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2009 KHSAA FOOTBALL RULES CLINIC

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SECTION I ADMINISTRATIVE RULES / BYLAWS AND TOURNAMENT RULES REVIEW

1) Bylaw and Administrative Procedures Review

Complete text of the important listed rules below is attached.

Bylaw 2 – Physician Certificate and Insurance Required

Bylaw 3 – Age Rule

Bylaw 4 – Enrollment

Bylaw 5 – Academic Requirement

Bylaw 6 – Transfer Rule

Bylaw 10 – Recruitment

Bylaw 11 – Sportsmanship

Bylaw 25 – Limitation of Seasons

Bylaw 26 – Dead Period and Summer Play

Bylaw 27 – Requirements for coaches

Case BL-25-18- What equipment can be worn, what activities can occur, and what restrictions are in place for football practice during the summer period and once practice begins

1) "Helmet-Only" activity is a practice period where only a helmet is worn. During this helmet-only period, no full contact drills or other activity can occur which would result in a player completing a tackle, or being blocked or tackled to the ground.

2) "Contact Practice" is practice during the legal period (after the first date of contact as determined in Bylaw 25) when the remainder of the football gear specified in the rule book is worn and activity during the session is not restricted with regard to contact.

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

During this period, a football player may wear a helmet during any football specific drill or session that is supervised or attended by any member of the high school coaching staff, but may wear no other gear as defined by NFHS Football Rule 1, Section 5.

2) Member school coaches and other representatives should note that there are no insurance provisions in place and school vs. school competition is not allowed at this time.

From June 25 to July 9, no football gear as defined by NFHS Football Rule 1, Section 5 may be issued by a school directly to a player from that school, and the full provisions of the dead period (Bylaw 26) must be observed.

July 10 to the first day of contact is a Helmet-Only period.

During this period, a football player may wear a helmet during any football specific drill or session that is

2) Tournament Rules Clarifications and Reminders

INTERRUPTED GAMES

Refer to NFHS Playing Rule 3-1-4 as KHSAA has authority to determine procedure for game ending.

If game interrupted and cannot be resumed, three choices exist-

Terminate game with score as it exists;

supervised or attended by any member of the high school coaching staff, but may wear no other gear as defined by NFHS Football Rule 1, Section 5.

From the first permissible date of contact practice (the earlier of August 1 or seven week days before the start of school) through the conclusion of the season is a Contact Practice Period.

Beginning on the first permissible date, all other pads can be worn as defined in Rule 1-5 and full contact practice may begin for all individuals who have previously had five days of supervised non-contact practice in order to become acclimated to heat.

Players coming out late must have five days out of pads to become acclimated to heat.

Beginning with the first permissible date of contact practice, teams cannot conduct multiple contact practice sessions on consecutive days. If multiple contact practices (up to a maximum of two) are held on a day, then only one contact practice session can be held on the following day.

Once full contact practice has begun, there is not a restriction on the number of non-contact practices conducted on any day.

Reminders

1) With the exception of the Dead Period, nothing about these interpretations prevents a school from allowing equipment to be issued to students to attend individual camps at other sites without members of the coaching staff.

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

3) Any activity in the summer prior to the first day of contact practice as well as any activity conducted contrary to the equipment and scrimmage is not covered by the KHSAA Catastrophic Insurance Plan.

4) Any activity contradictory to the rules and regulations of the Association (including the interpretations as published), potentially renders all insurance provisions null and void.

Resume game at point of interruption at a mutually agreed date and time. This decision must be finalized at the site prior to team departure.

Resume the game on the following calendar day, unless published Board policies prohibit such play, in which case it shall be played the following day.

If game interrupted
Same crew of officials expected to return to complete contest
Substitute officials shall be paid the local policy board mileage add-on only
Local associations shall develop policy on compensation of substitute officials (such as pooling game fees, etc)

3. Other

SCHOOL WEB SITE OBLIGATIONS

Password access to schools, coaches and students
Schedule must be entered. If it changes, go on line and make those changes.
Roster must be entered by end of week 3. Can add up until playoffs start.
Game statistics to be entered beginning Labor Day week.
Cannot be entered until roster is entered.
Game scores must be reported. 800-453-6882 (800-4KENTUCKY) IMMEDIATELY following game. No stats needed, just score

DISQUALIFICATION

Officials must report using www.khsaa.org within 24 hours
Schools respond to officials report
No player eligible until reinstated.

Officials have no say in the postponement decisions, except to moderate discussion.
Officials and coaches would be advised to involve not solely coaches, but school administrators in the decision.
All involved must remember that this situation is caused by elements such as weather that are uncontrollable by anyone, and keep the discussions in that perspective.

Coaches will receive more harsh penalty than athletes
POSTSEASON

All Part II test (on line)
Officials must score 80 for postseason
Only officials who were not required to pay a late fee will be eligible for postseason rounds 2 through 5. Late registration was not assessed until July 24.
Unless conflict is known in preseason scheduling, all officials must be available to work first round in order to be eligible to work in later rounds.

OTHER

KHSAA web site, <http://www.khsaa.org>
Clinician Email – jtackett@khsaa.org
Football Coaches Listserve – to sign up
<http://www.uky.edu/Education/khsaalists.html>

SECTION II 2009 PLAYING RULES REVISIONS

FIELD MARKINGS CLARIFIED (1-2-3b NOTE 2 – NEW):

The committee clarified that all required field markings must be clearly visible. When other markings including but not limited to, logos, are placed on the field, the required markings shall remain clearly visible.

FOOTBALL MARKINGS (1-3-1c): This change clarifies that stripes located on the football must be adjacent to and perpendicular to the seam upon which the laces are stitched.

SCRIMMAGE KICK FORMATION AND PLAYER NUMBERING EXCEPTION (2-14-2; 7-2-5):

The definition of a scrimmage-kick formation was clarified to differentiate formations that have been used traditionally for attempting a field goal or kick try from those used for a punt. In addition, the circumstances under which the numbering exception can be utilized have been changed to clarify what can be done on first, second, third and fourth downs.

SITUATIONS: See 7.2.5D and 7.2.5E

***7.2.5 SITUATION D:** Team A sets on fourth down in a scrimmage-kick formation with Number 79 in the deep position as the potential kicker. Number 33 is positioned as an interior lineman between the ends as an exception to the numbering requirement. A shifts and Number 33 assumes a position on the end of the line. Number 81 is on the other end of the line and Number 80, who started on the end, is now an -interior lineman. Number 79 has exchanged positions with back Number 30. Who are the eligible receivers? **RULING:** Number 81 and all backs numbered 1 through 49 or 82 through 99. Number 33 remains ineligible and Number 79 is ineligible even though he is a back. **COMMENT:** When A is in a scrimmage-kick formation, they do not have to kick and they may kick when they are not in this formation. (2-14-2; 7-2-5b Exceptions)

***7.2.5 SITUATION E:** It is fourth and 6 for A from its own 40-yard line. A initially sets in a scrimmage-kick formation with Number 83 as an interior -lineman and four other linemen numbered 50-79. Prior to the snap, B1 -encroaches. The penalty is administered leaving A only 1 yard to go for a first down. A

now lines up with Number 83 on the end of the line and through substitution has five interior linemen numbered 50-79. Number 83 goes downfield and catches a touchdown pass. **RULING:** A legal play. The dead-ball encroachment foul allowed A to cancel the use of the numbering exception and to use Number 83 as an eligible receiver. The numbering exception is -canceled, or must be renewed, following a dead-ball foul, a charged time-out or TV/radio time-out, the end of a period or an official's time-out. **COMMENT:** If a place kick is used for a try, it is a scrimmage kick and the -numbering exception may be used. (7-2-5b Exceptions)

HALFTIME INTERMISSION STRUCTURED AND STANDARDIZED (Table 3-1; 9-8-1g):

These changes clarify that the mandatory three-minute warm-up period begins immediately following the conclusion of the halftime intermission. The head coach is responsible to have his team back on the field at the conclusion of the halftime intermission. Failure of the team to be back on the field at the conclusion of the halftime intermission results in an unsportsmanlike conduct penalty assessed to the head coach. Failure to have the team back on the field at the end of the mandatory three-minute warm-up period may result in application of Rule 3-6-3. The responsibility for the team activities conducted during the mandatory three-minute warm-up period rests with the respective head coach.

SITUATION: See 3.1.1D

***3.1.1 SITUATION D:** Both teams are informed of a 15-minute halftime intermission. The officials remind the teams that the halftime intermission period is nearing an end, and that the three-minute warm-up period will begin immediately. Team A returns to the field prior to the end of the intermission, however Team B is not on the field when the intermission ends and the timer immediately and appropriately starts the three-minute warm-up period. Team B does not arrive on the field until the three-minute warm-up period has expired. **RULING:** The head coach of Team B is charged with unsportsmanlike conduct and B is penalized 15-yards to start the second half.

Though Team B has violated the rule by not being on the field at the end of the intermission, and by not being on the field at the end of the three-minute warm-up period, only one unsportsmanlike conduct foul is penalized.

PERIOD EXTENSION CLARIFIED (3-3-4b5-NEW): A change to Rule 3-3-4b5 clarifies that if a foul occurs on the last timed down of a period where the accepted penalty results in a safety, the period is not extended.

SITUATIONS: See 3.3.4C and 3.3.4D

***3.3.4 SITUATION C:** On the last timed down of a period, Team A throws a pass which is intercepted by B1. B1 advances to the 3-yard line where he: (a) throws an incomplete pass; (b) throws a pass to B2 in the end zone for an apparent touchdown; or (c) hands the ball forward to B2 who runs for apparent touchdown. **RULING:** In (a), (b) and (c), the period will not be extended as Team B has committed a foul which has a loss of down aspect to the penalty if accepted.

***3.3.4 SITUATION D:** In the middle of a period, Team A throws a pass which is intercepted by B1. B1 advances to the 8-yard line where he: (a) throws an incomplete pass; (b) throws a pass to B2 in the end zone for an apparent touchdown; or (c) hands the ball forward to B2 who runs for apparent touchdown. **RULING:** In (a), (b) and (c), the accepted foul will result in B having the ball, first and 10 as the loss of down aspect of the penalty would not apply.

PENALTY OPTIONS FOR TEAMS THAT SCORE BUT WERE FOULED DURING THE PLAY FURTHER REFINED (8-2-2; 8-2-3; 8-2-4 – NEW; 10-5-1f): Three current rules were refined and a new article created regarding penalty enforcement for dead-ball, non-player, or unsportsmanlike fouls that occur during or after a touchdown scoring play. The revisions and additions now allow the scoring team, in most situations, the option of enforcing the penalty on the subsequent kickoff. Fouls committed after the initial ready-for-play signal following the touchdown are not affected by this change.

SITUATION: See 8.2.2D

***8.2.2 SITUATION D:** A1 scores a touchdown. After the score, B commits an (a) deadball, (b) unsportsmanlike or (c) nonplayer foul prior to the initial ready for play on the try. **RULING:** In (a), (b) or (c), Team A may elect to enforce the foul at the succeeding spot or on the subsequent kickoff.

FACE MASK FOULS EXPANDED TO INCLUDE GRASPING CHIN STRAP (9-4-3h): This change now makes it illegal to grasp the opponent's chin strap.

SITUATIONS: See 9.4.3G, 9.4.3H and 9.4.3I

***9.4.3 SITUATION G:** With second down and five yards to go from B's 30-yard line, A1 throws a pass to eligible A2. Following the reception, A2 inadvertently grasps B1's face mask/helmet opening or chin strap at B's 15-yard line as B1 attempts to tackle A2 who scores a touchdown. **RULING:** If B accepts the penalty for the inadvertent grasping of the face mask/helmet opening or chin strap by A2, the score is nullified. Following the penalty enforcement, it will be A's ball first and 10 at B's 20-yard line.

***9.4.3 SITUATION H:** A1 is tackled by B1 who: (a) grasps A1's face mask/helmet opening or chin strap momentarily and lets go; (b) has his hand brush across A1's face mask; (c) pulls A1 to the ground by grasping A1's face mask/helmet opening or chin strap. **RULING:** There is no penalty in (b). There is a five-yard penalty in (a) and a 15-yard penalty in (c).

***9.4.3 SITUATION I:** As B1 attempts to tackle A1 he: (a) grasps A1's face mask/helmet opening or chin strap which turns the head of A1; or (b) grasps A1's face mask/helmet opening or chin strap and immediately releases it without twisting, turning,

or pulling. **RULING:** It is a personal foul in (a) that results in a 15-yard penalty from the end of the run. In (b) B will be assessed a 5-yard penalty from the end of the run because of the incidental face mask.

HORSE-COLLAR TACKLE ADDED TO ILLEGAL PERSONAL CONTACT (9-4-3k – NEW): This change now defines a horse-collar tackle and adds this act to the list of illegal personal contact fouls in Rule 9-4-3k regardless of where it occurs on the field. The new provision makes it illegal to grasp the inside back or side opening of the collar of the jersey or shoulder pads of the runner and subsequently pull the runner to the ground. The NFHS Football Rules Committee felt the need to continue to address risk minimization issues for the runner.

SITUATIONS: See 9.4.3L, 9.4.3M and 9.4.3N

***9.4.3 SITUATION L:** A1 is running in the open field and B1 grabs A1's shoulder pad opening from behind and: (a) pulls A1 down abruptly backwards; (b) pulls A1 down to the ground from the side; (c) rides A1 for several yards before pulling A1 backwards to the ground; or (d) rides A1 for several yards before A1 falls forward. **RULING:** Illegal horse-collar tackle in (a), (b) and (c), legal in (d).

***9.4.3 SITUATION M:** A1 is running in the open field and B1 grabs A1's shoulder pad opening from behind and: (a) A1 does not go down from the contact; (b) B2 comes in and tackles A1 while still in B1's grasp; or (c) A1 runs four more yards before being pulled down. **RULING:** Legal in (a) and (b); illegal horse-collar tackle in (c) because runner subsequently went down because of the horse-collar tackle.

***9.4.3 SITUATION N:** A1 is running in the free blocking zone and (a) B1 grabs A1's jersey collar opening from behind and pulls him down; (b) B1 grabs the front of A1's jersey collar opening and pulls him down; (c) B1 grabs A1's jersey at the top of the shoulder area and pulls him down. **RULING:** Illegal horse-collar tackle in (a); legal in (b) and (c).

KICKING TEAM RESTRICTED TO BATTING NON-GROUNDED SCRIMMAGE KICK ONLY IN DIRECTION OF OWN GOAL LINE (9-7-2 EXCEPTION): This revision makes it a foul for illegal batting by K to bat a scrimmage kick which has not yet been grounded unless it is toward his own goal line. The change makes it consistent that scrimmage kicks may only be batted by K towards its own goal line.

SIDELINE RESTRICTED AREA CREATED TO ASSIST WITH RISK MINIMIZATION (1-2-3g; 9-8-3): This rule change is a risk minimization issue dealing with sideline safety. This rule defines a restricted area where a maximum of three coaches may communicate with players and substitutes during dead-ball situations. This restricted area disintegrates and the coaches must retreat into the team box before the ball becomes live. There will no longer be an allowance for three coaches to remain in an area adjacent to the sideline during play. This new area results in a 2-yard belt that is clear of team personnel and helps eliminate sideline congestion while helping to minimize the risk for the participating players, coaches, and officials.

SITUATIONS: See 9.8.3A and 9.8.3B

***9.8.3 SITUATION A:** In the first period, Team A is warned and then later penalized 5 yards for sideline interference for having more than three coaches or for -having noncoaches in the restricted area between the sideline and the team box. The same infraction occurs again in the third period and again in the fourth period. How are these situations penalized? **RULING:** The third and fourth infractions are both 15-yard penalties. Since the head coach is responsible for the team box, the fouls are all charged to the head coach. The second penalty for a 15-

yard unsportsmanlike foul is -considered flagrant and the head coach must be removed from the stadium area. **COMMENT:** The 2-yard belt becomes a restricted area when the ball becomes live. (1-2-3g)

***9.8.3 SITUATION B:** Team A has a player who is deaf. A's coach requests the referee to (a) permit a signer to go to the

team huddle while they are on offense to relay the play-call to the deaf player, (b) permit the signer to move up and down the sideline inside the restricted area without penalty. **RULING:** Not permitted in (a) or (b). (1-5-3)

SECTION III 2009 FOOTBALL RULES POINTS OF EMPHASIS NFHS GUIDELINES ON HANDLING CONTESTS DURING LIGHTNING DISTURBANCES

The NFHS Sports Medicine Advisory Committee (SMAC) has recommended Lightning Safety as a point of emphasis this year for three reasons.

1. There is a new lightning policy that has been adopted by many sports medicine groups and governing bodies, including the NFHS SMAC. The major change is that if ANY thunder is heard OR a cloud-to-ground lightning bolt is seen, play should be suspended, stands should be cleared, and all should seek shelter. Previously, the recommendation suggested that if there was at least a count of 30 seconds between the thunder and the lightning then the storm is far enough away to not be of concern. This is no longer considered appropriate or accurate. The consensus is there is no thunder without lightning and vice versa, so if one or the other is noted, both are there. (Please refer to page 97 of the 2009 NFHS Football Rules Book for the specific

"NFHS Guidelines on Handling Contests During Lightning Disturbances").

2. Lightning kills or seriously injures hundreds of individuals each year. Although these are more likely to occur in spring and summer, it is worth reminding coaches, players, spectators, administrators, and officials about this possible event and the potential seriousness even during football season.

3. It is always good to remind coaches, players, spectators, administrators and officials about the importance of having an Emergency Action Plan. A formal written emergency plan should exist for every organized practice and competition. Phone numbers, chain of command, guidelines for first responders, etc., should all be part of this plan. (See 2008 NFHS Sports Medicine Handbook for more specifics). This would apply to lightning as well as other possible emergencies.

ILLEGAL PERSONAL CONTACT

Illegal personal contact involves a number of acts that must not be tolerated in football. Since contact is an integral part of the game, the behavior of players and nonplayers need to be monitored to ensure good sportsmanship prevails at all times. Coaches need to correctly teach fundamentals/techniques and officials need to enforce the rules as written so all the participants can enjoy the benefits associated with playing the game. Illegal acts include, but are not limited to:

- Intentionally contacting an official
- Roughing or targeting players obviously out of the play (Rule 9-4-3b states that no player or nonplayer "shall charge into or throw an opponent to the ground after he is obviously out of the play, or after the ball is clearly dead, either in or out of bounds.")
- Piling on players lying on the ground
- Hurling
- Gaining advantage by using teammates' shoulders or body to gain illegal positions
- Throwing a helmet or tripping
- Grasping an opponent's face mask or chin strap

2009 NFHS Football Rules Page 82 BLOCKING AND ILLEGAL BLOCKS

Illegal blocking can occur in a variety of ways during football competitions. NFHS Rule 9- 3-2 prohibits blocking below the waist except in the free blocking zone when meeting the requirements of NFHS Rule 2-17 or to tackle a runner or a player pretending to be a runner.

One play where illegal contact continues to be common is when the defensive player "takes out" the lead blockers by blocking below the waist. This is extremely dangerous as

players are moving at high rates of speed and often are "turning the corner," which is already creating extra stress on the lower extremities. Blocking below the waist is allowed in the free blocking zone (FBZ) as per NFHS Rule 2-17. Players who are on the line of scrimmage (LOS) and in the FBZ at the snap (contact must occur in the zone) may block below the waist or clip, but may do so only while the FBZ is intact. Once the ball leaves the FBZ, the FBZ disintegrates and the aforementioned blocks are no longer allowed.

Rule 2-3-2b-4 states contact by the blocker must be "at or below the shoulders..." and Rule 9-4-7 states "No defensive player may use the hand(s) to slap the blocker's head."

While football is a "contact sport" and incidental head contact is going to occur, the rules do not allow intentional contact with the head. Rule 9-4-3b states players "shall not charge into or throw an opponent to the ground after the opponent is obviously out of the play or after the ball is clearly dead...." Players need to recognize when the "ball is dead by rule." If players "hit until the whistle," often they are hitting late as the whistle signifies the ball is already dead by rule.

To protect players, coaches and officials need to uphold their responsibilities to the players of the sport in which they have chosen to be involved. Coaches have to teach legal, fundamentally sound techniques while officials must be diligent in reading keys, recognizing illegal contact and making the call. Remember the rules are there to protect those who are playing by them.

HELMET AND FACE MASK

The NFHS Football Rules Committee is concerned with what is seen as a growing inconsistency with the calling of face-mask related fouls. In order to promote consistency, the committee would like to highlight a few points:

The foul is broken down into two possible calls: "incidental" grasping of the face mask or helmet opening or chin strap, and the "grasping and twisting, turning or pulling" of the face mask, helmet opening or chin strap. When calling this foul, the official is asked to determine the severity of the violation in light of the way the rule is written. Touching of a face mask with an open hand, for example, or in some other way is not a foul and should not be called. Similarly, the official should see and penalize incidental grasping when, for example, a player momentarily grasps the mask, helmet opening or chin strap, but does not affect the head or neck movement. "Incidental" means that something happened within the context of a play, but has only minimal effect.

The 15-yard penalty must be called when any movement of the head or neck is affected by the grasping. That movement of the head or neck, no matter how slight,

should be called as a 15-yard foul. Serious injury could result from the grasping and twisting or pulling, and officials are to be vigilant when calling the foul. Restriction of a player's movement by grasping the face mask, helmet opening or chin strap and a resultant twisting or pulling action on the head or neck, is a 15-yard penalty.

The committee is further concerned that officials are opting to call the lesser foul based on a their agreement (or lack of it) with the rule. This, nor any other rule, is a matter of the personal likes or dislikes of the individual official. All officials are to officiate the rules within the letter and spirit of the game. It is not the place of the official, nor within his/her area of judgment, to base rulings on personal preference. Officials' organizations are asked to reinforce philosophies of officiating as they apply to rules so that more consistent enforcement may result.

UNIFORMS

In recent years, players and sometimes entire teams seem to be attempting to skirt the NFHS rules governing football uniforms, adornments and player equipment. Some of these issues are as a result of mimicking what players see college players or professional players wear. Other times these issues are an effort to gain an advantage over an opponent or to attempt to taunt or intimidate an opponent. Sometimes it is simply an effort by the players to draw attention to themselves. Regardless of the reason why it occurs, the outcome is a growing problem because these efforts violate the rules and player safety or both.

It is the coaches' responsibility to control and prevent these rules violations and they should confirm this to the officials as a part of the pregame conference. However, when the coach fails to prevent these violations or when a player changes something without the coach's knowledge (though the coach is still responsible for this change), the officials must consistently apply these rules. The best way to prevent these violations is to identify them before the game starts.

Although it is the umpire's primary responsibility during the pregame to examine equipment and rule on equipment issues, all of the officials should be looking for violations during their pregame duties. Violations or concerns should be reported to the head coach prior to the game to prevent those violations from becoming fouls once the game starts. Once the game starts, ALL officials are responsible for observing the players and ruling on these fouls. Items that are noticed between plays should be corrected before the next play or if it can't be corrected between plays, the player should be sent out of the game to correct the situation before he/she can return. Items that might have occurred during the normal activity of a play (a tooth and mouth protector coming out, pants riding up the leg, chin strap coming unbuckled, jersey uncovering a rib protector, etc.) should be assumed to have occurred during the play and be corrected after the play without penalty. If it can't be corrected after the play within the allotted time, the player should be sent out of the game for correction before he/she is allowed to return.

These issues can be grouped into two general categories, Not Properly Wearing Mandatory Equipment and Wearing Illegal Equipment/Adornments.

Not Properly Wearing Mandatory Player Equipment – Common violations or issues include:

1. Jersey – either not long enough to come to the top of the pant and cover all pads (including the low back rib pads) or not being tucked in.
2. Pants – not covering the knee.
3. Helmets – not having a 4-point chin strap or not snapping all four points.
4. Tooth and Mouth Protector – not having one, wearing a completely clear or completely white one, or cutting it to just cover the front teeth.

Wearing Illegal Equipment/Adornments – Common violations or issues include:

1. Wearing a tinted eye shield – any tinting makes the shield illegal even if the player has a doctor's note.
2. Adding tape to a part of the uniform to create a "striping" effect – locations include face mask and belt.
3. Wearing a belt that is so long it hangs down like a towel or tail – it should be tucked in the pants or cut off to an appropriate length.
4. Sweat bands – legal only within 3 inches of the base of the thumb (as a general guideline they should be no higher than approximately 1/3 of the way between wrist and elbow). Illegal locations include upper arm, leg, and neck.
5. Towels – any towel, other than a plain white towel with no markings within the size limitations, is illegal. Towels with visible logos or markings should be tucked in the pants to hide the logo or markings. Colored towels or those with markings that cannot be hidden by tucking it in the pants must be removed and cannot be worn on the field during play.
6. Banded Play Cards – These are legal if worn on the arm as they are designed; however, wearing them on the belt is illegal because it presents a safety hazard (fingers have become or been caught in them) when attached to the belt.
7. Shoe Spats – Illegal Adornment. Taping of the ankles on the outside of the shoes to protect or prevent an injury is legal, but wearing separate equipment is not.
8. Knee Braces – Legal only if any hard surface of the brace extending below the pant is covered and any hard surface on the front of the leg is covered with the specified padding.

9. Rib or back protectors – Legal only if fully covered by the jersey.

In order for sports to serve a purpose in the educational system, students must obtain positive educational benefits from participation in the game. Players, coaches, spectators and officials each play a vital role in the promotion of good sportsmanship. It is essential that those involved understand that the playing field is an extension of the classroom.

Therefore, values such as respect for self and others, fairness, self-discipline, and responsibility must be an integral part of the high school game. Everyone needs to take a part in developing and implementing these fundamental values by setting and reinforcing clear expectations at practice and on the playing field.

Acts that focus attention on, or those intended to engender ill will toward individuals have no place in the educational

These rules must be enforced consistently by all coaches and officials in order to prevent further problems from developing with player safety or sportsmanship.

SPORTSMANSHIP

activities. Rule 9-5-1 clearly outlines that unsportsmanlike conduct includes any “baiting or taunting acts.” Acts such as diving into the end zone with no defender present, excessive face painting or marking of equipment with inappropriate words and use of disconcerting gestures should be penalized immediately as per the rule code.

Rule 9-5-1 also extends to any acts or excessive celebrations involving the entire team. Team rituals performed at any time including prior to and following games that are designed to intimidate, embarrass, ridicule or demean others should not be tolerated. Each state association is encouraged to develop policies that clearly define application of the rules to these situations.

SECTION IV – PUBLICATION CORRECTIONS AND EARLY SEASON PLAY RULINGS

Rule Book Revisions/Clarifications

N/A

Case Book Revisions/Clarifications

9.4.3K SITUATION O: A1 is carrying the ball when B1 grabs him by the back or side of the collar of the shoulder pads (or jersey). A1 then: a) fumbles the ball and is subsequently brought to the ground by B1; b) crosses the goal line to score a touchdown and is then brought down by B1; or c) crosses the sideline and is then brought down by B1. **RULING:** The official must judge whether or not a personal foul has occurred, but if called, it cannot be a horse-collar tackle. **COMMENT:** B1’s contact on A1 meets part of the definitions of a horse collar tackle in that he grabbed by the back or side collar of the shoulder pads (or jersey). However, in a) when the runner fumbled, he was no longer a runner. In b) or c), when the runner crossed the goal line or side line, the ball became dead and A1 was no longer a player (in possession of a live ball).

CASE BOOK UPDATED PLAYS

***3.3.4 SITUATION D:** In the middle of a period, Team A throws a pass which is intercepted by B1. B1 advances to the 8-yard line ~~3-yard line~~ where he: (a) throws an incomplete pass; (b) throws a pass to B2 in the end zone for an apparent touchdown; or (c) hands the ball forward to B2 who runs for apparent touchdown. **RULING:** In (a), (b) and (c), the accepted foul will result in B having the ball, first and 10 as the loss of down aspect of the penalty would not apply.

4.2.2 SITUATION J: With fourth down and 8 from the 50, A1 runs to B’s 45- yard line where: (a) B1, in attempting to tackle A1, unsnaps A1’s chin strap and play continues to the 40-yard line where A1 is finally downed; or (b) B1, in attempting to tackle A1, grasps the face mask/helmet opening and A1’s helmet comes off; or (c) B1 contacts A1 and A1’s helmet comes off and then he fumbles the ball. **RULING:** In (a), play continues and it is a first down for A after enforcement of the face mask foul. In (b), the ball becomes dead at the spot A1’s helmet came off and B is penalized for the facemask/ helmet opening violation. In (c), the ball becomes dead at the spot where A1’s helmet came off and because it was fourth down and the line to gain was not obtained, the ball goes over to B. The fumble is

disregarded because it happened after the ball became dead. (4-2-2k)

9.5.2 SITUATION: After A1 carries the ball into B’s end zone, he: (a) throws the ball into the bleachers; or (b) kicks the ball from the field; or (c) spikes the ball to the ground with force; or (d) is knocked down by B1 clearly after the ball is dead. **RULING:** Unsportsmanlike conduct foul in (a), (b) and (c), the touchdown counts and A will be penalized 15 yards on the try or on the subsequent kickoff. In (d), B1’s contact foul will be penalized on the try to the 1½-yard line or on the subsequent kickoff. If deemed flagrant, B1 could be disqualified. (9-4-2b; 9-5-2a,b,c; 10-4-4b)

9.7.2 SITUATION B: K1’s punt is coming down over R’s 10-yard line and: (a) R3 is in position to catch the ball; or (b) no R player is in position to catch the ball, when K2 ~~bats attempts to bat~~ the ball toward his own goal line while it is in flight, but the batted ball subsequently goes into R’s end zone. **RULING:** In (a), it is a foul for kick catching interference by K2 as well as first touching, and R may choose to take the result of the play, which is a touchback, or take an awarded fair catch or the ball at the spot of first touching at the 10-yard line, or penalize K 15 yards from the previous spot and replay the down. In (b), there is no foul and the result of the play is a touchback. R will put the ball in play first and 10 from its own 20- yard line. (6-5-6 Exception; 8-5-3; 9-7-2 Exception)

***10.2.2 SITUATION B:** A1’s pass is intercepted by B1 at B’s 40-yard line. During B1’s return, A1 and B2 begin fighting at A’s 40-yard line. B1 returns the ball to A’s 2-yard line. **RULING:** The captain of B (last team in possession) may accept or decline the penalty for A’s foul. If B accepts the penalty for A1’s foul, it creates a double foul. B may retain possession by declining the penalty for A1’s foul, in which case, it would be B’s ball at its own 45-yard line following enforcement of B’s penalty (if accepted by A). Both A1 and B2 will be disqualified for fighting. **COMMENT:** Whenever both teams foul during a change of possession down and the team in final possession gets the ball free of a foul (with “CLEAN HANDS”) they have the opportunity to retain possession. The fact that their opponent’s foul occurred after the change of possession has no bearing on the enforcement. However, when B, the “clean hands” team, retains possession by declining the opponent’s foul, the penalty for B’s foul may ~~must~~ be enforced. (9-4-1 Penalty; 10-2-1b)

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 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



Guidelines on Handling Contests During Lightning Disturbances

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

Proactive Planning

1. Assign staff to monitor local weather conditions before and during events.
2. Develop an evacuation plan, including identification of appropriate nearby shelters.
3. Develop criteria for suspension and resumption of play:
 - a. When thunder is heard, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play and take shelter immediately.
 - b. Thirty-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash or lightning is witnessed prior to resuming play.
- c. Any subsequent thunder or lightning after the beginning of the 30- minute count, reset the clock and another 30-minute count should begin.
4. Hold periodic reviews for appropriate personnel.

For more detailed information, refer to the "Guidelines for Lightning Safety" contained in the NFHS Sports Medicine Handbook.

Revised October 2007



KHSAA Severe Weather Policy

The Referee or head official shall delay or cancel a competition at the first site of lightning or sound of thunder at the site and the site shall be cleared of all persons immediately by event administration.

If it is anticipated that the storm will pass, the competition may be resumed following a three (3) minute warm-up period, no sooner than thirty (30) minutes after the last sight of lightning or the last sound of thunder.

If the severe weather is of great length or intensity, the Referee or lead contest official has the responsibility and authority to cancel the competition. Officials are encouraged to learn the weather forecast prior to game time. Safety of the public and participants is the most important factor in any decision of this type.

If a contest is postponed after the start due to inclement weather, the officials originally assigned to the contest shall make every effort to be available for the completion date. The member schools will not be liable for an additional fee for the officials to work the rescheduled game but will be liable for any additional travel expense (mileage) fee. Each local officials association is to implement a policy for the remuneration of officials working a rescheduled contest who were not originally assigned to the contest.

If a contest is cancelled while the officials are en route, the home school is responsible for the payment of a mileage fee to the official or crew of officials, plus a fee of 1/5 of the scheduled contest fee to each official.

If a contest is cancelled and the officials are notified prior to departure, there is no financial liability on the part of the school.

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
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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
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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												