



2009 KHSAA CROSS COUNTRY RULES CLINIC

ADMINISTRATIVE RULES / BYLAWS REVIEW

1) **Bylaw and Administrative Procedures Review**

Complete text of the important listed rules below is attached.

Bylaw 2 – Physical Examination, Parental Consent & Insurance

Bylaw 3 – Age Rule

Bylaw 4 – Enrollment

Bylaw 5 – Academic Requirement

Bylaw 6 – Transfer Rule

Bylaw 7 – Foreign Exchange Transfer

Bylaw 8 – Contestant on Other Teams

Bylaw 9 – Graduate and Practice Eligibility

Bylaw 10 – Recruitment

Bylaw 11 – Practice of Sportsmanship

Bylaw 12 – Amateur/Awards

Bylaw 13 – Financial Aid

Bylaw 25 – Limitation of Seasons

Bylaw 26 – Summer Sports & Sports/Activities

Bylaw 27 – Requirements for coaches

Bylaw 33 – Imposition of Penalties

2. **Tournament Rules**

Cross Country Advancement – Regional to State

- One team entered, one team advances
- Two to three full teams entered, two teams advance.
- Four to six full teams entered, three teams advance.
- Seven to nine full teams entered, four teams advance.
- Ten to twelve full teams entered, five teams advance.
- Thirteen or more teams entered, six teams advance.

In addition to the team advance the top five individuals not on a team qualifying for the state meet would also qualify.

State Site

- Kentucky Horse Park, Lexington

NFHS RULES REVISIONS

- There have been no rules revisions for 2009 that apply to Cross Country.

BYLAWS of the KENTUCKY HIGH SCHOOL ATHLETIC ASSOCIATION

Governing All Contests Between Teams Representing Member Schools

(Case situations refer to rulings and interpretations used to interpret and administer these bylaws which can be found in the Case Situation section of the Handbook. Where possible, additional cross-referencing information has been included).

Bylaw 2. Physical Examination, Parental Consent and Insurance

Sec. 1) Physical Examination and Parental Consent Requirements

The Superintendent or Principal shall have each student who is trying for a place as a participant on an athletic team or cheerleading squad present a physician's certificate certification signed by a physician, physician's assistant, advanced registered nurse practitioner, or chiropractor if performed in the scope of practice (as defined in KRS Chapter 312) which shall state that he or she is physically fit to participate without undue risk. The parent's consent for the child's participation and acknowledgment of receipt of the eligibility rules as promulgated by the Association and Kentucky Board of Education regulations in writing shall also be required on KHSAA Form GE04.

Sec. 2) Requirement for Insurance

A student, prior to participation or trying for a place on an athletic team or cheerleading squad shall have in place medical insurance with coverage limits up to the deductible of the KHSAA Catastrophic Insurance program and that insurance shall remain in force throughout participation. It shall be the responsibility of each member school to ensure and certify that each student has insurance coverage throughout the school year.

(Case situations related to this bylaw appear on pages 19 through 43 of this Handbook)

Bylaw 3. Age

Sec. 1) Age Restriction

Pursuant to KRS 156.070 (2) (e), a student who becomes nineteen (19) years old before August 1 shall be ineligible for interscholastic athletic competition. A student who becomes nineteen (19) on or after August 1 shall remain eligible for the entire school year.

Sec. 2) Waiver Provision

The Board of Control and the Commissioner may waive the provisions of this bylaw and the student shall be eligible for high school athletics in Kentucky if the written documentation is provided to clearly demonstrate that the student:

- a) Qualified for exceptional children services and had an individual education program developed by an admissions and release committee (ARC) while the student was enrolled in the primary school program;
- b) Was retained in the primary school program because of an ARC committee recommendation; and
- c) Has not completed four (4) consecutive years or eight (8) consecutive semesters of eligibility following initial promotion from grade eight (8) to grade nine (9).

The Board of Control and the Commissioner shall not adopt administrative procedures that allow for waiver of this rule under any other condition.

(Case situations related to this bylaw appear on pages 19 through 43 of this Handbook)

Bylaw 4. Enrollment

Sec. 1) Maximum Number of Semesters

- a) A student promoted from grade eight (8) to grade nine (9) shall have four (4) consecutive calendar years of eligibility from the date of first promotion by the school provided the student is eligible according to this and all other Association bylaws. The eligibility shall conclude with the completion of the spring sports season following the fourth year. No additional eligibility may be granted in a case where the grant would allow a student to compete in all or part of the fifth competitive season in a single sport following the initial promotion by the school from grade eight (8).
- b) The Commissioner or Board of Control through the Due Process Procedure, may grant additional eligibility in the case where it has been documented by the attending physician, Principal and Superintendent that severe illness or injury has prevented

the student from receiving necessary education services and the right to an education has therefore been impacted rather than simply the loss of athletic privilege. The grant of eligibility may only be made in the cases in which the student-athlete would remain eligible by all other Association bylaws. This provision shall not include additional eligibility strictly for loss of participation due to sports related injuries. No additional eligibility may be granted in a case where the grant would allow a student to compete in all or part of the fifth competitive season in a single sport following the initial promotion by the school from grade eight (8).

- c) A student having been enrolled in the fourth (4th) grade or in any grade through twelfth (12th) shall not be eligible for interscholastic athletics at the high school level (grades 9 through 12) for more than a total of one (1) year in each grade and applicable eligibility shall begin in the first year enrolled in that grade. A student repeating a grade for any reason is ineligible to participate in interscholastic athletics at the high school level (grades 9 through 12) during the second year in that grade. The penalty for violation of this rule shall be the loss of one of the four years of eligibility after being promoted from grade nine (9). Policies regarding the participation of repeating students at the levels of play below high school interscholastic athletics shall be determined by the school council pursuant to KRS 160.345 (2) (i).

- d) A pupil in grades 4-8 may play on the high school team if that participation is not in conflict with Section (c) above, and the time so played shall not be counted on the eight (8) semester limit. EXCEPTION: A student below grade nine (9) may not participate on the varsity team in contests in the sports of football or soccer, and a student enrolled below grade seven (7) may not participate on the varsity level in wrestling. The provisions of this restriction shall not apply to non-varsity teams participating in these sports.

Sec. 2) Responsible Parties

Any public elementary or secondary school or school employee or official who knowingly allows participation of an ineligible player under the provisions of this bylaw, or who, through reasonable diligence, should have known of that ineligibility, shall be considered in noncompliance with state accreditation standards or guilty of willful neglect of duty or breach of contract. This provision shall apply not only to coaches, but also to personnel supervising coaches including an athletic director, an assistant principal, a principal, an assistant superintendent, a superintendent, or a school board member.

Sec. 3) Deadline for Enrollment

On Friday of each grading period, a student in grades nine (9) through twelve (12) shall be enrolled as a full-time student in at least four hours of instruction as provided in Kentucky Board of Education regulation 702 KAR 7:125 (of the six hours of instruction required) or the equivalent of four hours of instruction acceptable to graduation at the member school he or she desires to represent in order to be eligible for athletics.

A student shall have enrolled as a bona fide full-time undergraduate student no later than twenty (20) school days after the beginning of the semester to be eligible during that semester.

Sec. 4) Enrollment Elsewhere

A student who is enrolled or connected with any other school than the one he or she represents shall not take part in any contest. In the case of an all-boys high school, girl cheerleaders from affiliated neighboring girls school may be accepted.

(Case situations related to this bylaw appear on pages 19 through 43 of this Handbook)

Bylaw 5. Minimum Academic Requirement

Sec. 1) Proper Grade Level Requirement for Students in All School Districts

On the first day of each school year, a student shall be at his or her proper grade level. To be considered to be at the proper grade level, a student shall have been enrolled as a full-time student during the previous grading period, and shall be on schedule to graduate with his or her class on the first day of school. For the verification of this provision, all course work, including summer

and correspondence work, shall be complete by the first day of the school year for the student body.

a) Eligibility During First Year Following Initial Enrollment in Grade Nine (9)

For a student in the ninth grade to be considered to be on schedule to graduate, that student shall have been promoted from grade eight (8) to grade nine (9), and be in compliance with all other bylaws.

b) Eligibility During Second Year Following Initial Enrollment in Grade Nine (9)

For a student in the second year following initial enrollment in grade nine (9) (normally grade 10) to be on schedule to graduate, that student shall have received twenty (20) percent of the requirements of the school/district for graduation prior to the first day of the second year following initial enrollment in grade nine (9), and be in compliance with all other bylaws.

c) Eligibility During Third Year Following Initial Enrollment in Grade Nine (9)

For a student in the third year following initial enrollment in grade nine (9) (normally grade 11) to be on schedule to graduate, that student shall have received forty-five (45) percent of the requirements of the school/district for graduation prior to the first day of the third year following initial enrollment in grade nine (9), and be in compliance with all other bylaws.

d) Eligibility During Fourth Year Following Initial Enrollment in Grade Nine (9)

For a student in the fourth year following initial enrollment in grade nine (9) (normally grade 12) to be on schedule to graduate, that student shall have received seventy (70) percent of the requirements of the school/district for graduation prior to the first day of the fourth year following initial enrollment in grade nine (9), and be in compliance with all other bylaws.

Sec. 2) One-time Reinstatement of Students Failing to Meet Normal Progress Requirements

a) One-time Reinstatement of Students Failing to Meet Normal Progress Requirements and being ineligible for one school year. The eligibility of a student failing to meet the provisions of subsections (a) through (d) above may be reinstated a maximum of one time. This reinstatement is possible by the student passing twenty-five (25) percent of the requirements of the district for graduation during the year he or she is ineligible. He or she, upon reinstatement, shall remain eligible as long as he or she passes twenty-five (25) percent of the requirements of the district for graduation during each subsequent year.

b) One-time Reinstatement of Students Failing to Meet Normal Progress Requirements and being ineligible for one semester. The eligibility of a student failing to meet the provisions of subsections (a) through (d) of Sec. 1 may be reinstated a maximum of one time in schools operating on a two-semester credit recording system. This reinstatement is possible by the student passing fifteen (15) percent of the requirements of the district for graduation during the semester in which he or she is ineligible due to the provisions of Sec. 1. He or she, upon reinstatement, shall remain eligible as long as he or she passes fifteen (15) percent of the requirements of the district for graduation during each subsequent semester or becomes compliant with Sec. 1 above. Eligibility to practice and compete in contests shall be effective with the first day of the semester following the recording of the requirements to the student's permanent record.

c) One-time Reinstatement of Students Failing to Meet Normal Progress Requirements and being ineligible for one trimester. The eligibility of a student failing to meet the provisions of subsections (a) through (d) in Sec. 1 may be reinstated a maximum of one time in schools operating on a three-trimester credit recording system. This reinstatement is possible by the student passing ten (10) percent of the requirements of the district for graduation during the trimester in which he or she is ineligible due to the provisions of Sec. 1. He or she, upon reinstatement, shall remain eligible as long as he or she passes ten (10) percent of the requirements of the district for graduation during each subsequent trimester or becomes compliant with Sec. 1. Eligibility to practice and compete in contests shall be effective with the first day of the trimester following the recording of the

requirements to the student's permanent record.

Sec. 3) Continual Progress During the School Year

On a weekly basis, a student shall also be passing (cumulatively for the credit period) in at least four hours of instruction as defined by Kentucky Board of Education regulations (of the six hours of instruction required) or the equivalent of four hours of instruction acceptable to graduation in order to be eligible to participate in athletics during the subsequent week (Monday through Sunday period) and through the next opportunity to examine grades in this manner. On its membership form, each member school shall designate the day of the week, approved and documented through local policies, that the grades shall be examined for the student-athletes within that school in order to make this determination. Absent any other determination, this weekly check of grades shall be conducted on each Friday of each grading period or on the last day of classes preceding that particular Friday if no classes are conducted on that particular Friday. Special tests or recitations shall not to be given for the purpose of making the student eligible.

Sec. 4) Pre-Secondary School Students

A pre-secondary school student (grades 4-8) participating in athletics representing a KHSAA member school shall be passing in at least two-thirds of the subjects in which he or she is currently enrolled and be in compliance with all other bylaws in order to be eligible.

(Case situations related to this bylaw appear on pages 19 through 43 of this Handbook)

Bylaw 6. Transfer Rule - Domestic Students

Sec. 1) Domestic Student Transfer

Any student who has been enrolled in grades nine (9) through twelve (12) and has participated in any varsity contest in any sport at any school following enrollment in grade nine (9) and who then transfers schools shall be ineligible for interscholastic athletics at any level in any sport for one year from the date of enrollment in the new school.

The Commissioner has discretion (but is not required) to waive the period of ineligibility set forth above if one or more of the following exceptions in Section 2 has been met. Determinations of whether a student shall be granted a waiver pursuant to this rule shall be based on the circumstances existing as of the date of enrollment at the new school.

Sec. 2) Discretionary Exceptions for Waiver

a) BONA FIDE CHANGE IN RESIDENCE - The period of ineligibility may be waived if there has been a bona fide change in residence by the parents and student that precedes a student's change of schools.

For purposes of this bylaw, a bonafide change of residence means the moving of the permanent residence of the entire family of the student and the student's parents from one school district or defined school attendance area into another school district or defined school attendance area prior to a change in enrollment of the student. A student who becomes emancipated does not have a bona fide change of residence by virtue of his or her emancipation and change of residence for purposes of this bylaw.

b) DIVORCE - The KHSAA shall not recognize a legal separation as grounds for waiver of the provisions of this bylaw. The period of ineligibility may be waived in the event of a dissolution of marriage (i.e. a final and legally binding divorce decree from a court of competent jurisdiction) of the parents and a change in the residence of the student pursuant to a court order granting custody of the child to one of the parents with whom the student shall reside. In the event joint custody is awarded to both parents, for purposes of this bylaw, the student shall initially be eligible where either parent resides.

The eligibility of a student may be restored one-time if, after establishing eligibility and complying with the initial court order granting joint custody, a student relocates to permanently reside with the other custodial parent. The grant of eligibility shall only apply to the member school in which the residence of the custodial parent is located. After this one time move by the student to the other custodial parent all subsequent moves between parents shall require a period of ineligibility of one year.

- c) CHANGE OF CUSTODY - The KHSAA shall not recognize guardianship or similar arrangements made, for purposes of this bylaw. The period of ineligibility may be waived if it is shown that custody of the student has been taken from one or both parents and given to the other parent or a third person by a court of competent jurisdiction and under circumstances indicating: (1) the parent(s) are unfit or (2) the court finds that the health and welfare of the student would be better served by the change in custody.
 - d) DEATH - The period of ineligibility may be waived in the event the death of one or both of the student's custodial parents creates the circumstances that the transfer to another secondary school is deemed appropriate.
 - e) BOARDING SCHOOLS - The period of ineligibility may be waived on a one-time basis for students entering a boarding school on a full time basis as a boarding school student.
 - f) NON ATHLETIC PARTICIPATION FOR AN ENTIRE SCHOOL YEAR - The period of ineligibility may be waived in the event that the transferring student did not participate in an interscholastic contest at any level in any sport while enrolled in grades nine through twelve at the sending school during the entire academic school year immediately preceding the change in schools.
 - g) REASSIGNMENT BY BOARD OF EDUCATION - The period of ineligibility may be waived if the student has changed schools through a properly documented reassignment of the Board of Education to another school. To meet this exception for a reassignment, reasons for the assignment may include the closing or opening of a school due to consolidation, merger, opening of a new school, or another type of opening or closing or assignment through KRS 158.6455 or other applicable adopted regulation. That assignment may be to the public school district should a private, parochial or independent school close.
 - h) TRANSFER FROM NON-MEMBER SCHOOL - The period of ineligibility may be waived for a student transferring from a non-member school located in Kentucky whose athletic participation has been limited primarily to other non-member schools.
 - i) MILITARY ASSIGNMENT - The period of ineligibility may be waived for a student transferring in a situation where documentation is presented to verify that the change in education and living arrangements is directly related to an order from any branch of the United States military service, including the reserve components.
- Sec. 3) Specific Restrictions Resulting in Denial of Waiver
Satisfying of one of the exceptions (a through i) shall not be considered valid and a waiver of the period of ineligibility shall not be granted:
- a) If the change in schools is to nullify or circumvent the actions of representatives or rules of the previous school or if the student left the sending school under penalty which would have resulted in the student's ineligibility at the sending school;
 - b) If the satisfying of one of the exceptions occurs after the enrollment at the new school;
 - c) If the change in schools is motivated in whole or part by a desire to participate in athletics at the new school;
 - d) If the satisfying of one of the exceptions is used or manipulated for the purpose of gaining athletic eligibility;
 - e) If the satisfying of one of the exceptions by the student and the parent(s) does not reasonably precipitate a transfer to the new school.
- Sec. 4) Other Transferring Student Restrictions and Procedures
- a) The Commissioner may appoint or hire a committee or investigator to conduct any inquiry or investigation concerning any issues arising under this bylaw or any other bylaw.
 - b) If any member school files a written objection to the factual validity of the certification before the conclusion of the period of time to which the period of ineligibility would normally apply, along with the specific, detailed basis for the objection, then a complete investigation shall be conducted by the KHSAA and a ruling shall be issued through the Commissioner's office.
 - c) A student enrolled in grades 4-12 who has participated in a first team game shall not be eligible to represent a second member school during that school year unless that student would qualify for a waiver of the period of ineligibility in accordance with provisions (a) through (i) above.

- d) A student is ineligible for athletics in this state if he or she transfers from another state if the student was or would have become ineligible in the state from which he or she transfers.

Bylaw 7. Transfer Rule - Non-Domestic Students

Sec. 1) Foreign Exchange Students

Foreign exchange students attending school in Kentucky shall be considered ineligible for the first calendar year following enrollment.

- a) If placed in a KHSAA member school under the auspices of approved student exchange programs or in other circumstances approved by the Board of Control within Board policy, these students may be declared eligible and not be subject to the initial one-year period of ineligibility.
- b) In order to be considered for a waiver, the following conditions shall exist
 - 1) The student shall be in compliance with all U.S. Immigration and Naturalization Service regulations;
 - 2) The student shall be in the first and only year as an exchange student;
 - 3) The student shall not be a graduate of a the 12th or terminating grade or its' equivalent in either the U.S. or his or her home country;
 - 4) The student shall be in possession of a complete transcript of records that has been translated into English prior to the request for eligibility;
 - 5) The student shall be in possession of a J-1 student education visa issued by the U.S. Immigration and Naturalization Service;
 - 6) The student's placement shall not have been a "direct placement" into a KHSAA member school;
 - 7) The student's host family shall not pay any tuition or fee normal to the attendance at the KHSAA member school, all fees shall be paid by the student's family;
 - 8) All travel fees shall be paid by the student's family; and
 - 9) The student's host family shall not include members of the coaching staff at the KHSAA member school at which participation is desired and shall not include exchange agency representatives.

c) To be considered for approval by the Board of Control, a foreign exchange program shall assign students to schools by a method that ensures that no student, school or interested party may influence the assignment for athletic or other purposes.

d) The student, the principal or designated representative of the member school, and a representative of the placement agency shall sign and attest to certification that the athlete complies with the eligibility rules of the KHSAA and shall not be eligible under any circumstances for more than one year of athletic participation if the first year period of ineligibility is waived.

Sec. 2) Additional Eligibility for Exchange Students

Any student having made election to apply for the waiver of the first year of ineligibility and having been granted a waiver of the normal period of ineligibility under subsection (a) above shall not be eligible, under any circumstances, for more than one (1) school year while enrolled in grades 9 -12 in Kentucky.

Sec. 3) Students Not Coming Through Exchange Programs

Any student desiring to participate in athletics who does not meet the criteria listed in Bylaw 7 may seek a waiver of the one-year ineligibility period through the KHSAA Due Process Procedure.

(Case situations related to this bylaw appear on pages 19 through 43 of this Handbook)

Bylaw 8. Contestant On Other Teams, Post Season and All-Star Games

Any student who after enrolling in grade nine (9) has been a contestant in football or basketball at any level (grades 9-12) and has eligibility remaining in that sport may not participate on any non-school sponsored team or in any all-star game in that sport or any variation of that sport from the first day of school through the last scheduled contest played in that sport (including KHSAA sanctioned post-season) by that school unless it has been sanctioned by the Board of Control. Following the team's last scheduled game (including post season), there are no restrictions on play in that specific sport for the student-athletes.

(Case situations related to this bylaw appear on pages 19 through 43 of this Handbook)

Bylaw 9. Other Eligibility Requirements and Regulations

Sec. 1) Graduates and College Students

Any student who has graduated from a secondary school, or who has ever played on a college team, is thereafter ineligible to play on a high school team.

Sec. 2) Practice of Ineligible Students

Unless ineligible due to the provisions of Bylaw 11 (Sportsmanship, having been ejected from a contest), any student who is not eligible for competition during a team's next contest/meet/match/game shall not practice with the team.

Sec. 3) Conduct - Student or Other Representative Under Penalty

Any student, contest official or other official school representative who is under penalty or discipline or whose conduct discredits the school or the KHSAA shall not be eligible.

(Case situations related to this bylaw appear on pages 19 through 43 of this Handbook)

Bylaw 10. Recruitment

Sec. 1) Foreword

A pupil (domestic or foreign) at any grade level shall not be recruited to a member school of the KHSAA for the purpose of participating in athletics, including recruitment under the guise of academics.

Sec. 2) Definition

Recruiting is defined as an act, on behalf of or for the benefit of, a school, which attempts to influence a student to transfer to a member school for the purpose of participating in athletics. A school official utilizing an intermediary including a peer, another school employee, a student, a parent or a citizen, for the purpose of recruiting a student athlete shall be in noncompliance.

a) An athletic coach or any other member of the school staff shall not influence a student even if the student, his or her parents or any intermediary from another school makes the initial contact. In this situation, a coach or staff member (paid or unpaid) should immediately refer the person(s) to the school principal.

b) Influencing a student shall include the promise or instilling the expectation of an athletic advantage, playing time, employment of the student or the student's parents or relatives, housing for the student or the student's parents, scholarships or financial aid for which other members of the student body are not generally eligible, or any other material or athletic reward for which other members of the student body are not generally eligible.

Sec. 3) Penalty

Any representative of a member school knowingly allowing the recruitment of a student for the purpose of participating in athletics or who should have known of this recruitment shall be guilty of willful neglect of duty, misconduct, or breach of contract. This shall apply not only to coaches, but also to personnel supervising coaches, including an athletic director, an assistant principal, a principal, an assistant superintendent, a superintendent or a school board member. This requirement shall also apply to students or their parents.

(Case situations related to this bylaw appear on pages 19 through 43 of this Handbook)

Bylaw 11. Practice of Sportsmanship

Sec. 1) Sportsmanship Obligation

It is the clear obligation of principals, coaches, faculty members, boards of education, and all official representatives of member schools to practice the highest principles of sportsmanship and the ethics of competition in all interscholastic relationships with fans, officials, players, coaches, official representatives of member schools, and the general public. The Commissioner and the Board of Control shall have the full authority to suspend the coach, student, or any member school whose representatives may be convicted on competent evidence of the violation of this obligation. Any violation of this rule in any interscholastic contest shall be immediately reported to the Commissioner by the principal(s) of the school(s) involved, and by the game officials who work in the contest.

Sec. 2) Illegal Equipment

It shall also be considered a violation of this rule if any school or school representative(s) uses or allows the use of illegal equipment which gains a competitive advantage in the contest and which is expressly prohibited by the rules adopted for that

sport. A violation of this provision may result in penalization by the Commissioner in accordance with the provisions of this bylaw and in accordance with KHSAA Bylaw 33, Penalties.

Sec. 3) Requirement for Reinstatement

Any student, coach, or official team representative ejected from an interscholastic contest due to a violation of this obligation shall be reinstated by the Commissioner or one of the Assistant Commissioners prior to returning to interscholastic contests. Any student or coach using insulting language to another player or coach or to any official in any interscholastic contest, or who has been ruled out of a contest because of unsportsmanlike tactics, shall be disqualified from athletic competition until reinstated by the Commissioner.

Sec. 4) Reporting Requirement and Permanent Suspension

The name of the student or coach shall be reported to the Commissioner by the principal of the school that student attends. When an official disqualifies a student or coach, he or she shall report the disqualification to the principal or his or her representative and to the KHSAA office. If the Commissioner finds upon investigation that the offense was sufficiently serious, the offender shall be permanently disqualified.

(Case situations related to this bylaw appear on pages 19 through 43 of this Handbook)

Bylaw 12. Amateur/Awards

Sec. 1) Amateur Status

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

An athlete forfeits amateur status in a sport by:

a) Competing for money or other monetary compensation (allowable travel, meals and lodging expenses may be accepted);

b) Receiving any award or prize of monetary value not approved by this Association;

c) Capitalizing on athletic fame by receiving money or other gifts of monetary value not specifically approved by Section 2 or 4 of this rule (scholarships to institutions of higher learning are specifically exempted);

d) Signing a professional playing contract in that sport; or

e) Accepting a nominal standard fee or salary for instructing, supervising or officiating in an organized youth sports program or recreation, playground, or camp activities shall not jeopardize amateur status. "Organized youth sports program" includes both school and non-school programs.

Sec. 2) Awards

a) Awards governed herein and received by a student-athlete while representing a member school include awards received by a student-athlete while enrolled during the academic year as a regular student or awards received by a student-athlete while representing the school at any other time.

b) Awards received by a student-athlete participating in an event while not representing the school, shall conform to the regulations of the recognized amateur athletic organization(s) associated with the event. If no limit exists for the amateur organization, the limit shall be \$300. At no time shall the student-athlete be permitted to receive cash for this type of participation.

c) Awards presented by a member school conference, or approved agency shall be uniform for all team members receiving the award.

Sec. 3) Non-Permissible Awards shall be:

a) An individual may not receive a cash award for athletics participation. An individual may not receive a cash equivalent item (i.e., an item that is negotiable for cash or trace or other services, benefits or merchandise) for athletic participation.

b) Gift certificates and merchandise items that cannot be properly personalized shall be prohibited.

c) Cash or any other award that an individual cannot receive under these rules may not be forwarded in the individual's name to a different agency or individual.

Sec. 4) Type of Awards

a) Awards for recognition of interscholastic athletics participation

(letter awards) may be presented each year by a member school. In addition, the school may present senior awards and awards in recognition of special attainments or contribution to a team's competitive season (i.e., scholar-athlete, most improved player, etc.)

- b) Awards for participation in special events (post season tournaments) and established regional or national recognition awards (Mr./Miss Basketball, All-State, etc.) may be presented only by the management of the event, awards program, or by a school that has had or will have a team or individual participate in the event or sport.
- c) The total value of any award presented for high school competition shall not exceed \$300, except awards presented by the Association or a member school for participation in KHSAA sponsored events.
- d) Schools or conferences may not present individual awards to student-athletes for specialized performances in particular contests or events or during a limited time period (i.e., "player of the game" or "player of the week"). However, an organization, business firm or other outside agency may recognize a student-athlete's outstanding performance in a particular contest or during a particular time by presenting a certificate, plaque or medal valued at less than \$50. It is not permissible for an organization to provide any other tangible item or award.

(Case situations related to this bylaw appear on pages 19 through 43 of this Handbook)

Bylaw 13. Financial Aid

Sec. 1) Definitions for this bylaw

- a) Tuition— means the amount of necessary fees, costs and other charges to attend a member school as determined by that member school's published scale of charges. The tuition at the member school shall be the same for all students in like situation irrespective of participation in athletics and shall not include room and board expenses.
- b) Classification of Schools - means the classification of the member schools as follows: (1) A1- District operated general program or multi-program schools; (2) D1- Kentucky Department of Education operated schools (Blind and Deaf); (3) F1- Federal Dependent Schools; (4) J1- Roman Catholic schools; (5) M1- Other Religious schools and (6) R1-Private non-church related schools.
- c) Public Schools- means the member schools receiving funding from the Kentucky Department of Education or comparable federal sources. Public schools shall include the member schools which are classified as A1, D1 or F1.
- d) Non-Public Schools – means the member schools not receiving funding from the Kentucky Department of Education or comparable federal sources. Those schools shall include the member school which are classified as J1, M1 and R1.
- e) Non-Public School Zone – means the zone to which each non-public school is assigned. The four current non-public school zones are Covington, Lexington, Louisville and Owensboro. These non-public school zones shall be comprised of the counties contained in the geographic alignment related to the archdiocese of the same name.
- f) Non-Public School Governing Board— means the entity having oversight over the member school. For purposes of this bylaw, the "governing board" of a non-public school shall be determined by the school type. For J1 schools, the "governing board" shall be the archdiocese and geographic references shall be the counties included in the non-public school zone of the school. For the R1 and M1 schools, the "governing board" shall be as defined by the governance structure of the institution.
- g) Immediate Family— means the student and the student's father, mother, brother, sister, step-father, step-mother, step-brother, step-sister, husband, wife, aunt, uncle, grandparent.
- h) Financial Aid— means any and all aid given to a student which reduces tuition, including awards, reductions and waivers.
- i) Need-Based Aid— means the amount of financial aid that an independent financial analysis of the student's financial aid application demonstrates that the student needs to pay tuition to attend a member school, provided the analysis is performed by an agency approved by the Board of Control.
- j) Merit Aid— means financial aid awards given by the member

school based solely on academic/test performance which are available to the entire student body through a competitive application process and that the selection of the recipient(s) is based on published objective criteria which may not include athletic achievement or ability.

- k) Merit Aid Test – means the academic assessment or placement test approved by the Board of Control prior to its administration.
 - l) Merit Aid Test Date – means the date submitted by each member school for the administration of the merit aid test.
 - m) Financial Records— means the records related to any financial aid analysis of the student including the immediate family's records of the method and sources for all tuition payments.
- Sec. 2) Non-Permissible Financial Aid**
A student shall be ineligible to participate in interscholastic athletics if the student:
- a) Receives financial aid beyond the limits defined in Section 1(a) except for merit aid allowed under this bylaw, and waivers of tuition for non-domestic students ruled eligible under Bylaw 6, Section 2 (Foreign Exchange);
 - b) Receives merit aid based on an unapproved merit aid test;
 - c) Receives merit aid based on a merit aid test not administered on an approved merit aid test date;
 - d) Receives merit aid greater than twenty-five percent (25%) of the tuition at the member school;
 - e) Receives merit aid from a member school that has already given merit aid to the greater of five (5) percent of its student body or five students;
 - f) Receives financial aid that is not available to the entire student body by published objective criteria;
 - g) Receives financial aid from a funding source that is not under the custody and control of the member school or its governing board;
 - h) Receives any financial aid other than the permitted need-based aid or merit aid detailed above from a member school, any other entity governed by that member school's governing board or any representatives of the member school;
 - i) Receives any financial aid that is indirectly or directly related to athletic achievement or ability;
 - j) Has any part of the financial obligation to the member school paid directly or indirectly by individuals outside of the student's immediate family; or
 - k) Does not agree to complete disclosure of financial records as defined in this bylaw upon request of the KHSAA and its officials, employees and agents.

Sec. 3) Financial Aid Restrictions and Reporting

All member schools shall annually report detailed financial aid information to the KHSAA including:

- a) Tuition schedule or other fees applicable to the student body at the member school;
- b) The merit aid test being utilized by the school and the merit aid test date; and
- c) A detailed listing of the amount of financial aid awarded by the member school including:
 - 1) The need-based aid each student-athlete is eligible to receive based on the report of the approved independent agency;
 - 2) The merit aid given to each student and the qualifying score used to make the determination;
 - 3) The amount of need-based aid awarded to each student; and
 - 4) A specific listing of the sports in which each student participates.

(Case situations related to this bylaw appear on pages 19 through 43 of this Handbook)

Bylaw 25. Limitation of Seasons

Sec. 1) General Provisions Concerning All Sports

- a) School Time shall not:
 - Be lost for travel to or from, or participation in, any regular season interscholastic athletic contest.
- b) Schedule of Contests on Consecutive Days
Contests shall be scheduled so that there are not four consecutive days of competition on any Monday through Thursday period while school is in session.
- c) Specific Definitions for Ending of School

For all interpretations and regulations concerning the ending of the school year, including restrictions on coaching involvement, the end of the school year shall be defined as the earlier of the last day of school or May 31.

d) **Specific Penalties for Violations - Too Many Contests**

Any school violating provisions of this Bylaw by playing too many contests shall not be eligible for state championship competition or may be otherwise penalized. For the determination to be made that the limit has been exceeded, it shall be reported in writing and received by the KHSAA prior to 12:01 a.m. (midnight) ET on the first day of the postseason tournament series as established by the KHSAA Memorandum Calendar. If detected and verified, the team exceeding the limit shall be ineligible for postseason play and may be further penalized in accordance with Bylaw 33. If the report is made after that point, the team shall be penalized in accordance with Bylaw 33 but shall remain eligible for tournament play during the current season.

e) **Specific Penalties for Violations - Too Many Scrimmages**

Any school violating scrimmage limitations may be placed on probation, prohibited from participating in preseason scrimmages in that sport for two (2) seasons, and may be prohibited from taking part in KHSAA state championship competition or other penalties in accordance with Bylaw 33. The second violation shall result in automatic suspension.

f) **Involvement of Members of the Coaching Staff Out of Season**

Members of the high school coaching staff (paid or unpaid) shall not be prohibited from sport specific observation and evaluation (but not coaching) of any player who has played for a grade nine (9) through grade twelve (12) team (freshman, junior varsity, varsity) from the first day of school through the last day of school provided that play is under the direct control of the same local board of education as the coach is employed and provided that play is not in conflict with other KHSAA bylaws.

Sec. 2) Sports Specific Limitations - Baseball - Boys

a) Following the opening day of school, there shall be no organized baseball practice prior to February 15.

b) There shall be no more than two (2) scrimmages or practice games prior to the first regular season contest of that year.

c) The first game shall not take place prior to the Monday following the conclusion of the second state basketball tournament of that year.

d) The season shall consist of a maximum of thirty-six (36) games to be played prior to the beginning of KHSAA state championship competition (district).

e) The opportunity to participate in regular season contests shall end at all levels of play (grades 9-12) on the Saturday preceding the first KHSAA Tournament (District, Region or State), with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or play during the remainder of the academic school year.

Sec. 3) Sports Specific Limitations - Basketball - Boys and Girls

a) Following the opening day of school, there shall be no organized basketball practice prior to October 15.

b) Prior to the opening game of regular season play, a basketball team may have only two (2) scrimmages or practice games with players other than members of the squad.

c) The first basketball game shall not take place prior to the Monday following the state football semifinals,

d) The season shall consist of a maximum of twenty-three (23) games to be played prior to the beginning of KHSAA state championship competition (district). A maximum of two (2) tournaments may be included in any manner other than counting each game played against the limit of twenty-three (23) games. Any two tournaments played during the regular season may be counted as one game per tournament against the limit of twenty-three (23) provided that neither tournament necessitates the team playing more than four (4) games. Any game played over the limit of four in any one tournament shall be counted against the limit of twenty-three (23) games.

e) The opportunity to participate in regular season contests shall end at all levels of play (grades 9-12) on the Saturday preceding the first KHSAA Tournament (District, Region or State) which shall

be no earlier than the conclusion of the twelfth (12th) regular season playing week and not later than the conclusion of the thirteenth (13th) regular season playing week, depending upon the KHSAA Corresponding Dates Calendar and the scheduling of the state basketball tournaments, with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or play during the remainder of the academic school year.

f) The Board of Control may waive provision(s) (b) or (d) of this Bylaw to allow member schools to participate in Hall of Fame Classic contests. Rules on participation in the Classic shall be made by the Board of Control and published in the Athlete Magazine as a part of the official record of the Association.

Sec. 4) Sports Specific Limitations - Cross Country - Boys and Girls

a) The first organized practice for the fall varsity (grades 9-12) season shall not take place prior to July 15.

b) There shall be no more than two scrimmage or practice meets prior to the first regular season contest of that year.

c) The first meet of the season shall not take place prior to the Monday of Corresponding Week 8.

d) The season shall consist of a maximum of thirteen (13) meets including invitational meets to be held prior to the beginning of KHSAA state championship competition (region)..

e) The opportunity to participate in regular season contests shall end at all levels of play (grades 9-12) on the day prior to the first day for varsity level competition in KHSAA sanctioned post-season events, with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or play during the remainder of the academic school year.

Sec. 5) Sports Specific Limitations - Football - Boys

a) Organized practice in helmets-only shall not begin prior to July 15. Organized practice in pads (contact practice) shall not begin prior to the earlier of August 1 or seven (7) week days (not counting Saturdays and Sundays) prior to the opening day of school (which shall be defined as the day prior to the classes starting for the student body), but under no circumstances can be prior to the last Monday in July.

After contact practice (practice in pads) has begun and prior to the first day of classes for the students, school shall not conduct multiple on-field practice sessions in pads (e.g., two-a-days or three-a-days) on consecutive days (e.g., two-one two-one format).

After the opening day of the school year, a school shall not conduct multiple on-field practice sessions in pads (e.g., two-a-days or three-a-days) on a day in which school is in session.

All schools shall submit all required documentation to verify the proper execution of the practice regulations, including scrimmage, contact, and Heat/Humidity Measurement and Compliance Programs.

b) After contact practice (practice in pads) has begun, there shall be no more than two (2) scrimmages or practice games per member school (grades 9-12) after contact practice has begun and prior to the opening varsity game of the season with players other than members of the squad.

c) The first game shall not take place prior to the Friday of NFHS corresponding week 8 (Week 1).

d) The season shall consist of a maximum of ten (10) regular season games and the opportunity to play regular season games shall conclude at the end NFHS corresponding week 17. Any school may play one of the allowable regular season games during Week 0 (NFHS corresponding week 7) provided that the total schedule does not exceed ten (10) regular season games and that the allowable number of scrimmages in subsection (b) is reduced to one. Any KHSAA school that chooses to compete for a district title and is placed in a classification where only four (4) weeks are needed to complete the playoffs may play an additional regular season contest (total of 11 contests), the last

of which can be played during the first round of the playoffs for the other classifications:

- e) The opportunity to participate in regular season contests shall end at all levels of play (grades 9-12) on the Saturday preceding the first KHSAA Tournament (District, Region or State), with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or play during the remainder of the academic school year.
- f) Each player, in order to be eligible to participate against another school, shall have taken part in a minimum of ten (10) practice periods extending over a period of ten (10) days during the preceding three weeks.
- g) Every player shall have five (5) days of practice without pads (non-contact) to become acclimated to heat conditions immediately prior to the first of the five (5) required days of practice in pads (contact).
- h) Each football school may conduct ten (10) practice periods of not more than two (2) hours in length and not more than one practice per day over ten (10) days during the three calendar school weeks following the school's elimination from post-season play in basketball. All equipment authorized by the football playing rules may be used during this period. There shall be no inter-school competition during this period, and all participants shall be eligible according to all KHSAA eligibility rules.

In order to conduct the spring practice sessions:

- 1) No student below grade nine may participate nor may seniors participate;
- 2) Dates shall be reported to the KHSAA on supplied forms;
- 3) Only students currently eligible by all KHSAA rules including Bylaws 2 through 12 may participate;
- 4) Intrasquad games may be held but shall be counted as one of the ten practice sessions; and
- 5) There shall be no school or coach imposed penalty for any player who chooses not to participate.
- 6) There shall be no mandatory participation by any person on a spring sports eligibility list (or entering any spring sport scrimmage or contest) and no mandatory participation by any other person not appearing on a spring sports eligibility list.
- i) The Board of Control may waive provision(s) (b) or (d) of this Bylaw to allow member schools to participate in Hall of Fame and Museum contests. Rules on participation in the Classic shall be made by the Board of Control and published in the Athlete Magazine as a part of the official record of the Association.

Sec. 6) Sports Specific Limitations - Golf - Boys and Girls

- a) Organized practice shall not take place prior to July 15.
- b) There shall be no more than two (2) practice matches prior to the first regular season contest of that year.
- c) The first match shall not take place before the Monday eight weeks prior to the Monday of the week of the first round of the KHSAA sanctioned postseason play.
- d) The season shall consist of a maximum of twenty (20) rounds of golf against other school representatives (minimum nine holes) to be played prior to the beginning of KHSAA state championship competition (region). Any team reaching this limitation shall have its regular season end immediately. Any forfeit fees necessitated by match cancellations after this date shall be paid, and the forfeit win shall NOT be counted against the game limit for the opponents.
- e) The opportunity to participate in regular season contests shall end at all levels of play (grades 9-12) on the day prior to the first day for varsity level competition in KHSAA sanctioned post-season events, with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or play during the remainder of the academic school year.

Sec. 7) Sports Specific Limitations - Soccer - Boys and Girls

- a) The first organized practice for the fall varsity (grades 9-12) season shall not take place prior to July 15.
- b) There shall be no more than two (2) scrimmages or practice

games prior to the first regular season contest of that year.

- c) The first match shall not take place prior to the Monday of Corresponding Week 7.
- d) The season shall consist of a maximum of twenty-one (21) games to be played prior to the beginning of KHSAA state championship competition (district).
- e) The opportunity to participate in regular season contests shall end at all levels of play (grades 9-12) on the Saturday preceding the first KHSAA Tournament (District, Region or State), with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or play during the remainder of the academic school year.

Sec. 8) Sports Specific Limitations - Softball - Girls (Fastpitch)

- a) Following the opening day of school there shall be no organized practice prior to February 15.
- b) There shall be no more than two (2) scrimmages or practice games prior to the first regular season contest of that year.
- c) The first game shall not take place prior to the Monday following the conclusion of the second state basketball tournament of that year.
- d) The season shall consist of a maximum of thirty-six (36) games to be played prior to the beginning of KHSAA state championship competition (district).
- e) The opportunity to participate in regular season contests shall end at all levels of play (grades 9-12) on the Saturday preceding the first KHSAA Tournament (District, Region or State), with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or play during the remainder of the academic school year.

Sec. 9) Sports Specific Limitations - Softball - Girls (Slow Pitch)

- a) Following the opening day of school there shall be no organized practice prior to February 15.
- b) There shall be no more than two (2) scrimmages or practice games prior to the first regular season contest of that year.
- c) The first game shall not take place prior to the Monday following the conclusion of the second state basketball tournament of that year.
- d) The season shall consist of a maximum of thirty-six (36) regular season games to be played prior to the beginning of KHSAA state championship competition in fastpitch softball.
- e) The opportunity to participate in regular season contests shall end at all levels of play (grades 9-12) on the Saturday preceding the first KHSAA Tournament (District, Region or State), with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or play during the remainder of the academic school year.

Sec. 10) Sports Specific Limitations - Swimming - Boys and Girls

- a) Following the opening day of school, there shall be no organized practice prior to October 1.
- b) There shall be no more than two (2) practice meets prior to the first regular season contest of that year.
- c) The first meet shall not take place prior to November 15.
- d) The season shall consist of a maximum of fifteen (15) meets to be held prior to the beginning of KHSAA state championship tournament competition (region).
- e) The opportunity to participate in regular season contests shall end at all levels of play (grades 9-12) on the day prior to the first day for varsity level competition in KHSAA sanctioned post-season events, with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or competition during the remainder of the academic school year.

Sec. 11) Sports Specific Limitations - Tennis - Boys and Girls

- a) Following the opening day of school, there shall be no organized practice prior to February 15.
- b) There shall be no more than two (2) practice matches prior to the first regular season contest of that year.

- c) The first match shall not take place prior to the Monday following the conclusion of the second state basketball tournament of that year.
 - d) The season shall consist of a maximum of twenty-two (22) matches to be held prior to the beginning of KHSAA state championship tournament competition (region). Any forfeit fees necessitated by match cancellations after this limit is reached shall be paid, and the forfeit win shall NOT be counted against the game limit for the opponents. Any four (4) invitational tournaments shall count as one (1) match each against this limit. All dual matches shall count as one (1) match each against this limit.
 - e) The opportunity to participate in regular season contests shall end at all levels of play (grades 9-12) on the day prior to the first day for varsity level competition in KHSAA sanctioned post-season events, with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or play during the remainder of the academic school year.
- Sec. 12) Sports Specific Limitations - Indoor and Outdoor Track - Boys and Girls**
- a) Following the opening day of school, there shall be no organized practice prior to December 1.
 - b) There shall be no more than two (2) practice meets held by each team and these shall be held on or before the Monday of NFHS calendar week 38.
 - c) The first meet (indoor or outdoor) shall not take place before the Monday of NFHS Calendar Week 28.
 - d) The season shall consist of a maximum of nineteen (19) meets to be held prior to the beginning of KHSAA state championship tournament competition (region). All meets, regardless of format or of being indoor or outdoor meets, shall count against the limit of meets.
 - e) The opportunity to participate in regular season outdoor contests season shall end at all levels of play (grades 9-12) on the day prior to the first day for varsity level competition in KHSAA sanctioned post-season events, with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or play during the remainder of the academic school year.
- Sec. 13) Sports Specific Limitations - Volleyball - Girls**
- a) The first organized practice for the fall varsity (grades 9-12) season shall not take place prior to July 15.
 - b) There shall be no more than two (2) scrimmages or practice games prior to the first regular season contest of that year.
 - c) The first match shall not take place prior to the Monday of Corresponding Week 6
 - d) The season shall consist of a maximum of twenty (20) matches to be played prior to the beginning of KHSAA state championship tournament competition (district). In any three (3) invitational or other type tournaments, the matches played by a member school shall count as only one match for each tournament against this limit.
 - e) The opportunity to participate in regular season contests shall end at all levels of play (grades 9-12) on the Saturday preceding the first KHSAA Tournament (District, Region or State), with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or play during the remainder of the academic school year.
- Sec. 14) Sports Specific Limitations - Wrestling - Boys**
- a) Following the opening day of school, there shall be no organized practice prior to October 15.
 - b) There shall be no more than two (2) practice meets prior to the first regular season contest of that year.
 - c) The first match shall not take place prior to the Monday of Corresponding Week 21
 - d) The season shall consist of a maximum of seventeen (17) matches in each weight class to be held prior to the beginning of KHSAA state championship tournament competition (region). Tournaments or contests involving three (3) or more schools shall count as one (1) match toward the match limit.

- e) The opportunity to participate in regular season contests shall end at all levels of play (grades 9-12) on the day prior to the first day for varsity level competition in KHSAA sanctioned post-season events, with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or play during the remainder of the academic school year.
- f) The KHSAA and the National Federation of State High School Associations shall establish official weight classes.

Sec. 15) Specific Limitations - Other Sport Activities - Cheerleading (Spirit)

- a) The first organized practice shall not take place prior to July 15.
- b) Cheerleaders shall be limited to a maximum of three competitions during the school year, not including in-game competitions, that each are sponsored by an organization that adheres to and enforces the Stunt Limitations of the National Federation Spirit Guide. This does not include in-game competitions. The KAPOs Sweet Sixteen® and KAPOs At-Large Competitions shall not count toward the three-competition limit. Any preliminary competitions that progress to a district, region, state or national level shall be considered as one competition.
- c) The opportunity to cheer or enter cheerleading contests ends at all levels (grades 9-12) for that academic year on or before April 1. After April 1, schools are permitted to designate a single two-week tryout period following which there shall be no further practice or competition until the end of the academic school year.

(Case situations related to this bylaw appear on pages 19 through 43 of this Handbook)

Bylaw 26. Summer Sports and Sports/Activities

Sec. 1) School Team Play in Summer (Non Dead Period)

Member schools may participate in sanctioned play during the summer to complete spring seasons in baseball, softball, tennis and track and may begin sanctioned regular season play and practice as defined by Bylaw 25 prior to the opening of school in cheerleading, cross country, football, golf, soccer and volleyball. Only participants eligible during the spring semester may compete on the school teams. All KHSAA eligibility rules apply, and full control of the summer program shall remain with the participating high school and the principal of that school.

Beginning June 1, 2010, students shall not participate in any school vs. school (in any format) competition in football between the earlier of the last day of school and June 1 through June 24. During this period, students may participate in activities such as weight training, skill development, individual camps and accepted open gym or field activities where no inter-school competition is involved. Students shall not participate in any school vs. school (in any format) competition in boys' basketball between the end of the dead period and July 31. During this period, students may participate in activities such as weight training, skill development, individual camps and accepted open gym/field activities where no inter-school competition is involved.

Sec. 2) Summer Dead Period

Students may not receive coaching or training from school personnel (either salaried or non salaried) and school facilities, uniforms, nicknames, transportation or equipment shall not be used each year in any KHSAA sanctioned sport or cheerleading squad during the period beginning with June 25, and going through July 9. School funds may not be expended in support of interscholastic athletics in any KHSAA sanctioned sport during this period. These restrictions shall not apply to postseason wrap-up activities, celebrations and recognition events relating to a spring sports team at a school which participated in KHSAA state championship play in that particular sport during that particular year.

(Case situations related to this bylaw appear on pages 19 through 43 of this Handbook)

Bylaw 27. Requirement for Coaches and Others Working With High School Teams

Sec. 1) Definitions

a) Level 1 Coaches

An individual seeking a coaching position shall be categorized as Level 1 if that individual is a certified teacher and member of the regular school system faculty and meets the following criteria prior to assignment to coaching duties:

- 1) Is employed a minimum of three (3) regular periods for teaching classes, including physical education;
- 2) Is employed for supervision of study halls; or
- 3) Is exercising responsibilities in other activity assignments within the school schedule.

b) Level 2 Coaches

An individual seeking a coaching position shall be categorized as Level 2 if that individual meets the following criteria prior to assignment to coaching duties and does not meet the qualifications of Level 1:

- 1) Shall be 21 years of age;
- 2) Shall not be a violent offender or convicted of a sex crime as defined by KRS 17.165 that is classified as a felony; and
- 3) Shall submit to a criminal record check under KRS 160.380.
- 4) Shall meet one of the following additional qualifications:
 - i. Have graduated from a public or accredited high school and hold a provisional or standard teaching certificate;
 - ii. Have completed sixty-four semester hours of college credit from an accredited college or university as documented by an official transcript; or
 - iii. Be a graduate from a public or accredited high school and be in compliance with the local district standards for serving as an approved substitute teacher as approved by the Education Professional Standards Board.
- 5) Prior to assuming duties, Level 2 coaches shall successfully complete training provided by the local school district. The training shall include information on the physical and emotional development of students of the age with whom the Level II coach will be working, the district's and school's discipline policies, procedures for dealing with discipline problems, and safety and first aid training. Follow up training shall be provided annually.

c) Waiver of 64-hour requirement

In the event that the member school is unable to staff head or assistant coaching positions in any sport or sport activity (including cheerleading) with a Level 1 or Level 2 individual, the member school may request through the Superintendent that the KHSAA allow for a waiver of this rule in order that the additional time be available to find an applicant meeting the criteria.

d) Head Coach

As referred in this regulation, the head coach shall be the head varsity coach designated by the school or Board of Education unless otherwise noted in the bylaw.

Sec. 2) Hiring and Employment Requirements

a) Required Level

Level 1 or 2 individuals (head and assistant) may be assigned as the head or assistant coach in any sport or sport activity (including cheerleading).

b) Member School Obligations in Hiring

- 1) The Superintendent shall ensure that all assignments for coaching duties comply with all applicable state and local policies.
- 2) The hiring process shall ensure that in considering those individuals seeking coaching duties, the most qualified individual shall be assigned. In considering qualifications, the qualifications desired for the position, the references, interviews and experience of those seeking the duties, and the education background shall be considered.

c) Compensation

Any person assigned to coaching duties at any level (grades 9-12) shall be duly employed through the respective board of education and the entire coaching salary shall be paid through that board in accordance with local Board of Education policy.

Sec. 3) Post Hire Requirements and Requirements for Continuing Coaching Duties

a) C.P.R. and AED Training

All coaches (head and assistant) at any level in all sanctioned sports and sport activities (including cheerleading) shall provide

documentation of successful completion of a C.P.R. course including the use of an Automatic External Defibrillator and the requisite First Aid Training, as approved by a college or University, the American Red Cross, American Heart Association or other bona fide accrediting agency. Initial certification must use in-person instruction and certification must be timely and appropriately updated as required by the approving agency.

b) Coaches Education Program

- 1) A Coaches Education Program has been approved as the coaching education program in Kentucky. The program shall include a course of study to include a KHSAA approved Coaches Education Program, KHSAA rules information and local district policies. The cost of attending the KHSAA Coaches Education Program shall be the responsibility of the individual coach(es). Local school districts or local schools may, upon successful completion of all coaching education requirements including all examinations, reimburse the coaches for the expense of attending the course.
- 2) Level 1 individuals assigned to duties as a coach (head or assistant), who are hired as a member of the school system faculty for the first time following the 1995-96 school year shall take and complete all requirements for the Kentucky Coaches Education Program as detailed in Section b(1) above within one year of the initial assignment to coaching duties or prior to the legal start of practice for the next competitive season in any particular sport to which the individual is assigned, whichever occurs first.
- 3) Level 2 individuals assigned to duties as a coach (head or assistant) shall take and complete all requirements for the KHSAA Approved Coaches Education Program as detailed in Section b(1) above within one year of the initial assignment to coaching duties or prior to the legal start of practice for the next competitive season in any particular sport to which the individual is assigned, whichever occurs first.

c) Sports Safety Training

- 1) Each coach (head and assistant, including cheerleading) at all levels (grades 9-12) shall be required to complete a sports safety course consisting of training on how to prevent common injuries.
 - i. The content of the course shall include emergency planning, heat and cold illnesses, emergency recognition, head injuries, neck injuries, facial injuries and the principles of first aid.
 - ii. The course shall be taught by a Certified Athletic Trainer, Registered Nurse, Physician or Physician's Assistant licensed to practice in Kentucky.
 - iii. The course material and content shall be updated every thirty (30) months.
 - iv. Each coach having completed the course shall re-certify by taking the course not less than once every two (2) years.
- 2) Successful completion of the course shall constitute a passing score.
- 3) For the 2009-2010 school year, at least one coach who has completed the course as described in Sec. C (1), or a Certified Athletic Trainer, Registered Nurse, Physician or Physician's Assistant licensed to practice in Kentucky shall be at every high school athletic practice and competition (including cheerleading).
- 4) Beginning with the 2010-2011 school year, each coach (head and assistant, including cheerleading) at all levels (grades 9-12) shall have successfully completed the sports safety course.
- 5) The penalty for noncompliance with this section shall be suspension from coaching duties in all contests for a period not to exceed one year or any penalty otherwise included in Bylaw 33.

d) Medical Symposium Updates

- 1) All persons employed as head coaches in all sanctioned sports and sport activities (including cheerleading) shall attend every two years, a Sports Medicine Symposium sanctioned by the KHSAA, approved and conducted by the Kentucky Medical Association. All member schools of the KHSAA shall pay the necessary expenses of head coaches for the required attendance at the sanctioned Sports Medicine Symposium.

2) The penalty for noncompliance with this section shall be suspension from coaching duties in all contests for a period not to exceed one year or any penalty otherwise included in Bylaw 33.

e) KHSAA Rules Clinic

1) All head varsity coaches shall annually attend at least one rules interpretation clinic conducted by representatives of the KHSAA in the sport in which they coach and the school desires to enter a team in postseason play, provided these clinics are conducted under the authorization of the Commissioner.

2) The penalty for noncompliance with this section shall be suspension from coaching duties in all contests for a period not to exceed one year or any penalty otherwise included in Bylaw 33.

(Case situations related to this bylaw appear on pages 19 through 43 of this Handbook)

Bylaw 33. Imposition of Penalties

Sec. 1) Authority to Penalize

If Association rules and regulations have been violated, penalties may be imposed on the offending schools or individual within the defined parameters of this bylaw, the KHSAA Due Process Procedure, and KRS Chapter 13B. These penalties may be by the Commissioner's office, the KHSAA Hearing Officer or the Board of Control dependent upon the specifics of the bylaw, KHSAA Due Process Procedure, or KRS Chapter 13B. Each member school of the KHSAA through its Principal shall ensure that its athletic program remains compliant with KHSAA rules.

A member school, student, coach, or administrator shall not be punished or sanctioned, in any manner, by the KHSAA for allowing a student to play in an athletic contest or practice with the team during a time when an order of a court of competent jurisdiction permits the student to participate or otherwise stays or enjoins enforcement of a final KHSAA decision on eligibility.

For violation of any rule or regulation by any member school or school designated staff, student-athlete, official, or other representative, the penalty as may be called for under the specific rule or regulation, or, in case no specific penalty is called for, disciplinary action, including warning, reprimand, probation, suspension, or payment of a fine may be imposed.

a) FINE

A fine may be levied in lieu of, or in addition to, any other penalty imposed upon the school and may only be levied against a member school. The Board of Control shall adopt a schedule of fines and publish said schedule annually in the Association Handbook. The fine schedule shall also include any amounts paid by the Association or received by the school as a result of postseason competition. A fine shall not be levied against any individual within the interscholastic athletic program but may only be levied against the member school and only for selected violations as determined by the Board of Control.

b) FORFEIT

The forfeit of contests or meets may be included in penalties assessed for violation of Association rules.

c) WARNING

A warning may be issued which is written notification that a violation, or an inexcusable or unethical action, has occurred, is a matter of record, and that the action shall not be repeated.

d) LETTER OF REPRIMAND

A written reprimand of the individual, program, or school may be issued if a violation of the rules has occurred which was preventable. The action is a matter of record, and warnings that repeat actions of this type may be cause for further penalty.

e) PROBATION

Probation is a more severe penalty and may be described in the following manner. Normally, an individual or a school on probation is on conditional Association membership, but may be permitted to engage in a regular schedule, sanctioned events, or district, regional and state championships. This is provided that the individual or school has taken steps to ensure the problem which placed the individual or school on probation has been alleviated and will not re-occur. Additionally, a school on probation may be restricted to limits on scrimmages, regular season contests or post season competition as may be deemed

appropriate.

f) SUSPENSION

An individual participant, coach, specific sport or school may be suspended from competition or from scrimmage participation. This penalty may range from the elimination of individual or team(s) participation in games, tournaments, meets or state championship competition, to suspension of the school from the Association. Individuals or teams suspended may not engage in contests with member schools of the Association, or with any other school that is a member of another state associated with the National Federation of State High School Associations.

g) RESTITUTION

A fine may be levied equal to the amount of itemized legal fees expended by the Association in defense of its rules in a court of law in cases where a school or school system is directly or indirectly involved in the legal challenge of an association rule which has passed via the proper Constitutional process and in which case, the Association prevails in court. If the Association, its Commissioner, or other persons associated or employed by the Association are named as a party, or if the Association intervenes in any action to enforce a ruling, bylaw or other provision, it shall be presumed that the school where the student attends or the coach or other person is employed or is otherwise associated or connected, is involved in the legal challenge. The presumption of involvement may be rebutted by clear and convincing evidence. Involvement includes providing testimony, staff, staff legal counsel or funds for counsel, or direct filings by or on behalf of the school or school system.

If the Association conducts an investigation regarding any player, coach, assistant coach, paraprofessional, booster, supporter or other person associated with a team, program or member school, and the investigation results in any penalty being imposed by the Association, the school may be required to pay all costs of that investigation. The costs may include the costs, fees and expenses charged by an investigator, and the costs, fees and expenses charged by the Association's legal counsel.

h) PERMANENT SUSPENSION

Any coach, participant or other school representative may be permanently suspended from involvement in interscholastic athletics in this state if found by competent and conclusive evidence to be guilty of assaulting a sports official.

i) REDISTRIBUTION

If a school is found to have used an ineligible competitor and as an extension to the fine penalty listed above, it may be directed that a portion or all of the net proceeds received from a postseason contest or tournament be returned to the host or redistributed to the other contest or tournament participants.

j) VACATE/STRIKE

If a school is found to have used an ineligible competitor, it may be directed that 1) Individual records and performances be vacated or stricken; 2) Team records and performances including place finishes be vacated or stricken; or 3) Individual or team awards be returned to the Association.

(Case situations related to this bylaw appear on pages 19 through 43 of this Handbook)



Kentucky High School Athletic Association

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KENTUCKY MEDICAL ASSOCIATION / KENTUCKY HIGH SCHOOL ATHLETIC ASSOCIATION PROCEDURE FOR AVOIDING HEAT INJURY / ILLNESS THROUGH ANALYSIS OF HEAT INDEX AND RESTRUCTURING OF ACTIVITIES

Complete listing of support documents available at <http://www.khsaa.org/sportsmedicine/>

Original Procedure Made by the Kentucky Medical Association Committee on Physical Education and Medical Aspects of Sports to and for the Kentucky High School Athletic Association and adopted by the KHSAA Board of Control as recommendation for all schools, May, 2002

On site Procedures Revised by KHSAA Board of Control, February 13, 2003

On site procedures further Revised and Made Mandatory for all schools by the KHSAA Board of Control, May, 2005

On site procedures further revised with respect to testing instruments, March, 2007

INTRODUCTION

Following months of study, after one year of implementation and in an effort to help protect the health and safety of student-athletes participating in high school sports, the Kentucky Medical Association Committee on Physical Education and Medical Aspects of Sports issued a recommended procedure to the Kentucky High School Athletic Association for immediate implementation in 2002. This procedure called for the determination of the Heat Index (using on site devices to measure Temperature and Relative Humidity), and a guideline for activity to be conducted at that time based on the Heat Index reading. Though other procedures and measurements were considered, the application of the Heat Index appeared to be most readily implementable on a state wide basis, and appeared to be reliably tested in other areas.

Through the first five years of use of the procedure, minor adjustments were made in the reporting requirements, and the on site devices to be used. In May, 2005, the Board of Control through its policies directed that all member school comply with the testing and reporting requirements. In October, 2006, the member schools of the Association overwhelming approved at their Annual Meeting, a proposal to make such reporting not simply a Board of Control policy, but a school supported and approved Bylaw as it approved Proposal 9 to amend KHSAA Bylaw 17 (full details are available at

<http://www.khsaa.org/annualmeeting/20062007/annualmeetingproposals20062007.pdf>)

In March, 2007, the Kentucky Medical Association Committee on Physical Education and Medical Aspects of Sports recommended the elimination of all devices with the exception of the Digital Sling Psychrometer as a means of measuring at the competition/practice site.

GENERAL PROCEDURE

The procedure calls for the determination of the Temperature and Relative Humidity at the practice / contest site using a Digital Sling psychrometer. It is important to note that media-related temperature readings (such as the Weather Channel, local radio, etc.), or even other readings in the general proximity are not permitted as they may not yield defensible results when considering the recommended scale. The readings must be made at the site.

Neither the KHSAA nor KMA has endorsed any particular brand of psychrometer and receives no endorsement fee or other consideration for any device sold. There are several models on the market that will properly perform the functions, including companies such as Medco and others. The KHSAA or your local Certified Athletic Trainer has easy access to catalogs with this type of equipment. In addition, the KHSAA web site has a variety of links to various dealers.

INDOOR AND OUTDOOR VENUES

While much of the original discussion concerning this package centered on outdoor sports, the Kentucky Medical Association Committee on Physical Education and Medical Aspects of Sports has advised the KHSAA that indoor sports, particularly in times of year or facilities where air conditioning may not be available, should be included in the testing. Such has been approved by the Board of Control as policy requirement. The recommendations contained in this package clearly cover both indoor and outdoor activity, as well as contact and non-contact sports.

PROCEDURE FOR TESTING

Thirty (30) minutes prior to the start of activity, temperature and humidity readings should be taken at the practice / competition site.

The information should be recorded on KHSAA Form GE20 and these records shall be available for inspection upon request. All schools will be required to submit this form. For 2007, there will be online reporting for submitting this form.

The temperature and humidity should be factored into the Heat Index Calculation and Chart and a determination made as to the Heat Index. If schools are utilizing a digital sling psychrometer that calculates the Heat Index, that number may be used to apply to the regulation table.

If a reading is determined whereby activity is to be decreased (above 95 degrees Heat Index), then re-readings would be required every thirty (30) minutes to determine if further activity should be eliminated or preventative steps taken, or if an increased level of activity can resume.

Using the following scale, activity must be altered and / or eliminated based on this Heat Index as determined –

Under 95 degrees Heat Index	<ul style="list-style-type: none"> ❖ All sports <ul style="list-style-type: none"> ➤ Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire. ➤ Optional water breaks every 30 minutes for 10 minutes in duration ➤ Ice-down towels for cooling ➤ Watch/monitor athletes carefully for necessary action.
95 degrees to 99 degrees Heat Index	<ul style="list-style-type: none"> ❖ All sports <ul style="list-style-type: none"> ➤ Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire. ➤ Mandatory water breaks every 30 minutes for 10 minutes in duration ➤ Ice-down towels for cooling ➤ Watch/monitor athletes carefully for necessary action. ❖ Contact sports and activities with additional equipment <ul style="list-style-type: none"> ➤ Helmets and other possible equipment removed while not involved in contact. ❖ Reduce time of outside activity. Consider postponing practice to later in the day. ❖ Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index.
100 degrees to 104 degrees Heat Index	<ul style="list-style-type: none"> ❖ All sports <ul style="list-style-type: none"> ➤ Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire. ➤ Mandatory water breaks every 30 minutes for 10 minutes in duration ➤ Ice-down towels for cooling ➤ Watch/monitor athletes carefully for necessary action. ➤ Alter uniform by removing items if possible ➤ Allow for changes to dry t-shirts and shorts. ➤ Reduce time of outside activity as well as indoor activity if air conditioning is unavailable. ➤ Postpone practice to later in day. ❖ Contact sports and activities with additional equipment <ul style="list-style-type: none"> ➤ Helmets and other possible equipment removed if not involved in contact or necessary for safety. If necessary for safety, suspend activity. ❖ Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index.
Above 104 degrees Heat Index	<ul style="list-style-type: none"> ❖ All Sports <ul style="list-style-type: none"> ➤ Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.

This procedure is to be used until such time as the temperature is below 80 degrees as no combination of heat and humidity at that level will result in a need to curtail activity. The KHSAA will use September 15 as the standard date for the return of the Heat Index forms but reminds its member schools that the monitoring shall continue until such a time that no combination of heat and humidity at that level will result in a need to curtail activity.

SUMMARY

Though much more scientific information and other alternative methods for determining Heat Index and participation restrictions are being studied, these initial steps should help ensure the health and safety of the participants in high school sports. Adherence to these guidelines represents a conscious effort by the interscholastic community to emphasize health and safety on a much higher level than any loss of competitive preparation. Any further revisions or enhancements will be distributed to the members of the KHSAA.

Heat Index Calculation and Chart Temperature (in Fahrenheit)

Relative Humidity at Site

	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99
100	84	87	91	95	99	103	107	112	116	121	126	132	137	143	149	155	161	168	174	181	188
99	84	87	91	94	98	102	106	111	116	120	125	131	136	142	147	153	160	166	172	179	186
98	84	87	90	94	98	102	106	110	115	120	124	130	135	140	146	152	158	164	171	177	184
97	84	87	90	94	97	101	105	110	114	119	124	129	134	139	145	151	157	163	169	176	182
96	83	87	90	93	97	101	105	109	113	118	123	128	133	138	144	149	155	161	167	174	180
95	83	86	90	93	97	100	104	108	113	117	122	127	132	137	142	148	154	160	166	172	179
94	83	86	89	93	96	100	104	108	112	116	121	126	131	136	141	147	152	158	164	170	177
93	83	86	89	92	96	99	103	107	111	116	120	125	130	135	140	145	151	157	162	169	175
92	83	86	89	92	95	99	103	106	111	115	119	124	129	133	139	144	149	155	161	167	173
91	83	86	89	92	95	98	102	106	110	114	118	123	127	132	137	143	148	154	159	165	171
90	83	86	88	91	95	98	102	105	109	113	117	122	126	131	136	141	147	152	158	164	170
89	83	85	88	91	94	98	101	105	109	113	117	121	125	130	135	140	145	151	156	162	168
88	83	85	88	91	94	97	101	104	108	112	116	120	125	129	134	139	144	149	155	160	166
87	83	85	88	91	94	97	100	104	107	111	115	119	124	128	133	138	143	148	153	159	164
86	83	85	88	90	93	96	100	103	107	110	114	118	123	127	132	136	141	146	152	157	163
85	83	85	87	90	93	96	99	102	106	110	113	117	122	126	130	135	140	145	150	155	161
84	82	85	87	90	93	96	99	102	105	109	113	117	121	125	129	134	139	144	149	154	159
83	82	85	87	90	92	95	98	101	105	108	112	116	120	124	128	133	137	142	147	152	158
82	82	85	87	89	92	95	98	101	104	108	111	115	119	123	127	132	136	141	146	151	156
81	82	84	87	89	92	94	97	100	104	107	110	114	118	122	126	131	135	140	144	149	155
80	82	84	86	89	91	94	97	100	103	106	110	113	117	121	125	129	134	138	143	148	153
79	82	84	86	89	91	94	96	99	102	106	109	113	116	120	124	128	133	137	142	146	151
78	82	84	86	88	91	93	96	99	102	105	108	112	115	119	123	127	131	136	140	145	150
77	82	84	86	88	90	93	96	98	101	104	108	111	115	118	122	126	130	135	139	144	148
76	82	84	86	88	90	93	95	98	101	104	107	110	114	117	121	125	129	133	138	142	147
75	82	84	85	88	90	92	95	97	100	103	106	109	113	116	120	124	128	132	136	141	145
74	82	83	85	87	89	92	94	97	100	103	106	109	112	116	119	123	127	131	135	140	144
73	82	83	85	87	89	91	94	96	99	102	105	108	111	115	118	122	126	130	134	138	143
72	82	83	85	87	89	91	93	96	99	101	104	107	111	114	117	121	125	129	133	137	141
71	81	83	85	87	89	91	93	96	98	101	104	107	110	113	116	120	124	127	131	136	140
70	81	83	85	86	88	90	93	95	98	100	103	106	109	112	116	119	123	126	130	134	138
69								95	97	100	102	105	108	111	115	118	122	125	129	133	137
68								94	97	99	102	105	108	111	114	117	121	124	128	132	136
67								94	96	99	101	104	107	110	113	116	120	123	127	131	135
66								93	96	98	101	103	106	109	112	115	119	122	126	129	133
65								93	95	98	100	103	105	108	111	114	118	121	125	128	132
64								93	95	97	99	102	105	108	110	114	117	120	123	127	131
63								92	94	97	99	101	104	107	110	113	116	119	122	126	130
62								92	94	96	98	101	103	106	109	112	115	118	121	125	128
61								91	93	96	98	100	103	105	108	111	114	117	120	124	127
60								91	93	95	97	100	102	105	107	110	113	116	119	123	126
59								91	93	95	97	99	102	104	107	109	112	115	118	122	125
58								90	92	94	96	99	101	103	106	109	111	114	117	120	124
57								90	92	94	96	98	100	103	105	108	111	113	116	119	123
56								90	92	93	95	98	100	102	105	107	110	113	115	118	122
55								89	91	93	95	97	99	101	104	106	109	112	114	117	120
54								89	91	93	94	96	99	101	103	106	108	111	114	116	119
53								89	90	92	94	96	98	100	103	105	107	110	113	116	118
52								88	90	92	94	96	98	100	102	104	107	109	112	115	117
51								88	90	91	93	95	97	99	101	104	106	108	111	114	116
50								88	89	91	93	95	97	99	101	103	105	108	110	113	115
49								88	89	91	92	94	96	98	100	102	105	107	109	112	115
48								87	89	90	92	94	96	97	100	102	104	106	109	111	114
47								87	88	90	92	93	95	97	99	101	103	105	108	110	113
46								87	88	90	91	93	95	96	98	100	103	105	107	109	112
45								87	88	89	91	92	94	96	98	100	102	104	106	109	111
44								86	88	89	91	92	94	96	97	99	101	103	106	108	110
43								86	87	89	90	92	93	95	97	99	101	103	105	107	109
42								86	87	88	90	91	93	95	96	98	100	102	104	106	109
41								86	87	88	90	91	93	94	96	98	100	101	104	106	108
40								85	87	88	89	91	92	94	95	97	99	101	103	105	107
39								85	86	88	89	90	92	93	95	97	98	100	102	104	106
38								85	86	87	89	90	91	93	95	96	98	100	102	104	106
37								85	86	87	88	90	91	93	94	96	97	99	101	103	105
36								85	86	87	88	89	91	92	94	95	97	99	100	102	104
35								85	86	87	88	89	90	92	93	95	96	98	100	102	104
34								84	85	86	88	89	90	92	93	94	96	98	99	101	103
33								84	85	86	87	89	90	91	93	94	96	97	99	101	102
32								84	85	86	87	88	90	91	92	94	95	97	98	100	102
31								84	85	86	87	88	89	91	92	93	95	96	98	99	101
30								84	85	86	87	88	89	90	92	93	94	96	97	99	101
29								84	85	86	87	88	89	90	91	93	94	95	97	98	100
28								84	84	85	86	88	89	90	91	92	94	95	97	98	100
27								83	84	85	86	87	88	90	91	92	93	95	96	98	99
26								83	84	85	86	87	88	89	91	92	93	94	96	97	99
25								83	84	85	86	87	88	89	90	91	93	94	95	97	98
24								83	84	85	86	87	88	89	90	91	92	94	95	96	98
23								83	84												



**Kentucky Medical Association
Medical Aspects of Sports Committee
Recommendation to the Kentucky High School Athletic
Association and KHSAA Member Schools**



**RECOMMENDATIONS FOR COOLING METHODS DUE TO
HEAT RELATED ILLNESS**

Released: June, 2009

Exertional heat stroke (EHS) is relatively uncommon among exercise associated medical conditions, but is a frequent cause of exercise related death. 3 athletes have died of EHS in Kentucky in the past 5 years. The majority of medical evidence shows that early institution of body cooling is the most effective method of decreasing mortality in EHS. This paper contains recommendations regarding the methods of body cooling, including tubs, ice bags, iced towels (towels with water that have been frozen) water, fans, and shade. The recommendations are classified as essential (foundational to the implementation of treatment, should have resources and personnel directed towards implementation), and desirable (important in maximal implementation, should have resources and personnel directed towards implementation as budget and resources allow). The recommendations are only guidelines, are not intended as a standard of care, and should not be considered as such. These guidelines should be considered in the care of athletes who can be expected to be at risk of EHS due to the sport or the environmental situation of the activity. Sports especially at risk include football with and without equipment, soccer, and long distance track. Other sports and activities, such as cycling, golf, baseball, tennis, track and field, and band, may also be at risk due to long duration exposure to extreme environmental conditions.

It is essential that the school and school officials:

- Establish a written plan for emergency treatment of EHS, and conduct drills in the implementation of the plan
- Know how to assess environmental conditions and determine when extreme conditions exist
- Identify a specific spot at the athletic facility that has shade
- Have immediate access to ice and bags to contain ice
- Have access to water, and provide water breaks as outlined in the KMA/KHSAA Heat Illness and Prevention Policy
- Know the most effective sites for application of ice to the body

It is highly desirable that the school and school officials

- Obtain and use, when environmental conditions are determined to be extreme, a tub or pool, filled with water and ice before practice or game, to be used in body immersion for maximal cooling, and how have personnel trained in this technique.

It is desirable that schools and school officials:

- Have a certified athletic trainer (AT,C) on staff to develop and implement these guidelines
- Have immediate access to water
- Provide shade breaks
- Provide fans when environmental conditions are determined to be extreme
- Have close access to an air conditioned room
- Have access to and use iced towels that can be rotated to appropriate areas of the body, including the axilla, groin, and back of the neck

REFERENCES

1. Binkley HM et al. NATA Position statement: Exertional heat illness. J Ath Training 2002; 37: 329- 343.
2. Casa DJ et al. Survival strategy: Acute treatment of exertional heat stroke. J Strength Conditioning Res 2006; 20: 462.
3. Armstrong LE et al. ACSM position stand: Exertional heat illness during training and competition. Med Sci Sports Exerc 2007; 41: 556- 572

KHSAA RULES AND REGULATIONS

Governing Cross Country Meets

(As Adopted by the Board of Control)

(Case situations refer to rulings and interpretations used to interpret and administer these provisions which can be found in the Case Situation section of the Handbook. (When possible, additional cross-referencing information has been included.)

I) Assignment of Schools to Regions

A) CLASSES

The Kentucky High School Athletic Association shall sponsor post-season competition in cross country and track for boys and girls, provided that fifteen (15) percent of the member schools declare intentions to participate in said competition. Member schools desiring to participate in KHSAA sponsored postseason competition shall notify the Association office prior to September 1. The state shall be initially divided into three classes based on a multiple-year average enrollment, with each class containing seven (7) regions. The Commissioner shall divide the state into geographic sections with the approval of the Board of Control.

As of August 1, 2008 and through the 2011-2012 school year, the alignment for boys' and girls' cross country and track is as follows

CLASS 1A (0-610 average students)

REGION 1 - Ballard Memorial, Carlisle County, Christian Fellowship, Community Christian, Crittenden County, Dawson Springs, Fort Campbell, Frederick Fraize, Fulton, Fulton County, Heath, Hickman County, Livingston Central, Lyon County, Mayfield, Murray, Reidland, Russellville, St. Mary, Todd County Central, Trinity (Whitesville), University Heights

REGION 2 - Campbellsville, Caverna, Clinton County, Cumberland County, Glasgow, Green County, Hancock County, McLean County, Metcalfe County, Monroe County, Owensboro Catholic,

REGION 3 - Bardstown, Beth Haven, Bethlehem, Brown, DeSales, Evangel Christian, Fort Knox, Whitefield Academy, Holy Cross (Louisville), Kentucky Country Day, Kentucky School f/t Blind, Louisville Collegiate, Portland Christian, St. Francis, Walden

REGION 4 - Beechwood, Bellevue, Bishop Brossart, Calvary Christian, Covington Latin, Dayton, Heritage Academy, Holy Cross (Covington), Ludlow, Newport, Newport Central Catholic, Silver Grove, St. Henry, Villa Madonna, Walton-Verona, Williamstown

REGION 5 - Augusta, Bracken County, Burgin, Carroll County, Danville, Deming, Eminence, Frankfort, Gallatin County, Kentucky School f/t Deaf, Lexington Christian, Nicholas County, Owen County, Paris, Sayre, St. Patrick, Trimble County

REGION 6 - Barbourville, Berea, Harlan, Lynn Camp, Middlesboro, Model, Monticello, Oneida Baptist, Pineville, Red Bird, Somerset, Williamsburg

REGION 7 - Allen Central, Bath County, Betsy Layne, Buckhorn, Cordia, David School, Elliott County, Fairview, Hazard, Jackson, Jenkins, June Buchanan, Lee County, Menifee County, Owsley County, Paintsville, Phelps, Piarist, Pikeville, Raceland, Riverside Christian, Rose Hill, Shelby Valley, South Floyd, Wolfe County

CLASS 2A (611 average to 1024 average students)

REGION 1 - Caldwell County, Calloway County, Hopkins County Central, Hopkinsville, Logan County, Lone Oak, Muhlenberg North, Muhlenberg South, Paducah Tilghman, Trigg County, Union County, Webster County

REGION 2 - Adair County, Allen County-Scottsville, Breckinridge County, Butler County, Edmonson County, Elizabethtown, Franklin Simpson, Hart County, Larue County, Marion County, Taylor County, Warren East, Washington County

REGION 3 - Atherton, Bullitt East, Central, Christian Academy, Fairdale, Henry County, Jeffersontown, Mercy Academy, Moore, North Bullitt, North Oldham, Presentation, Shawnee, South Oldham, Spencer County, Valley, Western

REGION 4 - Bourbon County, Covington Catholic, Franklin County, Harrison County, Highlands, Holmes, Lexington Catholic, Lloyd Memorial, Pendleton County, Western Hills

REGION 5 - Bell County, Boyle County, Casey County, Corbin, East Jessamine, Estill County, Garrard County, Jackson County, Knox Central, Madison Southern, McCreary Central, Mercer County, Rockcastle County, Russell County, Wayne County, West Jessamine

REGION 6 - Ashland Blazer, Boyd County, East Carter, Fleming

County, Greenup County, Lawrence County, Lewis County, Mason County, Morgan County, Rowan County, Russell, West Carter
REGION 7 - Belfry, Breathitt County, East Ridge, Harlan County, Johnson Central, Knott County Central, Leslie County, Letcher County Central, Magoffin County, Perry County Central, Pike County Central, Powell County, Prestonsburg, Sheldon Clark

CLASS 3A (above 1025 average students)

REGION 1 - Apollo, Christian County, Daviess County, Graves County, Henderson County, Madisonville North Hopkins, Marshall County, Owensboro

REGION 2 - Barren County, Bowling Green, Central Hardin, Grayson County, Greenwood, Ohio County, John Hardin, North Hardin, Warren Central

REGION 3 - Bullitt Central, Butler, Doss, duPont Manual, Iroquois, Male, Meade County, Nelson County, Pleasure Ridge Park, St. Xavier

REGION 4 - Assumption, Ballard, Eastern, Fern Creek, Oldham County, Sacred Heart, Seneca, Shelby County, Southern, Trinity (Louisville), Waggener

REGION 5 - Boone County, Campbell County, Conner, Dixie Heights, Grant County, Notre Dame, Ryle, Scott, Simon Kenton

REGION 6 - Anderson County, Bryan Station, Henry Clay, Lafayette, Paul Dunbar, Scott County, Tates Creek, Woodford County

REGION 7 - Clay County, George Rogers Clark, Lincoln County, Madison Central, Montgomery County, North Laurel, Pulaski County, South Laurel, Southwestern, Whitley County

B) ENROLLMENT CRITERIA

The basis for determining the schools to be placed in Class 1A, 2A, and 3A will be the average total enrollment in grades 9-12 of a coeducational school including all special education students for the four most recent years available for the entire membership at the time of classification. The Board of Control shall ensure that an upward adjustment is made for the enrollment of a school with less than a full high school course, and for schools enrolling boys only (double) or girls only (double).

C) CLASSIFICATION

Initial classification is based on enrollment data verified by the Kentucky Department of Education for the two years through the enrollment of the 2006-2007 school year.

1) The enrollment data used to determine the class boundaries shall be obtained from the Kentucky Department of Education or other verifiable sources in the case of non-public schools.

2) The classification shall be reviewed for complete revision to begin with the 2012-2013 school year.

3) The schools shall be placed in enrollment ranked order (after adjustment for single-sex schools)

4) If the ranking and division leaves two or more teams with equal enrollments at the dividing point for class division, the Board of Control shall determine which teams go into each class. First preference is to use enrollment data at levels other than the top four (4) grades to determine the class boundaries. If the enrollment data does not yield a clear conclusion, the teams going into each class shall be drawn by random chance by drawing by lot or by coin toss.

II) Dates and Sites for Meets

The Commissioner shall make the determination of the regional meet sites. Schools interested in hosting a regional meet shall submit their request through the defined site selection process as distributed by the Games Committee. The prospective host shall supply information relating to seating and parking facilities and such other information as may be requested by the Commissioner. The Commissioner's office may use a requested site selection plan as a guide, but is not bound by this plan in determining the sites. If a region is unable to resolve conflict over the plan, the Commissioner shall establish a plan. All meets will be held within the dates indicated on the Memorandum Calendar unless otherwise approved in writing by the Commissioner.

All hosts granted an event shall host at least one meet during the regional meet year with at least five schools entering competitors and using the electronic entry and results system. All host courses shall be properly marked per NFHS rules if the markings are not able to be affixed to the ground.

Only schools which are members of the Association prior to January 1 of the year in which the tournament is held, and already

having a suitable facility for hosting the meet shall be allowed to apply, and only those competing in the current year will be allowed to vote for the region tournament location.

Schools interested in hosting a regional meet shall submit the meet information when requested by the Commissioner's office. The applicant shall verify that the facility meets any standards established by the Games Committee and shall supply data relating to seating and parking facilities and such other information as may be requested by the Commissioner. Member schools are not permitted to practice for, travel to or participate in an interscholastic athletic contest during the six-hour school day. No Cross Country meet should be scheduled at a time that would violate any part of the six-hour academic school day.

The Board of Control shall determine the site of the state finals after receiving the Commissioner's recommendation, and shall be guided by necessary hotel facilities, playing facilities, and community/area support.

III) Tournament Managers

The Commissioner will appoint a manager for each of the regional meets, and shall serve as the manager for the state meet. The Commissioner may appoint as many assistant managers as deemed necessary to manage the event. It is the duty of each regional manager to notify all schools participating in the meet as to the time and place of the meet, to supply him or her with entry material and instructions, to invite their participation, and make all arrangements to conduct the meet. It is an explicit duty of each tournament manager to inform the association IMMEDIATELY as to the bracket / pairings / entries / results when requested by KHSAA staff and according to the time deadlines provided including the actual site of the tournament if it is not held at the school. The Board of Control has approved the policy that the receipts of a tournament can be assessed (a fine levied against the manager) for failure to comply with these provisions.

IV) Eligibility to Enter Tournament Play

To be eligible to compete in the regional or state meet, a contestant shall be enrolled in the seventh (7th) grade or higher and be otherwise eligible by all KHSAA Bylaws. For the 2008-2009 school year, a student below grade seven (7) may be entered in the regional or state meets only if that student was on the entry list for that school during the 2005-2006 regional meet.

To be eligible to compete in the regional or state meet, a contestant shall have competed in at least four meets involving a minimum of two schools on a team representing a member school during the regular season. Athletes competing in high school races (grades 9-12) and participating with a high school as a representative of that school irrespective of level of the meet, shall be allowed to count that meet toward the four meet minimum. Coaches should maintain and have available copies of all results for the regional manager to verify in case of a challenge to the required participation minimums by any athlete. Such individual meet verification (results) may be recorded on standard forms distributed by the Association in lieu of keeping individual results.

A meet shall not count toward the four (4) meet minimum for any athlete if it involves the athlete entering and participating in more than one race that has a distance of greater than 2,500 meters in any single day.

V) Contestants

A school may enter any eligible student-athlete in the postseason region meet. All entries in KHSAA postseason play shall be done electronically using the Association designated software application.

The initial entry report for contestants in the region meet shall be submitted not later than 5:00 p.m. four (4) days prior to the regional meet.

A school may enter a total of ten (10) eligible individuals on a regional/state meet entry. From that list and only from that list, a school shall designate a maximum of seven (7) runners who may actually compete in the regional meet. A school not having enough runners to qualify as a team (five (5) runners) may enter less than five (5) runners as individual contestants in the regional meet.

Only in the case of documented medical emergency can these deadlines be waived or a substitution be allowed.

Each manager is responsible for the forwarding of the entries for the regional meet to all competing teams.

Any contestant whose name is on the ten person regional/state entry list may be a member of a qualifying team or declared for the State Meet for a qualifying team, however, substitutes for individual qualifiers in the state meet will not be allowed.

In regions with one (1) full team entering and reporting to the starting line at the region, that team shall advance to the State Meet.

In regions with two (2) or three (3) full team entering and reporting to the starting line at the region, two teams shall advance to the State Meet.

In regions with four (4) to six (6) full team entering and reporting to the starting line at the region, three teams shall advance to the State Meet.

In regions with seven (7) to nine (9) full team entering and reporting to the starting line at the region, four teams shall advance to the State Meet.

In regions with ten (10) to twelve (12) full team entering and reporting to the starting line at the region, five teams shall advance to the State Meet.

In regions with thirteen (13) or more full teams entering and reporting to the starting line at the region, six teams shall advance to the State Meet.

In addition, the top five (5) individuals not on a qualifying team shall advance from the regional to the state meet. Coaches of qualifying teams may secure other information about the state meet at the site of the regional meet or via the KHSAA web site.

VI) Officials (Regular and Postseason)

It is strongly recommended that a KHSAA licensed official (Track and Field), be present at each Cross Country meet that counts toward the limit of meets in accordance with Bylaw 25. In any meet where more than four (4) schools are entering teams or individuals, there shall be a KHSAA licensed Track official. The fee shall be \$30 per race for the Meet Referee, who shall be a licensed KHSAA official. If additional referees are hired at the discretion of meet management, they shall receive the same fee.

Cross Country Regional meet assigned officials shall be paid \$35 per race plus the Board of Control approved travel allowances.

At the discretion and with the approval of the manager, the meet assigned referees shall be paid a mileage allowance for one car based on the mileage necessary. Additional postseason allowances for lodging, etc. shall be at the discretion of the tournament manager and shall be approved by the Commissioner.

The local management of the postseason cross country meets shall have the authority to hire and utilize all licensed officials necessary for properly conducting the meets.

For the State Cross Country meet, the Commission shall have the authority to hire and utilize all officials necessary for properly conducting the meets. Where possible, the Association will utilize KHSAA licensed track officials for the state meets. State Cross Country officials will be paid according to position in accordance with a scale approved by the Commission in advance.

Final approval for all selections to the region and state meets shall be made by the Commission.

VII) Length of Course

The course will be approximately 5,000 meters for both boys and girls. All Cross Country races shall be a minimum of 2,500 meters and a maximum of 5,000 meters in order to count toward the applicable required minimum number of meets.

VIII) Champion

All entrants from a school accumulate team points toward the team championship. A team, for scoring purposes in determining the team champion, shall consist of a minimum of five (5) participating members.

The team score shall be determined by totaling the places of the first five finishing contestants on each team. The scores of the individual contestants, those not on a team, shall be disregarded in computing the team score. The champion of each meet will be the team compiling the lowest total score, with teams with less than five contestants disregarded in the team competition.

IX) Trophies and Awards

A) Region

- 1) Trophies will be awarded to the teams finishing first and second at the regional meets.
- 2) The first ten runners finishing will receive awards at the regional

meet.

- 3) The Association will bear the costs of all trophies and medals at the region meets.

B) State

- 1) Trophies will be awarded to the teams finishing first, second, third and fourth at the state meet.
- 2) The ten individuals on the teams finishing first, second, third and fourth will receive awards at the state meet,
- 3) The first fifteen runners finishing in each race will receive awards at the state meet.
- 4) The Association will bear the costs of all trophies and medals at the state meet.

X) Finances

A) Region

- 1) The finances of the regional meet will be managed at the regional level.
- 2) The regional competing schools shall decide any distribution of net profit/loss, which shall be shared.

B) State

- 1) The Association will finance the state tournament.
- 2) Schools are responsible for the expenses of competitors participating in the state meet.

XI) Games Committee (Track Rule 3) Rules for both Regular and Post-Season

A) Specifications for Cross Country Courses

The specifications for recommended and required standards for cross country courses to be used in tournament play may be developed by Association staff and Advisory Committees and approved by the Board of Control.

B) Participation Rules and Regulations

National Federation Track and Field Rule 9 shall govern meets in Cross Country where appropriate and in particular where participant safety is ensured.

C) Interrupted Races

When lightning or other inclement weather, heat and humidity conditions or other events beyond the control of meet management cause the interruption of a race by the Meet Referee after it has begun, it shall be considered to be complete with respect to the counting against the maximum number of meets for a school or minimum number of required meets for an athlete. In addition, it shall be complete to the extent of the compensation for meet officials.

D) Additional Rules for Contests

Additional rules, governed by State Association adoption provisions in the National Federation Playing Rules or otherwise developed by the Association may be implemented in contests played in Kentucky and will be distributed to the membership when relevant. Detailed and binding instructions, both for managers and participating teams, shall be published on the KHSAA web site.

E) Starter's Pistol Specifications

The starter's pistol, which shall be a 32 caliber (22 for indoor track), shall meet all district, local, state and federal regulations including possession ordinances and registration requirements.

F) Uniform allowances per NFHS Track Rule 3

All contestants in Cross Country shall adhere to National Federation Rule 4-3 as it relates to the uniform of the competitors. In addition, the Games Committee for the State Cross Country and Track Meets may, within the allowable limits of Rule 4-3, establish clarifications and enhancements to the uniform requirement to ensure equal treatment of all competitors.

At present, the Games Committee has addressed the following areas for consistent enforcement by meet officials and which are applicable to all contestants. **NOTHING ABOUT THESE REGULATIONS MANDATE A REQUIRED COLOR).**

- 1) HEADS - Hats are not allowed however the toboggan or stocking cap/wrap are permitted in cold or hot weather. All head gear and holders shall be checked by the Meet Referee to make sure they are secure. Anything worn on the head shall be secure, designed for the head, and without a visible manufacturer's logo or other decoration (other than the school name / nickname).
- 2) TOPS - If shirts are worn under the school issued jersey by more than one team member (two or more), that apparel shall be exactly the same single solid color on all who choose to wear the undergarments. It is not necessary that all team

members wear them. No lettering or designs or decals will be allowed on undershirts anywhere with the exception of a single manufacturer's logo which shall adhere to the NFHS restrictions. The restrictions on undershirts do not include sleeve length. For example one team member can wear long sleeves, one 3/4 sleeves and one short sleeves as long as they are the same solid color.

- 3) BOTTOMS - If leotards, body suits or bike shorts are worn under the school issued running trunks by more than one team member (two or more), that apparel shall be a single solid color and alike in color. Long underwear will not be accepted as a visible undergarment for either tops or bottoms. No lettering, designs or decals will be allowed on underpants anywhere, with the exception of a single manufacturer's logo which shall meet NFHS restrictions. The restrictions on pants do not include pants length. For example one team member can wear long pants, one 3/4 pants and one short pants as long as they are the same solid color.
- 4) HANDS - Gloves or socks may be worn on the hands during cold weather.
- 5) FEET - Shoes shall be worn. Shoes of different runners on the team do not have to be the same make and model. The use of ballet slippers, gymnastic or sweat socks does not meet the requirements of this rule.
- 6) JEWELRY - No jewelry will be allowed to be worn per NFHS rules. Religious or medical medals can be worn in compliance with NFHS rules. A religious medal shall be taped to the body and worn under the uniform. A medical alert piece of jewelry shall be taped to the body and should be visible. Wrist watches may not be worn during competition and are to be removed at or prior to the point of reporting to the Clerk. Violators of the watch restriction that are not detected by the Clerk or other meet officials shall be directed to immediately remove the watch and may not be otherwise penalized.
- 7) BODY MARKINGS / TATTOOS - A permanent tattoo that is not objectionable in the judgement of an official, would be allowed. A permanent tattoo that is objectionable in its content or form shall be covered. Anything non permanent including tattoos, face paint, etc. would not be legal if visible on any part of the body as it would be excessive body decoration.
- 8) SPORTS BRA - These items are considered foundation garments and are not to be considered as part of the uniform or undergarment rule.
- 9) SUNGLASSES- Unless prescribed by a medical doctor for the purpose of vision correction, sunglasses may not be worn during competition.

XII) School Personnel to Accompany Team

In accordance with Bylaw 20, each school having participants in a KHSAA event shall send a school designee to accompany the team. This person should be designated in writing by the Principal and approved by the local Board of Education.

(See Case Situations on Page 101-102)

KHSAA CROSS COUNTRY SITE SELECTION PLANS ON FILE (AS OF July 31, 2009)– FUTURE YEARS (SUBJECT TO CHANGE)

	CROSS COUNTRY ALIGNMENT AND REGION SITES	2008	2009	2010	2011	2012	2013	2014
	CLASS 1A (0-610)							
	REGION 1 - Ballard Memorial, Carlisle County, Christian Fellowship, Community Christian, Crittenden County, Dawson Springs, Fort Campbell, Fulton, Fulton County, Heath, Hickman County, Livingston Central, Lyon County, Mayfield, Murray, Reidland, Russellville, St. Mary, Todd County Central, Trinity (Whitesville), University Heights	St. Mary @ Marshall County	Murray @ Marshall County HS (w/3A Region 1)	Heath @ Marshall County HS	St. Mary @ Marshall County HS	Murray @ Murray HS	Heath @ Marshall County HS	St. Mary @ Marshall County HS
	REGION 2 - Campbellsville, Caverna, Clinton County, Cumberland County, Frederick Fraize, Glasgow, Green County, Hancock County, McLean County, Metcalfe County, Monroe County, Owensboro Catholic	Daviess County @ Yellow Creek (w/ 3A)	Cumberland County @ Cave Lark Park	Hancock County	Green County	Glasgow	Owensboro Catholic	
	REGION 3 - Bardstown, Beth Haven, Bethlehem, Brown, DeSales, Evangel Christian, Fort Knox, Whitefield Academy, Holy Cross (Louisville), Kentucky Country Day, Kentucky School f/t Blind, Louisville Collegiate, Portland Christian, St. Francis, Walden	DeSales @ McNeely Lake (w/2A)	DeSales @ McNeely Lake (w/2A Region 3)	Bardstown @ Hillbilly Heaven	DeSales @ McNeely Lake	Bardstown @ Hillbilly Heaven		
	REGION 4 - Beechwood, Bellevue, Bishop Brossart, Calvary Christian, Covington Latin, Dayton, Heritage Academy, Holy Cross (Covington), Ludlow, Newport, Newport Central Catholic, Silver Grove, St. Henry, Villa Madonna, Walton-Verona, Williamstown	Ryle (w/3A)	St. Henry/Conner @ Idlewild Park (w/3A Region 5)	Holy Cross/ Campbell County (w/3A Region 5)	Grant County (w/3A Region 5)	Walton Verona/Ryle (w/3A Region 5)	Walton Verona/ Scott (w/3A Region 5)	
	REGION 5 – Augusta, Bracken County, Burgin, Carroll County, Danville, Deming, Eminence, Frankfort, Gallatin County, Kentucky School f/t Deaf, Lexington Christian, Nicholas County, Owen County, Paris, Sayre, St. Patrick, Trimble County	Danville	Trimble County @ Trimble County Park	Owen County	Lexington Christian	Gallatin County	Danville	
	REGION 6 - Barbourville, Berea, Harlan, Lynn Camp, Middlesboro, Model, Monticello, Oneida Baptist, Pineville, Red Bird, Somerset, Williamsburg	Somerset @ Pulaski County (w/ 3A)	Somerset @ G.E. Field	Model	Somerset	Model	Somerset	Model
	REGION 7 - Allen Central, Bath County, Betsy Layne, Buckhorn, Cordia, David School, Elliott County, Fairview, Hazard, Jackson, Jenkins, June Buchanan, Lee County, Menifee County, Owsley County, Paintsville, Phelps, Piarist, Pikeville, Raceland, Riverside Christian, Rose Hill, Shelby Valley, South Floyd, Wolfe County	Pikeville (w/2A)	Fairview @ Fairview Course	Riverside Christian	Bath County	Raceland		
	CLASS 2A (611-1024)							
	REGION 1 - Caldwell County, Calloway County, Hopkins County Central, Hopkinsville, Logan County, Lone Oak, Paducah Tilghman, Trigg County, Union County, Webster County	Muhlenberg South	Logan County	Webster County	Union County	Muhlenberg County	Logan County	Webster County
	REGION 2 - Adair County, Allen County-Scottsville, Breckinridge County, Butler County, Edmonson County, Elizabethtown, Franklin Simpson, Hart County, Larue County, Marion County, Taylor County, Warren East, Washington County	Franklin Simpson	Edmonson County @ Chalybeate Springs Park	Larue County	Marion County	Franklin Simpson	Edmonson County	
	REGION 3 – Atherton, Bullitt East, Central, Christian Academy, Fairdale, Henry County, Jeffersontown, Mercy Academy, Moore, North Bullitt, North Oldham, Presentation, Shawnee, South Oldham, Spencer County, Valley, Western	DeSales @ McNeely Lake (w/ 1A)	Christian Academy Louisville @ McNeely Lake (w/1A Region 3)					
	REGION 4 – Bourbon County, Covington Catholic, Franklin County, Harrison County, Highlands, Holmes, Lexington Catholic, Lloyd Memorial, Pendleton County, Western Hills	Lloyd Memorial	Western Hills @ State Archives	Covington Catholic	Pendleton County/ Lloyd Memorial	Western Hills		

KHSAA CROSS COUNTRY SITE SELECTION PLANS ON FILE (AS OF July 31, 2009)– FUTURE YEARS (SUBJECT TO CHANGE)

	CROSS COUNTRY ALIGNMENT AND REGION SITES	2008	2009	2010	2011	2012	2013	2014
	REGION 5 – Bell County, Boyle County, Casey County, Corbin, East Jessamine, Estill County, Garrard County, Jackson County, Knox Central, Madison Southern, McCreary Central, Mercer County, Rockcastle County, Russell County, Wayne County, West Jessamine	Mercer County	Knox Central	Wayne County	Boyle County	Bell County	West Jessamine	Wayne County
	REGION 6 – Ashland Blazer, Boyd County, East Carter, Fleming County, Greenup County, Lawrence County, Lewis County, Mason County, Morgan County, Rowan County, Russell, West Carter	Mason County	Ashland Blazer @ Boyd County HS	Mason County	Boyd County	Mason County		
	REGION 7 - Belfry, Breathitt County, East Ridge, Harlan County, Johnson Central, Knott County Central, Leslie County, Letcher County Central, Magoffin County, Perry County Central, Pike County Central, Powell County, Prestonsburg, Sheldon Clark	Pike County Central (w/1A)	Harlan County					
	CLASS 3A (1025 & Above)							
	REGION 1 - Apollo, Christian County, Daviess County, Graves County, Henderson County, Madisonville North Hopkins, Marshall County, Muhlenberg County, Owensboro	Daviess County @ Yellow Creek	Marshall County (w/1A Region 1)	Owensboro	Apollo	Madisonville North Hopkins	Christian County	Daviess County
	REGION 2 - Barren County, Bowling Green, Central Hardin, Grayson County, Greenwood, Ohio County, John Hardin, North Hardin, Warren Central	Greenwood	Bowling Green @ Kereiakes Park	Greenwood	Bowling Green	Greenwood	Bowling Green	Greenwood
	REGION 3 - Bullitt Central, Butler, Doss, duPont Manual, Iroquois, Male, Meade County, Nelson County, Pleasure Ridge Park, St. Xavier	St. Xavier @ River Road (DuPont Manual @ Champions Park	Male	Butler	St. Xavier		
	REGION 4 - Assumption, Ballard, Eastern, Fern Creek, Oldham County, Sacred Heart, Seneca, Shelby County, Southern, Trinity (Louisville), Waggener	Sacred Heart @ Seneca Park	Trinity @ EP Sawyer Park	Assumption @ EP Sawyer Park	Ballard @ EP Sawyer Park	Eastern @ EP Sawyer Park	Fern Creek @ EP Sawyer Park	
	REGION 5 - Boone County, Campbell County, Conner, Cooper, Dixie Heights, Grant County, Notre Dame, Ryle, Scott, Simon Kenton	Ryle (w/1A)	Connor/St. Henry @Idlewild Park (w/1A Region 4)	Campbell County (w/1A Region 4)	Grant County (w/1A Region 4)	Ryle (w/1A Region 4)	Scott (w/1A Region 4)	
	REGION 6 – Anderson County, Bryan Station, Henry Clay, Lafayette, Paul Dunbar, Scott County, Tates Creek, Woodford County	Paul Dunbar	Lafayette @ Masterson Station Park	Scott County	Woodford County	Paul Dunbar		
	REGION 7 - Clay County, George Rogers Clark, Lincoln County, Madison Central, Montgomery County, North Laurel, Pulaski County, South Laurel, Southwestern, Whitley County	Pulaski County (w/1A)	George Rogers Clark	Southwestern	Montgomery County	North Laurel	Pulaski County	

STATE CROSS COUNTRY MEET MANAGER	Gordon Bocock 101 Owens Ferry Road; Somerset, KY 42503 (606)678-8916 (H) / (606)678-8916 (F) coachbo@newwavecomm.net
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