkbox"/> No d) on activity premises? <input type="checkbox"/> Yes <input type="checkbox"/> No e) while traveling directly and uninter-ruptedly to or from home premises and school for regular school sessions or school approved and supervised activities? <input type="checkbox"/> Yes <input type="checkbox"/> No	6B. a) Date of Accident b) Time c) Place	6C. Name of Activity	6D. Name and Title of Supervisor
7A. Signature of School/Union	7B. Title	7C. Date	
<b>PART II - TO BE COMPLETED BY PARENT OR GUARDIAN</b>			
1A. Name of Father or Guardian	1B. Social Security No.	1C. Address/City/State/Zip of Father or Guardian	1D. Phone Number
2A. Name of Mother or Guardian	2B. Social Security No.	2C. Address/City/State/Zip of Mother or Guardian	2D. Phone Number
3A. Name of Father or Guardian's Employer	3B. Address/City/State/Zip of Employer	3C. Phone Number	
4A. Name of Mother or Guardian's Employer	4B. Address/City/State/Zip of Employer	4C. Phone Number	
5A. Father or Guardian's Insurance Company(ies)	5B. Policy Number(s)	5C. <input type="checkbox"/> Individual <input type="checkbox"/> Group <input type="checkbox"/> Government <input type="checkbox"/> Individual <input type="checkbox"/> Group <input type="checkbox"/> Government	
6A. Mother or Guardian's Insurance Company(ies)	6B. Policy Number(s)	6C. <input type="checkbox"/> Individual <input type="checkbox"/> Group <input type="checkbox"/> Government <input type="checkbox"/> Individual <input type="checkbox"/> Group <input type="checkbox"/> Government	
7A. All other insurance Company(ies) under which the claimant is insured	7B. Policy Number(s)	7C. <input type="checkbox"/> Individual <input type="checkbox"/> Group <input type="checkbox"/> Government <input type="checkbox"/> Individual <input type="checkbox"/> Group <input type="checkbox"/> Government	
Affidavit: I verify that the above information regarding insurance is accurate and complete. I understand that the intentional furnishing of incorrect information via the U.S. Mail may be fraudulent and violate federal laws as well as state laws.			
Signature of Parent or Guardian _____ Date: _____			Authorization: I hereby authorize any physician or hospital who has treated or attended to the above claimant to furnish the insurance company or its representative any information requested. A photocopy of this authorization is to be considered valid.
Signature of Insured (Parent or Guardian if claimant is under 18) _____ Date: _____			
<b>SEE CLAIM INSTRUCTIONS ON THE BACK OF THIS FORM</b>			

### CLAIM INSTRUCTIONS

Treatment must commence within 90 days from the date of the accident.

- In case of an accident, notify the school/organization immediately.
- Notify **ALL** treatment facilities (physician's office, hospital, etc.) of this insurance coverage so that any invoices and/or Explanation of Benefits (EOB) can be sent directly from the medical facility to Tower Financial Group.
- Have Part I and Part II completed on the Notification of Injury form. Do not leave any blank spaces or write "N/A" in any space. If either parent or guardian is uninvolved, deceased, unemployed, self-employed or disabled, please state so. If you are employed, but do not have insurance, please state "NO INSURANCE" and provide us with a statement from your employer that the claimant has no insurance. Otherwise, our office will submit an insurance questionnaire to your employer to be used as verification of no dependent coverage.
- Attach any itemized bills to the claim form, along with any corresponding Explanation of Benefits (EOB) for each itemized bill. An itemized bill includes treatment rendered, the dates of the treatment, diagnosis codes, physician's or hospital's name, address and tax i.d. number. **Balance Due bills are not acceptable.** Be sure to attach any receipts for bills paid out-of-pocket. Otherwise, benefits will be paid to the provider of service. Please Note: Both an itemized bill and EOB (if applicable) must be submitted for claims to be considered for accident medical expense benefits.
- Mail the Notification of Injury form, along with any other applicable correspondence to our office within 90 days from the date of the accident. Do not leave this form with the school, coach, hospital, physician, etc. Our address is Tower Financial Group, 316 Office Square Lane, Suite 103, Virginia Beach, VA 23462. If you need further assistance, feel free to contact Customer Service at (757) 499-4488. We will be happy to assist you.

If your medical coverage is under an HMO, PPO or similar plan, you must follow their requirements for obtaining benefits. Otherwise, our benefits may be reduced, where applicable, as stated in the policy provisions. This restriction does not apply in every state.

## INELIGIBLE

The Virginia High School League has notified all school divisions that ineligible students who practice with a team are NOT covered by the VHSL catastrophic insurance. Due to the fact that there is no catastrophic athletic insurance coverage for students who are ineligible to participate in VHSL sports, ineligible students **ARE NOT** permitted to practice with any team until they become eligible under VHSL standards.

**NEWPORT NEWS PUBLIC SCHOOLS  
PERMISSION FOR EMERGENCY CARE – HS ATHLETICS**

School \_\_\_\_\_ Grade \_\_\_\_\_

Student's Name \_\_\_\_\_ Birthday \_\_\_\_\_ Homeroom \_\_\_\_\_

Parent's Name \_\_\_\_\_ Address \_\_\_\_\_

Home Phone Number \_\_\_\_\_ Work Number \_\_\_\_\_ Cell Number \_\_\_\_\_

Allergic to medication (specify type) \_\_\_\_\_

Has student been prescribed an inhaler / epipen? \_\_\_\_\_ Is student presently taking medication? \_\_\_\_\_ If so, what

type? \_\_\_\_\_ Does the student wear contact lenses? \_\_\_\_\_

Please list date of last tetanus shot \_\_\_\_\_ any other medical problems \_\_\_\_\_

Insurance in addition to athletic insurance Yes \_\_\_\_\_ (complete other side of this form)

**IN CASE OF EMERGENCY, CONTACT**

Name \_\_\_\_\_ Relationship \_\_\_\_\_

Home Phone Number \_\_\_\_\_ Work and/or Cell Number \_\_\_\_\_

Family Physician \_\_\_\_\_ Phone Number \_\_\_\_\_

In case of an emergency and I cannot be reached, the school has my permission to take my child to the emergency room of the nearest hospital and the hospital and its medical staff has my permission to provide treatment which a physician deems necessary for the well being of my child.

Date \_\_\_\_\_ Parent's Signature \_\_\_\_\_

**ATHLETIC INSURANCE INFORMATION**

Student's Full Name \_\_\_\_\_

Name of Parent Who Carries Insurance \_\_\_\_\_

Name of Insurance Company \_\_\_\_\_

Policy Number \_\_\_\_\_

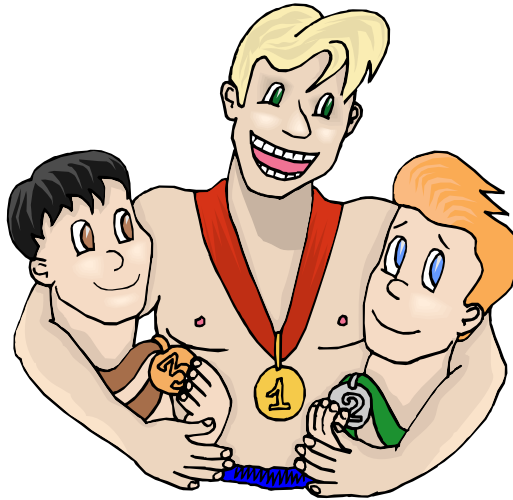
I certify that the above named student athlete has the above health and accident insurance coverage in addition to the Newport News Public Schools athletic accidental medical coverage.

Date \_\_\_\_\_ Parent's Signature \_\_\_\_\_

Revised 5/09

## ATHLETIC STATEMENT

Participation in athletics is a privilege, which carries with it varying degrees of honor, responsibility and sacrifice. Since competition is a privilege and not a right, those who choose to participate shall be expected to follow the rules established by the Athletic Department and other specific coaches' rules for their sport. Each student-athlete represents his/her school and student body. It is the student-athlete's duty to conduct himself/herself in a manner that is becoming the student-athlete, his/her family, Newport News Public Schools and the community.



## SPORTSMANSHIP

The following policy statement from the National Federation of State High School Associations expresses the concept of sportsmanship as follows:

“The ideals of good sportsmanship, ethical behavior, and integrity permeate our culture. The values of good citizenship and high behavioral standards apply equally to all activity disciplines. In perception and practice, good sportsmanship shall be defined as those qualities of behavior, which are characterized by generosity and genuine concern for others. Further, awareness is expected of the impact of an individual's influence on the behavior of others. Good sportsmanship is viewed as a concrete measure of the understanding and commitment to fair play, ethical behavior and integrity.”

One of the main goals of the athletic program is to teach the concept of sportsmanship. Good sportsmanship requires that everyone be treated with respect. This includes members of the opposing team, officials, coaches and spectators.

Good sportsmanship includes showing courtesy and kindness towards your opponent as well as fellow team members. The contest is judged by the effort of the participants and not by putting down your opponent.

Winning is exciting, but winning at any cost is not the goal. Negative treatment of any participant is outside the spirit and interest of the contest.

All VHSL sanctioned events are a reflection of our community and school. The conduct of the team is extended to parents and fans before, during, and after athletic events.

## THE FUNDAMENTALS OF SPORTSMANSHIP

**Gain an understanding and appreciation for the rules of the contest.** The necessity to be well informed is essential. Know the rules. If you are uninformed, refrain from expressing opinions on officials, coaches, or administrative decisions. The spirit of GOOD SPORTSMANSHIP depends on conformance to a rule's intent as well as to the letter of a given rule.

**Exercise representative behavior at all times.** A prerequisite to GOOD SPORTSMANSHIP requires one to understand his/her prejudices that may become a factor in his/her behavior. The true value of interscholastic competition relies upon everyone exhibiting behavior which is representative of a sound value base. A proper perspective must be maintained if the educational values are to be realized. Your behavior influences others whether you are aware of it or not.

**Recognize and appreciate skilled performances regardless of affiliation.** Applause for an opponent's good performance displays generosity and is a courtesy that should be regularly practiced. This not only represents GOOD SPORTSMANSHIP but reflects a true awareness of the game by recognizing and acknowledging quality.

**Exhibit respect for the officials.** The officials of any contest are impartial arbitrators who are trained and who perform to the best of their ability. Mistakes by all involved in the contest are a part of the game. We should not rationalize our own poor or unsuccessful performance or behavior by placing responsibility on an official. The rule of GOOD SPORTSMANSHIP is to accept and abide by the decision made. This value is critical for students to learn for later application in life.

**Display openly a respect for the opponent at all times.** Opponents are guests and should be treated cordially, provided with the best accommodations, and accorded tolerance at all times. Be a positive representative for your school, team, or family.

**Display pride in your actions at every opportunity.** Never allow your ego to interfere with good judgment and your responsibility as a school representative. Regardless of whether you are an adult, student, athlete, coach, or official, this value is paramount since it suggests that you care about yourself and how others perceive you.

**“SPORTSMANSHIP:  
THE ONLY MISSING PIECE IS YOU!”**

## VALUE OF ATHLETICS

**What benefit will a player derive from participation in athletics?**

### **COMPETITION**

Our entire way of life is based on competition. Every person is competing to improve or maintain his standing. What better way to learn this important principle than through athletics?

### **PHYSICAL WELL BEING**

The nation is becoming more conscious of the inadequacy of our youth in physical fitness. Through athletics, a foundation is built that can correct this situation.

### **THE RELEASE OF PHYSICAL ENERGY**

Someway, somehow students will find a way to release their physical energy. Athletics offer a wholesome medium for this purpose.

### **RECOGNITION**

Through guidance, players can learn to accept recognition in a proper manner. They learn that the praises they receive are not due to their effort alone.

### **UNDERSTANDING**

Players working together for a common cause learn to accept victory or defeat in a mature manner. Team members soon learn how to understand each other and to make adjustments for the good of the team.

### **EMOTIONAL CONTROL**

"When the going gets tough, the tough gets going." The athlete learns to get going, by tackling the task at hand. Emotional blow-ups only hamper him.

### **DISCIPLINE**

We hear the cry that young people need to learn discipline. Athletics teach self-discipline, vital to a successful adult life.

### **PERSEVERANCE**

Athletes learn to stay with the job and not give up until the contest is over.

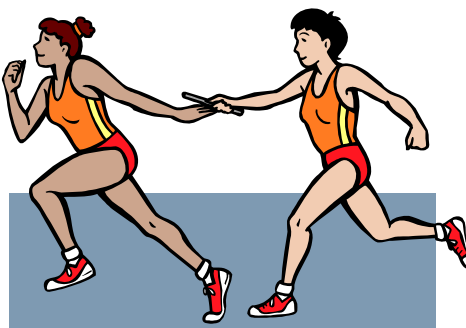
### **THINKING UNDER PRESSURE**

The accomplished businessman can attribute much of his success to this factor. Athletes learn it early in their career and use this ability the rest of their lives.

### **LOYALTY**

Being faithful to a team, a group, a cause, is an important lesson of athletics. A person will not fail himself when he has learned the lesson of being true to others.

**Taking part in athletics is one of the most important parts of our educational system. There is no other course in our schools today, which can offer all the following benefits.**



**Newport News Public Schools**  
**Statement of Student Responsibilities for Weight Room Use**

1. No loitering.
2. No horse playing.
3. Follow designated work-out.
4. Only exercises from the approved list of exercises should be used (which should be developed by the strength coach).
5. All injuries should be reported immediately.
6. All free weight exercises should be spotted by a person or persons physically able to assist with the weight. "Do not bang weights."
7. All weight equipment should be checked by the athlete before using, make sure it is in working order and it is safe to use. Immediately report any equipment malfunctions to supervisor, attendant, or instructor.
8. Clothing appropriate to weight lifting should be worn: athletic shoes, socks, properly fitted shorts, t-shirt. Jewelry and loose fitting clothing are prohibited. Towels are allowed to wipe down equipment before use.
9. The athlete should warm-up before attempting lifts with heavy weights.
10. Lifting belts should be worn for any exercise that the back is not supported.
11. All weights should be returned to the racks when they are not in use. Do not remove weights from lifting area.
12. No food or drink is allowed in the weight room.
13. Clamps (collars) must be used on all free weight equipment.
14. No unattended personal equipment (books, book bags, clothing, etc.) should be left in the weight room.
15. No student athletes will be allowed in the weight room without proper adult (school) personnel.

**Use of Proper weight lifting techniques is essential for student safety**

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**STATEMENT OF UNDERSTANDING**

I have read, been given an opportunity to ask questions about, had any questions answered, and fully understand the student policies for weight room use. "Failure to observe these rules will result in suspension of the use privilege of the Weight Room. I hereby voluntarily assume and understand all risks and responsibilities associated with participation of Weight Room activities."

I understand that the policies are developed for my safety, however, they cannot prevent all injuries in a weight room. I understand that weight lifting is a dangerous activity and injury can occur.

STUDENT'S SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_  
SCHOOL: \_\_\_\_\_

---

**PARENTAL CONSENT**

I have read and understand the above "Statement of Student Responsibilities" and understand the potential risks of injury and the responsibilities of my child while participating in Weight Room activities.

I hereby grant my permission for my child to participate in Weight Room activities. I also give permission for my child to receive medical treatment in case of injury during these activities.

PARENT'S NAME: (PRINT) \_\_\_\_\_  
PARENT'S SIGNATURE: \_\_\_\_\_  
DAYTIME PHONE: \_\_\_\_\_ EVENING PHONE: \_\_\_\_\_  
NAME AND TELEPHONE NUMBER OF PERSON TO CONTACT IN THE EVENT OF AN EMERGENCY  
IF THE PERSON ABOVE IS UNAVAILABLE: \_\_\_\_\_

DATE: \_\_\_\_\_

## ***PROCEDURES: Concussion Management***

These procedures address the identification and handling of suspected concussions in student athletes, the school division's activities to prevent concussions, the requirements for assessment of student athletes suspected of having concussions and follow-up assessments, and the school division's concussion management training activities.

### **Definitions:**

1. A **concussion** is a brain injury that is characterized by an onset of impairment of cognitive and/or physical functioning, and is caused by a blow to the head, face or neck, or a blow to the body that causes a sudden jarring of the head (i.e., a helmet to the head, being knocked to the ground). A concussion can occur with or without a loss of consciousness.
2. **Appropriate licensed health care provider** means a physician, physician assistant, osteopath or athletic trainer licensed by the Virginia Board of Medicine; a neuropsychologist licensed by the Board of Psychology; or a nurse practitioner licensed by the Virginia State Board of Nursing.
3. **Return to play** means participate in a nonmedically supervised practice or athletic competition.

### **Identification and Handling of Students Suspected of Having a Concussion; Follow-up Identification and Handling:**

1. A student-athlete suspected by that student-athlete's coach, athletic trainer, or team physician of sustaining a concussion or brain injury in a practice or game shall be removed from the activity at that time.
2. A student-athlete who has been removed from play, evaluated, and suspected to have a concussion or brain injury shall not return to play that same day nor until (i) evaluated by an appropriate licensed health care provider as determined by the School Board of Education and (ii) in receipt of written clearance to return to play from such licensed health care provider. The licensed health care provider evaluating student-athletes suspected of having a concussion or brain injury may be a volunteer.
3. Appropriate licensed health care providers or properly trained individuals evaluating student-athletes at the time of injury will utilize the Standardized Assessment of Concussion (SAC).

### **Protocol for return to play**

1. No member of a school athletic team shall participate in any athletic event or practice the same day he or she is injured and:
  - exhibits signs, symptoms or behaviors attributable to a concussion; or
  - has been diagnosed with a concussion.

**PROCEDURES: Concussion Management (continued)**

2. No member of a school athletic team shall return to participate in an athletic event or training after he/she experiences a concussion unless all of the following conditions have been met:
  - the student no longer exhibits signs, symptoms or behaviors consistent with a concussion, at rest or with exertion;
  - the student is asymptomatic during, or following periods of supervised exercise that is gradually intensifying over a number of days; and
  - the student receives a written medical release from a licensed health care provider.
3. If an athlete is evaluated by a community physician and the physician provides a return-to-play date, school division Certified Athletic Trainers will not allow an athlete to play or participate for the period specified; provided, however, that Certified Athletic Trainer have the discretion to hold an athlete longer than the physician-provided return-to-play date.”

**Prevention:**

1. A standardized concussion education program will be presented by the Certified Athletic Trainer as part of the Athletic Department’s player/coach/parent meeting at all high schools each season.
2. The ImPACT concussion fact sheet and a letter to the parents outlining the NNPS Concussion Policy will be distributed and require a signature prior to the athlete participating in practice or competition.
3. Every athlete will take the ImPACT baseline computerized **neurocognitive assessment** prior to participation in athletic practice or competition.
4. All coaches, including volunteers, are required to take the online concussion education program mandated by the Virginia High School League (VHSL) prior to first day of practice.
5. Each school division athletic trainer will keep statistics regarding head injuries for the purpose of improving care and prevention. This will include the number of concussions per sport per season so that the percentage of athletes sustaining concussions may be calculated.
6. This policy and return to play guidelines will be available on the Newport News Public School web site in addition to each high school’s website.
7. This information will also be shared with the coaches and Assistant Principals for all middle school sports prior to the beginning of practice for each season. It will be the responsibility of the Assistant Principals and coaches to communicate the information to the parents.

**PROCEDURES: Concussion Management (continued)**

8. Helmet Replacement and Reconditioning policies and procedures.
  - Helmets must be National Operating Committee on Standards for Athletic Equipment (NOCSAE) certified by the manufacturer
  - Reconditioned helmets must be NOCSAE recertified by the reconditioner.

**Assessment:**

1. If an athlete suffers a concussion at practice or competition they will **NOT** be allowed to return to activity the day the injury was sustained.
2. If an athlete suffers a concussion at practice or competition the athlete will undergo a clinical evaluation utilizing the Standardized Assessment of Concussion (SAC) by a Certified Athletic Trainer prior to returning to any physical activity.
3. The athlete will take the ImPACT post-concussion assessment and be evaluated by a Licensed Health Care Professional trained in the ImPACT program as designated appropriate by the Certified Athletic Trainer.
4. If an athlete is evaluated by a community physician and the physician provides a return-to-play date, school division Certified Athletic Trainers will not allow an athlete to play or participate for the period specified; provided, however, that Certified Athletic Trainers have the discretion to hold an athlete longer than the physician-provided return-to-play date.”
5. Once an athlete is asymptomatic and cleared by the Licensed Health Care Professional trained in the IMPACT program and current concussion management guidelines, they can begin the graduated return to play protocol.

**Training and Policy and Procedures Review:**

1. The Superintendent will appoint a Concussion Management Implementation Team. This team will ensure that the concussion management policy and procedures remain appropriate and up-to-date. The Concussion Management Policy Team shall ensure training for coaches and health care professionals is current and consistent with best practice protocols.
2. The Concussion Management Implementation Team will maintain a tracking system to ensure compliance with the annual training requirement.
3. Annual training on concussion management will be required for all coaches and volunteers through the National Federation of State High School Associations’ (NFHS) online coach education program – *Concussion in Sports – What You Need to Know*.

**Reviewed/Revised:** June 21, 2011

**EXHIBIT**

**Return to Play Protocol**

<b>RTP Stage</b>	<b>Functional Exercise(s)</b>	<b>Goal for Stage</b>
1. No activity while symptomatic	Physical and cognitive rest	Recovery
2. Light aerobic exercise	20 minutes of stationary cycling at 10-14 mph	Increase heart rate
3. Sport-specific exercise	<ul style="list-style-type: none"> <li>➤ Interval bike ride: 30 second sprint (18-20 mph) / 30 second recovery (10-14 mph) x 10</li> <li>➤ Body weight circuit: Squats/push-ups/situps x 20 second x 3</li> </ul>	Add intensity, movement, and change of body position
4. Non-contact training drills <i>May begin resistance training</i>	<ul style="list-style-type: none"> <li>➤ 60 yard shuttle run x 10 with 40 second rest</li> <li>➤ Plyometric workout: 10 yard bounding/10 medicine ball throws/10 vertical jumps x 3</li> <li>➤ - Non-contact, sport-specific drills</li> </ul>	Exercise, coordination, and cognitive load
5. Full contact practice	With medical clearance, participate in normal training activities	Restore confidence and functional assessment by medical staff and coaches
6. Return to play	Normal game play	

Reviewed: June 21, 2011



Communities Committed to Learning

12465 Warwick Blvd  
Newport News, VA 23606  
Phone: (757) 591-4500

Dear Newport News Athletic Parent/Guardian:

According to the Children’s Hospital of the King’s Daughter about one in ten local athletes in contact sports will sustain a concussion during a sports season. Many athletes, coaches, and parents do not know how serious the effects of a seemingly mild concussion can be. The lack of awareness may result in allowing an athlete to return to play too soon following an injury, placing him or her at risk of more serious injuries. At Newport News Public Schools, our biggest concern is the safety and wellness of these young school-age athletes.

Timely and accurate diagnosis is critical for reduced injury and long-term consequences to athletic, cognitive, academic, and professional success. Most athletes will recover from a concussion completely and can return to play following an appropriate period of recovery. It is crucial to know when it is safe to return to play to avoid serious brain injury.

This letter is to make you aware of the Newport News Public Schools Concussion Policy and Return to Play Protocol. Most often, return to play decisions are made without the benefit of neurocognitive testing and are based on the player’s report of symptoms and a clinical evaluation. However Newport News Public Schools provides the technology to test every athlete involved in contact sports using ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing). With the increase in awareness, we are making the effort to educate and inform the athletes, coaches, and parent/guardian of every NNPS athlete.

Attached, you will find the Newport News Concussion Policy and Return to Play Protocol along with a list of short and long term side effects of concussions. Once you have reviewed all the information, please sign and date the acknowledgment form and return it to the school’s athletic trainer prior to the athlete’s involvement in practice and competition.

Best Regards,

## **Concussion Fact Sheet**

### ***Short Term Side Effects:***

- Headache
- Dazed and stunned
- Confused
- Balance problems (moves clumsily)
- Sensitivity to light
- Sensitivity to noise
- Double or blurry vision
- Concentration or memory problems
- Behavior and personality changes
- Nausea or vomiting
- Loss of consciousness

\*Not all symptoms must be present for the athlete to have sustained a concussion\*

\*\*If any of these symptoms worsen following the injury, it is advised you seek further medical evaluation\*\*

### ***Long Term Side Effects:***

- Chronic headaches
- Sleep difficulties
- Impaired sensation (touch, taste, smell, etc.)
- Language impairment (communication, expression, and understanding)
- Anxiety
- Depression
- Personality changes
- Aggression

Repeated concussions can lead to long-term memory loss, psychiatric disorders, and other neurologic problems. If you have had a number of concussions, your physician likely will advise you to avoid the activities that may put you at risk for future head injuries and to discontinue contact sports.



12465 Warwick Blvd  
Newport News, VA 23606  
Phone: (757) 591-4500

I the Parent/ Guardian of \_\_\_\_\_ have read and fully understand the Newport News Concussion Policy and Return to Play Protocol. I also have reviewed and understand the short and long term effects of sports related concussions and are committed to ensuring the safety of this child.

\_\_\_\_\_  
Printed Name of Parent/Guardian

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

**IMPORTANT - THIS LETTER MUST BE SIGNED AND RETURN TO THE COACH ASAP.**

## VIRGINIA HIGH SCHOOL LEAGUE

The Virginia High School League (VHSL) is the governing body for Virginia interscholastic athletics. All rules and regulations governing high school athletes and athletics are legislated by this organization. A complete text of these regulations is available from the school athletic director. Coaches are to review the VHSL Handbook each year and review the rules with each team.

The Newport News secondary schools are members of the Eastern region of the VHSL for purposes of athletic competition. This region is comprised of schools from Suffolk, Gloucester, Hampton, Newport News, Norfolk, Virginia Beach, Portsmouth, and Chesapeake.

The regional council manages the business of the region, including scheduling of regional championships, as well as special regulations, guidelines, and distribution of funds. Appeals or recommendations to the council should be directed to the district representatives through the school athletic director or principal.

The Peninsula District Council is a further extension of the VHSL office and the Eastern Regional Council. The membership is comprised of the 10 principals of the AAA high schools in the district. The determination of district policy in athletics is the responsibility of this council, as well as administration of all athletic schedules.

A handbook with complete and up-to-date district policies is available for review from the school athletic director.



### VHSL CATASTROPHIC ACCIDENT PROGRAM

(This plan is included in the school's VHSL membership)

All enrolled students who participate in interscholastic sports and activities under the jurisdiction of the VHSL are eligible for coverage. If, as a result of an injury, an insured person suffers paralysis, coma, or brain death, benefits will be paid as indicated in the Table of Losses for each accident. Claim forms can be secured through the athletic director from the VHSL. Claims for benefits must be filed within 90 days from date of loss, or as soon as reasonably possible.

**VHSL INDIVIDUAL ELIGIBILITY REGULATIONS  
(VHSL HANDBOOK, SECTION 28)  
GENERAL RULES APPLICABLE TO ALL STUDENTS**

**54-8-1 CONTEST LIMITATION RULE**

**54-8-1 Contest Limitations:** No member school may permit its athletes or teams to compete in more than the total number of regular season interscholastic contests, meets or tournaments specified below for each sport either on the varsity or sub-varsity level....

NOTE: When a district sponsors both a postseason junior varsity and postseason varsity competition/tournament, a player shall be limited to participating in only one of these competitions/tournaments.

**Rationale:** Previously the rule only applied to basketball. The revision provides consistency among sport activities

No member school may permit its athletes to compete in more than the total number of regular season interscholastic contests, meets or tournaments specified below for each sport either on the varsity or sub-varsity level. In the sports of baseball, basketball, field hockey, soccer, softball, and tennis, a team may play no more than five games/matches in any approved invitational tournament; in wrestling, the limit is five matches per individual per day over no more than two days. In Wrestling, each individual is limited to 60 mat appearances prior to the culminating district tournament (or the published VHSL calendar district deadline if no district tournament is held).

NEWPORT NEWS PUBLIC SCHOOLS will allow teams to play in ONE less contest than the total number of regular season interscholastic contests, meets or tournaments as specified by the VHSL for each sport on the varsity level (ex: baseball can play a maximum of 20 games under the VHSL policy. With the NN Policy, baseball will play one less game which will make the total number of games 19 for baseball).

Baseball – 20	Golf – 12	Swimming – 10
Basketball – 22	Softball - 20	Tennis – 16
Cross Country – 10	Indoor Track – 10	Track – 10
Field Hockey – 16	Soccer – 16	Wrestling – 12
Football – 10		Volleyball - 20
Cheerleading - 5		

**28-1-1 BONA FIDE STUDENT RULE**

- (1) The student shall be a regular bona fide student in good standing of the school which he/she represents
- (2) Any student who is under penalty of suspension, or whose character or conduct is such as to reflect discredit upon his/her school, is not considered in good standing.

**28-2-1 GRADE RULE**

The student shall be enrolled in the last four years of high school.

- (1) 8<sup>th</sup> graders may only participate on the sub-varsity level for one year prior to entering the ninth grade.
- (2) Eighth grade students who passed five eighth grade subjects the past school year (see note following 28-4-1 (b)) and reached the age of fifteen on or before the first day of August may compete on the varsity level.

**28-3-1 ENROLLMENT RULE**

The student shall have been regularly enrolled in the school which he/she represents no later than the fifteenth school day of the semester.

**28-4-1 SCHOLARSHIP RULE**

The student shall:

- (a) For the first semester be currently enrolled in no fewer than five subjects, or their equivalent, offered for credit and which may be used for graduation and have passed five subjects, or their equivalent, offered for credit and which may be used for graduation the immediate preceding year or the immediate preceding semester for schools that certify credit on a semester basis; and

(b) For the second semester be currently enrolled in no fewer than five subjects, or their equivalent, offered for credit and which may be used for graduation and have passed five subjects, or their equivalent, offered for credit and which may be used for graduation the immediate preceding semester.

**NOTE:** Credit for courses must be recognized by the State Department of Education. Such credit is to be awarded for the semester in which the work is scheduled to be completed. Credit for summer school work must be applied on the immediate preceding semester or year. **Courses for non-credit cannot be used toward the five-subject pass rule.**

#### **28-4-2 EXCEPTIONS**

(4) A special education student who is working toward a special diploma must make standard progress as determined by the student's IEP.

(5) A special education student who is working toward a standard diploma must take and pass the equivalent of five subjects in accordance with any IEP modifications. If the IEP Committee determines that a special education student working toward a standard diploma should take fewer than five subjects, he/she must pass those subjects mandated by the IEP.

#### **28-5-1 AGE RULE**

The student shall not have reached the age of 19 on or before the first day of August of the school year in which he/she wishes to compete.

#### **28-6-1 TRANSFER RULE**

The student shall not have been enrolled in one high school and subsequently transferred to and enrolled in another high school without a corresponding change in the residence of his/her parents, parent, or guardian. A student in cases of changes in court ordered custody that involve transfers within a school or between contiguous school divisions, the lesser of a ONE SEMESTER or 90 DAY PENALTY OF INELIGIBILITY will be in effect from the date of the transfer

#### **28-6-3 RESIDENCE DEFINITION**

(7) Residence is defined as the domicile on an individual, meaning that the individual lives in a locality with the intent to make it a fixed and permanent home. Domicile requires more than bodily presence as an inhabitant in a given place: it requires bodily presence and an intention to make such a place a fixed and permanent home. Other indicia of domicile include automobile registration, voter registration and the reporting of a mailing address change to the appropriate agencies, such as the post office, utility companies, creditors and employers. Under no circumstances can a family or student participant have two residences for eligibility purposes. It is the obligation of the school to know the complete residence status of each student and to see that all comply with these requirements. Any change in residence must be bona fide. Determination of what constitutes a bona fide change of residence depends upon the facts of each case, but in order for a change of residence to be considered bona fide at least the following facts must exist:

- (1) The original residence must be abandoned as a residence; that is sold, rented or disposed of as a residence, and must not be used as residence by any member of the family.
- (2) The entire family must make the change and take with them the household goods and furniture appropriate to the circumstance.
- (3) The change must be made with the intent that is permanent.

(12) In cases of court-ordered custody, a copy of the appropriate legal custody document shall be submitted to the Executive Director for review and approval. Approval is contingent upon the receiving school's principal attesting that there is no evidence that the transfer was for athletic and/or activity purposes. A student, 18 years of age or older, who would be subject to a transfer of custody if he/she were less than 18 years of age may petition the Executive Director through the student's principal for eligibility, and the Executive Director has authority to grant such eligibility immediately.

#### **28-6-2 TRANSFER RULE EXCEPTIONS**

A student shall become eligible for interscholastic competition after he/she has been enrolled in the school for 365 consecutive calendar days.

**Exception:** If a student transfers during the summer and remains ineligible for the entire subsequent school year, he/she would become eligible beginning with the fall season of the following academic year.

**Rationale:** To legitimize what is probably already being done so that transfer students do not miss more than three seasons of eligibility.

A student shall become eligible for interscholastic competition after he/she has completed one full year of attendance at the high school to which he/she transferred, immediately preceding the semester for which the student desires to become eligible. For the purpose of this rule, the transferring student must have been regularly enrolled in the school in which he/she wishes to establish eligibility no later than the fifteenth day of the first of two consecutive semesters, unless he/she is granted a waiver of the Enrollment Rule by the district committee. For the purposes of this rule the student's eligibility or ineligibility shall be determined on the first day of the school year and on the first calendar day following the end of the first semester according to the school board adopted calendar. Students who qualify under the McKinney Vento Homeless Education Act may be eligible under the Transfer Rule.

#### **28-7-1 SEMESTER RULE**

The student shall not have been enrolled in the last four years of high school for a period of more than eight consecutive semesters, beginning with the semester in which he/she was enrolled for the first time in the ninth grade. The eight consecutive semesters shall be counted continuously from that point, regardless of whether or not he/she remains continuously enrolled in school.

#### **28-8-1 AMATEUR RULE**

A student who represents a school in an interscholastic sport shall be an amateur in that sport. An amateur is an athlete who engages in athletic competition solely for the physical, mental, social, and pleasure benefits derived there from.

#### **28-9-1 ATHLETIC PARTICIPATION / PARENTAL CONSENT / PHYSICAL EXAMINATION RULE**

The student shall have submitted to the principal of his/her school, prior to becoming a member of any school athletic squad or team, League Form No. 2 (Athletic Participation/Parental Consent/Physical Examination Form), completely filled in and properly signed, attesting that he/she has been examined and found to be physically fit for athletic competition, and that his/her parents consent to his/her participation.

#### **28-10-1 AWARDS RULE**

Students may accept awards presented or approved by the student's school. Outside agencies or organizations which desire to present awards or recognitions to students for achievement in some phase of the League program when such awards are open competitively to the students of more than one school must first secure the permission of the Executive Director.

#### **28-11-1 INDEPENDENT TEAM RULE**

During the sports season for the relevant sport, a student may, while a member of a school squad or team engaged in interscholastic sports become a member of or participate with an organized team in the same sport which is independent of the school's control **so long as such participation does not conflict with the scheduled activities of the school squad or team.** No school or student shall be declared ineligible for participation in interscholastic sports because of participation by a student as a member of an organized team in the same sport which is independent of the school's control during the sports season for the relevant sports.

#### **30-5-3 SPECIFIC PENALTY FOR GIVING FALSE INFORMATION**

If a student or his/her parent(s) or guardian gives false information, written or verbal, that affects his/her eligibility upon entering and/or during his/her eight semesters of eligibility, relating to his/her residence, eligibility or any other aspects of these rules and regulations, the student shall become be deemed ineligible at any VHSL school for a period of one year from the date the information is certified as being false.

#### **27-13-1 SPORTSMANSHIP RULE**

Member schools are required to conduct all their relations with other schools in a spirit of good sportsmanship. Acts, which are prima facie evidence of failure to abide by this rule, are those, which are noted below, and others of a similar nature, which transgress the usually accepted code for good sportsmanship. All incidents of conduct that are violations of the Sportsmanship Rule must be reported to the Virginia High School League.

**27-13-2** Includes failure to control spectators attending contests as a violation of the Sportsmanship Rule.

**27-13-3** Harassment of contest officials by a coach or a coach's ejection constitutes a violation of the Sportsmanship Rule.

**27-13-4** Failure of a school to use every measure necessary to insure proper conduct of faculty, students and spectators constitutes a violation of the Sportsmanship Rule.

**27-13-5** Failure of a school to use every means at its disposal to impress upon its faculty, student body, team members, coaching staff and officials the values of sportsmanship in the preparation for, and the conduct and management of, interscholastic contests.

**27-13-6** Players and coaches who are ejected from a contest for unsportsmanlike conduct and are ineligible for the team's next contest must be reported to the VHSL office.

**Dead Periods in VHSL Calendars:** The attached calendar representation below incorporates prescribed dead periods as we believe most of the membership interprets them. However, the Handbook's new legislation reads in part, "Out-of-season dead periods begin with the first permissible practice date of a sports season as published in the VHSL Calendar and conclude 10 calendar days after that first practice date. A summer "dead period" for all athletic teams shall be week 1 of the NFHS standardized calendar."

Looking at the 2011-12 calendar, for example, the first fall practice date is August 1. If the dead period "**concludes** 10 calendar days **after** that first practice date," the fall dead period would conclude on August

11, not August 10. We believe that the intent and perception might be that the dead period at the start of each sports season is a 10-day period (e.g., August 1 through August 10), but that is not how the rule is literally written. Staff recommends that the Executive Committee consider taking Emergency Action to change the Handbook to read: Out-of-season dead periods shall be 10-day periods beginning with the first permissible practice date of a sports season as published in the VHSL Calendar.

Similarly, since the Handbook rule states that the summer dead period is week 1 of the NFHS standardized calendar, and since the NFHS calendar for 2011-12 specifies that week 1 is July 3-9, we suggest that it could be confusing to define our summer dead period as July 4-10. This is almost a moot point since July 3 and July 10 are both Sundays, but why not use the literal week 1 of NFHS Calendar rather than a VHSL-modified version of it. This would not require a change in the Handbook, but it would necessitate changing the summer dead period dates on the attached calendar.

Revised 7/11





# NCAA FRESHMAN-ELIGIBILITY STANDARDS QUICK REFERENCE SHEET

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## KNOW THE RULES:

### Core Courses

- **NCAA Division I requires 16 core courses as of August 1, 2008.** This rule applies to any student first entering any Division I college or university on or after August 1, 2008. See the chart below for the breakdown of this 16 core-course requirement.
- **NCAA Division II requires 14 core courses.** See the breakdown of core-course requirements below. Please note, Division II will require 16 core courses beginning August 1, 2013.

### Test Scores

- **Division I** has a sliding scale for test score and grade-point average. The sliding scale for those requirements is shown on page two of this sheet.
- **Division II** has a minimum SAT score requirement of 820 or an ACT sum score of 68.
- The SAT score used for NCAA purposes includes **only** the critical reading and math sections. The writing section of the SAT is not used.
- The ACT score used for NCAA purposes is a **sum** of the four sections on the ACT: English, mathematics, reading and science.
- **All SAT and ACT scores must be reported directly to the NCAA Eligibility Center by the testing agency. Test scores that appear on transcripts will not be used. When registering for the SAT or ACT, use the Eligibility Center code of 9999 to make sure the score is reported to the Eligibility Center.**

### Grade-Point Average

- Only core courses are used in the calculation of the grade-point average.
- **Be sure** to look at your high school's list of NCAA-approved core courses on the Eligibility Center's Web site to make certain that courses being taken have been approved as core courses. The Web site is [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net).
- **Division I** grade-point-average requirements are listed on page two of this sheet.
- **The Division II** grade-point-average requirement is a minimum of 2.000.

<b>DIVISION I</b>	
<b>16 Core-Course Rule</b>	
<b><u>16 Core Courses:</u></b>	
4	years of English.
3	years of mathematics (Algebra I or higher).
2	years of natural/physical science (1 year of lab if offered by high school).
1	year of additional English, mathematics or natural/physical science.
2	years of social science.
4	years of additional courses (from any area above, foreign language or nondoctrinal religion/philosophy).

<b>DIVISION II</b>	
<b>14 Core-Course Rule</b>	
<b><u>14 Core Courses:</u></b>	
3	years of English.
2	years of mathematics (Algebra I or higher).
2	years of natural/physical science (1 year of lab if offered by high school).
2	years of additional English, mathematics or natural/physical science.
2	years of social science.
3	years of additional courses (from any area above, foreign language or nondoctrinal religion/philosophy).

**PLEASE NOTE:** Beginning August 1, 2013, students planning to attend an NCAA Division II institution will be required to complete 16 core courses.

## OTHER IMPORTANT INFORMATION

- Division II has no sliding scale. The minimum core grade-point average is 2.000. The minimum SAT score is 820 (verbal and math sections only) and the minimum ACT sum score is 68.
- 14 core courses are currently required for Division II. However, beginning 2013, students will be required to complete 16 core courses.
- 16 core courses are required for Division I.
- The SAT combined score is based on the verbal and math sections only. The writing section will not be used.
- SAT and ACT scores must be reported directly to the Eligibility Center from the testing agency. Scores on transcripts will not be used.
- Students enrolling at an NCAA Division I or II institution for the first time need to also complete the amateurism questionnaire through the Eligibility Center Web site. Students need to request final amateurism certification prior to enrollment.

For more information regarding the rules, please go to [www.ncaa.org](http://www.ncaa.org). Click on "Academics and Athletes" then "Eligibility and Recruiting." Or visit the Eligibility Center Web site at [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net).

Please call the NCAA Eligibility Center if you have questions:

Toll-free number: 877/262-1492.

<b>NCAA DIVISION I SLIDING SCALE CORE GRADE-POINT AVERAGE/ TEST-SCORE New Core GPA / Test Score Index</b>		
<b>Core GPA</b>	<b>SAT</b> Verbal and Math ONLY	<b>ACT</b>
3.550 & above	400	37
3.525	410	38
3.500	420	39
3.475	430	40
3.450	440	41
3.425	450	41
3.400	460	42
3.375	470	42
3.350	480	43
3.325	490	44
3.300	500	44
3.275	510	45
3.250	520	46
3.225	530	46
3.200	540	47
3.175	550	47
3.150	560	48
3.125	570	49
3.100	580	49
3.075	590	50
3.050	600	50
3.025	610	51
3.000	620	52
2.975	630	52
2.950	640	53
2.925	650	53
2.900	660	54
2.875	670	55
2.850	680	56
2.825	690	56
2.800	700	57
2.775	710	58
2.750	720	59
2.725	730	59
2.700	730	60
2.675	740-750	61
2.650	760	62
2.625	770	63
2.600	780	64
2.575	790	65
2.550	800	66
2.525	810	67
2.500	820	68
2.475	830	69
2.450	840-850	70
2.425	860	70
2.400	860	71
2.375	870	72
2.350	880	73
2.325	890	74
2.300	900	75
2.275	910	76
2.250	920	77
2.225	930	78
2.200	940	79
2.175	950	80
2.150	960	80
2.125	960	81
2.100	970	82
2.075	980	83
2.050	990	84
2.025	1000	85
2.000	1010	86

## Thought on the Development of the Championship Attitude

If you have ever played on a Championship team, you know it is special. You may or may not know what it took to make it happen. You were there, you were a part of it, you were a player, you did your duty. Duty first, then comes honor. Getting the job done takes a team effort. It takes a 100% commitment on your part. You must become "ONE" --- ONE in purpose. When unity of WILL is set in motion all things are possible. It first takes VISION, you must create the vision of what it is you want to become and where you want to go. Champions play with a purpose, and stay focused on their purpose. The Champion is a valiant fighter, a defender, a supporter. A Champion is capable of winning first place, excelling over all others. The VISION must be accepted and agreed upon by all. One must start with oneself. It is one's attitude that must be changed. If you do not have the attitude of a Champion your performance lacks. Unity of purpose and effort is the most potent means to attain any desired end. "All for One and One For All", that is the rally cry. A Champion knows how many one is. A Champion knows that a team is one.

Champions have no fear of any opponent, they go forth with confidence. Champions know that confidence comes with the WILL to grow. Champions start where they are, find out what they need, develop a plan, and follow it through, persisting through difficulties and problems until they reach their goal. Champions know that achievement flows from clear intent and focused effort over time. You must have a plan. You must prepare for success. Champions take action. They know that ACTION is the touchstone of growth, they know that the purity of their intent is measured in their action. Champions take actions in the development of their growth. Champions create goals for themselves. They plan strategically and tactically. They know that the path to the gold is in their attention to detail. They have the vision to look at what can be, see it clearly, bringing every detail into focus. Champions make excellence a choice. Champions commit to a mission, a mission that matters. They know that lack of a passionate direction or aim to life causes lack of accomplishment. A Champion finds joy in what he does. *A true Champion challenges himself and knows that winning comes with growth.* A Champion knows what he wants to achieve and identifies the factors for success and begins with proper preparation. Champions develop the ability and determination to carry out their mission. *A Champion knows that all true growth comes from within.* A Champion knows there is no limitation in thought. Champions hold only good for all in mind and continually water it with firm expectation. A Champion makes things happen. A Champion takes action on the things around him to be more excellent.

Champions take time to think creatively. A Champion is solution oriented. Champions do not set limits for themselves, they set goals. A Champion steps bravely on the field of battle with the expectation of victory. A Champion rules his thoughts and action to doing the right thing. Champions always strive for improvement. A Champion plays with confidence and faith. A Champion knows what his duty is and performs resolutely. Champions are willing to take whatever faces them---be it pain or pleasure---loss or gain---victory or defeat---with their only concern being whether they have done their best. Champions function in a state of calm, a state of peace. Champions keep their eye keenly trained on their vision, their goal. Champions have an all absorbing interest in the success of the team. Champions know that imagination is the beginning of growth of all forms, and faith is the substance out of which they are formed. Champions have a confident expectation of achievement. Champions make things happen by their thoughts and actions. Champions know that progress is accomplished by increased attention, and by control and concentration of attention. Champions know that attention is developed by repeated exercise or habit.

by Robert G. Grenfell

**SPORTSMANSHIP STARTS LONG BEFORE  
THE GAME AND CONTINUES LONG  
AFTERWARDS**

**THAT'S MY GIRL  
DOWN THERE**

Please don't curse that girl down there;  
She is my daughter, you see;  
She's only just a girl you know,  
She means the world to me.

I did not raise my daughter, dear fan,  
For you to call her names;  
She may not be a super-star  
But these are high school games.

You don't know those girls down there,  
They do the best they can;  
They've never tried to lose a game,  
They're girls and you're a fan.

This game belongs to them, you see,  
You're really just a guest,  
They do not need a fan that gripes,  
They need the very best.

If you have nothing nice to say,  
Please leave the girls alone,  
And, if you're forgotten your manners,  
Then please just stay at home.

So, please don't curse those girls down  
there,  
They'll hustle 'til they're done,  
And win or lose or tie, you see,  
To us, they're number one!

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P**

**THAT'S MY BOY  
DOWN THERE**

Please don't curse that boy down there;  
He is my son, you see;  
He's only just a boy you know,  
He means the world to me.

I did not raise my son, dear fan,  
For you to call him names;  
He may not be a super-star  
But these are high school games.

You don't know those boys down there,  
They do the best they can;  
They've never tried to lose a game,  
They're boys and you're a fan.

This game belongs to them, you see,  
You're really just a guest,  
They do not need a fan that gripes,  
They need the very best.

If you have nothing nice to say,  
Please leave the boys alone,  
And, if you're forgotten your manners,  
Then please just stay at home.

So, please don't curse those boys down  
there,  
They'll hustle 'til they're done,  
And win or lose or tie, you see,  
To us, they're number one!



# OFFICIAL FOOTBALL SIGNALS HIGH SCHOOL AND COLLEGE








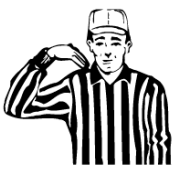


















<p>1</p> <p>Ball ready for play *Untimed down</p>	<p>2</p> <p>Start clock</p>	<p>3</p> <p>Time-out Discretionary or injury time-out (follow by tapping hands on chest)</p>	<p>4</p> <p>TV/Radio time-out</p>	
<p>5</p> <p>Touchdown Field goal Point(s) after touchdown</p>	<p>6</p> <p>Safety</p>	<p>7</p> <p>Dead ball foul Touchback (move side to side)</p>	<p>8</p> <p>First down</p>	
<p>9</p> <p>Loss of down</p>	<p>10</p> <p>Incomplete forward pass Penalty declined No play, no score Toss option deferred</p>	<p>11</p> <p>Legal touching of forward pass or scrimmage kick</p>	<p>12</p> <p>Inadvertent whistle (Face Press Box)</p>	<p>13</p> <p>Disregard flag</p>
<p>14</p> <p>End of period</p>	<p>15</p> <p>Sideline warning (NFHS)</p>	<p>16</p> <p>First touching (NFHS) Illegal touching</p>	<p>17</p> <p>Uncatchable forward pass (NCAA)</p>	
<p>18</p> <p>Encroachment (NFHS) Offside defense or free-kick defense (NCAA)</p>	<p>19</p> <p>False start Illegal formation</p>	<p>20</p> <p>Illegal shift - 2 hands Illegal motion - 1 hand</p>	<p>21</p> <p>Delay of game</p>	<p>22</p> <p>Substitution infraction</p>

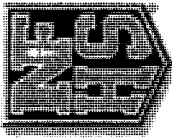


# OFFICIAL FOOTBALL SIGNALS HIGH SCHOOL AND COLLEGE



<p>23</p>  <p>Failure to wear required equipment</p>	<p>24</p>  <p>Illegal helmet contact</p>	<p>25</p>  <p>Illegal Horse-Collar Tackle</p>	<p>27</p>  <p>Unsportsmanlike conduct Noncontact foul</p>	<p>28</p>  <p>Illegal participation</p>
<p>29</p>  <p>Sideline interference (Face Press Box)</p>	<p>30</p>  <p>Running into or Roughing kicker or holder</p>	<p>31</p>  <p>Illegal batting/kicking (Followed by pointing toward toe for kicking)</p>	<p>32</p>  <p>Invalid fair catch signal (NFHS) Illegal fair catch signal</p>	<p>33</p>  <p>Forward pass interference Kick catching interference</p>
<p>34</p>  <p>Roughing passer</p>	<p>35</p>  <p>Illegal pass/forward handing (Face Press Box)</p>	<p>36</p>  <p>Intentional grounding</p>	<p>37</p>  <p>Ineligible downfield on pass</p>	<p>38</p>  <p>Personal foul</p>
<p>39</p>  <p>Clipping</p>	<p>40</p>  <p>Blocking below waist Illegal block</p>	<p>41</p>  <p>Chop block</p>	<p>42</p>  <p>Holding/obstructing Illegal use of hands/arms</p>	<p>43</p>  <p>Illegal block in the back</p>
<p>44</p>  <p>Helping runner Interlocked blocking</p>	<p>45</p>  <p>Grasping face mask or helmet opening</p>	<p>46</p>  <p>Tripping</p>	<p>47</p>  <p>Disqualification</p>	

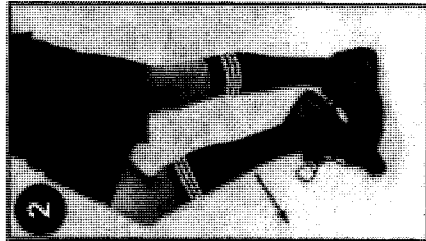
NOTE: Signal number 26 is for future expansion.



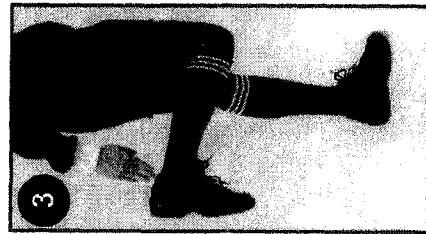
# NFHS Official Soccer Signals



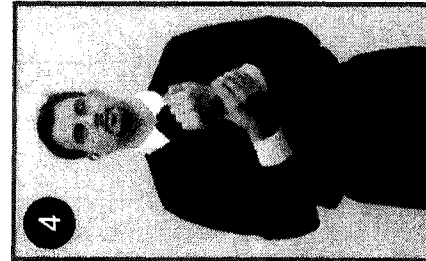
1 Direct free kick  
(points in direction of kick)



2 Kicking



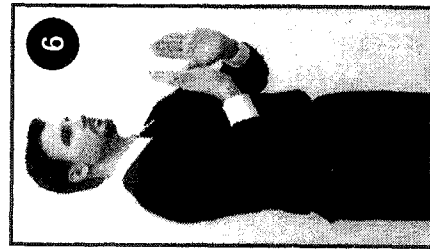
3 Tripping



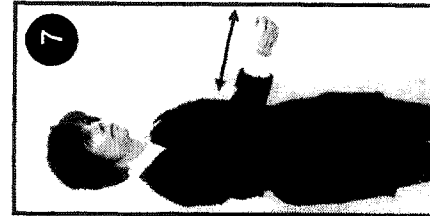
4 Holding



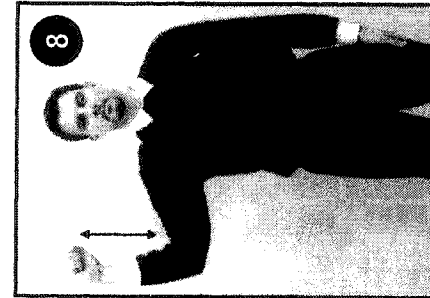
5 Handling



6 Pushing



7 Striking  
(back and forth)

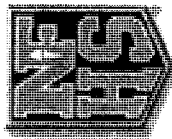


8 Jumping at

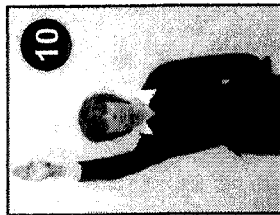


9 Reckless or  
dangerous  
charging

## Direct Free Kick



# Indirect Free Kick



10

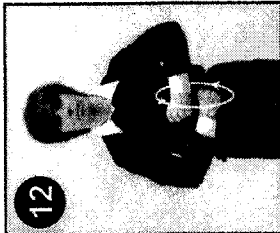
Indirect free kick



11

Far  
Middle  
Near

Offside



12

Goalkeeper violation or second touching



13

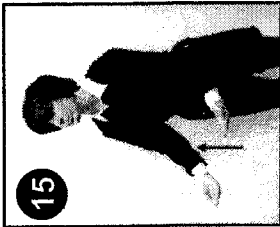
Dangerous Play



14

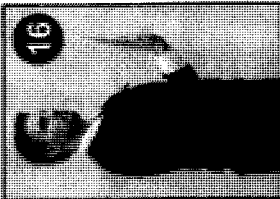
Obstruction

# General



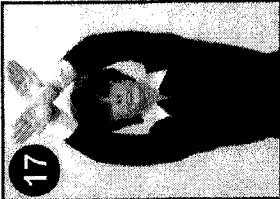
15

Play On



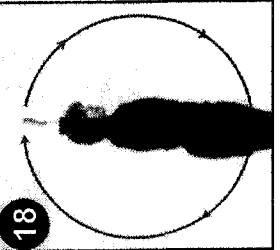
16

Dead Ball



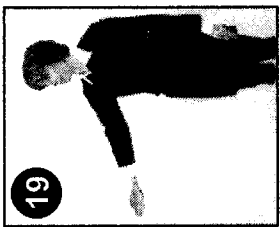
17

Timeout



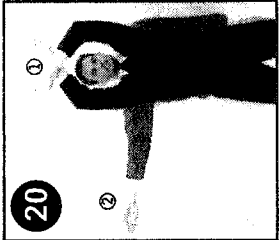
18

(Wind-up to start clock)



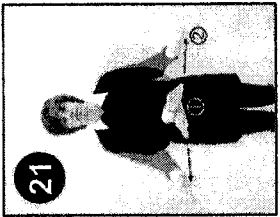
19

Penalty Kick (point to spot),  
Goal Kick (point to goal area)



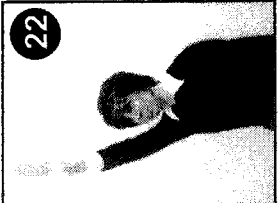
20

Goal



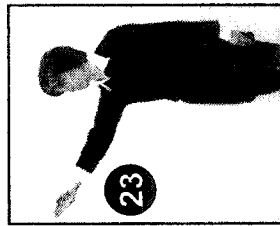
21

No Goal



22

Caution/  
ejection



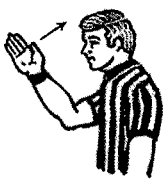
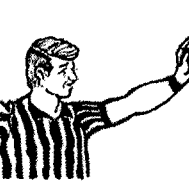

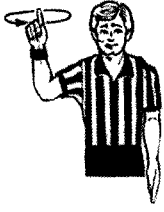






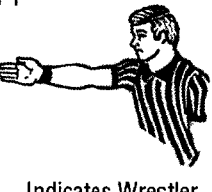

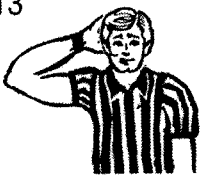


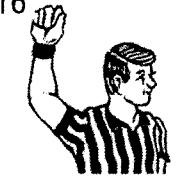


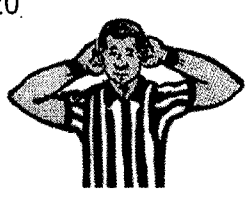


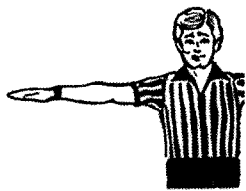

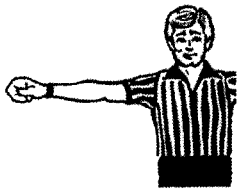
23

Corner Kick (point to spot)



# REFEREES' WRESTLING SIGNALS HIGH SCHOOL AND COLLEGE



<p>1</p>  <p>Starting the Match</p>	<p>2</p>  <p>Stopping the Match</p>	<p>3</p>  <p>Time Out</p>	<p>4</p>  <p>Start Injury Time</p>	<p>5</p>  <p>Start Blood Time Out</p>	<p>6</p>  <p>Start Recovery Time</p>
<p>7</p>  <p>Stop Blood/Injury/Recovery Time</p>	<p>8</p>  <p>Neutral Position</p>	<p>9</p>  <p>Indicates No Control</p>	<p>10</p>  <p>Out-of-Bounds</p>	<p>11</p>  <p>Indicates Wrestler in Control Left/Right Hand</p>	
<p>12</p>  <p>Defer Choice</p>	<p>13</p>  <p>Potentially Dangerous Left/Right Hand</p>	<p>14</p>  <p>Stalemate</p>	<p>15</p>  <p>Caution - False Start or Incorrect Starting Procedure</p>	<p>16</p>  <p>Stalling Left/Right Hand</p>	
<p>17</p>  <p>Interlocking Hands or Grasping Clothing</p>	<p>18</p>  <p>Reversal</p>	<p>19</p>  <p>Technical Violation</p>	<p>20</p>  <p>Illegal Hold or Unnecessary Roughness</p>	<p>21</p>  <p>Near-Fall</p>	
<p>22</p>  <p>Awarding Points Left/Right Hand</p>	<p>23</p>  <p>Unsportsmanlike Conduct Left/Right Hand</p>	<p>24</p>  <p>Flagrant Misconduct Left/Right Hand</p>	<p>25</p>  <p>Coach Misconduct Left/Right Hand</p>		

Revised 2010



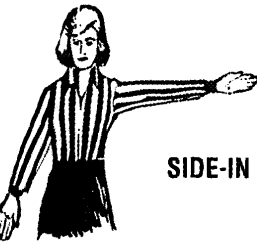




# OFFICIAL NFHS BASKETBALL SIGNALS

<b>Starting and stopping clock</b>	<b>1</b>  Start clock	<b>2</b>  Stop clock	<b>3</b>  Stop clock for jump/hold ball	<b>4</b>  Stop clock for foul	<b>5</b>  Stop clock for foul (optional bird dog)	<b>Information</b>	<b>6</b>  Directional signal
	<b>7</b>  Designated spot	<b>8</b>  Visible counts	<b>9</b>  Beckoning substitutes	<b>10</b>  60-second time-out	<b>11</b>  30-second time-out		<b>12</b>  Not closely guarded
	<b>Shooting/scoring</b>	<b>13</b>  No score	<b>14</b>  Goal counts	<b>15</b>  Point(s) scored use 1 or 2 fingers after signal 14	<b>16</b> 3-point field goal  Attempt and if successful		<b>17</b>  Bonus free throw for 2nd throw, drop one arm - for 2 throws, use 1 arm with 2 fingers - for three throws, use 1 arm with 3 fingers

<b>Violations</b>	<b>19</b>  Traveling	<b>20</b>  Illegal dribble	<b>21</b>  Palming/carrying the ball	<b>22</b>  Over and back	<b>29</b>  Illegal use of hand	<b>30</b>  Hand check	<b>31</b>  Holding	
	<b>23</b>  3-second violation * Open hand - run end line	<b>24</b>  5-second violation	<b>25</b>  10-second violation	<b>Fouls</b>	<b>32</b>  Blocking	<b>33</b>  Pushing or charging	<b>34</b>  Player-control foul	<b>35</b>  Team-control foul
	<b>26</b>  Free throw, designated spot, or other violation	<b>27</b>  Excessively swinging arm(s)/elbow(s)	<b>28</b>  Kicking		<b>36</b>  Intentional foul	<b>37</b>  Double foul	<b>38</b>  Technical foul	



# Official NFHS Field Hockey Signals

<p>1</p>  <p>FREE HIT</p>	<p>2</p>  <p>16-YARD HIT</p>	<p>3</p>  <p>LONG HIT</p>	<p>4</p>  <p>PENALTY CORNER</p>
<p>5</p>   <p>PENALTY STROKE</p>	<p>6</p>  <p>SIDE-IN</p>	<p>7</p>  <p>ADD TEN</p>	
<p>8</p>  <p>STICK INTERFERENCE</p>	<p>9</p>  <p>ADVANCING</p>	<p>10</p>  <p>DANGEROUS USE OF STICK</p>	<p>11</p>  <p>OBSTRUCTION</p>
<p>12</p>  <p>THIRD PARTY OBSTRUCTION</p>	<p>13</p>  <p>DANGEROUS PLAY</p>	<p>14</p>  <p>TIME-OUT</p>	<p>15</p>  <p>GOAL SCORED</p>
<p>16</p>  <p>BULLY</p>	<p>17</p>  <p>ADVANTAGE</p>	<p>18</p>  <p>RAISED BALL</p>	<p>19</p>  <p>NO GOAL</p>



# NFHS OFFICIAL VOLLEYBALL SIGNALS

<p>1</p> <p>Illegal Alignment/ Improper Server</p>	<p>2</p> <p>Line Violation</p> <p>Line Violation</p>	<p>3</p> <p>Illegal Hit</p> <p>Illegal Hit</p>	<p>4</p> <p>Delay of Service</p> <p>Delay of Service</p>	<p>5</p> <p>Over-the-Net</p> <p>Over-the-Net</p>
<p>6</p> <p>Net Foul or Net Serve</p> <p>Net Foul or Net Serve</p>	<p>7</p> <p>Legal Back Row Attack</p> <p>Legal Back Row Attack</p>	<p>8</p> <p>Illegal Attack</p> <p>Illegal Attack</p>	<p>9</p> <p>Illegal Block/Screening</p> <p>Illegal Block/Screening</p>	<p>10</p> <p>Ball Touched</p> <p>Ball Touched</p>
<p>11</p> <p>Four Hits</p> <p>Four Hits</p>	<p>12</p> <p>Double Hit</p> <p>Double Hit</p>	<p>13</p> <p>Ball Lands Inbounds</p> <p>Ball Lands Inbounds</p>	<p>14</p> <p>Out-of-Bounds/ Antenna Violation</p> <p>Out-of-Bounds/ Antenna Violation</p>	<p>15</p> <p>Begin Serve</p> <p>Begin Serve</p>
<p>16</p> <p>Authorization to Enter</p> <p>Authorization to Enter</p>	<p>17</p> <p>Point</p> <p>Point</p>	<p>18</p> <p>Replay/Re-serve</p> <p>Replay/Re-serve</p>	<p>19</p> <p>Substitution</p> <p>Substitution</p>	<p>20</p> <p>Illegal Substitution</p> <p>Illegal Substitution</p>
<p>21a</p> <p>Team Time-Out</p> <p>Team Time-Out</p>	<p>21b</p> <p>Officials Time-Out</p> <p>Officials Time-Out</p>	<p>22</p> <p>Unnecessary Delay</p> <p>Unnecessary Delay</p>	<p>23</p> <p>End-of-Set</p> <p>End-of-Set</p>	<p>24</p> <p>Change of Courts</p> <p>Change of Courts</p>





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