

A close-up photograph of a golf club head, specifically a wedge, resting on a lush green golf course. A white Titleist 80 golf ball is positioned in front of the club head. The background is a soft-focus view of a golf course with trees and a clear sky, suggesting a bright, sunny day. The overall tone is professional and focused on the sport of golf.

2026

**GOLF
COACHES**

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For additional information related to sports medicine issues concerning athletic participation, please click the “Sports Medicine” tab on the opening page of our website.

2026 Golf- Clinic

Your administration will receive an email containing the link to the 2026 Golf Clinic. This will be emailed to all principals and athletic directors.

The head golf coach needs to respond by email to jason.bankston@wvssac.org verifying that they viewed the clinic with their golf Team.

Verification is due on August 21, 2026

<https://youtu.be/rivs1xmVku0>

Important Dates

Season Starts: August 3

First Contest may be held: August 4

Girls' State Invitational Tournament:

Tuesday Sept. 8 @ The Links at Woodridge

Regionals: October 5

State Tournament: Oglebay Resort

October 12-13 AAA-AAAA

October 14-15 A-AA

GUIDELINES ON HANDLING PRACTICES AND CONTESTS DURING LIGHTNING OR THUNDER DISTURBANCES

National Federation of State High School Associations (NFHS) Sports Medicine Advisory Committee (SMAC)

These guidelines provide a default policy to those responsible or sharing duties for making decisions concerning the suspension and restarting of practices and contests based on the presence of lightning or thunder. The preferred sources from which to request such a policy for your facility would include your state high school activities association and the nearest office of the National Weather Service.

PROACTIVE PLANNING

1. Assign staff to monitor local weather conditions before and during practices and contests.
 2. Develop an evacuation plan, including identification of appropriate nearby safer areas and determine the amount of time needed to get everyone to a designated safer area:
 - a. A designated safer place is a substantial building with plumbing and wiring where people live or work, such as a school, gymnasium or library. An alternate safer place from the threat of lightning is a fully enclosed (not convertible or soft top) metal car or school bus.
 3. Develop criteria for suspension and resumption of play:
 - a. When thunder is heard or lightning is seen*, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for at least 30 minutes and vacate the outdoor activity to the previously designated safer location immediately.
 - b. 30-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or lightning is witnessed* prior to resuming play.
 - c. Any subsequent thunder or lightning* after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.
 - d. When independently validated lightning-detection devices or mobile phone apps are available, this technology could be used to assist in making a decision to suspend play if a lightning strike is noted to be within 10 miles of the event location. However, you should never depend on the reliability of these devices and, thus, hearing thunder or seeing lightning* should always take precedence over information from a mobile app or lightning-detection device.
- * -At night, under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be safe to continue an event. If no thunder can be heard and the flashes are low on the horizon, the storm may not pose a threat. Independently verified lightning detection information would help eliminate any uncertainty.
4. Review the lightning safety policy annually with all administrators, coaches and game personnel and train all personnel.
 5. Inform student-athletes and their parents of the lightning policy at start of the season.

WEST VIRGINIA SECONDARY SCHOOL ACTIVITIES COMMISSION



2875 Staunton Turnpike, Parkersburg, WV 26104-7219

TELEPHONE: 304-485-5494
FAX NUMBER: 304-428-5431

E-MAIL: wvssac@wvssac.org
WEB SITE: www.wvssac.org



BULLETIN

TO: Golf Coaches
FROM: Jason Bankston, Director of Compliance
DATE: July 2026
SUBJECT: 2026-2027 Golf Season

Reminders:

1. The 2024 Golf season:
 - a. Season Begins – **August 3, 2026**
 - b. Date of First Possible Match – **August 4, 2026**
 - c. Girls Regional for Invitational
 - North (Green Hills) **August 24, 2026**
 - South (Big Bend) **September 1, 2026**
 - d. Girls State Invitational Tournament- (Woodridge) **September 8, 2026**
 - e. Date of Regional Tournament – **October 5, 2026**
 - f. Date of State Tournament – **October 12-15, 2025**

2. **The 2026 State Golf Tournament** will be held October 12-15 at the Speidel Country Club located in Wheeling, West Virginia. Class AAA-AAAA Oct. 12 & 13, Class A-AA Oct. 14 & 15
3. **State Tournament Marshals** – All rules interpretations are to be made by the Marshals or the Tournament director. An attempt will be made to have two Marshals on each nine and one located in the clubhouse.
4. **School Reimbursement**– See Reimbursement Schedule in the Entry Form Book (available online).
5. **State Rules Clinic** – The WVPGA will not conduct rules clinics for the 2026 season. A definition/discussion of the most frequently misapplied rules are on page 7 of this packet. A video rules requirement will be distributed to school administration.
6. **Participation of Females in Golf** – The WVSSAC encourages the participation of female athletes. In an effort to encourage and increase female participation, the Golf Coaches' Committee recommended, and the Board of Directors unanimously approved the use of a forward tee beginning with the 1998 season. Refer to the Girls' Tee in enclosed Golf Program from The Interscholastic. There will be a State Invitational Girls' Golf Tournament at The Links at Woodridge in Wood County on Tuesday, September 8, 2026.
7. **Maximum Team Contests:** A high school golf team will be permitted to play no more than 20 varsity matches, 20 JV matches, and 20 girls JV matches. A male or female participant may play no more than a total of 20 matches exclusive of regional and state tournament contests between the varsity, JV, and girls' JV matches. Girls who participate on school teams who do not have a minimum of three female participants may participate as individuals in girls' varsity matches as long as the total number of matches they play between Varsity, JV and Girls JV does not exceed 18. Each interscholastic contest counts as one, whether it is 9 or 18 holes, and regardless of number of opponents.

Please note that coaches are to prepare a document that defines tee locations on the course on which competition will be held. The document shall be shared with coaches of visiting teams.
8. The WVSSAC actively promotes good sportsmanship in all of our sport programs. We encourage you to promote good sportsmanship by informing parents and athletes of the importance of supporting this concept. Please review with your team sportsmanship regulation in the WVSSAC Rules & Regulations Handbook and etiquette as found in the USGA Rules of Golf. Lead by example.

Rule 127-4-3.7 Code for Interscholastic Athletes – Coaches are hereby notified to carefully review this rule with special emphasis on **3.7**. The first high school golf ejection would result in a two (2) match suspension; the first junior high/middle school golf ejection would result in a one (1) match suspension.

9. **Head Trauma Guidelines** – Refer to the approved Return to Play/Concussion Protocol. RTP refers to return to play and return to practice. The appropriate health care professional will determine when a concussed athlete may return to participation.
10. **Use of Performance Enhancing Substances by Athletes** – It is the philosophy of the National Federation and the WVSSAC that students be encouraged and supported in their efforts to develop and maintain a healthy lifestyle. In promotion of safety and healthy lifestyles, the WVSSAC Sports Medicine Committee requests that coaches assume the responsibility of informing athletes that the uses of such substances should be discontinued especially during the times when dehydration may occur due to potential life-threatening consequences. The committee further encourages all athletic trainers to support coaches in promoting healthy lifestyles.
11. **Injury/Participation Procedure at WVSSAC Championship Events** – Medical personnel (athletic trainers) will have the jurisdiction concerning the return of a player to competition after an injury. If a parent refuses to follow the determination of the authorized person, a release form must be signed. Athletic trainers will receive additional information at Rules Clinics.

2026 Golf Regional Sites

AAAA

North Region	Host School-Wheeling Park H.S.	Site-Moundsville CC
South Region	Host School-Geo. Washington H.S.	Site-Berry Hills

AAA

Region I	Host School-John Marshall H.S.	Site-Moundsville CC
Region II	Host School-Lewis Co H.S.	Site-Stonewall Resort
Region III	Host School-Shady Spring H.S.	Site-Grandview Golf Course
Region IV	Host School-Winfield H.S.	Site-Big Bend Golf Course

AA

Region I	Host School-Williamstown H.S.	Site-The Links at Woodridge
Region II	Host School-Berkley Springs H.S.	Site-Cacapon Resort
Region III	Host School-Wyoming East H.S.	Site-Twin Falls Resort
Region IV	Host School-Roane Co. H.S.	Site-Mingo Bottom Golf Club

A

Region I	Host School-St. Mary's	Site-Mingo Bottom Golf Club
Region II	Host School-Union H.S.	Site-Canaan Valley Golf Course
Region III	Host School-Webster Co. H.S.	Site-Pipestem Resort
Region IV	Host School-Wahama H.S.	Site-Riverside Golf Club

Date for Regional Golf October 5, 2025

Regional Alignments

AAAA

NORTH REGION Wheeling Park, Morgantown, Preston, University Hedgesville, Martinsburg, Spring Mills Jefferson, Musselman, Washington

SOUTH REGION George Washington, Oak Hill, Woodrow Wilson, Riverside, Buckhannon Upshur Cabell Midland, Huntington, Hurricane, Parkersburg, Parkersburg South

AAA

REGION I North Marion, Brooke, John Marshall East Fairmont, Fairmont Senior, Grafton

REGION II Hampshire, Keyser, Elkins Robert C. Byrd, Bridgeport, Lewis County

REGION III PikeView, Shady Spring, Greenbrier East, Princeton, Herbert Hoover, Nicholas County, Ripley, Capital

REGION IV Nitro, Point Pleasant, Winfield, St. Albans, South Charleston Lincoln County, Chapmanville Regional, Spring Valley

AA

REGION I Weir, Oak Glen, Tyler Consolidated, Wheeling Central Williamstown, Ravenswood, Doddridge County

REGION II Moorefield, Petersburg, Philip Barbour, Berkeley Springs Braxton County, South Harrison, Lincoln, Frankfort

REGION III Bluefield, Mingo Central, Westside, Wyoming East, Independence, River View Liberty Raleigh, Midland Trail, Summers County, James Monroe

REGION IV Buffalo, Poca, Roane County, Clay County, Scott, Logan, Wayne, Sissonville

A

REGION I Cameron, Madonna, Clay-Battelle, Notre Dame, Trinity Christian, Gilmer County Wood County Christian, Valley, Magnolia, Parkersburg Catholic, Ritchie County, St. Mary's

REGION II East Hardy, Paw Paw, Tucker County, Union, WV School for the Deaf Blind Harman, Pendleton County, Pocahontas County, Tygarts Valley, Pickens

REGION III Greater Beckley Christian, Montcalm, Mt. View, Sherman, Summit Christian Greenbrier West, Meadow Bridge, Richwood, Webster County

REGION IV Man, Tolsia, Tug Valley, Van, St. Joseph Central, Charleston Catholic Calhoun County, Hannan, Wahama, Wirt County



West Virginia High School Girls' Invitational Golf Championship

Dear Coaches,

We are very excited to announce the **WVSSAC** and **The Links at Woodridge Golf Course** in Mineral Wells WV will host the 9th Annual **West Virginia High School Girls' Golf Invitational Championship**.

The tournament will take place on **Tuesday, September 8. Check-in will begin at 8:00 a.m. The coaches' meeting will be held at 9:00 a.m. with a players' meeting to immediately follow.** The tournament will only have one division. **The Championship Division** is an 18-hole stroke play event from the ladies' tees with the top eight being crowned all-tournament.

The tournament will use tee times on #1 and #10 with each participant having her name and school announced before teeing off.

Information

- **Date:** Tuesday, September 8
- **Time:** 8:00 Registration / 9:00 Coaches Meeting then a Players Meeting / Tee times TBA
- **Site:** **The Links at Woodridge Golf Club**
- **Address:** **301 Woodridge Drive, Mineral Wells, WV 26150**
- **From I77 - Take the Mineral Wells Exit170 - 5 minutes to the Woodridge Golf Club**
- **Entry Fee:** \$15 / checks payable to the WVSSAC (Pay by mail or at the tournament)
- **Tee Times:** Shotgun Start

A practice round is available any day before **Sept. 8 for \$15.00**. Call 304-489-1800 and mention the **Girls' High School Golf Invitational Championship**.

If lodging is desired at a \$114.00 rate, you may contact the Holiday Inn Express & Suites in Parkersburg at 304-916-7380. A limited block of rooms is being held under the Girls' State Golf Invitational Tournament. Please reserve rooms by Aug. 28. The hotel flyer is provided with an additional attachment.

Lunch and range balls will be provided on the day of the tournament.

No outside food, beverage or COOLERS may be brought in by spectators. Coaches, water and coolers are provided by the course.

Please support The Links at Woodridge Golf Club as our tournament host.

Spectator Carts will be available for rent for \$40.00, for 2 person and \$75 for 4-person cart. The carts will go on sale to the public on 9/1/2025 @ Noon **Coach Carts** (1 per school) will be available for rent for \$15.00.

WVSSAC RULES OF GOLF QUESTIONS / ANSWERS

1) What are the two colors of Penalty Areas? And how many options do you have with each?

Answer: Red and Yellow.

Options for (Yellow):

- 1: Play the golf ball as it lies
- 2: Proceed under stroke and distance (return to where last stroke was made and play from a spot as near as possible, if it's a tee shot player may re-tee anywhere in Teeing area, if shot was played anywhere else player will drop the ball)
- 3: Drop a ball behind the penalty area keeping the point at which the original ball last crossed the margin of the penalty area directly between the hole and the spot on which the ball is dropped with no limit to how far behind the penalty area the ball may be dropped

Options for (Red)

- 1-3: Same options as Yellow
- 4: Drop a ball outside the lateral penalty area within two club-lengths of and not nearer the hole from the point where the ball last crossed the margin

2) When a ball is lost or out of bounds what is the procedure for the player?

Answer: The player must proceed under stroke and distance.

3) How long do you have to find a golf ball before it becomes lost?

Answer: 3 Minutes

4) What is a Provisional ball?

Answer: A ball that is played under rule 18.3 for a ball that may be lost outside a penalty area or out of bounds. (This will help speed up play greatly)

5) What are the two different kinds of Obstructions? How do you take relief with each?

Answer: Movable and Immovable, they are anything artificial including artificial surfaces and sides of roads and paths, except anything that defines Out of Bounds, any part of an immovable obstruction that lies out of bounds, and any construction declared to be an integral part of the course.

- 1: An obstruction is "movable" if it may be moved without unreasonable effort without unduly delaying play and without causing damage examples include (Water bottle, trash, another golf bag, etc..), otherwise it is considered "Immovable" examples include (Cart paths, Ball washers, etc..)

6) Are players allowed to give advice in a stroke play competition to fellow competitors or teammates?

Answer: No, Rule 24.4 states players cannot give or ask for advice from any fellow competitor in a stroke play competition, even if they are on the same team because the players may be teammates, but they are not "partners"

7) If a player plays a Wrong Ball, what is penalty and procedure to correct the mistake?

Answer: 2 Shot Penalty, player must correct the error before teeing off the next hole or they are disqualified. Strokes made at a wrong ball DO NOT count towards the player's score

8) When dropping a ball if it comes to rest outside of the relief area, what do you do?

Answer: The player will Re-Drop, if it leaves the relief area a 2nd time the player will place the ball on the spot where the 2nd drop first struck the ground.

9) When dropping a golf ball, how must you drop the ball without incurring a penalty?

Answer: The ball must be dropped by the player himself; the player will drop from knee height. If a ball is dropped in any other manner and not corrected the player incurs a penalty of 1 stroke.

10) If a player deems their ball is un-playable what are their options and procedure?

Answer: A player may deem their ball un-playable anywhere on the golf course that is not in a Penalty Area. A one stroke penalty is incurred, below are relief options,

- 1) Proceed under Stroke and Distance
- 2) Drop a ball behind the point **where the ball lay**, keeping that point directly between the hole and the spot on which the ball is dropped, with no limit to how far behind that point the ball may be dropped
- 3) Drop a ball within 2 club lengths of the spot **where the ball lay**, not nearer the hole

§127-3-24. Golf (Boys and Girls).

24.1. Rules: Golf rules published by the United States Golf Association are the official rules for all interscholastic competition unless otherwise provided by WVSSAC modifications.

24.2. Organized Team Practice: Organized team practice will begin on Monday of Week 5 and the first contest may be played on any day after the first day of the season.

24.3. Length of Season: The golf season will end for each team or individual at tournament elimination.

24.4. Maximum Team Contests: A high school golf team will be permitted to play no more than 20 varsity matches, 20 JV matches, and 20 girls' JV matches. A male or female participant may play no more than a total of 20 matches exclusive of regional and state tournament contests between the varsity, JV, and girls' JV matches. Girls who participate on school teams who do not have a minimum of three female participants may participate as individuals in girls' JV matches as long as the total number of matches, they play between varsity, JV, and girls' JV does not exceed 18. Each interscholastic contest counts as one, whether it is nine or 18 holes, and regardless of number of opponents.

24.5. Scrimmages: Not permitted.

24.6. A student may accept awards in WVSSAC sanctioned events and non-sanctioned events during the entire year. These awards must be consistent with the items specified in §127-3-5.

24.7. Middle School Golf: The above will apply for middle schools with the following adaptations:

24.7.a. Middle school teams are permitted to play no more than 14 matches.

24.7.b. There shall be one season for golf in middle school, either fall or spring; however, the season selected shall be no longer than ten weeks.

WV STATE HIGH SCHOOL CHAMPIONSHIP REGIONAL TOURNAMENT

Local Rules and Conditions of Competition

The Rules of the USGA and conditions govern play. See applicable competition's "Notice to competitors" for additional local rules. **DISREGARD ALL LOCAL RULES ON CLUB SCORECARDS.** Appendix I refers to the Appendix of Local Rules in the current Rules of Golf.

Local Rules

Appendix I Part A

Out of Bounds (Rule 18.2) – Defined by the inside points at ground level, of white stakes, lines or fence posts.

Penalty Areas (Rule 17) – **Penalty areas** are defined by yellow or red stakes or lines. When both stakes and lines are present, the stakes identify the penalty area, and the lines define the margin of the penalty area. Stakes or lines which define the margin of a penalty area are in the penalty area. Penalty area stakes are moveable obstructions.

Practice (Section 8 Model Local Rule I-2) No practice will be allowed on or near the putting green of the hole last played.

Abnormal Course Conditions (Rule 16) – Covers free relief from interference by animal holes, ground under repair, immovable obstructions, or temporary water. Defined by enclosed white lines. French drains (which are exposed trenches filled with rocks or stones) are ground under repair. Flowerbeds are abnormal course conditions from which play is prohibited.

Immovable Obstruction (Rule 16-1)

- A. All service roads and cart paths, unless otherwise noted by the Committee.
- B. White lined areas tied into artificially surfaced roads, paths or obstruction and are not ground under repair.

Integral Parts of the Course – Include cables, rods, wires, or wrapping when closely attached to trees, lines in bunkers and artificial wall and pilings when located in penalty areas, unless otherwise noted by the Committee.

No Relief

Permanent Elevated Power Lines or Cables – If a ball strikes a permanent elevated power line or cable, the stroke shall be canceled and replayed, without penalty (See Section 8 Model Local Rule E11). If the ball is not immediately recovered, another ball may be substituted.

Doubt as to Procedure (Rule 20.1) In stroke play, players must not unreasonably delay play when seeking help. If a referee is not immediately available, the player must, without penalty, complete the hole with two balls. The player must report the facts to the committee in a timely manner.

Maximum Score – Maximum score of 10 on **any** hole will be utilized for both the Regional and State Tournament

Conditions of Competition

Tee Markers: Men shall play designated markers and ladies a designated set 85 % of men's length or as close as possible.

Time of Starting (Rule 5.3): Modified to two-stroke penalty if player arrives within five (5) minutes after his starting time.

Discontinuance of Play: One long blast of horn (players are not allowed to finish hole). All practice areas shall be closed during suspension of dangerous situation until Committee declares them open. A player using such practice area will be subject to penalty of disqualification.

Resume Play: Two short blasts of horn.

Transportation: Players must not ride in any form of transportation during the stipulated round unless authorized by the committee.

Deciding Ties: if there is a team tie for first or second place (in each class) a sudden death hole by hole playoff will be conducted. Playoff scoring will count the lowest three scores of the four players on a hole-by-hole basis until a winner is determined. All four players will play a hole or holes counting the low three scores. Ties for Medalist will be decided by a sperate sudden death playoff.

Close of Competition: The competition shall be deemed to have closed when all scores have been approved and posted on the official scoreboard.

Player Conduct: Unsportsmanlike conduct shall include but not be limited to: club throwing, willful acts which damage property or equipment on the course, use of abusive language, profanity, obscenities, and other unsportsmanlike conduct as determined by the Golf Rules Committee. Penalties imposed will be disqualification. **Zero Tolerance**

Use of Tobacco Products: Smoking or the use of tobacco or vaping products by coaches or players on the course or near the clubhouse is not permitted. *Violation will result in disqualification.*

Spectators: Spectators are **NOT PERMITTED** to converse with participants. It will be the responsibility of contestants in each foursome to caution **ANY** spectator from talking to or interfering with contestants in their group. Failure to do so may result in a penalty of disqualification of contestants involved. Spectators and Spectator Carts Must Stay on Cart Paths. **We suggest spectators stay one shot ahead of the group to act as spotters for the group.**

The Head Coach and one Assistant Coach may coach the entire course until a player walks onto the green.

The use of cell phones, ear buds or headphones is prohibited. Exception to the rule is when a golfer is using the cell-phone to record scores using the (iwanamaker app)

Range Finders/GPS may be used for all tournament rounds (Regional and State Tourn.)
WEST VIRGINIA PGA

Please update / add the following for this document to hand out to all players/coaches/rules officials. The Golf Professional at your host site should be able to assist you in getting all the pertinent information included. There is room to add these additions on the rule's sheets:

- 1) Insert the right color tee markers onto the rules sheet – Girls **should (must)** play a course setup at 85% of the boys yardage
- 2) Any Local Rules for the host golf course that should be included.
 - a. Examples would be
 - i. 150 Yard Bushes
 - ii. Unique out of bounds definitions (fences, roads)
 - iii. Flowerbeds considered mandatory free relief.
 - iv. Any Ball drops that will be in use for the tournament
 - v. Etc.
- 3) Individual scorecards should be handed out to players and then exchanged within the group. The player's scorecards will be the official cards used for scoring. All scorecards should be signed by the player and the competitor who kept their score.
- 4) Please call or email Mike Rogers with any questions.

Office: (304)269-8886 Cell: 304-890-3945 Email: mrogers@stonewallresort.com

Please note the Maximum Score change for both the Regional and State Tournaments. We will be using a maximum score of 10 on any hole regardless of the par.

Results for your regional tournament need to be emailed to Mike Rogers **and** the WVSSAC office as soon as your event is completed.

mrogers@stonewallresort.com

jason.bankston@wvssac.com

State Tournament Program Information

What: State Championship Golf Program

Deadline: October 7, 2026, at Noon

Required Online Submission Only- (School Information/Roster/Schedule)

- + Go to www.wvssac.org click on Admin Login in the upper left corner of homepage
- + Type in your Username and Password as the school Administrator in the appropriate sections and click on Login
- + Click on Submit Rosters. Under Program select Senior and select **Golf**
- + Complete the School Information and head coaches' information. Click Update/Continue
- + Click the Sync button and enter the information requested, then save by clicking the Update/Save Roster button. Always view your roster for accuracy.
- + If you don't find a student, go to the Eligibility Certificate Form and add the name and return to the Roster and click Sync button. **Note:** The Sync button feature has been added to update all names on the active Eligibility Certificate Form. Check for accuracy. Save all changes to your eligibility certificate and roster.

Required Items for a Team Page:

School Information/Head Coach Information/Roster Information. Update/Complete Online. Printer will use this for the program page.

Team Picture/ Individual Picture

Individual Head Coaches' Picture

Page Sponsor–Please contact a business or the boosters club concerning sponsoring this page. Ad is about the size of a business card, which often times is used.

Team Page Cost is \$125. Makes checks payable to WVSSAC. Indicate which sport and school in the memo section of the check.

When emailing the team/coach pictures and page sponsor, please enter the school name (*No Abbreviations, please*) and sport in the subject line of the email.

Questions Contact:

Anna Brown

WVSSAC

2875 Staunton Turnpike

Parkersburg, WV 26104

Phone: (304)485-5494

Fax: (304)428-5431

Email: anna.brown@wvssac.org



COACHING REMINDERS



Sunday Contests: Contests or practice on Sunday is prohibited. Practice refers to any group or individual meeting to view films or activity associated with the activity of that sports season. Rule 127-3-14.

Physical Exam: Team members must have Athletic Participation/Parental Consent/Physician's Certificate form completed and on file before beginning practice. Rule 127-3-3. (Must be on or after May 1st.) Physicals are good for one academic year.

All-Star Competition: Any student completing athletic eligibility at the end of current school year because of age or competition of semesters of eligibility may play in one (1) all-star game upon conclusion of the season without loss of eligibility for balance of year. Rule 127-3-4.

Awards: Team members can accept awards from school sponsoring a sanctioned event or the school. Wearing apparel, championship rings, equipment, and athletic goods that exceeds \$100.00 are prohibited from any source. Rule 127-3-5.

Out of Season Coaching: Coaches may not promote, initiate, organize, supervise or participate in out-of-season events involving students of the same sport as the grade level coaching assignment and preceding grade level except as specified in Rules 127-3-7.2 and 127-3-7.3. Rule 127-3-7.7.

Amateur: Any team member competing for money, receiving any award or prize of monetary value that has not been approved by the WVSSAC, capitalizing on athletic fame or signing a professional playing contract in that sport is prohibited. Rule 127-2-11.

Participation as Ineligible: Any student who participates as ineligible may forfeit eligibility for up to 365 days. Rule 127-2-12.

Non-School Participation: Participation is limited to school teams only with a few exceptions in individual sports provided the school principal approves and no school contests/activities are missed. Participation includes but is not limited to, practice, fund raising, team pictures, tryouts, etc. Rule 127-2-10.

Sanctioning and Travel: A member school shall not enter a contest, tournament, or competition which requires sanctioning until it is approved 30 days prior to the event. Rule 127-3-16.

*For complete details regarding the above regulations and those governing team memberships, scholarship, undue influence, age, semester, etc. refer to the **Rules & Regulations Handbook***

or at www.wvssac.org.

This is not a comprehensive listing.

§127-2-13. Practice.

13.1 Only students enrolled and eligible to be listed on the eligibility certificate for that sport in the specific member school are allowed to participate in that school's practices. Exceptions - Rules 127-2-3.2, 127-2-3.5 and 127-2-13.6.

13.2 The frequency and length of practice is at the discretion of each member school.

13.3 Member schools of the WVSSAC may practice on any day of the year with the exception of Sunday practice. Rule 127-3-14.2 further clarifies Sunday practice.

13.4 Individual players of a team must have practiced

13.4a. on 5 SEPARATE days before participating in an interscholastic scrimmage.

13.4b. on 12 SEPARATE days, exclusive of the day of a contest, before participating in an interscholastic contest. The following sport(s) is exempted from the provisions of this rule: golf.

13.4.c A student athlete who is absent from practice with their team for non-medical reasons, not under a doctor care, for more than fourteen (14) consecutive days must have the required full twelve (12) practice days before resuming participation in a contest. Students participating in football must follow the practice progression as set forth in Rule 127-3-23.

13.5 A student shall not be permitted to engage in interscholastic practice until that student has filed with the principal a completed Athletic Participation/Parental Consent/Physician's Certificate Form. Rule 127-3-3 further explains this required form.

13.6 A student academically ineligible may begin practicing 15 school days immediately prior to the date of regaining full eligibility. (All other ineligible students may not practice.)

13.7 If a student has established eligibility in a sport requiring 12 separate days of practice and is continuing to participate in that sport or no school days have lapsed from one sport to another sport in a same season, the student may participate in another sport of the season after completing seven separate days of sport specific practice in the second sport.

13.8 Students participating in a sport(s) in one season must have practiced 12 separate days, exclusive of the day of a contest, to be eligible to participate in a sport in the next season with the following exception: the student has continued to practice or participate in tournament play without an interruption of school days. The student must complete five separate days of sport specific practice in the second sport.

3.7. *Statement of Policy.* Insofar as unsportsmanlike actions by students, school administrators, officials, coaches, faculty members, and spectators are concerned, the identical items under the Sportsmanship Rule along with the following guides will be referred to by the WVSSAC:

3.7.a. The school whose coach behaves in a manner likely to have adverse influence on the attitudes of students or spectators may be provided with the choice of taking disciplinary action against that coach or having the entire school disciplined by the WVSSAC.

3.7.b. Any student who in protest lays hands or attempts to lay hands upon an official may be declared ineligible by the principal or by the WVSSAC for up to one year. Any student who strikes an opponent, coach, or a spectator during or following an athletic event may be declared ineligible by the principal or the WVSSAC for a specified period of time up to one year, depending on the seriousness of the act.

3.7.c. Any coach, student, or bench personnel ejected by an official will be suspended for the remainder of the game, match, meet or contest. The coach, student, or bench personnel ejected by an official will also be suspended in additional contest(s): the suspension will be assessed based upon ten (10) percent of the allowed regular season contests or post season progression in a playoff tournament for each sport. Any tenth of a percentage from .1 to .4 will be a suspension equal to the whole number of the percent. Any tenth from .5 to .9 will be an additional contest added to the whole number. The suspension will include the number of indicated contests in that sport and at that level and all other sport contests in the interim at any level. A second ejection will result in the doubling of the suspension assessed for the first ejection. If an individual is ejected for a third time during the same sport season, the individual will be suspended from participating or coaching for 365 calendar days from the date of ejection. In accordance with rule 127-3-15.3, an individual ejected by an official may not appeal that ejection, or any subsequent suspension that is a consequence of the ejection by an official.

3.7.c.1. Any coach, player or bench personnel who has been ejected shall not be permitted to attend any contest(s) during said suspension. He/she shall not be affiliated with the team in any capacity. This would include but not be limited to transportation to or from the contest, meeting with the team before, during or after said contest. He/she is not permitted to be in sight or sound of said contest venue. Regular practice or team meetings not affiliated with a contest are permitted.

3.7.c.2. If suspensions are imposed to a student or bench personnel at the end of the sport season and no contest remains, the suspension is carried over to that particular sport until the next school year. In the case of a senior student, the penalty will continue to the next WVSSAC sponsored sport.

3.7.c.3. Any coach suspension that cannot be enforced during the sport season in which the ejection occurs will be enforced at the beginning of the next season of that same sport.

3.7.d. In case of spectators physically molesting an official, administrator, coach, or student, the school may be given one of two options: 1) file charges against the offender (s) or 2) accept discipline from the WVSSAC. Any person found guilty of W.Va. Code §61-2-15(a) Assault, Battery on Athletic Officials, while these individuals are working or as a result of working an athletic contest, shall be banned from all WVSSAC athletic events for a minimum of 365 days from the date of being found guilty. The school filing charges shall notify the WVSSAC of the incident and outcome of any legal action.

3.7.e. The school that does not lend complete cooperation in the host school's effort to promote the spirit of good sportsmanship may be disciplined by the WVSSAC.

3.7.f. A coach may be considered as committing unsportsmanlike conduct if they make degrading remarks about officials during or after a game either on the field of play, from the bench, or through any public news media, argues with officials, or goes through motions indicating dislike for a decision, protests the decision and actions of officials pertaining to the game during and after the contest, or detains the official on the field of play following a game to request a ruling or explanation of some phase of the game. If a coach feels he/she has a legitimate criticism of a penalty call or request for a rule interpretation, such criticism or request should be made in the privacy of the coach's office or the official's quarters and should be made in a courteous manner.

3.7.g. A student or team attendant shall not leave the bench area, team box area, or their designated off-field area during a game or contest other than during that time permitted by game or contest rules. A coach shall not leave the bench area, team box area, or the designated off-field area during a game or contest other than during that time permitted by game or contest rules unless a student altercation is taking place and the official requests assistance. Violation of this rule shall cause the coach, student, or team attendant to be immediately ejected from the contest, team penalized according to game or contest rules and that coach, student, or team attendant will not be eligible to participate in the next contest as outlined in §127-4-2.3.

3.8. *Procedure.* Unsportsmanship action must be reported in detail to the WVSSAC. A copy of the complaint must also be filed with the principal of the school involved. Each principal involved shall report such information or answers to the report as they deem appropriate. Upon receipt of all reports, the Executive Director and/or the Board of Directors of the WVSSAC shall investigate and adjudicate such reports in accordance with the powers afforded in §127-1-8.6 and 8.7 and §127-1-12.2 and 12.3 of the Constitution. Penalties up to and including suspension of member schools may be made in accordance with §127-4.

3.9. The following defines the different types of disciplinary action which may be assessed for violation of any WVSSAC rule by a member school, administrator, coach, athlete or contest official:

3.9.a. *Warning.* A warning may be given by the Executive Director or Assistant Executive Director. It is official notice that an inexcusable, unethical, or unsportsmanship action has occurred, is a matter of record, and that such an occurrence must not be repeated.

3.9.b. *Probation.* Probation is a much more severe type of warning and may be expressed two ways: 1) a school, coach, student, or team attendant on probation is told that further violations will lead to a fine or suspension; and/or 2) a school on probation is on conditional WVSSAC membership but may engage in its regular schedule, sanctioned events, and all WVSSAC tournament play, providing a program is filed with the Executive Director of the WVSSAC indicating measures to be taken to alleviate this problem which caused the school to be placed on probation.

3.9.c. *Suspension.* A school/coach suspended from the WVSSAC may not meet in interscholastic competition of any kind with a WVSSAC member school or a school that is a member of another state associated with the National Federation of State High School Associations.

3.9.d. *Fine.* A fine may be levied by the Executive Director.

3.9.e. Each of these sanctions (Warning, Probation, suspension and Fine) may be imposed or levied separately, or in a combination of one or more sanctions.

3.10. *Appeals.* All cases involving disciplinary action against member schools, coaches, students, team attendants, or officials may be protested in accordance with §127-6. However, disciplinary action imposed by an official, including disciplinary action that is a consequence of a decision by an official, such as a suspension for an additional game or games as a consequence of an ejection, is governed by rule 127-3-15.3 and is not subject to appeal.

3.11. *Review of Ejections.* Disciplinary action imposed by a contest official, including disciplinary action that results in a suspension for an additional game or games as a consequence of an ejection, is not subject to appeal pursuant to Rule §127-6. However, if the individual ejected believes the ejection was improper, he/she may request a review of the ejection by his/her principal. If the principal believes there is merit in the requested review, the principal shall complete and submit the WVSSAC Ejection Review Form within 24 hours or the next business day of the ejection to the Executive Director of the WVSSAC. If a review is properly requested, the WVSSAC will review the officials' special report, the WVSSAC Ejection Review Form, and other information as the WVSSAC deems appropriate. Upon review, the WVSSAC Executive Director or the designated Assistant Director will either sustain the ejection and any consequent suspension(s) or will determine the ejection was improper and void any consequent suspension(s). A decision by the WVSSAC upon reviewing an ejection is not subject to appeal pursuant to Rule §127-6.

RECRUITING REGULATIONS

If a coach is contacted by a student, his/her parents, or anyone else regarding a student athlete transferring to his/her district, the coach shall refer the individual(s) to a school administrator in the district immediately. A coach cannot discuss the matter with the student or anyone else for that matter and should not even listen to when the subject is brought up concerning students transferring to his/her school. School coaches working or coaching in outside school leagues and camps should be warned that a potential problem exists if a student later enrolls at the school where the coach is employed. The school administrator, after being notified by the coach that a prospective student athlete has approached the coach about possibly playing for his/her school team, should contact the WVSSAC office immediately. Seriously or jokingly telling a student that you would like that athlete to play for you, or your team shall be considered recruiting. Rules regarding individuals who engage in recruiting shall not be restricted specifically to school personnel.

Approved by the Board of Appeals
October 1998

GUIDELINES FOR SUSPENDED COACH/PLAYER

A coach or player who is ejected from a contest shall be suspended for the remainder of the game, match, meet or contest. An ejected coach shall exit the playing arena (out of sight and sound of the venue) as well as the team and bench areas. If there is not another person hired by the board of education to coach that sport or a professional from that school present to take his/her place, the contest shall be forfeited. Because of supervision and liability, an ejected athlete shall sit on the bench and shall not cause nor participate in any further problems. Furthermore, a coach or player shall not be permitted to attend subsequent contests of the suspension. He/she shall not be formally affiliated with the team in any capacity. This would include but not be limited to transportation to or from the contest, meeting with the team before, during or after the contest, wearing a uniform, or sitting in the bench or team area. Regular practice or team meetings not affiliated with a contest will not fall under this policy.

Heat Illness (Wet Bulb Globe Thermometer Guidelines)

WBGT Reading	Activity Guidelines/Modifications
Under 82.0	Normal activities. Provide at least three separate rest breaks each hour with a minimum duration of three minutes each during the workout.
82.0-86.9	Use discretion for intense or prolonged exercise; watch at-risk players carefully. Provide at least three separate rest breaks each hour with a minimum duration of 4 minutes each.
87.0-89.9	Maximum practice time is 2 hours. For football: players are restricted to helmet, shoulder pads, and shorts during practice, and all protective equipment must be removed during conditioning activities. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. For all sports: Provide at least four separate rest breaks each hour with a minimum duration of 4 minutes each.
90.0-92.0	Maximum practice time is 1 hour. For football: no protective equipment may be worn during practice, and there may be no conditioning activities. For all sports: There must be 20 minutes of rest breaks distributed throughout the hour of practice.
Over 92.0	No outdoor workouts. Delay practice until a cooler WBGT level is reached.

Emergency Action Plan Worksheet – Student Response Team

Coach/Advisor Name:			Activity:			Level:			
1 911 TEAM			2 CPR/AED TEAM			3 AED TEAM			
CALL 911			START CPR			GET THE AED			
CALL 911. Explain emergency. Provide location.			1. Position person on back. 2. Put one hand on top of the other on middle of person's chest. Keeping arms straight, push hard and fast, 100 presses/minutes. Let chest completely recoil after each compression. 3. Take turns with other responders as needed			<u>PRACTICE</u>		<u>EVENTS</u>	
PRACTICE	EVENTS								
Closest Phone			Coach			Closest AED			
EMS Access Point			Student 1			Student 1			
Street Intersection			Student 2			Student 2			
Student 1			Student 3			GET THE ATHLETIC TRAINER			
			WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS			Typical Location			
			1. Remove clothing from chest. 2. Attach electrode pads as directed by voice prompts. 3. Stand clear while AED analyzes heart rhythm. 4. Keep area clear if AED advises a shock. 5. Follow device prompts for further action. 6. After EMS takes over, give AED to Athletic Administrator for data download.			Student 1			
						Student 2			
MEET AMBULANCE at EMS Access Point.			4 HEAT STROKE TEAM						
Take to victim.									
	Practice	Events				PREPARE TUB DAILY			
Entry Door/Gate									
Student 1			Tub Location						
Student 2			Water Source Location			Student 1			
CALL CONTACTS.						Student 2			
Provide location and victim's name.			Ice Source Location			1. Remove equipment/excess clothing. Move to shade. 2. Immerse athlete into cold ice water tub, stir water. *If no tub: cold shower or rotating cold, wet towels over the entire body 3. Monitor vital signs. 4. Cool First, Transport Second. 5. Cool until rectal temperature reaches 102 F if ATC or MD is available. 6. If no medical staff, cool until EMS arrives.			
	NAME	CELL	Ice Towel Location						
Athletic Trainer			Student 1						
Athletic AD			Student 2						
Student 1									
Student 2									

Emergency Action Plan - Directions

1. Go to www.wvssac.org – In the middle of page click on Emergency Action Plan.
2. Click on “enable editing”
3. Completely fill out form
4. When completed, click file, save as and then name the file by sport and year (ex. Varsity Football 2017)
5. Go back to main page of the WVSSAC and use Admin Login. At the bottom of the page is “submit Emergency Action Plan”. Attach sport specific file to each sport.
6. At the bottom of the page, click “Save Plans”.
7. A pop-up window will appear saying “Your submission has been received”.
8. If you have “review” button under sport, that means action plan has been submitted.



SPECTATOR SUPPORT INFORMATION FOR TOURNAMENTS

The following sport support information is provided for each specified sport. ONLY those items marked with “Yes” are allowed during tournament play (sectional, regional, and state). It is recommended that schools follow these regulations during regular season play.

Vocal cheering and support from team bench areas are encouraged, however, the items indicated on this page are for use by spectators. Schools must stress GOOD SPORTSMANSHIP when allowing any item to be used. All items must be for support of your team and not directed against the opponent.

Legend: BSK Basketball CC Cross Country SB Softball TE Tennis WR Wrestling
BB Baseball FB Football SC Soccer TR Track & Field
CH Cheer **GO Golf** SW Swimming VB Volleyball

SPORT	BSK	BB	CH	CC	FB	GO	SB	SC	SW	TE	TR	VB	WR
Apparel Required Upper/Lower Body Garments	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Balloons	No	Yes	No	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No	No
Banners on wall/ Stadium	No	No	No	No	No	No	No	No	No	No	No	No	No
Cheer & Band Member “Human” Tunnels	No	Yes	No	No	Yes	No	Yes	Yes	No	No	No	Yes	Yes
Permanent Signage/ Advertisement Senior Pictures	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Confetti/Paper Debris	No	No	No	No	No	No	No	No	No	No	No	No	No
Hand-held Signs (one holder)	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Inflatable Tunnels	No	Yes	No	No	Yes	No	Yes	Yes	No	No	No	Yes	Yes
Laser Pointer	No	No	No	No	No	No	No	No	No	No	No	No	No
Miniature sports Balls thrown to crowd	No	No	No	No	No	No	No	No	No	No	No	No	No
Noise makers (Horns, cow bells, bells, buzzers, clickers, etc.	No	Yes	No	Yes	Yes	No	Yes	Yes	No	No	No	No	No
Opening Prayer / Invocation	No	No	No	No	No	No	No	No	No	No	No	No	No
Paper banners for team to run through	Yes	Yes	N/A	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Pom poms Sprit Towels	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Recorded/taped. music over amplifying system (only pregame or halftime)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
School Band, Pep Band	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Pressurized Air Horn Electronic Bull Horn	No	No	No	No	No	No	No	No	No	No	No	No	No
Megaphones (as intended)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Cannons & Muskets	No	No	No	No	No	No	No	No	No	No	No	No	No
50-50 Drawing	No	No	No	No	No	No	No	No	No	No	No	No	No
Reserve Seating State Only	No	No	No	No	No	No	No	No	No	No	No	No	No