

**SECTION**  
**NINE**  
**FOOTBALL**  
**HANDBOOK**  
**2007**

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Please take the time to carefully read the nineteenth edition of the section #9 Football Handbook. The purpose of this handbook is to provide you with updated information governing Football in Section #9 and New York State.

1. The pre season rules interpretation meeting will take place on **Sunday August 12<sup>th</sup> at 6 P. M. in the Pine Bush High School Auditorium.**
2. Classes AA, A and B will be involved in division playoffs this year. As a result the scheduled 9<sup>th</sup> game may not be played, and a cross over game will be arranged for those teams not participating in the playoffs. This game must be played. **For all teams not involved in the playoffs a film exchange is recommended. It should take place no later than the Sunday prior to the game. Arrangements are to be made by the head coaches involved.**
3. You have the option of starting the Junior Varsity Football program one week later than the Varsity as per the Section #9 Schedule.
4. Check with your Athletic Director to make sure that he has confirmed all in section and out of section games played on all levels as per date, time and site.
5. If you are scheduled to play at Dietz Stadium contact Rick Tavares to confirm your site time and date. If you are going to need a Public Address announcer you must request one other wise they will assume that you are providing your own.
6. If you need an EMT contact Peter Meoli. Medical coverage will not be provided at Dietz unless you request it. If in addition to an EMT you wan an ambulance to standby contact Rick Tavares and he will tell you how to arrange it.
7. For post season play beginning with Regional play completed Codes of Conduct are mandatory. A current copy is enclosed in this handbook. Without the completed codes the game will be forfeited.
8. Included under rules changes in the handbook is a proposal to change the **classification numbers** for 2008. This is something that we have done in the past and continue to do to try to maintain a balance of approximately 20% of all football playing schools in each classification.
9. Please bring to your Athletic Directors attention any changes in equipment, of field markings.

Best Wishes!

**Football 2007  
Division Playoffs 2007**

Friday October 26	Class A	Second vs Third	Dietz Stadium 4:00 P. M.
Friday October 26	Class A	First vs fourth	Dietz Stadium 8:00 P. M.
Saturday October 27	Class AA	Div 1 winner vs Div 2-2 <sup>nd</sup>	Dietz 1:00 P. M.
Saturday October 27	Class AA	Div 2 winner vs Div 1-2 <sup>nd</sup>	Dietz 5:00 P. M.
Sunday October 28	Class B	Div 1 winner vs Div 2-2 <sup>nd</sup>	Dietz 2:00 P. M.
Sunday October 28	Class B	Div 2 winner vs Div 1-2 <sup>nd</sup>	Dietz 6:00 P. M.

**Snow dates Sunday October 28<sup>th</sup> and Monday October 29<sup>th</sup>**

**Sectional Schedule 2007**

Friday November 2	Class D	Dietz Stadium	4 P. M.
Friday November 2	Class A	Dietz Stadium	8 P. M.
Saturday November 3	Class C	Dietz Stadium	3 P. M.
Saturday November 3	Class AA	Dietz Stadium	7 P. M.
Sunday November 4	Class B	Dietz Stadium	3 P. M.

**Snow Dates Sunday November 4<sup>th</sup> and Monday November 5<sup>th</sup>**  
**Sat Exams Nov3,07**

**Regional Schedule 2007**

Friday November 9	Class A	Dietz Stadium	7:30 P. M.
Saturday November 10	Class B	Mahopac	7:30 P. M.
Saturday November 10	Class C	Dietz Stadium	3:30 P. M.
Saturday November 10	Class D	Mahopac	4:00 P. M.
Saturday November 10	Class AA	Dietz Stadium	7:30 P. M.

(tentative Sat Nov 10 Class AA Sectional Mahopac 12 Noon)  
**2007 Section #1 has the bye      2010 Section #1 has the bye**  
**2008 Section #9 has the bye(sec1 home team)2011 Section 9 has bye. (sec#2 home)**  
**2009 Section #2 has the bye      2012 Section #2 has bye.**  
**Snow dates Sunday November 11 and Monday November 12<sup>th</sup>.**

**East Semi Finals 2007 Sections 1, 2, 7, 9, 10**

Friday November 16	Class D	Dietz Stadium	4:00 P. M.
Friday November 16	Class A	Dietz Stadium	8:00 P. M.
Saturday November 17	Class C	Dietz Stadium	12 Noon
Saturday November 17	Class B	Dietz Stadium	4:00 P. M.
Saturday November 17	Class AA	Dietz Stadium	8:00 P. M.

**Snow Dates Sunday November 18<sup>th</sup> and Monday November 19<sup>th</sup>.**

**Football Finals 2007  
November 23, 24, or 25<sup>th</sup>.**



# NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION, INC.

## REGIONALS 2007

### Section I vs Section IX

Friday, November 9	Class A	7:30pm	Dietz
Saturday, November 10	Class B	7:30pm	Mahopac
Saturday, November 10	Class C	3:30pm	Dietz
Saturday, November 10	Class D	4:00pm	Mahopac
Saturday, November 10	Class AA	7:30pm	Dietz
(Section I Class AA bye)			

### Section VI @ Section V Paetec Park

Friday, November 9	Class D	5:00
	Class A	8:00
Saturday, November 10	Class C	12:00
	Class B	3:00
	Class AA	6:00

### Section III @ Section IV Binghamton High School

Friday, November 9	Class D	5:00
	Class A	8:00
Saturday, November 10	Class C	12:00
	Class AA	3:00
	Class B	6:00

### Section II vs Section 7/10

Friday, November 9	Class A	7:00	@ Section 2
Friday, November 9	Class B	7:00	@ Section 7/10
Saturday, November 10	Class C	1:00	@ Section 2
Saturday, November 10	Class D	1:00	@ Section 7/10

### Section II vs Section IX

Saturday, November 10	Class AA	7:30	@ Dietz
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**NYSPHSAA  
SEMI-FINALS  
2007**

**Dietz Stadium                      Sections    1, 2, 9 & 7/10**

<b>Friday, November 16</b>	<b>Class D</b>	<b>4:00 pm</b>
<b>Friday, November 16</b>	<b>Class A</b>	<b>8:00 pm</b>
<b>Saturday, November 17</b>	<b>Class C</b>	<b>12:00</b>
<b>Saturday, November 17</b>	<b>Class B</b>	<b>4:00 pm</b>
<b>Saturday, November 17</b>	<b>Class AA</b>	<b>8:00 pm</b>

**Paetec Park                      Sections    3, 4, 5 & 6**

<b>Friday, November 16</b>	<b>Class D</b>	<b>5:00 pm</b>
<b>Friday, November 16</b>	<b>Class A</b>	<b>8:00 pm</b>
<b>Saturday, November 17</b>	<b>Class C</b>	<b>12:00</b>
<b>Saturday, November 17</b>	<b>Class B</b>	<b>3:00 pm</b>
<b>Saturday, November 17</b>	<b>Class AA</b>	<b>6:00 pm</b>

**CHAMPIONSHIP  
CARRIER DOME**

<b>Friday, November 23</b>	<b>Class D</b>	<b>11:00am</b>
<b>Friday, November 23</b>	<b>Class A</b>	<b>1:00 pm</b>
<b>Sunday, November 25</b>	<b>Class C</b>	<b>12:00</b>
<b>Sunday, November 25</b>	<b>Class AA</b>	<b>3:00pm</b>
<b>Sunday, November 25</b>	<b>Class B</b>	<b>6:00pm</b>

**FOR IMMEDIATE RELEASE**

Contact: Bob Colgate

**INDIANAPOLIS, IN (February 12, 2007) – In its continuing emphasis on illegal helmet contact in high school football, the National Federation of State High School Associations (NFHS) Football Rules Committee reorganized and clarified several rules with the intention of further reducing the risk of injury in the sport.**

**Rules revisions regarding illegal helmet contact were among 14 rules revisions made by the committee at its January 20-21 meeting in Indianapolis. The rules changes were subsequently approved by the NFHS Board of Directors.**

**In Rule 2, the committee placed butt blocking, face tackling and spearing under the heading of "Helmet Contact – Illegal" to place more emphasis on risk-minimization concerns. In Rule 9-4-3, the committee added a note that lists examples of some types of illegal helmet contact that could result in disqualification.**

**Examples of illegal helmet contact that could result in disqualification include, but are not limited to: a) illegal helmet contact against an opponent lying on the ground; b) illegal helmet contact against an opponent being held up by other players; and c) illegal helmet-to-helmet contact against a defenseless opponent.**

**In addition, the committee formulated a definition of a flagrant foul, an often-used term in the rules book but which previously was not specifically defined. A flagrant foul will be defined as a foul that may or may not involve physical contact, but involves such acts as fighting, contacting a game official, fouls so severe as to place an opponent at risk, persistent or extreme abusive conduct and the use of vulgar language or gestures.**

**"While these changes mostly involve reorganization, the committee is confident that the rules now place a stronger emphasis on flagrant acts and illegal helmet contact," said Bob Colgate, NFHS assistant director and liaison to the Football Rules Committee. "These revisions continue our ongoing emphasis on risk minimization and good sportsmanship."**

**"Annually, the NFHS Football Rules Committee has sought ways to better promote the health and physical welfare of the participants and cultivate the high ideals of good sportsmanship," said Brad Cashman, executive director of the Pennsylvania Interscholastic Athletic Association and chair of the NFHS Football Rules Committee.**

"The rules committee has again raised the standard in regard to both areas of concern."

Changes in the football game jersey specifications that were approved last year for implementation in 2010 were revised slightly this year, and the implementation date was moved back to 2012. The revised rule will still require the visiting team's game jerseys to be white and contrast with the home team's jersey.

"The changes made this year by the committee will provide manufacturers and schools a clearer direction on the specifications," Colgate said. "The committee extended the implementation date to give schools an opportunity to make the necessary adjustments during the normal uniform rotation and replacement cycles during the next five seasons."

In Rule 8-2-2, an enforcement option has been added when there is a foul by the opponent of a team scoring a touchdown. In addition to its previous option of accepting the result of the play and having the penalty enforced on the try-for-point, the scoring team may choose to have the foul enforced on the ensuing kickoff.

Two changes were made in Rule 1-2-3 regarding "The Field and Markings." A 4-inch-wide broken restraining line is now required around the outside of the field, and the line must be at least two yards from the sidelines and end lines. The only exception to this rule will be in stadiums where the total field enclosure does not permit the line. In addition, a line, 4 inches wide by 12 inches long, that bisects the limit line at each 5-yard line extended, may be used.

"These lines are used to assist line-to-gain crews, as well as providing additional safety features for players, officials and sideline media; helping game officials with an unobstructed sideline operating area; and providing coaches with an unobstructed view from the coaching box," Colgate said.

Rule 1-2-3 now will also provide rule support for the location and dimension of a three-yard line marking that appears on the field diagram. A line, 4 inches wide by a minimum of 24 inches in length, shall be centered and placed three yards from each goal line.

The committee added two new articles to Rule 10-4 regarding basic spots for enforcement of penalties. The basic spot will be the 20-yard line for plays when the end of the related run is in the end zone followed by a loss of possession and the ball re-enters the playing field and then goes out of bounds.

Following are other changes approved by the Football Rules Committee:

- Added the word "legal" to the definition of a passer to help clarify Rule 2-31-11.
- Provided an opportunity for a coach who assumes the head coaching responsibility during a game (when the head coach has been disqualified) to call a time-out.

- Beginning with the 2008 season, required forearm pads to meet same specifications as gloves and hand pads as set forth by the Sporting Goods Manufacturers Association in 1994. The new rule will require forearm pads to have the NFHS/NCAA label attached beginning in 2008.

- In six-, eight- and nine-player football, reduced the free-blocking zone to a zone three yards on either side of the snap and three yards behind each line of scrimmage.

In terms of the number of participants, football is the most popular high school sport for boys. According to the 2005-06 NFHS High School Athletics Participation Survey, 1,071,775 boys played 11-player football, with another 25,000 involved in six-, eight- and nine-player football. In addition, 1,264 girls played high school football in 2005-06.

### **About the National Federation of State High School Associations (NFHS)**

The NFHS, based in Indianapolis, Indiana, is the national leadership organization for high school sports and fine arts activities. Since 1920, the NFHS has led the development of education-based interscholastic sports and fine arts activities that help students succeed in their lives. The NFHS sets direction for the future by building awareness and support, improving the participation experience, establishing consistent standards and rules for competition, and helping those who oversee high school sports and activities. The NFHS writes playing rules for 17 sports for boys and girls at the high school level. Through its 50 member state associations and the District of Columbia, the NFHS reaches more than 18,500 high schools and 11 million participants in high school activity programs, including more than 7 million in high school sports. As the recognized national authority on interscholastic activity programs, the NFHS conducts national meetings; sanctions interstate events; produces publications for high school coaches, officials and athletic directors; sponsors professional organizations for high school coaches, officials, spirit coaches, speech and debate coaches and music adjudicators; and serves as a national information resource of interscholastic athletics and activities. For more information, visit the NFHS Web site at [www.nfhs.org](http://www.nfhs.org).

**MEDIA CONTACTS:** Bruce Howard or John Gillis, 317-972-6900

National Federation of State High School Associations

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*Proposal for 2008?*

**NYSPHSAA Football  
Five Classification 20% Distribution Proposal  
(For 2008 season, based on 2007 BEDS numbers)**

Section	Year	Class D 0-280	Class C 281-440	Class B 441-625	Class A 626-1050	Class AA 1051+	Total
1	2008	2	12	14	18	20	66
	Change	NC	+3	-3	+3	-3	
2	2008	7	17	10	11	14	59
	Change	NC	+1	-1	+1	-1	
3	2008	18	22	13	13	14	80
	Change	NC	+3	-3	NC	NC	
4	2008	15	10	10	7	4	46
	Change	NC	+2	-2	+1	-1	
5	2008	17	11	13	14	15	70
	Change	+1	+1	-2	+6	-6	
6	2008	17	12	12	16	12	69
	Change	NC	+2	-2	NC	NC	
7	2008	3	2	4			9
	Change	NC	+1	-1			
9	2008	4	5	9	7	9	34
	Change	NC	+1	-1	+1	-1	
10	2008		1	3	5		9
	Change		NC	NC	NC		
Totals	2007	82	78	103	79	100	442
	%	18.5%	17.6%	23.4%	17.8%	22.7%	
	2008	83	92	88	90	88	442
	%	18.8%	20.8%	20.0%	20.4%	20.0%	
	Change	+1	+14	-15	+11	-12	

**Rationale:**

Over the past five years, two classes (AA & B) have significantly increased and two classes (A & C) have decreased in size. We are trying to distribute the football playing schools within the NYSPHSAA into five equal classes. Based on the 2006-2007 Beds Report, there are 442 football playing schools in NYSPHSAA. A 20% per class distribution would place 88-89 Schools in each class. To accomplish this, the following changes in classification would have to be made. This proposal will be implemented in the 2008 season.

## **FOOTBALL AWARDS**

**Division Playoffs:                    Most Valuable Offensive player and most Valuable Defensive Player.**

### **SECTIONALS**

- a)      Section #9 Championship Trophy(Trophy to rotate from year to year)
- b)      Plaque given to 1<sup>st</sup> Place and 2<sup>nd</sup> Place teams.
- c)      Section #9 patches to the winning team.
- d)      Most Valuable Offensive Player and Most Valuable Defensive Player

### **REGIONALS**

- a)      Certificates for Participation for each team member.
- b)      First Place Team Plaque.
- c)      Most Valuable Offensive Player
- d)      Most Valuable Defensive Player

### **SEMI-FINALS**

- a)      No certificates are given out at this level of competition to participants.
- b)      First Place and Finalist Team plaque.
- c)      Most Valuable Offensive Player – Each team.
- d)      Most Valuable Defensive Player – Each team.

### **CHAMPIONSHIP**

- a)      Certificate of Participation (red) for each team member.
- b)      Medals for each team participant (total – 55).
  - 1<sup>st</sup> Place – Gold Medal – Red/White/Blue Ribbon
  - 2<sup>nd</sup> Place – Silver Medal – Red/White/Blue Ribbon
- c)      New York State Shape Team Plaque
  - 1<sup>st</sup> Place with 6” Gold Medallion
  - 2<sup>nd</sup> Place with 6” Silver Medallion
- d)      Most Valuable Offensive Player – Each Team
- e)      Most Valuable Defensive Player – Each Team

**SECTION #9 FOOTBALL COMMITTEE.**

**John C. Ford**                      **Chairman, Section #9**                      **Home Phone: 845-338-7433**  
**Home Phone: 518-585-7647**  
**Cell: 845-594-8808**

**Dennis Burkett**                      **Assistant Chairman**                      **Home Phone: 845 255-5933**  
**A. D. Phone: 845-236-5806**  
**Cell: 845-742-9165**

**CLASS REPRESENTATIVES**

**Marshall Canosa**                      **Class AA**                      **Home Phone: 845-744-5482**  
**School Phone: 845-744-2031**  
**Ext 3110**  
**Fax: 845-744-6119**

**Robert Corvino**                      **Class A**                      **Home Phone: 845-856-7593**  
**A.D. Phone: 845-858-3126**

**Tom Cassata**                      **Class B**                      **Home Phone: 845- 876-8853**  
**A.D. Phone: 845-758-2241 Ext 3248**

**Tim Bult**                      **Class C**                      **Home Phone: 845- 292-4837**  
**Phone: 845-292-5400**  
**Ext 2013**

**Frank Kean**                      **Class D**                      **Home Phone: 845-856-3446**  
**School Phone:845-557-6014**



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**The New York State High School Football Coaches Association**

P.O. Box 812, 4174 Thompson Beach, Canastota, NY 14424  
 Phone: (585) 394-6794 Fax: (585) 393-1742



**INVOICE YEAR:**

Name \_\_\_\_\_ School \_\_\_\_\_ Section \_\_\_\_\_

Head Coach  Assistant Coach

Home Address: \_\_\_\_\_

School Address: \_\_\_\_\_

- Active Coach.....\$25.00
- Associate Member.....\$30.00  
(school administrators or non-coaching member)
- Retired Coach.....\$20.00
- Allied Member Athletic Director.....\$25.00
- Institutional Member.....\$100.00  
(Junior College, College, University, Professional Team,

Staff membership (head coach & 6 assistants).....\$100.00

Name \_\_\_\_\_ Address \_\_\_\_\_  
 Name \_\_\_\_\_ Address \_\_\_\_\_  
 Name \_\_\_\_\_ Address \_\_\_\_\_  
 Name \_\_\_\_\_ Address \_\_\_\_\_  
 Name \_\_\_\_\_ Address \_\_\_\_\_  
 Name \_\_\_\_\_ Address \_\_\_\_\_

**NEW YORK STATE HIGH SCHOOL FOOTBALL COACHES ASSOCIATION OBJECTIVES:**

- † Promote harmonious relationships between administrators and coaches in their respective schools concerning the administration of football and athletics in general.
- † Assist in promoting pure and wholesome amateur interscholastic football and athletics in the schools of New York.
- † Help maintain the highest possible standards in the sport of football, interscholastic athletics, and the coaching profession and work together for the improvement of conditions in New York High School Athletics.
- † Secure a better understanding of the problems of coaching high school football and place at the disposal of coaches, sources of information.
- † Have a representative group of coaches to which may be referred athletic problems of general interest in the hope of creating better relationships between schools and a sympathetic understanding of athletic problems.
- † Promote good fellowship and social contacts among coaches.
- † Bring to the members the latest methods and techniques of coaching the sport of football.

**BENEFITS OF MEMBERSHIP IN THE NYSHSFCFA:**

- † Quarterly newsletter outlining the latest news, rule changes, rankings, and position vacancies/staff changes throughout the state.
- † Up-to-date information on the newest techniques and developments in the football industry, as well as information on clinics and speakers in your area.
- † Opportunity to create and vote on state-wide awards such as: Player of the Year, All-State Team, Community Service Award, Coach of the Year, etc.
- † Attend an annual convention, held in conjunction with the State Football Championships in Syracuse, including exhibits, clinics, guest speakers, and an annual banquet honoring the Coach of the Year.

**SECTION #9 FOOTBALL COACHES DIRECTORY**

**Burke High School**

**Head Football Coach**

**Jeremy Beamon  
Charlotte Mews  
Middletown, New York 10940  
Home Phone: 845-343-0670  
Work Phone: 845:294-5481 Ext 236  
Adam Kless  
Cell Phone: 845-721-1995**

**Athletic Director**

**Chester High School**

**Head Football Coach**

**Ron Stover  
11 Cherrywood Drive  
Goshen, New York 10924  
School Phone: 845-351-4786 ext 180  
(Tuxedo High School)  
Work Phone: 845-469-2233 ext 319  
Home Phone: 845-465-8571  
Kris Fellicello  
School Phone: 845-469-2231 Ext. 3306  
Home Phone: 845-795-1107**

**Athletic Director**

**Cornwall High School**

**Head Football Coach**

**Matt Buddenhagen  
24 Brittany Drive  
Middletown, New York 10940  
Home Phone:845-9886430  
WorkPhone 845-534-8009 ext 5226  
Lew Cioffi  
A.D. Phone: 534-8939 Ext 4032  
Home Phone: 845-778-3925**

**Athletic Director**

**Eldred High School**

**Head Football Coach**

**Frank Kean  
10 Valley View Drive  
Glen Spey, New York 12737  
School Phone:845-557-6014 ext 22  
Home Phone: 1-845-856-3446  
Al Wojtaszek  
A.D. Phone: 845- 557-8039  
Home Phone: 845-856-1161**

**Athletic Director**

Ellenville High School

Head Football Coach

Tony Borriello  
5 Helen Street  
Ellenville, New York 12428  
School Phone: 845-647-0134  
Home Phone: 845-647-1400

Athletic Director

Mary Borriello  
A.D. Phone: 845-647-0134  
Home Phone: 845-647-1406

FDR High School

Head Football Coach

Harry Harrington  
RRI Deer Ridge Drive  
325 Stattsburg, New York 12580  
Home Phone: 845-889-4049  
Work Phone: 845-892-2164.

Athletic Director

Amy McCardle  
School Phone: 845-229-4020 Ext 290  
Home Phone: 845-562-9368

Goshen High School

Head Football Coach

Chip Elliott  
101 Homestead Avenue  
Maybrook, New York 12543  
School Phone: 845-294-2430  
Home Phone: 845-427-2608  
Bob Siracuse  
A.D. Phone: 845-294-2437 (38)  
Cell Phone: 1-914-850-1454  
Home Phone: 845-651-4550

Athletic Director

Highland High School

Head Football Coach

Carl Relyea  
105 Vista Drive  
Highland, NY 12528  
School Phone: 845- 691-1083  
Home Phone: 845-691-3987

Athletic Director

Peter Watkins  
A.D. Phone: 845-691-1032  
Home Phone: 845-691-6172

**Kingston High School**

**Head Football Coach**

**Tom Loughlin**  
31 Lainey Lane  
Kingston, NY 12401  
School Phone: 845-331-1970 ext 386  
Home Phone: 845-339-1190

**Athletic Director**

**Glen Maisch**  
A.D. Phone: 845-331-4161 -331-1970  
Ext 236  
Home Phone: 845-336-5937  
Cell 914-388-9765

**Liberty High School**

**Head Football Coach**

**Jim O'Connor**  
239 Sursi Hill Road  
Jeffersonville, New York 12748  
Phone: 845-482-3298  
School Phone: 845-292-5400 ext 2013

**Athletic Director**

**A.D. Phone: 845-292-5400, Ext. 2013**

**Livingston Manor High School**

**Head Football Coach**

**Kevin Clifford**  
19 School Street  
Livingston Manor, NY 12758  
School Phone: 845-439-4400  
Home Phone: 914-797-1050

**Athletic Director**

**John Evans**  
A.D. Phone: 845-439-4400, Ext. 246  
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**Marlboro High School**

**Head Football Coach**

**Robert M. Koonz**  
PO Box 412  
High Falls, NY 12440  
School Phone: 845-236-5810  
Home Phone: 845-687-4704

**Athletic Director**

**Dennis Burkett**  
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Middletown High School  
Head Football Coach

Steve Barone

Athletic Director

David Coates  
1743 State Route 17 K  
Montgomery, New York 12549  
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Cell Phone: 845-591-5571  
Home Phone: 845-457-9205

Millbrook High School  
Head Football Coach

Greg Scott  
P. O. Box 463  
Millbrook, New York 12545  
School Phone: 845-485-8901  
Home Phone: 845-677-9227  
Brian DeVincenzi  
A.D. Phone: 845-677-4210 ext 114  
Home Phone: 845-297-0040

Athletic Director

Minisink High School  
Head Football Coach

Kevin Gallagher  
247 Eatontown Road  
Middletown, New York 10940  
School Phone: 845-355-5173  
Home Phone: 845-355-2740

Athletic Director

Frank Carrozza  
A.D. Phone: 845-355-5172  
Home Phone: 845- 457-5108

Monroe-Woodbury High School  
Head Football Coach

Pat D'Aliso  
84 Walton Terrace  
Monroe, NY 10950  
School Phone: 845-928-6508 ext 2671  
Home Phone: 845-774-2901  
Ron Montalto  
A.D. Phone: 845-928-2321, Ext. 6231  
Home Phone: 845-693-8768  
Cell Phone: 845-721-0695

Athletic Director

**Newburgh Free Academy**  
**Head Football Coach**

**Athletic Director**

**Charles Chatham**  
351 Pressler Road  
Wallkill, NY 12589  
School Phone: 845-563-5418  
Home Phone: 845-566-4865  
**Chris Townsend**  
A.D. Phone: 845-563-5419  
Home Phone: 845-561-6229

**Page 13**

**New Paltz Central High School**  
**Head Football Coach**

**Athletic Director**

**Tom Tegeler**  
3375 Route 209  
Stone Ridge, New York 12484  
Home Phone: 845-687-9128  
School Phone: 845-256-4153 ext 1563

**Antonia Woody**  
A.D. Phone: 845-256-4153  
845-256-4151  
Home Phone: 845-457-4890

**O'Neill High School**  
**Head Football Coach**

**Athletic Director**

**Ken Hindershot**  
School Phone: 845-446-4914 ext 264  
Home Phone:  
**Charley Maher**  
AD Phone: 845-446-4917 ext 243  
Cell Phone: 845-629-3922  
Home Phone: 845-629-3922

---

**Onteora High School**

**Head Football Coach**

**Athletic Director**

**TBA**  
  
**WorkPhone:**  
**Home Phone:**  
**TBA**  
**A.D. Phone: 845-657-2677, Ext 256**

Head Football Coach

Jim Wright  
1554 Ulster Heights Road  
Ellenville, New York 12428  
School Phone: 845-744-2031 Ext 4408  
Home Phone: 845-647-0192  
Cell: 845-532-8311

Athletic Director

Harold Fried  
A.D. Phone: 845-744-2031, ext. 3607/3608  
Home Phone: 794-4641

Pine Plains High School

Head Football Coach

Tom Giorgio  
4 Princeton Street  
Red Hook, New York 12567  
Work Phone: 518-398-7181 ext 366  
Home Phone: 845-758-2619

Athletic Director

Tom Giorgio  
A.D. Phone: 518-398-7181, ext.366

Port Jervis High School

Head Football Coach

Bob Corvino  
8 Space Drive  
Huguenot, NY 12746  
School Phone: 845-858-3126  
Home Phone: 845-856-7593  
Cell Phone: 845-344-7876

Athletic Director

Bob Corvino  
Same as above

Red Hook High School

Head Football Coach

Tom Fay  
6 Tina Drive  
Highland, New York 12528  
Home Phone: 845-691-5859  
845-691-6620

Athletic Director

Tom Cassata  
A.D. Phone: 845-758-2241, ext. 3248  
Home Phone: 845-876-8853

Head Football Coach

James Malak  
25 Michael Drive  
Cottkill, New York 12419  
School Phone: 845-687-2400 Ext 4216  
Home Phone: 845-687-4378

Athletic Director

Jake Maloney  
A.D. Phone: 845-687-2400, Ext. 4287  
Cell:845-706-3297  
Athletic Secretary: 845-687-2400 Ext 4387

Roscoe High School  
Head Football Coach

Fred Ahart  
PO Box 341  
Roscoe, NY 12776  
School Phone: 845-439-3527 or (607) 498-4126 EXT 135  
Home Phone: 607- 498-4341  
Cell Phone: 845-866-5140

Athletic Director

Fred Ahart  
Same as above

Sullivan West High School  
Head Football Coach

Ron Bauer  
Box 292  
1072 Route 132  
Callicoon, New York 12723-5513  
School Phone: 845-887-5301  
Home Phone: 845-887-4377

Athletic Director

David Franskevicz  
A.D. Phone: 845- 932-8401 ext 1284  
Home Phone: 845-932-9819

Saugerties High School

Head Football Coach

Mike Melville

Athletic Director

School Phone: 845-247-6650  
Home Phone:  
Lee Molyneaux  
School Phone:845-247-6675

Spackenkill High School

Head Football Coach

Don Neise

Athletic Director

School Phone: 845- 463-7824

Home Phone: 845-440-3562

TBA

A. D. Phone: 845- 463-7824

Tri-Valley High School

Head Football Coach

TBA

Athletic Director

School Phone: 845-985-2296 Ext 5411

Home Phone:

Joe Iatauro

A.D. Phone: 845-985-2296 ext 5411 / 5502

Home Phone: 845-985-7300

Valley Central High School

Head Football Coach

Ron Introini

93 The Knolls

Warwick, New York 10990

School Phone: 845-457-2400

Home Phone: 845-986-4256

Athletic Director

George St. Lawrence

A.D. Phone: 845-457-2400 ext 7024/7029

Home Phone: 845-615-1605

Wallkill High School

Head Football Coach

Dave Dercola

220 Orchard Street

Hurley, New York 12443

School Phone: 845-895-7150

Home Phone: 845-331-2417

Athletic Director

Jeff Hartman

A.D. Phone: 845-895-8041

Home Phone: 845-255-7271

Warwick High School  
Head Football Coach

Jim Sciarra

School Phone: 845-987-3050 ext2416

Home Phone:

John B. Russo

A.D. Phone: 845-987-3065

Home Phone: 845-651-4215

Athletic Director

Washingtonville High School  
Head Football Coach

Tim Johnson

P. O. Box 829

Newburgh, New York 12551

School Phone: 845-497-2200 ext 24562

Home Phone: 845-565-5326

Lorraine Barbarash

A.D. Phone: 845-497-2200Ext 24561

Home Phone: 845-469-0949

Athletic Director

Webutuck High School  
Head Football Coach

Douglas Winslow

25 Maple Lane

Red Hook, New York 12571

School Phone: 845-373-4106

Home Phone: 845-756-3217

Peter Stefonowich

AD Phone: 845-373-7049




Home Phone: 845-632-1864

Cell:914-475-0644

Athletic Director

**NYSPHSAA  
State Football Committee  
2007**

<p><b>SECTION 1</b> Charles "Chuck" Scarpulla Sleepy Hollow H.S. 210 N Broadway Sleepy Hollow NY 10591 Work: (914) 631-3664 Home: (845) 268-7558 E-Mail: <a href="mailto:cscarpulla@TUFSD.org">cscarpulla@TUFSD.org</a> Fax: (914) 631-8245</p>	<p><b>SECTION 4</b> David Garbarino Binghamton High School 98 Oak Street Binghamton, NY 13905 Work: (607) 762-8146 Home: (607)723-9789 E-Mail: <a href="mailto:garbarid@binghamptonschools.org">garbarid@binghamptonschools.org</a>  Fax: (607) 762-6028</p>
<p><b>SECTION 2</b> Gary VanDerzee Ravena Coeymans Selkirk(retired) 702 Starr Road Ravena, NY 12143 Phone: 518-767-9236 (H) E-Mail: <a href="mailto:lgvanderzee@cs.com">lgvanderzee@cs.com</a> Fax: 518-767-0362</p>	<p><b>SECTION 5</b> Neil Zwierlein Rochester City School District 131 West Broad Street Rochester, NY 14614 Phone: 585-262-8281 (W) 585-865-9429 (H) E-Mail: <a href="mailto:cornelius.zwierlein@rcsdk12.org">cornelius.zwierlein@rcsdk12.org</a> Fax: 585-262-8768</p>
<p><b>SECTION 3</b> Bob Campese East Syracuse Minoa 6400 Fremont Road East Syracuse, NY 13057 Work: (315) 656-3083 Home: (315) 656-7242 E-Mail: <a href="mailto:bcampese@esmschools.org">bcampese@esmschools.org</a> Fax: (315) 656-4307</p>	<p><b>SECTION 5</b> Dick Cerone Retired 58 Kaywood Drive Rochester, NY 14626 Home: (585) 225-9296 E-Mail: <a href="mailto:dceronenys5@aol.com">dceronenys5@aol.com</a></p>
<p style="text-align: center;"><b>NYSPHSAA OFFICE E-MAILS</b></p> <p>Nina – <a href="mailto:nvanerk@nysphsaa.org">nvanerk@nysphsaa.org</a> Lloyd – <a href="mailto:lmott@nysphsaa.org">lmott@nysphsaa.org</a> Bob – <a href="mailto:rstulmaker@nysphsaa.org">rstulmaker@nysphsaa.org</a> Joe – <a href="mailto:altieri@nysphsaa.org">altieri@nysphsaa.org</a></p>	<p><b>SECTION 6</b> Chuck Funke Retired 1501 W Blood Road East Aurora NY 14052 Phone: 716-821-7262 (W) 716-655-1473 (H) E-Mail: <a href="mailto:cfunke@elb.org">cfunke@elb.org</a> or <a href="mailto:cfunke@adelphia.net">cfunke@adelphia.net</a> Fax: 716-821-7291</p>

<p><b>SECTION 7</b>  Patrick Keleher  Work: (518) 962-8236  Cell: (518) 312-8592  E-Mail: <a href="mailto:keleher2997@charter.net">keleher2997@charter.net</a></p>	<p><b>SECTION 11</b>  Wayne Shierant  West Islip Public Schools  100 Sherman Avenue  West Islip, NY 11795  Phone: (631)-893-3200 Ext. 344 (W)  Home: (631) 288-8849  E-Mail: <a href="mailto:wayneemch22@optonline.net">wayneemch22@optonline.net</a>  Fax: (631) 893-3220</p>		
<p><b>SECTION 8</b>  Patrick Pizzarelli  Lawrence Public Schools  LHS 2 Reilly Road  Cedarhurst, NY 11516  Work: (516) 295-8081  Home: (516) 528-6529  E-Mail: <a href="mailto:ppizz@lawrence.k12.ny.us">ppizz@lawrence.k12.ny.us</a>  Fax: (516) 295-8068</p>	<p><b>NYSHSFCA</b>  Tom Heinzelman NYSHSFCA President  Hudson Falls  East LaBarge Street  Hudson Falls, NY 12839  Work: (518) 681-4231  Home: (518) 798-3547  E-Mail: <a href="mailto:theinzel@hfcfsd.org">theinzel@hfcfsd.org</a>  Fax: (518) 746-9033</p>		
<p><b>SECTION 9</b>  John Ford  Retired/New Paltz</p> <table border="0"> <tr> <td data-bbox="196 1124 399 1216"> 114 Escopus Avenue  Ulster Park, NY 12487  tel 845-331-7184  fax 845-331-8293 </td> <td data-bbox="407 1124 650 1297">  <b>Official Smartphone &amp; Message Display Supplier</b>  Summer Address:  2226 Black Point Road  Ticonderoga, NY 12883  tel/fax 518-585-7647  mobile 845-594-8808  e-mail <a href="mailto:ford@doktronics.com">ford@doktronics.com</a> </td> </tr> </table>	114 Escopus Avenue Ulster Park, NY 12487 tel 845-331-7184 fax 845-331-8293	 <b>Official Smartphone &amp; Message Display Supplier</b> Summer Address: 2226 Black Point Road Ticonderoga, NY 12883 tel/fax 518-585-7647 mobile 845-594-8808 e-mail <a href="mailto:ford@doktronics.com">ford@doktronics.com</a>	<p><b>NYSCFO EXECUTIVE SECRETARY</b>  Paul Weatherup  3404 East Genesee Street  Syracuse, NY 13214  Phone: 315-424-2515 (H)</p>
114 Escopus Avenue Ulster Park, NY 12487 tel 845-331-7184 fax 845-331-8293	 <b>Official Smartphone &amp; Message Display Supplier</b> Summer Address: 2226 Black Point Road Ticonderoga, NY 12883 tel/fax 518-585-7647 mobile 845-594-8808 e-mail <a href="mailto:ford@doktronics.com">ford@doktronics.com</a>		
<p><b>SECTION 10</b>  Matt Tessmer  Ogdensburg Free Academy  1100 State Street  Ogdensburg NY 13669  Work: 315-393-0900  Home: 315-393-1562  E-Mail: <a href="mailto:mtessmer@ogdensburgk12.org">mtessmer@ogdensburgk12.org</a></p>	<p><b>OFFICIALS' ASSIGNER</b>  Ric Hamblin  23 Jenna Way  Rochester Ny 14623  Home; (585) 427-9101  Work: (585) 247-6731  E-Mail: <a href="mailto:chamblin@rochester.rr.com">chamblin@rochester.rr.com</a></p>		

LIABILITY ALERT FORM

NYSACFO, INC.

Date of Game: \_\_\_\_\_ Place: \_\_\_\_\_

Name of injured player or number (if possible): \_\_\_\_\_

Names of schools playing contest: \_\_\_\_\_

Level of Play:        (JHS)            (JV)            (VARSITY)        (Please Circle)

Weather Conditions: \_\_\_\_\_

Condition of Field: \_\_\_\_\_

Names of Officials: \_\_\_\_\_

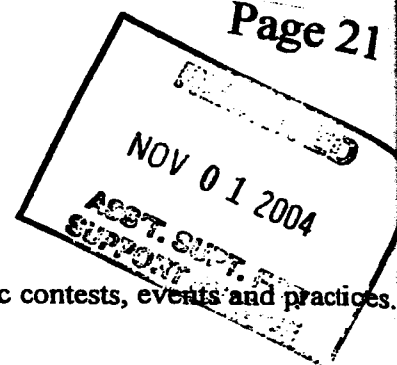
Please describe briefly what occurred (if possible): \_\_\_\_\_

Please return this form to Executive Secretary, NYSACFO, Inc., within 72 hours after a game in which a player was carried from the field of play via an ambulance.

Chapter: Central Hudson Valley      Date of Report: \_\_\_\_\_

**Please return this form to Dennis Geisler, Secretary,  
2 Beech Street, Red Hook, New York 12571, within  
72 hours after a game in which a player was carried  
from the field of play via an ambulance.**

**Section IX Lightning and Thunder Policy**  
**Prepared by the Section IX Safety Committee**



- I. Purpose/Philosophy**  
 The purpose of a lightning and thunder policy is to provide a safeguard for athletic contests, events and practices.
- II. Policy**  
 The occurrence of lightning and thunder is NOT subject to interpretation nor debate. Lightning and thunder necessitates that contests, events or practices be immediately suspended.
- III. Procedures**
- A. Chain of command**
1. The chain of command at athletic events is defined as:
    - a. Superintendent of School
    - b. Principal/Building Administrator
    - c. Sport chairs or their designees
    - d. Athletic Coordinator
    - e. Host site athletic directors or their designees
    - f. Officials
    - g. Sponsoring Coach
    - h. Security Personnel
- B. Sequential Response will include:**
1. Suspend play and direct participants to shelter in a public building or if building is unavailable, to a vehicle with a solid top.
  2. Monitor weather scanners/stations
  3. After lightning and thunder has passed, wait a full 30 minutes before resuming play
  4. Event suspension or evacuation procedures to be outlined during pre-event announcements.
- C. Host school responsibilities will include:**
1. To make a pre-event announcement that notes rules, regulations and evacuation procedures.
  2. Announcement to be read: "All spectators, competitors, and personnel should go inside to the school building as quickly as possible. A vehicle with a metal roof and the windows rolled up is a safe alternative to a sturdy building. DO NOT take shelter under trees or other lone objects. DO NOT remain on, under, or near metal bleachers, fences, or backstops."
  3. Authority to execute the sequential response shall be governed by the chain of command.
  4. Consideration to cancel or resume play must take into account a minimum 30 minute wait from the time of interruption. The rules of the sport will determine whether the contest is official or if the contest must resume at a later date.
  5. To plan for the occurrence of bad weather.
- IV. Communication of Lightning and Thunder Policy**
- A. Section workshops
  - B. League meetings
  - C. Preseason coaches meeting
  - D. Section IX heat clinics
  - E. Health Science and First Aid Update classes
  - F. Published plan sent to superintendents, principals, etc.
- V. Evaluations**
- A. Yearly

**TO: SECTION 2 FOOTBALL COACHES**

**FROM: BLASE IULIANO, BOB FORD, JIM SMITH,  
BRENT STEUERWALD**

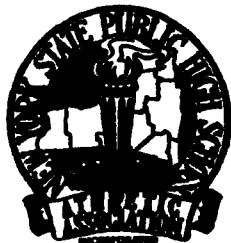
**RE: FOOTBALL FILM QUALITY**

**DATE: MARCH 29, 2006**

**THE ABOVE MET AS AN INFORMAL COMMITTEE AND DISCUSSED SUGGESTIONS TO IMPROVE THE QUALITY OF FOOTBALL GAME FILMS. SOME OF THE SUGGESTIONS INCLUDE:**

- 1. START THE CAMERA WHEN THEN TEAM BREAKS THE HUDDLE AND END WHEN THE LAST MAN IS UP FROM THE PILE.**
- 2. PICTURE SHOULD INCLUDE BACKFIELD, LINEBACKERS, AND RECEIVERS. NOT SIDELINES, STANDS, AND SCENERY.**
- 3. IF POSSIBLE, SHOW FORMATION AND COVERAGE THEN ZOOM IN TO ABOVE SETTING.**
- 4. FOR A PASS PLAY ZOOM OUT AND FOR A RUN PLAY ZOOM IN A LITTLE. THE CAMERA ITSELF SHOULD NOT MOVE THAT MUCH.**
- 5. SHOW DOWN AND DISTANCE, CHAIN GANG, BEFORE HUDDLE BREAKS.**
- 6. BOB FORD LIKES TO SHOW THE CLOCK AFTER EACH PLAY.**
- 7. IF POSSIBLE, GIVE VISITING CAMERA MAN A PLACE NEXT TO YOUR CAMERA OR A PLACE WHERE HE HAS A GOOD CAMERA ANGLE. SOMETIMES VISITING TEAM GAME FILMS ARE NOT VERY GOOD FOR EXCHANGE QUALITY OR PLAYER GOING TO COLLEGE.**
- 8. EXCHANGE TAPE SHOULD BE DONE ON THE "SP" SPEED NOT THE "SLP" SPEED.**
- 9. DISCUSS DIGITAL AND DVD EXCHANGE.**
- 10. OTHER SUGGESTIONS AND COMMENTS.**

# NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION, INC.



TO: Section Executive Directors, Dick Cerone, Section Football Coordinators  
 FROM: Nina VanErk *Nina VanErk*  
 DATE: April 20, 2005

I have been requested by Bob Gardner, NFHS, to share the memo below informing high school football coaches of the potential conflict with the NCAA regulation pertaining to inadvertent contact between college coaches and high school student athletes.

## OFFICERS

KATHRYN FABER  
*President*  
 Little Falls M.S.  
 Little Falls, NY 13365

DR. RONALD BLACK  
*1st Vice President*  
 76 Leaside Drive  
 West Seneca, NY 14224

PATRICK PIZZARELLI, CAA  
*2nd Vice President*  
 Lawrence High School  
 Cedarhurst, NY 11516

## STAFF

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*Executive Director*  
 518.439.8872  
 nvanerk@nysphsaa.org

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*Assistant Director*  
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 altieri@nysphsaa.org

KATHLEEN HIGLE  
*Treasurer*  
 518.439.8872  
 khigle@nysphsaa.org

TO: DIVISION I HEAD FOOTBALL COACHES  
 FROM: GRANT TEAFF  
 DATE: APRIL 18, 2005  
 SUBJECT: NCAA BYLAW 13.02.3

1. All new legislation regarding Division I Football will not go into effect until August; therefore, all current NCAA rules are still in effect.
2. All Division I Head Coaches are allowed to evaluate during the spring.

The AFCA and the National High School Federation with this memo are making a concerted effort to warn head coaches of the dangers of inadvertent contact. We are also requesting the help of our high school coaches across the nation in eliminating potential NCAA rule violations.

NCAA bylaw 13.02.3 regarding contacts must be strictly adhered to this spring and in the future.

*According to NCAA regulations bylaw 13.02.3, a contact is any face-to-face encounter between a prospect or the prospect's parents, relatives or legal guardian(s) and an institutional staff member or athletics representative during which any dialogue occurs in excess of an exchange of a greeting.*

*Any such face-to-face encounter that is prearranged (e.g., positions himself/herself in a location where contact is possible) or that takes place on the grounds of the prospect's educational institution or at the site of organized competition or practice involving the prospect or the prospect's high-school, preparatory school, two-year college or all-star team shall be considered a contact, regardless of whether any conversation occurs.*

*However, an institutional staff member or athletics representative who is approached by a prospect or the prospect's parents, relatives or legal guardian(s) any location shall not use a contact, provided the encounter was not prearranged and the staff member or athletics representative does not engage in any dialogue in excess of a greeting and takes appropriate steps to immediately terminate the encounter.*

GT:al

*Revised!*

**SECTION IX BY LAWS**  
**Unsportsmanlike Conduct Rule**  
**Revised by Section IX**

**Sportsmanship:** The NYSPHSAA and Section IX recognizes and appreciates that the influence and responsibility of the school administration with regard to good sportsmanship extends to all levels of competition. However, it must also be seen that the NYSPHSAA AND Section IX has been vested with the responsibility to ensure that all contests under its jurisdiction are conducted satisfactorily. This standard applies to all regular season and post schedule play.

**I. Coach:**

1. Any coach excluded by a certified official from an interschool competition for unsportsmanlike conduct is ineligible to coach any interschool competition in that sport until after the next previously scheduled contest at the same level (e.g. junior varsity, varsity, etc.) has been completed. **The coach may not be present at the game site.** NOTE: "Not being physically present at the site" means the disqualified coach is not to be present in the locker room, on the sidelines, in the stands or site area before, during or after the game/meet.
2. A coach who strikes, shoves, kicks or makes other physical contact with the intent to do so to another person (e.g. official, another coach, player, fan) shall be expelled immediately and banned from further participation or coaching in all sports for one year from the date of the offense.
3. The coach of the player(s) who was ejected will notify his/her Athletic Director of the incident on the same day that it occurred. The Athletic Director will then contact the League Coordinator to confirm that the player(s) will not be allowed to participate in the school's next scheduled game/games as above.

**II. Player:**

1. Any member of a squad ruled out of a contest for unsportsmanlike conduct or for a flagrant foul will have the following occur:
  - A. First Ejection – that player(s) cannot attend or participate in the next scheduled contest in that sport. If the season has ended the player(s) cannot attend or participate in the next scheduled contest in his/her next season of participation.
  - B. Second Ejection – that player(s) cannot attend or participate in the next two scheduled contests in that sport. If the season has ended the player(s) cannot attend or participate in the next two scheduled contests in his/her next season of participation.
  - C. Third Ejection – that player(s) cannot attend or participate in any remaining scheduled contests for the remainder of that sports season. If the season has ended the player(s) cannot attend or participate in the next three scheduled contests in his/her next season of participation.

**Please note: Disqualified from one season carry over to the next season of participation.**

**LEGAL PRACTICE AND GAME DATES  
FOR THE 2007 FOOTBALL SEASON**

Monday, August 13<sup>th</sup> 2007 – Football practice may begin.

Saturday, August 26<sup>th</sup> 2007 – First legal date for a scrimmage with another school.  
**Each player must have completed eleven (11) practices prior to Saturday**

**3-2-6-4 PRACTICE POLICY**

**Non-Contact Period**

3 Days – The first three- (3) days of practice must be non-contact, without protective pads and without blocking sleds and other devices. Helmets are permitted.

**Readiness Period**

2 Days – This period would be the second half of the conditioning phase. The intent is to provide a transition from the solely conditioning phase to the full contact phase. During these two (2) days, the addition of shoulder pads along with the use of blocking dummies sleds and other similar teaching and training devices is permissible. **No scrimmage or live contact drills will be allowed. (Players must have completed the 3 days of non-contact before participating in the readiness period.)**

**Contact Period**

6 Days – The next six- (6) days shall consist of contact with full protective equipment and use of training devices. Inter-school scrimmages will be allowed on the 12<sup>th</sup> day or any time thereafter. **(All players must have completed the Non-Contact Period – 3 Days, and the Readiness Period – 2 Days before they can participate in the Contact Period.)**

**Interschool Period**

4 Days – Four (4) additional practices must be held prior to the first interschool contest.

**Total Days Required**

**15 Team—15 Individual.** All individuals must complete the first five (5) days prior to participating in full contact drills. **Scrimmages are permitted on the 12<sup>th</sup> day and games on the 16<sup>th</sup> day.**

**Scrimmages**

11 Days – Individuals and teams must have eleven (11) days of practice to be eligible to participate in interschool scrimmages. You may scrimmage on the 12<sup>th</sup> day

Procedure for  
**SUBMITTING SPORTS RESULTS & SCHEDULES (\*\*NEW\*\*)**

When reporting Sectional, Regional and State Tournament scores, please forward all results to the following e-mail immediately after they happen: [sports@nysphsaa.org](mailto:sports@nysphsaa.org) or fax Pat Gillespie at 607.266.0232 (same # he had with iHigh).

This e-mail address is new as of October 16, 2006 and officially completes the transition away from iHigh. All NYSPHSAA State Championship schedules and results will now be hosted on [www.nysphsaa.org](http://www.nysphsaa.org).

\*\*\*\*\*

Procedure for  
**SUBMITTING ROSTERS**  
For 2007-08 NYSPHSAA Championship Programs

**Roster submissions**

Be sure Section coordinators/schools/coaches are following the roster submission procedure. For the fourth year rosters should only be submitted via the [nysphsaa.org](http://nysphsaa.org) web site. Here is a review of the instructions:

1. Go to: [www.nysphsaa.org](http://www.nysphsaa.org) and click on "forms" on the left menu.
2. Once you are in "forms", click on "roster reporting form"
3. Choose your sport and complete the roster, then click "submit"

NOTE: Before you click on "submit", print yourself out a copy for your file.

Please have roster forms submitted **IMMEDIATELY** following the completion of Sectionals

\*\*\*\*\*

Procedure for  
**SUBMITTING PICTURES**  
for NYSPHSAA Championship Programs

**Picture submissions**

For the fourth year we will be using the following e-mail address for Section coordinators/ schools/coaches to send their team photos to for championship programs:

**[pictures@nysphsaa.org](mailto:pictures@nysphsaa.org)**

Coordinators/schools/coaches will receive a confirmation from our office that their picture was received OK. Pictures should be submitted immediately after Sectionals conclude.

NOTE: PICTURES will not appear in the championship program if they are not submitted in this manner.

FOR QUESTIONS on reporting results or on championship programs, contact NYSPHSAA Assistant Director, Joe Altieri @ 518.690.0771 or [altieri@nysphsaa.org](mailto:altieri@nysphsaa.org) or Barb Sacci at [bsacci@nysphsaa.org](mailto:bsacci@nysphsaa.org).



# HOTEL/MOTEL REPORT

## SCHOOL

**TO THE SCHOOL TEAM COACH/SUPERVISOR:** This form is to be copied for your use in securing clearance and a report on the conduct of those under your supervision by the hotel/motel management which is your host. Complete the information below and present 2 copies to the hotel front desk upon check in. Request to have management check your rooms before leaving. Your protection and the welfare of the students will be served by your compliance in all instances.

School Name: \_\_\_\_\_ Section: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Team Sport: \_\_\_\_\_ # of Athletes \_\_\_\_\_ # of Chaperones: \_\_\_\_\_

Supervisor's Name: \_\_\_\_\_ Overnight Stay Date(s): \_\_\_\_\_

Name and Address of Hotel/Motel: \_\_\_\_\_  
\_\_\_\_\_

## HOTEL MANAGEMENT

Please complete this report commenting on the team's behavior during their stay. Your report will serve as a training in developing good citizenship. Your cooperation is appreciated in assisting the NYSPHSAA to achieve one of its goals for the student-athletes of its member schools.  
Return completed copy to: NYSPHSAA, 8 Airport Park Blvd., Latham, NY 12110 or fax to: 518-690-0775.

1. I consider the conduct of this group:      Excellent       Satisfactory       Unsatisfactory

2. Where the members of the group considerate of:

Hotel Patrons? (quiet in halls/rooms, courteous in lobby)      Yes       No

Hotel Employees? (elevator operators, switchboard/desk clerks, room maids)      Yes       No

3. Care of Property:

Were rooms damaged?      Yes       No

Was any property missing?      Yes       No

I do  do not  recommend the members of this group as desirable hotel guests.

Manager's Signature: \_\_\_\_\_

Remarks: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### MODIFIED FOOTBALL FIVE QUARTER

The five quarter procedure for modified football is an OPTION - A CHOICE - that can be implemented by any two competing schools or groups of schools. It could also be utilized, if desired, at the junior varsity level. The purpose of the five quarter football is to provide a quality experience in the game of football for a larger number of students and encourage their continued commitment to the sport in future years.

Please consider this option as a means of fighting the loss of football teams and players in our area. We truly are approaching a crisis situation in football. I fear for the future.

The following are rules that will govern play:

- A. Rules of N.Y.S.P.H.S.A.A. Handbook for Modified play will prevail.
- B. In addition to the above, the following rules will govern play for Modified A & B Football when 5 quarters are being played:
  1. Teams will be divided into A & B squads. Rosters will be exchanged between coaches before the each game.
  2. There must be at least 15 players per A & B squad. Any team unable to field the required number of players must notify opponents prior to game.
  3. A squad will play 1st, 3rd, & 5th quarters.
  4. B squad will play 2nd & 4th quarters.
  5. Any modification of these rules must be made with mutual consent of both coaches, except for the minimum number of players. If the teams have less than 30 players, the game will be a 4 quarter game with the teams split evenly. The B squad will play the second, and the first 3 minutes of the third quarter.
  6. All teams must be split evenly.  
IE: 30 players, 15 each squad — 36 players, 18 each squad
  7. No half times.
- C. Penalties for violations of A & B squad rules: If a player from the A squad is in game when the B squad is playing, that player is ejected from the game, and a 15 yard penalty is assessed to the offending team. If the offending team is on offense a 15 yard penalty and the loss of the down will be assessed. Reporting of this information is a responsibility of the coach to the referee.
- D. PAT - Kick = 2 pts  
Run or pass = 1 pt

# Modified Football

## Practice Requirements 2006

### 3-5-5-4

1. The first three days of practice must be non contact exercises and equipment shall be limited to the helmet, face mask, dental protection device, T-shirt, supporter, shorts ankle supports, socks, shoes and protective pads for elbow and or knee areas.
2. The next five days of practice the addition of shoulder pads, along with the use of blocking dummies, sleds, and other similar teaching and training devices is permissible. **No scrimmages or live contact drills are allowed.**
3. The next five days shall consist of contact with full protective equipment and the use of training devices.
4. Four additional practice days must be held prior to the first contest.
5. Scrimmages are permitted on the 14<sup>th</sup> day of practice. All players must have attended and participated in 13 practices before scrimmaging another school.

- 6. Games may be played on the 18<sup>th</sup> day. All players must have attended and participated in 17 practices.**
- 7. No school team, or individual player, may participate in more than 7 games. These games shall be scheduled with no more than one game per week. In extreme cases games may be rescheduled if approved by the sectional athletic council.**
- 8. A minimum of four nights of rest must elapse between games and three nights' rest must elapse between scrimmages.**
- 9. At least 18 players must be dressed and available to play for all games and scrimmages.**
- 10. You may only practice six days a week and only one practice per day may be counted.**
- 11. In modified football two points are awarded for a Point after Touchdown Kick, and one point for a pass or run.**
- 12. Please refer to your league guidelines for A team and B team procedures, and five-quarter games.**

<b>SCHOOL</b>	<b>FOOTBALL CLASS</b>	<b>ENROLLMENT</b>
FDR	AA	1498*
Kingston	AA	1816
Middletown	AA	1703
Monroe-Woodbury	AA	1835
NFA	AA	3049
Pine Bush	AA	1596
Valley Central	AA	1363
Washingtonville	AA	1218
Minisink	AA	1160
Warwick	AA	1146
Port Jervis	A	908
Saugerties	A	866
Wallkill	A	931
Cornwall	A	854
Rondout	A	769
Goshen	A	787
John S Burke	B	506
Marlboro	B	544
New Paltz	B	603
Onteora	B	562
Red Hook	B	548
Ellenville**	B	469
Highland	B	489
O'Neill	B	455
Sullivan West	B	357
Spackenkill	B	478
Liberty	B	435
Pine Plains	C	347
Tri Valley	C	319
Chester	D	253
Eldred	D	185
Livingston Manor	D	220**
Millbrook	D	323
Webutuck	D	221

**\*\*Roscoe merges with Livingston Manor. Roscoe 70, Livingston Manor 150.**

**\* FDR 1188 ,merges with Rhinebeck 310.**

**\*\* Ellenville 446 merges with Wawarsing Christian Academy 23**

**Football five classes**

- AA 1001 and up**
- A 625-1000**
- B 401-624**
- C 276-400**
- D 275 and below**

## WORKSHEET

### Section IX

### CLASSIFICATION OF SCHOOLS - BEDS NUMBERS FOR 2007-2008

(Please be aware that the numbers reported will be compared to the SED BEDS numbers when their report in finalized)

SCHOOL	NYSPHSAA ENROLLMENT		FB	VB	XC	FH	B LAX	G LAX	BASK SOC BB BB	ST WR		SCHOOL	NYSPHSAA ENROLLMENT		FB	VB	XC	FH	B LAX	G LAX	BASK SOC BB BB	ST WR	
	SED #	REPORTED #											SED #	REPORTED #									
John S. Burke	506		B	B	B		C	C	B	II		James I. O'Neill	455		B	B	C		C	C	B	II	
Chapel Field Christian	127				D				D	II		Ontseora	562		B	B	B	B			A	II	
Chester	253		D		D				C	II		Pine Bush	1596		AA	AA	AA	A	A	A	AA	I	
John A. Coleman	179			D	D	C			D	II		Pine Plains (Steepling)	347		C	C	C	C			B	II	
Cornwall	854		A	A	A				A	I		Port Jervis	908		A	A	A				A	I	
Eldred	185		D		D				D	II		Red Hook	548		B	B	B	B			B	II	
Ellenville ** (469)	446		B		C	C			B	II		Rhinebeck	310			C	C	C			C	II	
Fallsburg	369			C					B	II		Rondout	769		A	A	A	B			A	I	
Family School	138								D	II		Roscoe	70		D						D	II	
F.D.R. * (1498)	1188		AA	AA	AA	A	A	A	AA	I		S.S. Seward	201			D	D				C	II	
Goshen	687		A	B	B				A	I		Saugerties	866		A	A	A	B	B	B	A	I	
Highland	489		B	B	B				B	II		Spackenkill	478		B	B	B	B			B	II	
Kingston	1816		AA	AA	AA	A	A	A	AA	I		Sullivan West	357		C	C	C				B	II	
Liberty	435		B		C				B	II		Tri-Valley	319		C	C	C				C	II	
Livingston Manor	150		D						D	II		Tuxedo	302			C					C	II	
Marlboro	544		B	B	B				B	II		Valley Central	1363		AA	AA	AA		A	A	AA	I	
Middletown	1703		AA	AA	AA		A	A	AA	I		Walkkill	931		A	A	A		B	B	A	I	
Millbrook	323		C	C	C	C			C	II		Warwick	1146		AA	AA	AA		A	A	AA	I	
Minisink	1160		AA	AA	AA		A	A	AA	I		Washingtonville	1218		AA	AA	AA		A	A	AA	I	
Monroe-Woodbury	1835		AA	AA	AA		A	A	AA	I		Wawarsing Christian	23										
Monticello	865			A	A				A	I		Webutuck	221		D	D		C			C	II	
New Paltz	603		B	B	B	B			A	I													
NFA	3049		AA	AA	AA		A	A	AA	I													

\*\* Includes Wawarsing Christian Academy

\* Includes Rhinebeck for Football

2007-2008 Sport Exceptions Classifications												
		5 Classes			3 Classes	3 Classes	3 Classes	Individual Sports				
Volleyball		Football		Basketball-Soccer-Baseball-Softball			Cross Country	Field Hockey	Boys Lacrosse	Girls Lacrosse	Spring Track	
AA	1020-Up	AA	1001 - Up	AA	950 - Up	AA	1083 - Above	A	915 - Up	A	1000 - Up	Wrestling
A	690-1019	A	625 - 1000	A	550 - 949	A	712 - 1082	B	914 - 450	B	650 - 999	Division I
B	436-689	B	401 - 624	B	325 - 549	B	468 - 711	C	449 - Below	C	649 - Below	600 - Up
C	270-435	C	276 - 400	C	193 - 324	C	290 - 467					Division II
D	269-Below	D	275 - Below	D	192 - Below	D	289 - Below					0 - 599

1. Play will be governed by National Federation Rules, the N.Y.S.P.H.S.A.A. Rules and Regulations, and the Section #9 Bylaws. Violations will result in sanctions.
2. Section #9 Football will be divided into Five (5) Classes: Class AA, Class A, Class B, Class C, Class D Class AA and B will be divided into two divisions.

3. **Class AA: 1,001 or higher**

**Division 1**

NFA	3049
Kingston	1816
Monroe Woodbury	1835
Pine Bush	1596
Middletown	1703

**Division 2**

Valley Central	1363
Washingtonville	1218
Warwick	1146
*FDR	1188
Minisink	1160

**Class A 625-1000**

Port Jervis	908
Wallkill	931
Saugerties	866
Cornwall	854
Goshen	687
Rondout	769

\*1498 if merged with Rhinebeck

**CLASS B: 401-624**

Onteora	562
New Paltz	603
Red Hook	548
Marlboro	544
Burke	506

O'Neill	455
Highland	489
Ellenville	446 if merged 469
Liberty	435
Spackenkill	478

**Class C: 276-400**

Sullivan West	357
Pine Plains	347
Tri Valley	319
Millbrook	323

**Class D 275 and lower**

Webutuck	221
Chester	253
Livingston Manor	220*
Eldred	186

(\*Livingston M. and Roscoe merged)

Revised numbers are taken from October, 2006, BEDS Reports.  
Class status will be adjusted on an annual basis according to the BEDS Report

#### 4. Scheduling

Prior to December 31st of each year, all schools must provide scheduling information to the Section #9 Football Chairperson or designee. The Football Committee will release schedules to the Athletic Directors prior to approval. The Athletic Directors will have one week to communicate in writing, any problems with the schedule to their Class representative. We will not necessarily solve all the problems but the committee will consider them.

- A. All football scheduling in Section #9 is to be done by the designee of the Football Committee. Individual schools and Athletic Directors may **not** schedule games.
- B. The Section #9 Football Schedule maker is empowered to schedule any Section #9 school with a school one classification above or below the schools classification. This applies both **within and outside of Section #9**.
- C. If the Section #9 Football Schedule maker has to schedule a school **two** classifications above or below it will be with the mutual agreement of both schools.
- D. If a Section #9 Football School drops Football before the season or during the season the Section #9 Football Schedule maker is empowered to make the necessary adjustments in the schedule.
- E. The Section #9 Schedule maker can also schedule a Section #9 School with an out of section team one classification above or below.
- F. All Section #9 Football Schools must honor the Section #9 Schedule. All games scheduled outside or within the section must be scheduled by the Section #9 Football Schedule maker and honored. **Individual coaches or Athletic Directors are not to make scheduling commitments with out of Section teams.**
- G. In all cases listed above the schools will be obligated to play.
- H. **If a Section #9 School violates the bylaws, and refuses to play a contest scheduled by the Football Committee or its designee the Section #9 Football Committee will meet and will recommend, barring extenuating circumstances, that the team that is in violation be ineligible for sectional competition in Football for up to two years per violation.**

- I. If a team cancels its season **before** the start of the regular season schools affected by this may schedule another game. However if a school cancels its season after the season has **started** you **may not** Schedule another game. If another game is scheduled you will be ineligible to participate in sectional competition during that season.
  - J. When a class attains eight teams the football committee will consider dividing the class into two divisions.
  - K. Any Class with five or fewer schools will have two team playoffs. If a class has more than five teams four teams will be involved in the playoffs
5. The Section #9 Football Committee will consist of one (1) representative from each classification, the Section #9 Chairman, and the Assistant Chairman.
6. Seniors are not allowed to participate on Junior Varsity Teams. Juniors must have the approval of the opponents Athletic Director prior to the contest
7. **Divisions:** Class AA and B are divided into two divisions based on size. Division playoffs will take place during the 9<sup>th</sup> week of the season to determine sectional representation. **Schools not qualifying will be required to participate in an assigned 9<sup>th</sup> week cross over game.** In classifications that have been divided into divisions all league/division contests must be completed by the ninth-week of the season. In all classifications not divided into divisions all league contests must be completed by the ninth week of the season. In the event that the Section #9 scheduler cannot match a team up with an opponent for a cross over game that team will have a bye. In 2006 Class A will be involved in Division playoffs, and the 9<sup>th</sup> week will be a cross over week for some schools.
8. **Section #9 Playoffs**  
On the tenth (10) week of the season, the two (2) top teams in Classes AA, A, B, C, and D will play off for the Section #9 Championship.
9. Class Champions will be declared in the ninth (9) week of the season. Sectional Champions will be decided on the tenth (10) week of the season
10. **Breaking Ties**  
In the event of a tie, in order to determine Class/division champions for sectional representation, the following criteria will be used. Once the Class/Division Champion is determined, the tie breaking process will be reinitiated.
- A. Head to head competition in your Division/Class
  - B. Point differential of the teams involved in the tie. Maximum point differential is 21 points per game. Apply negative point differential against teams only. (#closest to 0 is the champion)
  - C. Blind Draw.

3 way tie.

MW 30 NFA20 (NFA -10)  
 NFA 21 Kingston 18. (Kingston -3)  
 Kingston 7 MW 6. (MW-1)

Champion is MW  
 Runner up is NFA

3 way tie

MW 21 NFA 14 (NFA-7)  
 NFA 21 Kingston 14 (Kingston -7)  
 Kingston 21 MW 14 (MW-7)

Champion is NFA. **Blind Draw**  
 Runner up is Kingston.

11. All games will be played until a winner is determined. The New York State Tie-Breaker system will be used.

12. **Division/Sectional Site**

The Football Committee will determine the Sectional game sites or sectional-qualifying site.

13. VCR cameras are approved for scouting. Scouting of scrimmages is approved.

14. **Recommended Game Times.**

Varsity- Friday nights at 7:30 P. M. / Saturdays at 1:30P. M.  
 Junior Varsity – Fridays at 4 P. M. (3:30 P. M. after Daylight Savings Time ends)

15. **Required Supervision.**

Each school is to have adequate supervision based on past experience, game time, and expected crowd size.

16. **Postponements/Cancellations.**

Cancellations/postponements and make-up dates are to be determined by the Athletic Directors from the two schools involved. The earliest possible date is recommended.

17. **Dressing Room Facilities**

Varsity: Locker Room will be provided  
 Junior Varsity: Will come dressed, unless otherwise agreed upon.

18. **Official Football.**

An Official football, as stated in National Federation Rules, must be used. Both teams must supply ball boys if the same ball is not used. **All coaches are reminded that the Rawlings Football is the Official Ball of the State Football Tournament, and must be used in the Regionals, Semi Finals, and Finals.**

19. **Coaches Meetings.**

Prior to the season for rules interpretation, and after January 1<sup>st</sup> if needed. Notification will be sent to all schools regarding time and site of meetings. All head coaches are then **expected to attend or send a designee.**

**20. Official Evaluations**

Ratings will be submitted on all individual officials working a Varsity game. **It is the coach's responsibility to FAX OR MAIL THE COMPLETED EVALUATION FORMS ON THE MONDAY FOLLOWING THE FRIDAY OR SATURDAY GAME TO MR. JAMES OSBORNE OCIALL OFFICE, ORANGE ULSTER BOCES, 53 GILBSON ROAD, GOSHEN, NEW YORK. 10924. FAX #845-291-7306.**

**21. Medical Coverage.**

**As required by NYSPHSAA**

**22. Halftime Procedure.**

Half time for football games will be fifteen (15) minutes plus a three- (3) minute warm up period. Additional five (5) minutes can be requested by the home school, if it is mutually agreeable to both schools, and requested of the officials prior to the game.

**23, Athletic Director Responsibility:**

It is the responsibility of the Athletic Directors to confirm all in section and out of section Varsity and Junior Varsity contests immediately after schedules are approved. If you have a game at Dietz you should also confirm with Glen Maisch, and Rick Tavares. If you are playing at a neutral site you are responsible for making **all** of the arrangements. **All confirmations must be completed prior to the end of the school year.**

**24. Inclement Weather:**

In the event of inclement weather teams must stay at the game site until a determination is made to play or cancel the game

**25. Playing a school twice:**

If a school is scheduled to plays another school twice during the season the second game will be considered the league contest with the first game considered a non-league contest.

**26. Sectional Semi Finals:**

In Sectional Semi Finals in class AA and B Division 1 will play division 2. The First place team will cross over and play the second place team in the opposite division. The home team will be the division winner. In Class A the first place team will play the fourth place team, and the Second place team will play the third place team. The first and second Place teams will be the home teams.

In the Sectional Finals the team with the best over all record will be the home team. Division playoffs will take place during the 9<sup>th</sup> week of Season.

**27. Classification:** If a schools numbers change after the scheduling process has been Completed their will be no change for that season in the schools Divisional status. If the schools class changes they will play in the class that they were scheduled in, and are ineligible for the Section and state tournament.



*approved*  
 1/22-23/99  
*[Signature]*

## NYSPHSAA 20 Yard Line Overtime Procedure

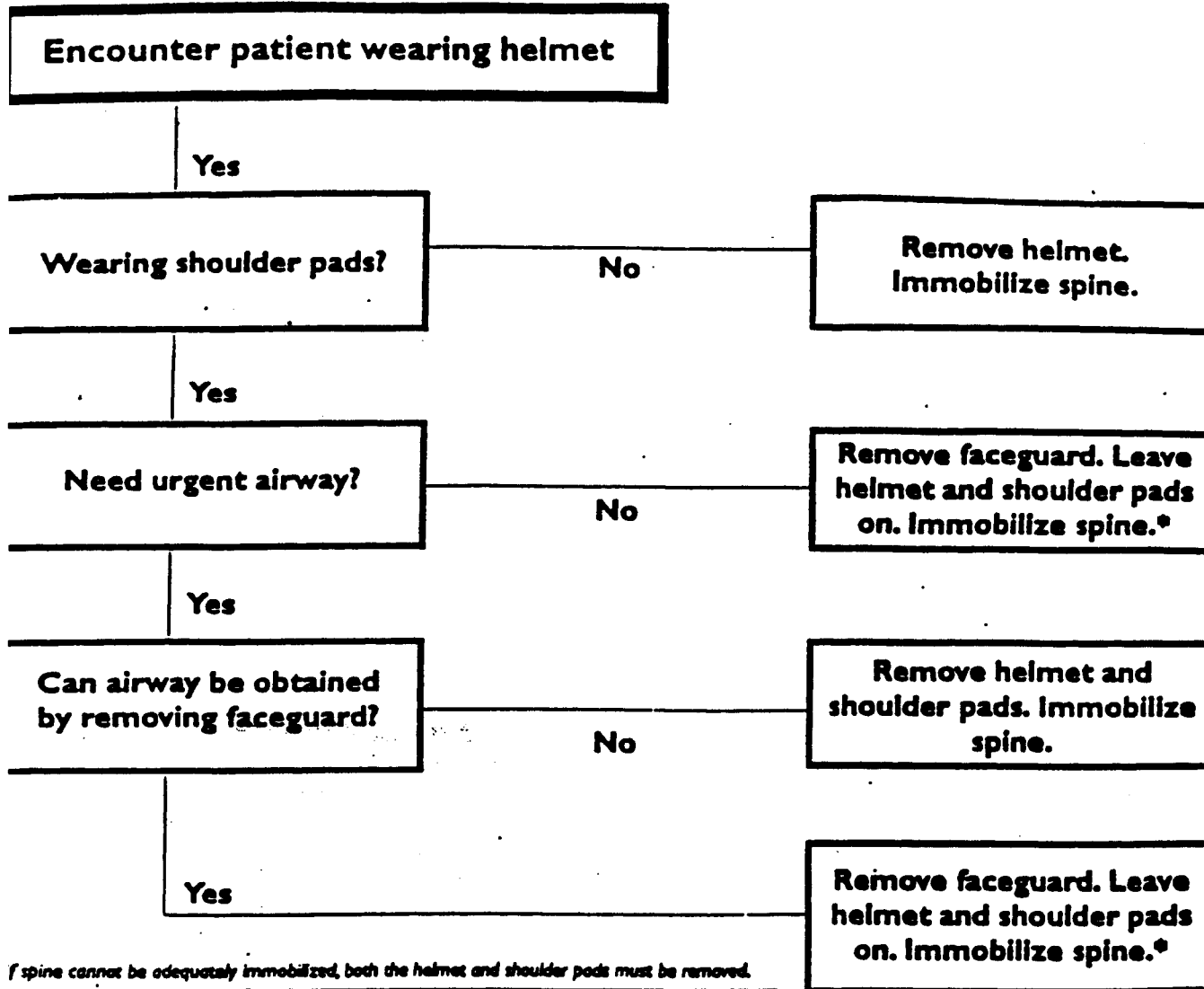
1. If at the end of fourth quarter, the teams have identical scores, the tie may be resolved by this plan. All game rules will apply except the try will not be made when it is not required to break the tie.
2. When the score is tied at the end of the fourth quarter, the referee will instruct both teams to return to their respective team boxes. There will be a three-minute intermission during which both teams may confer with their coaches. All officials will assemble at the 50-yard line, review the procedure and determine the number of time-outs remaining for each team. The head linesman will go to the team on the side of the field where the line-to-gain equipment is located. The field judge will go to the other to inform the coaches of the number of time-outs each team has remaining and escort the respective team captains to the center of the field for the coin toss. The visiting team captain shall be given the privilege of calling the coin while it is in the air. The winner of the toss shall be given his choice of the ball possession or designating the direction of the offense for the overtime period.
3. Each team shall be permitted one additional time-out for each extra period plus any unused regulation game time-out. The team scoring the greater number of points in the overtime shall be declared the winner. The final score shall be determined by totaling all points scored by each team during the regulation and overtime periods.
4. To start the overtime, the offensive team shall put the ball in play, first and 10 on B's 20 yard line. Team A shall have a series of four downs, to make a first down (10 yards). The series shall be terminated by any score by A or if B has possession at the end of any down. Team A shall be awarded a new series when: (a) the penalty for defensive pass interference is accepted; (b) there is a change of team possession during the down and the ball belongs to A at the end of the down; (c) team A recovers a scrimmage-kick (field goal attempt) between the goal lines after it has been touched first by B beyond the neutral zone; (d) when any penalty by B results in a next series being awarded; (e) when the line to gain is made.
5. If team A scores a touchdown, it is entitled to the opportunity to try for the point, except when it is unnecessary to break the tie. A field goal attempt is permitted during any down.
6. After team A has completed its series, team B will become the offensive team with the ball in its possession at the 20-yard line. The same end of the field will be used for both possessions in order to insure equal game conditions and conserve time.
7. If the score remains tied after each team has been given one series, the procedure shall be repeated until a winner is determined. There will be an intermission of two minutes during which the loser of the toss will be given first choice of the options. If additional periods are required, first choice of options will be alternated. *original*
8. Above to be used in all playoffs.

**FOOTBALL SCRIMMAGES SHALL BE GOVERNED BY THE FOLLOWING:**

1. No official score is kept.
2. No definite time is set or kept.
3. Coaches are permitted on the field to provide instruction and make corrections.
4. Different configurations governing possession time and down and distance situations (than those normally used in a game) may be used to govern play.
5. Unlimited time-outs and stoppages of play are permitted and encouraged for the purpose of both providing instruction and adequate rest periods.
6. The use of officials would be permitted and encouraged whenever possible for the purpose of instruction regarding the rules and proper application of rules.
7. No kickoffs are permitted.
8. Punts and extra point kick attempts may involve live play until the ball is kicked. Punts may not be advanced and all fumbled punts and muffs will be blown dead immediately.
9. The total number of plays should be recorded to prevent an individual player from being involved in more than a maximum of 90 plays during the entire scrimmage.
10. No admission may be charged.
11. The participation of student support groups such as cheerleaders, bands, kicklines, etc. are prohibited.

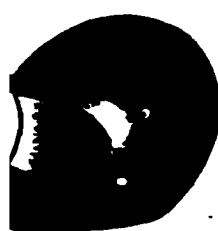
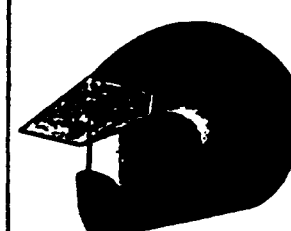



# Helmet Removal Algorithm

For patients with suspected spinal injury who are wearing a helmet:



\* If spine cannot be adequately immobilized, both the helmet and shoulder pads must be removed.

## Types of helmets

				
<p>Full face coverage — motorcycle, auto racer</p>	<p>Full face coverage — motocross</p>	<p>Partial face coverage — motorcycle, auto racer</p>	<p>Light head protection — bicycle, kayak</p>	<p>Football</p>

# Helmet Removal Procedure

The increased use of helmets and other protective equipment in sports, motorcycling and other recreational activities has had a positive impact on limiting the severity of injuries. Yet, these protective devices can present a challenge for the EMT when providing patient care. These guidelines are presented to assist the EMT in determining when it is appropriate to remove a helmet and the procedure to follow.

**Indications** - The helmet is removed to assure a properly maintained airway, to adequately suction the patient, and to facilitate bag-valve-mask ventilation when necessary. Thus, when a CFR/EMT/AEMT encounters a helmet-wearing patient with a suspected spinal injury, either conscious or unconscious, the helmet should be removed. If the patient is wearing both a helmet and shoulder pads, only the faceguard should be removed. However, if the airway cannot be properly managed by removing the faceguard, both the helmet and shoulder pads must be removed.

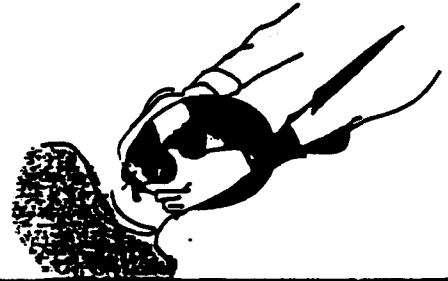
**Contraindications** - There are no contraindications to the helmet removal procedure, except for patients wearing both a helmet and shoulder pads who do not require airway adjuncts or breathing assistance. In such cases, both the helmet and shoulder pads should be left in place. If other injuries or circumstances exist which result in the helmet's interference with patient care procedures, both the helmet and shoulder pads should be removed.

**Precautions** - Since the patient who is found lying flat on the ground already has his/her head off the ground, due to the thickness of the helmet, it is essential not to lift the head and neck during the helmet removal procedure. Additional movement of the head or torso will also move the neck, which is extremely dangerous for the patient with a potential cervical spine injury. It is, therefore, imperative that the helmet never be tilted forward or backwards as it is removed. This will increase the degree of flexion or extension of the neck, potentially worsening spinal cord injury.

**Requirements** - Personnel includes two rescuers (CFR/EMT/AEMT) who are well trained in this procedure. The equipment needed for this procedure includes one set of rigid extrication collars, including pediatric sizes, and one longboard (with runners), a blanket roll and wide adhesive tape or a head immobilizer with the head pad placed on the backboard, and three 9- to 12-foot web straps. *Note: In organized sports (such as high school and college football) an Athletic Trainer may be available as a resource. These individuals are familiar with the specific protective equipment being used and should be familiar with the procedures for helmet and shoulder pad removal.*

## Step One

One rescuer kneels at the patient's head allowing sufficient room between the head and the rescuer's knees to remove the helmet. This rescuer applies manual inline stabilization by placing his/her hands on each side of the helmet and the fingers on the patient's mandible. This position prevents slippage if the strap is loose.



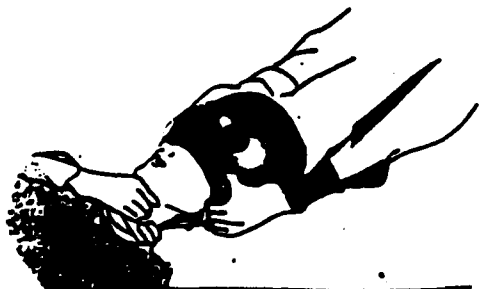
## Step Two

If the helmet has a plexiglass shield that is still intact, it can be snapped off or simply left in place during the removal procedure. A second rescuer cuts or loosens the chin strap at the fixation point while the first rescuer maintains manual inline stabilization. The second rescuer kneels at the side of the patient's neck. If the patient has glasses on, they are removed at this time.



## Step Three

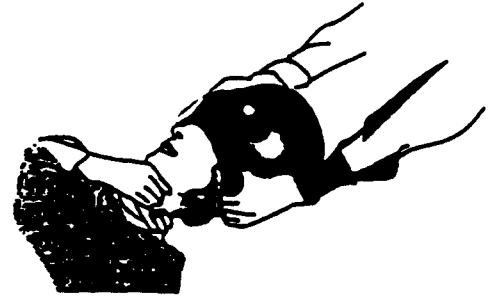
The second rescuer places a hand on the mandible at the angle of the jaw, the thumb on one side, the long and index fingers on the other. With his/her other hand, he/she reaches under the patient's neck and applies pressure from the occipital region. The hand behind the neck actually acts as a cradle to support both mastoids and the occiput. This maneuver transfers the manual inline stabilization responsibility to the second rescuer.



## Step Four

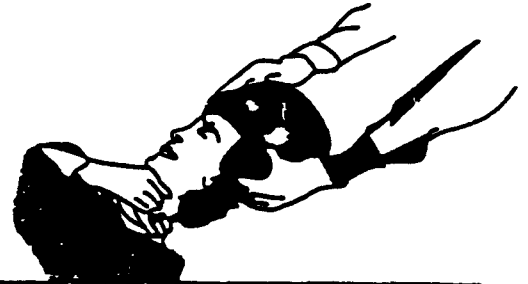
The first rescuer removes the helmet. Three factors should be kept in mind:

- A) The helmet is egg-shaped and, therefore, must be expanded laterally to clear the ears. To facilitate this maneuver, cheek pads should be removed if present. If the patient has earrings, be careful not to catch them or tear them out.
- B) If the helmet provides full facial coverage, glasses must be removed first.
- C) If the helmet provides full facial coverage, the nose may impede removal. To clear the nose, the helmet may need to be tilted backward slightly and raised over it. Be very careful not to move the neck during this maneuver.



## Step Five

Throughout the removal process, the second rescuer maintains manual inline stabilization with both hands in order to prevent head tilt.

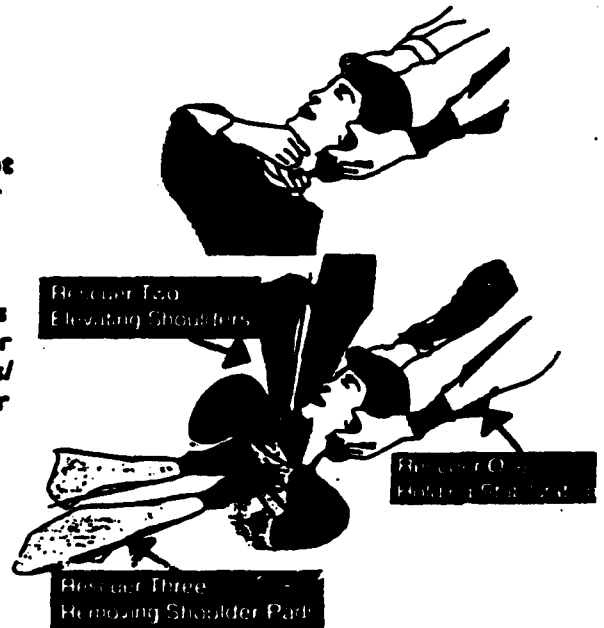


## Step Six

The first rescuer places the head and neck in the neutral anatomical position. One of two methods should be used:

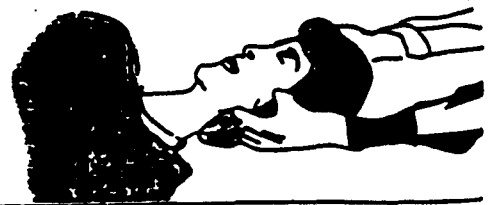
A) After the helmet has been removed from the patient who is not wearing shoulder pads, the first rescuer replaces his/her hands on either side of the patient's head, and lowers the head to the ground into the neutral anatomical position.

B) If the patient is wearing shoulder pads, the first rescuer replaces his/her hands on either side of the patient's head, with his/her palms over the ears to take manual inline stabilization. The second rescuer places his/her hands behind the shoulders, between the shoulders and the shoulder pads. The Athletic Trainer or third rescuer cuts the front laces and underarm straps of the shoulder pads, swings each half of the shoulder pads outward, then slides the shoulder pads slightly upward to the void under the neck, before sliding them out from the void under the neck. The patient's head, neck, and shoulders can then be lowered into the neutral anatomical position.



## Step Seven

Manual inline stabilization is maintained from above until the appropriate size rigid extrication collar is applied, the patient is moved to a long backboard and the head is stabilized using a blanket roll or foam-filled sandbags that are securely taped to the board, or the commercially made head immobilizer device (i.e., Ferno/Bashaw) is securely attached with the velcro head and collar straps.



### Special Note:

It is imperative that the first rescuer does not release the manual inline stabilization until the patient's head is securely attached to the long backboard. The helmet removal procedure described in steps one to seven can also be done on a patient found in the sitting position. It may be necessary for the first rescuer to straddle the patient and maintain manual inline stabilization from his/her position in front of the patient who is sitting.

# Faceguard Removal Procedure

**Indications** - The faceguard is removed to provide access to the face to properly maintain the airway, to adequately suction the patient, and to facilitate bag-valve-mask ventilation when necessary in patients who are wearing both a helmet and shoulder pads. Thus, when a CFR/EMT/AEMT encounters a patient wearing both a helmet and shoulder pads, and suspects that the patient may have sustained a spinal injury, the helmet and shoulder pads should not be removed, but the faceguard should be removed. However, if the airway cannot be properly managed by removing the faceguard, both the helmet and shoulder pads must be removed.

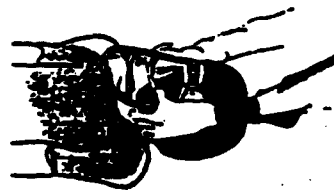
**Contraindications** - There are no contraindications to the faceguard removal procedure, except for patients wearing both a helmet and shoulder pads who require airway adjuncts or breathing assistance but cannot be properly managed by removing the faceguard. In such cases, the helmet and shoulder pads must both be removed. Additionally, the helmet and shoulder pads should both be removed in patients when attempts at faceguard removal are unsuccessful or excessively delay transport.

**Precautions** - The neutral anatomical position is best maintained in the patient with potential cervical spine injury if the helmet and shoulder pads are left in place while the faceguard is removed to provide access to the face. However, rescuers must take care during removal of the faceguard to maintain manual inline stabilization to prevent movement of the head and neck, potentially worsening spinal cord injury.

**Requirements** - Personnel include two rescuers (CFR/EMT/AEMT) who are well trained in this procedure. Equipment includes a manual screwdriver or power screwdriver; Trainer's Angel; end nipper pliers or modified PVC cutters; a longboard (with runners); a blanket roll with wide adhesive tape, or a head immobilizer with the head pad placed on the board; and three 9-12 foot web straps. *Note: In organized sports, such as high school and college football, an athletic trainer may be available as a resource. These individuals are familiar with the specific protective equipment being used and should be familiar with the procedures for faceguard removal.*

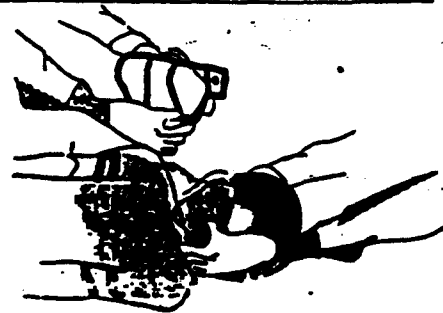
## Step One

One rescuer kneels at the patient's head. This rescuer applies inline manual stabilization by placing his/her hands on each side of the helmet and the fingers on the patient's mandible. This position prevents slippage once the faceguard is loose.



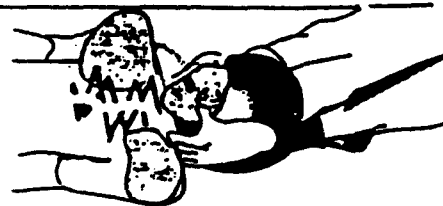
## Step Two

If the helmet has a faceguard that can be snapped off, the second rescuer should now attempt to remove the faceguard. If the helmet has a faceguard that cannot be snapped off, the second rescuer should now attempt to unscrew it. If the faceguard cannot be unscrewed, cut away the snubber attachments at the side of the helmet using a Trainer's Angel, end nipper pliers, or a modified PVC cutter. By cutting the side snubbers first, the face mask can be flipped up out of the way. The top snubbers can be cut away to allow for complete removal of the face mask at a later time.



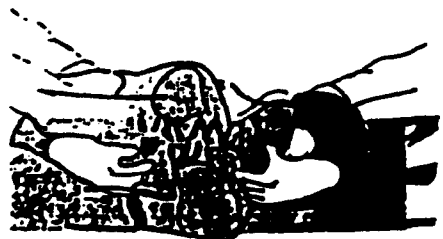
## Step Three

While the longboard is being prepared, the shirt/jersey and front laces of the shoulder pads can be cut away to allow access to the chest. However, both the helmet and shoulder pads should be left in place to maintain the neutral anatomical position.



## Step Four

With the helmet and shoulder pads left on the athlete, the lift and slide technique should be used to board the patient. The first rescuer must slide his/her hands under the shoulder pads and cradle the helmet between his/her forearms. A rigid extrication collar is unnecessary as the helmet and shoulder pads work as a unit and, with proper padding between the helmet edges and shoulder pads, stability of this unit should meet or exceed the stability of a rigid extrication collar. The chin strap should be left in place unless it interferes with attempts to maintain the airway.



# GUIDELINES FOR RETURN TO FOOTBALL AFTER CONCUSSION

THESE ARE GENERAL GUIDELINES. THE DECISION OF THE FAMILY PHYSICIAN AND SCHOOL DISTRICT PHYSICIAN ARE FINAL - CONSULT YOUR SCHOOL DISTRICT PHYSICIAN.

GRADE	1 <sup>ST</sup> CONCUSSION	2 <sup>ND</sup> CONCUSSION	3 <sup>RD</sup> CONCUSSION
<b>1<sup>o</sup> - Mild</b> No L.O.C. (Loss of Consciousness) Amnesia < 30 min.	Return to play if no symptoms*	Return to play in 2 wk if no symptom for 1 wk	Terminate season: may return to play next <u>season</u> if no symptoms
<b>2<sup>o</sup> - Moderate</b> L.O.C. < 5 min. Amnesia > 30 min. but < 24 hrs.	Return to play if no symptom for 1 wk	1 month no play; may then return to play if no symptoms for 1 wk; <i>consider ending season</i>	Terminate season: may return to play next <u>year</u> if no symptoms
<b>3<sup>o</sup> - Severe</b> L.O.C. > 5 min. or Amnesia > 24 hrs.	1 month no play; may then return to play if no symptoms for 1 wk	Terminate season; may return to play next <u>year</u> if no symptoms	

# THE PREVENTION OF HEAT ILLNESS

## Guidelines developed by the Medical Aspects of Sports Committee Medical Society of New York

Hundreds of students anticipating participation in their favorite fall sport usually work to improve their physical condition prior to the first practice session of the school team.

### **OBSERVE THE FOLLOWING GUIDELINES TO PREVENT HEAT ILLNESS.**

Heat illness is caused by:

#### **TEMPERATURE AND HUMIDITY**

- High environmental conditions
- Temperatures of 80-90 and humidity over 70 percent
- Decreased efficiency of heat dissipation
- Strenuous exercise
- Poor conditioning
- Drugs
- Lack of acclimatization
- Insufficient water intake

#### **THE PREVENTIVE PROCEDURES**

- Always know the temperature and humidity presently in the area of your planned workout. When the temperature has risen to 80 and humidity is approaching the 70 percent mark decrease the planned workout.
- Increase the rest periods during the workout and whenever possible seek shade during the rest break.
- When the temperature and humidity climb beyond this point, postpone your workout. Plan your workouts with a modest beginning with gradual increase in the total effort.

#### **THE CLOTHING**

*Never Use Rubberized Sweat Suits.*

- Stockings should not be worn in hot weather.
- Wear shorts and T-shirt.

#### **WEIGHT CHART**

- Check and record your weight prior to and immediately following the workout.
- A loss in excess of 3 percent of your body weight indicates a need for a reduction in your exercise program.
- A failure to regain weight overnight, which was lost the previous day, usually indicates dehydration - discontinue your exercise program and consult your physician.

#### **FLUIDS**

- *Drink Water Freely* - The replacement of weight usually results from drinking sufficient amounts of water.

#### **SALT REPLACEMENT**

- Use an extra **SALTING OF FOODS AT MEAL TIMES.**

#### **UNUSUAL REACTIONS**

Should your experience-

- Continuing loss of weight
- Weakness
- Headaches

Discontinue your exercise program and consult a physician.

## Heat Stress and Athletic Participation

fall football, cross country, soccer and field hockey practices are conducted in very hot and humid weather in many parts of the United States. Due to the equipment and uniform needed in football, most of the heat problems have been associated with football. Under such conditions the athlete is subject to the following:

**HEAT CRAMPS** - painful cramps involving abdominal muscles and extremities caused by intense, prolonged exercise in the heat and depletion of salt and water due to profuse sweating.

**HEAT SYNCOPE** - weakness, fatigue and fainting due to loss of salt and water in sweat and exercise in the heat. Predisposes to heat stroke.

**HEAT EXHAUSTION (WATER DEPLETION)** - Excessive weight loss, reduced sweating, elevated skin and deep body temperature, excessive thirst, weakness, headache and sometimes unconsciousness.

**HEAT EXHAUSTION (SALT DEPLETION)** - exhaustion, nausea, vomiting, muscle cramps, and dizziness due to profuse sweating and inadequate replacement of body salts.

**HEAT STROKE** - an acute medical emergency related to thermoregulatory failure. Associated with nausea, seizures, disorientation, and possible unconsciousness or coma. It may occur suddenly without being preceded by any other clinical signs. The individual is usually unconscious with a high body temperature and hot dry skin (heat stroke victims, contrary to popular belief, may sweat profusely).

It is believed that the above mentioned heat stress problems can be controlled if certain precautions are taken. According to the American Academy of Sports Medicine Committee on Sports Medicine, heat related illnesses are all preventable. (Sports Medicine: Health Care for Young Athletes, American Academy of Pediatrics, 1991) The following practices and precautions are recommended:

1. Each athlete should have a physical examination with a medical history when first entering a program and an annual health history update. History of previous heat illness and type of training activities before organized practice begins should be included. State high school associations recommendations should be followed.
2. It is clear that top physical performance can only be achieved by an athlete who is in top physical condition. Lack of physical fitness impairs the performance of an athlete who participates in high temperatures. Coaches should know the **PHYSICAL CONDITION** of their athletes and set practice schedules accordingly.
3. Along with physical conditioning the factor of acclimatization to heat is important. Acclimatization is the process of becoming adjusted to heat and it is essential to provide for **GRADUAL ACCLIMATIZATION TO HOT WEATHER**. It is necessary for an athlete to exercise in the heat if he/she is to become acclimatized to it. It is suggested that a graduated physical conditioning program be used and that 80% acclimatization can be expected to occur after the first 7-10 days. Final stages of acclimatization to heat are marked by increased sweating and reduced sodium concentration in the sweat.

4. The old idea that water should be withheld from athletes during workouts has **NO SCIENTIFIC FOUNDATION**. The most important safeguard to the health of the athlete is the replacement of water. Water must be on the field and readily available to the athletes at all times. It is recommended that a minimum 10-minute water break be scheduled for every half hour of heavy exercise in the heat. Athletes should rest in a shaded area during the break. **WATER SHOULD BE AVAILABLE IN UNLIMITED QUANTITIES**. Check and be sure athletes are drinking the water. Cold water is preferable. Drinking ample water before practice or games has also been found to aid performance in the heat.
5. Salt should be replaced daily. Modest salting of foods after practice of games will accomplish this purpose. Salt tablets are not recommended. **ATTENTION MUST BE DIRECTED TO REPLACING WATER - FLUID REPLACEMENT IS ESSENTIAL**.
6. Know both the **TEMPERATURE** and **HUMIDITY**. The greater the humidity the more difficult it is for the body to cool itself. Test the air prior to practice or game using a wet bulb, globe, temperature index (WBGT index) which is based on the combined effects of air temperature, relative humidity, radiant heat and air movement. The following precautions are recommended when using the WBGT Index: (ACSM's Guidelines for the Team Physician, 1991)

Below 64 - Unlimited activity  
 65-72 - Moderate risk  
 74-82 - High risk  
 82 plus - Very high risk

There is also a weather guide for activities that last 30 minutes or more (Fox and Mathews, 1981) which involves knowing the relative humidity and air temperature:

AIR TEMP	DANGER ZONE	CRITICAL ZONE
70 F	80% RH	100% RH
75 F	70% RH	100% RH
80 F	50% RH	80% RH
85 F	40% RH	68% RH
90 F	30% RH	55% RH
95 F	20% RH	40% RH
100 F	10% RH	30% RH

RH = RELATIVE HUMIDITY

One other method of measuring the relative humidity is the use of a sling psychrometer, which measures wet bulb temperature. The wet bulb temperature should be measured prior to practice and the intensity and duration of practice adjusted accordingly. Recommendations are as follows:

Under 60 F - Safe but always observe athletes  
 61-65 F - Observe players carefully  
 66-70 F - Caution  
 71-75 F - Shorter practice sessions and more frequent water and rest breaks  
 75+ F - Danger level and extreme caution

## THE DANGERS OF ANABOLIC STEROID USE

Anabolic steroids are powerful prescription drugs. These chemical derivatives of testosterone, the "male hormone," are used in the treatment of blood disorders, connective tissue disease, some cancers, intractable arthritis, some sexual dysfunctions and other serious illnesses. But, because of their side effects, they must be prescribed and used only under close medical supervision.

When improperly used, anabolic steroids can cause harm to the blood vessels, the reproductive and neurological systems, the heart, kidneys, liver and muscles. Physicians have found that athletes who use these drugs over prolonged periods can increase their risk of heart problems and cancer.

Prolonged use of anabolic steroids very often results physical addiction. Abusers must undergo a strict, medically-supervised withdrawal program.

The American Medical Association has declared that the use of anabolic steroids to enhance performance is dangerous, and has warned against the practice.

The known side effects of anabolic steroids can range from mild acne to serious liver tumors, as well as balding and changes in sexual drive. While the total impact of anabolic steroid abuse is not known, doctors have observed the following problems:

### BLOOD

- Development of cholesterol patterns associated with coronary heart disease, obstructed blood vessels, or strokes.
- Elevated blood pressure
- Increase in the number of red blood cells
- Swelling, caused by build-up and/or retention of water on the blood and tissues

### LIVER

- Impaired liver function
- Peliosis hepatitis—blood filled cysts that can rupture and cause liver failure
- Tumors
- Jaundice, resulting from obstructed bile canals

### SKELETON

- Stunted growth, caused by premature closing of cartilage-like growth plates in adolescents

**SKIN**

Increasing appearance of acne and other skin rashes or ailments

Because anabolic steroids are derived from testosterone, they can have profound effects on the hormone levels of both male and female abusers. These effects can cause any or all of the following problems in men:

- Temporary infertility or sterility (reversible)
- Altered sex drive
- Prostate enlargement, and increased prostate cancer risk
- Breast enlargement
- Painful erections
- Shrinkage of the testicles
- Reduced levels of testosterone
- Abnormal sperm production, appearance, and mobility

Doctors have reported the following problems in female abusers:

- Temporary infertility or sterility (reversible)
- Altered sex drive
- Birth defects in future children
- Change in fat distribution
- Growth of facial and body hair
- Male pattern baldness
- Deepening of the voice
- Shrinkage of the breasts and uterus
- Clitoral enlargement
- Menstrual irregularity

Changes in the male reproductive system are often reversible, if anabolic steroids have not been used for a long period of time. Unfortunately, some of the changes in women are NOT reversible.

Finally, there are the psychological and emotional changes that can occur: tension; irritability; increased moodiness; aggressive even violent behavior; alternating bouts of depression and euphoria; and psychotic episodes.

# Football Coaches Tip Sheet

## Injury Prevention

<b>HEALTH:</b>	Thorough physical examination prior to first practice - Re-examination following an absence of five days due to injury or illness during season. Common sense and medical judgement must be exercised.
<b>SKILLS:</b>	Thorough evaluation of degree of skill of each participant prior to live contact.
<b>MATURITY:</b>	Thorough evaluation of each individual's physical maturity.
<b>CLASSIFICATION:</b>	It is <i>not</i> at what age a boy participates rather with whom and at what level of play and game rules.
<b>FITNESS:</b>	Continuously work to check and improve the degree of fitness of each individual.
<b>CONDITIONING:</b>	There is no substitute for <b>READINESS</b> - (Fitness, Skills, Knowledge).
<b>REHABILITATION:</b>	Must be complete - Prior history of injury should be noted.
<b>EQUIPMENT:</b>	The best - properly fitted (frequently checked). Combination of flat heel and shortie from cleats recommended shoe cleat equipment.
<b>WHISTLE:</b>	Fast - especially during early contact drills.
<b>FACILITIES:</b>	Check field daily - remove obstacles (broken bottles, etc.)
<b>WEATHER CONDITIONS:</b>	Keep daily weight chart - before and after practice. Know temperature, humidity - (if thermometer climbs over 80 and especially if humidity is in same range, be particularly alert). Schedule practice during cooler hours of day. Lighten work load - lighter equipment - investigate use of breather jerseys for game and practice. Provide liquid for drinking during practice. During game, substitute freely.
<b>SIGNS OF HEAT ILLNESS:</b>	Awkwardness, clumsiness, lack of coordination, unusual fatigue, lethargy, profuse sweating, hot and dry skin, unusually poor performance, dizziness, nausea and vomiting. If any of these symptoms are present, remove boy from practice promptly and have him checked medically before resuming workouts.
<b>IN CASE OF HEAT ILLNESS:</b>	<b>HEAT EXHAUSTION</b> - weak with profuse sweating - while procuring immediate medical care - First Aid: move player to cool, shady spot, keep flat, and give sips of dilute salt water. <b>HEAT STROKE</b> - An Emergency - Delay could be fatal - hot and dry skin, player near collapse - obtain immediate medical aid. First Aid: cool body immediately by means of a sponge or towel soaked in water or alcohol; give sips of dilute salt water.
<b>SHOULD AN INJURY OCCUR:</b>	Provide for immediate medical check. Do not guess - make use of the X-ray and consult specialist.

**NOCSAE QUESTIONS AND ANSWERS  
CERTIFICATION, RECERTIFICATION AND RECONDITIONING**

(Prepared by the National Federation of State High School Associations)

### I. THE NOCSAE SEAL

**Question:** Does the 1961 National Federation Football Rules require that the NOCSAE seal be on all helmets used?

**Answer:** If the NOCSAE seal is not displayed on or inside the helmet, the school must be able to document that the helmets which do not carry the NOCSAE seal are of the year and model number which met NOCSAE test standards when manufactured.

**Question:** A school purchased helmets in 1975 that were on the NOCSAE approved list but did not contain a NOCSAE seal. May these be worn? Can these be recertified?

**Answer:** Yes, as long as a school can verify the helmets are of a model number and year from a list of helmets which met NOCSAE standards, they would fulfill the NOCSAE requirement and would be eligible for recertification, if desired, by a reconditioner who has NOCSAE testing equipment

**Question:** How will the football officials check to verify that all players have complied with the NOCSAE helmet rule?

**Answer:** It will not be necessary for the umpire to make a specific inspection of helmets to determine if all carry the NOCSAE seal. The umpire will ask each team's head coach to verify that all his players are equipped with all mandatory equipment -including NOCSAE certified helmets. The responsibility for insuring that proper equipment is being worn rests with the institution and its coaches, trainers and equipment managers.

### II. RECERTIFICATION

**Question:** Is recertification required?

**Answer:** There is no National Federation Football Rule, or NOCSAE requirement, that makes it mandatory to have helmets either reconditioned or recertified. All concerned, the athlete, the coach, the equipment manager and the school administrator, have the same responsibility to maintain the safety standards of the helmet, as they do for any other piece of protective equipment.

**Question:** Can a non-NOCSAE approved helmet be recertified?

**Answer:** No. Only a helmet which was certified at the time of manufacture may be recertified.

### III. RECONDITIONING

**Question:** Can a helmet be reconditioned without being recertified?

**Answer:** While some reconditioners who have NOCSAE testing equipment will, as a matter of policy, include recertification in its reconditioning process, National Federation Football Rules DO NOT REQUIRE recertification of reconditioned helmets.

**Question:** Must a reconditioner have NOCSAE testing equipment to recondition a helmet?

**Answer:** No. However, if recertification is desired, only those who have NOCSAE testing equipment and follow NOCSAE testing procedures may recertify a helmet.

Question: Can recertification be done by concerns that are not members of NAERA (National Athletic Equipment Reconditioning Association)?

Answer: Yes. Reconditioners who have NOCSAE testing equipment and who follow NOCSAE testing procedures, either with their own equipment or through an independent testing laboratory, may recertify a helmet.

#### IV. SCHOOL MAINTENANCE OF HELMETS

Question: Can a school repair or remodel a helmet without jeopardizing its certification?

Answer: Normal maintenance, such as replacing snap-out padding, chin straps and face protectors with other equipment specifically designed for the helmet(s) in question, would not change the certification status of the helmet. However, if a helmet is altered by reducing or remodeling the padding, drilling additional holes for face protector attachments, especially if they are in close proximity to previously drilled holes, could reduce the protective ability of the helmet. Schools who repaint helmets are cautioned to use only paint supplied or recommended by the helmet manufacturer.

Question: Can a waiver be obtained to extend the deadline to wear NOCSAE certified helmets past the 1981 season?

Answer: No. The requirement that student-athletes would have to wear NOCSAE certified helmets was first mentioned in the 1974 National Federation Football Rules and adequate time has been given to insure compliance with the regulation. Definite improvements have been made in the design and construction of football helmets and much of the credit can be given to the voluntary adoption of the NOCSAE test standard by helmet manufacturers. It is believed that as a result of the adoption of the NOCSAE test standard, the number of football injuries and fatalities due to head injuries has decreased significantly.

#### V. NOCSAE REQUIREMENTS FOR JUNIOR HIGH SCHOOLS

Question: Must Junior High players also have a NOCSAE approved helmet?

Answer: If the Junior High School is also a member of a state high school association that is represented on the National Federation Football Rules Committee, it has the same obligation to meet NOCSAE standards as do the Senior High Schools. If the Junior High Schools in that state have a separate organization not affiliated with the State High School Athletic or Activities Association, and that organization has adopted the National Federation Football Rules, the same obligation to follow this rule as any other National Federation Rule, UNLESS the governing body for the Junior High Schools in that state has decided to set aside the NOCSAE requirement. If there is no organization to which the Junior Highs are responsible, it is conceivable that they could modify, or write any rule they wanted.

# PLAYER EQUIPMENT RULES

— Examples of player equipment which are always illegal:

1. Projecting metal or other hard substance on clothes or person;
2. Guards or braces made of material which is "hard" in its final form;
3. Hard knee brace, unless the hinges or any metal, etc. is properly padded;
4. Forearm and hand pads or gloves unless soft, nonabrasive and nonhardening;
5. Tape or bandage on a hand or forearm unless sanctioned by umpire;
6. Hard shin or thigh guards, unless edges and outside are padded properly;
7. Shoes with cleats, studs or projections more than 1/2" in length;
8. Ball-colored helmet, jersey patches or pads without contrasting stripes;
9. Slippery or sticky substances on equipment or exposed part of body;
10. Plastic covering on pads unless edges are properly rounded;
11. Tear-away jerseys;
12. Any equipment which is dangerous or confusing.

Prior to the game, the head coach must verify to the referee in the presence of the umpire, that all of his players are equipped in compliance with the rules.

**Explanation:** Prior to his verification, the coach may ask the umpire to examine any player equipment about which there is a question of legality. If a player is thereafter found to be playing with illegal equipment or without mandatory equipment, an unsportsmanlike foul will be charged to the head coach.

If an incoming substitute is missing required equipment or if he is wearing illegal equipment, correction must be made before he can participate. An official's time-out is called to permit prompt repair of equipment which becomes illegal or defective through use.

**Explanation:** If equipment becomes illegal or defective through play, it may be corrected without attendant assistance during an official's time-out. If this cannot be done, the player must leave the game or call a time-out.

**PARTICIPATION IN ALL SPORTS REQUIRES AN ACCEPTANCE OF RISK OF POSSIBLE INJURY. YOU AS A PLAYER CAN HELP MAKE THE GAME SAFER BY NOT INTENTIONALLY USING TECHNIQUES WHICH ARE ILLEGAL AND WHICH CAN CAUSE SERIOUS INJURY.**

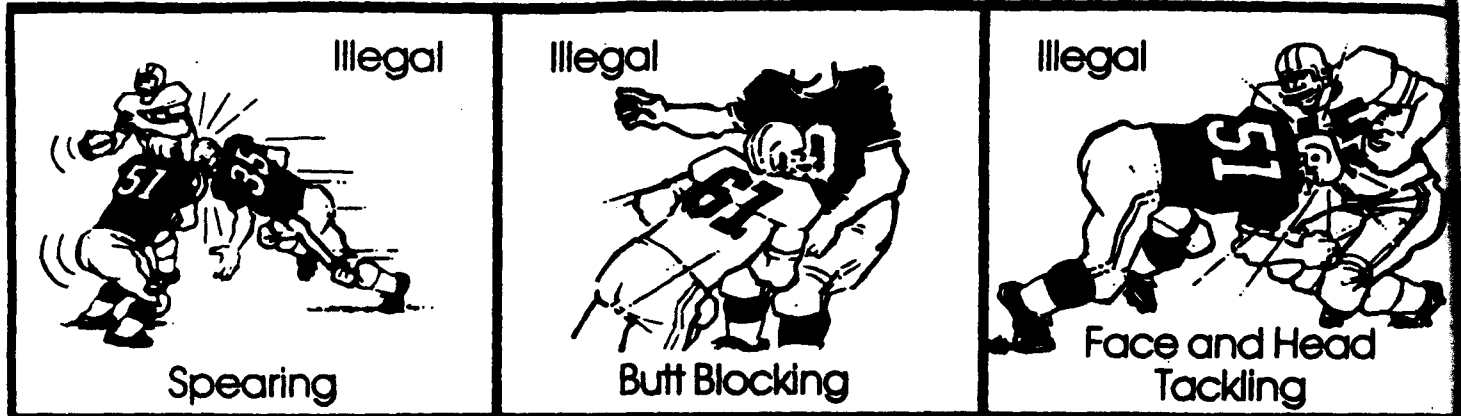
## Reducing Head and Neck Injuries in Football

Frederick O. Mueller

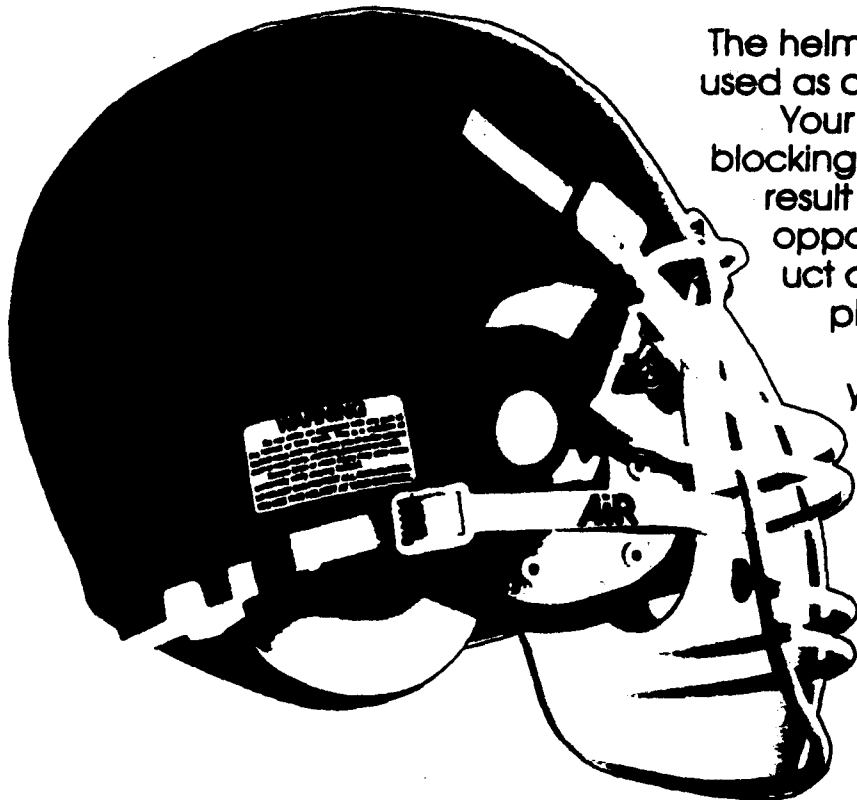
Head and neck injuries in football have been dramatically reduced since the late 1970s. Several suggestions for continued reduction are as follows:

1. Preseason physical exams for all participants. Identify during the physical exam those athletes with a history of previous head or neck injuries. If the physician has any questions about the athlete's readiness to participate, the athlete should not be allowed to play.
2. A physician should be present at all games. If it is not possible for a physician to be present at all games and practice sessions, emergency measures must be provided. The total staff should be organized in that each person will know what to do in case of a head or neck injury in game or practice. Have a plan ready and have your staff prepared to implement that plan. Prevention of further injury is the main objective.
3. Athletes must be given proper conditioning exercises which will strengthen their necks so that participants will be able to hold their heads firmly erect when making contact. Strong neck muscles may help prevent neck injuries.
4. Coaches should drill the athletes in the proper execution of the fundamentals of football skills, particularly blocking and tackling. **KEEP THE HEAD OUT OF FOOTBALL.**
5. Coaches and officials should discourage the players from using their heads as battering rams. The rules prohibiting spearing should be enforced in practice and in games. The players should be taught to respect the helmet as a protective device and that the helmet should not be used as a weapon.
6. All coaches, physicians, and trainers should take special care to see that the player's equipment is properly fitted, particularly the helmet.
7. Strict enforcement of the rules of the game by both coaches and officials will help reduce serious injuries.
8. When a player has experienced or shown signs of head trauma (loss of consciousness, visual disturbances, headache, inability to walk correctly, obvious disorientation, memory loss) he should receive immediate medical attention and should not be allowed to return to practice or game without permission from the proper medical authorities.

# IT WASN'T MADE FOR THIS



The danger in these techniques is that too often the player's head is not in the proper position when contact is made with the opponent. Executed improperly (head down), the neck is most vulnerable to injury. A blow to the top of the head when the neck is straightened is the most frequent cause of permanent injury. Only legal techniques should be taught or practiced.



The helmet has **not** been designed to be used as a weapon in the sport of football.

Your use of the helmet with improper blocking and/or tackling techniques may result in serious injury to you and/or an opposing player. No protective product can totally eliminate the inherent physical risks of football. You need to know what your equipment—your helmet, shoulder pads, forearm guard, can and cannot do.

Listen to your coach. Listen to your trainer. The more you know about football and the equipment you use and how it can (and in some cases, cannot) protect you, the better you'll play.

**NATIONAL FEDERATION  
OF STATE HIGH SCHOOL ASSOCIATIONS**

11724 PLAZA CIRCLE  
P.O. BOX 20626  
KANSAS CITY, MO 64195  
816/464-5400

# AIR



# FOOTBALL HELMET INSPECTION LIST



1. Check helmet fit for agreement with manufacturer's instructions and procedures.
2. Examine shell for cracks and replace any that have cracked. **DO NOT USE A HELMET WITH A CRACKED SHELL.**
3. Examine all mounting rivets, screws, velcro and snaps for breakage, distortion and/or looseness. **Repair as necessary.**
4. Replace face guards that have become misshapen, causing shell distortion and resulting in a poor fit.
5. Examine for helmet completeness, and replace any parts which have become damaged, such as sweatbands, nose snubbers and chinstraps.
6. Replace jaw pads when damaged. Check for proper installation and fit.
7. Examine chinstrap for proper adjustment, and inspect to see if it is broken or stretched out of shape; also inspect the hardware to see if it needs replacement.
8. Read instructions provided by manufacturer regarding care and maintenance procedures. Also follow these instructions.

**CAUTION:** Only paints, waxes, decals or cleaning agents approved by the manufacturer are to be used on any helmet. It is possible to get a severe or delayed reaction by using unauthorized materials, which could permanently damage the helmet shell and affect its safety performance.

## PLAYERS:

Inspect your particular style of helmet prior to each usage. **NEVER WEAR A DAMAGED HELMET.**

### SUSPENSION STYLE

- Check hardware, i.e., screws or rivets that may be loose/missing.
- Check webbing for tears in threads, stretching, or pulling away at rivet location.
- If crown webbing is adjustable, check that crown rope is properly adjusted and is tied tightly using a square knot.
- Check interior padding for proper placement and good conditions.

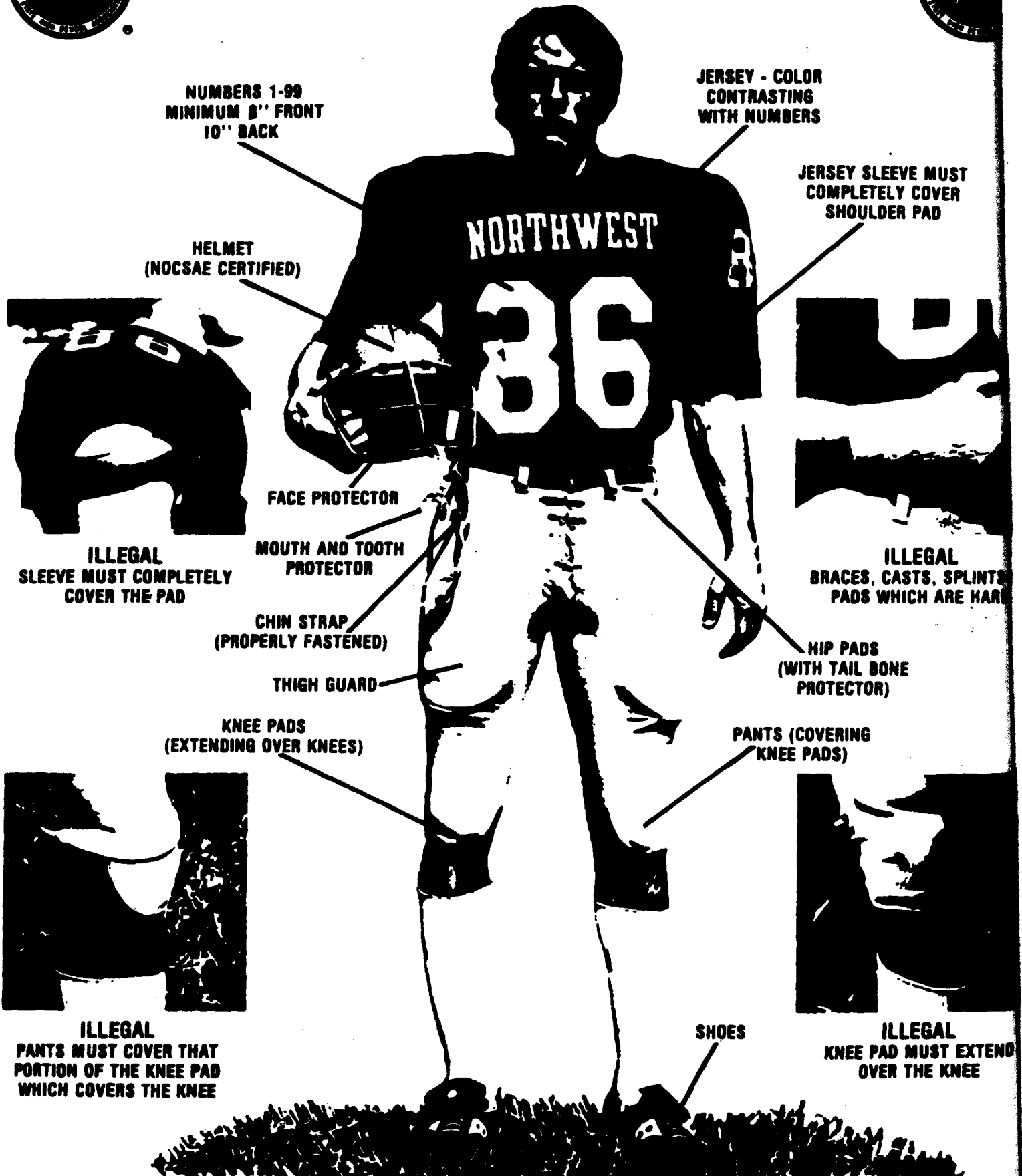
### PADDED STYLE

- Foam/Air/Liquid
- Check foam padding for proper placement and no obvious deterioration.
- Check for cracks in vinyl/rubber covering of air, foam, liquid padded helmets.
- Check that protective system or foam padding has not been altered or removed.
- Check all rivets, screws, velcro and snaps to assure they are properly fastened and holding protective parts.

If any of the above inspections indicate a need for repair and/or replacement, notify the proper authority. **This is your responsibility.**



# NATIONAL FEDERATION MANDATORY PLAYER EQUIPMENT



**NUMBERS 1-99  
MINIMUM 8" FRONT  
10" BACK**

**JERSEY - COLOR  
CONTRASTING  
WITH NUMBERS**

**JERSEY SLEEVE MUST  
COMPLETELY COVER  
SHOULDER PAD**

**HELMET  
(NOCSAE CERTIFIED)**

**NORTHWEST**

**86**

**FACE PROTECTOR**

**MOUTH AND TOOTH  
PROTECTOR**

**CHIN STRAP  
(PROPERLY FASTENED)**

**THIGH GUARD**

**KNEE PADS  
(EXTENDING OVER KNEES)**

**HIP PADS  
(WITH TAIL BONE  
PROTECTOR)**

**PANTS (COVERING  
KNEE PADS)**

**SHOES**

**ILLEGAL  
SLEEVE MUST COMPLETELY  
COVER THE PAD**

**ILLEGAL  
BRACES, CASTS, SPLINTS  
PADS WHICH ARE HARD**

**ILLEGAL  
PANTS MUST COVER THAT  
PORTION OF THE KNEE PAD  
WHICH COVERS THE KNEE**

**ILLEGAL  
KNEE PAD MUST EXTEND  
OVER THE KNEE**

### FOOTBALL SAFETY

Some safety conscious practices for schools regarding prevention of traumatic head injuries during football play:

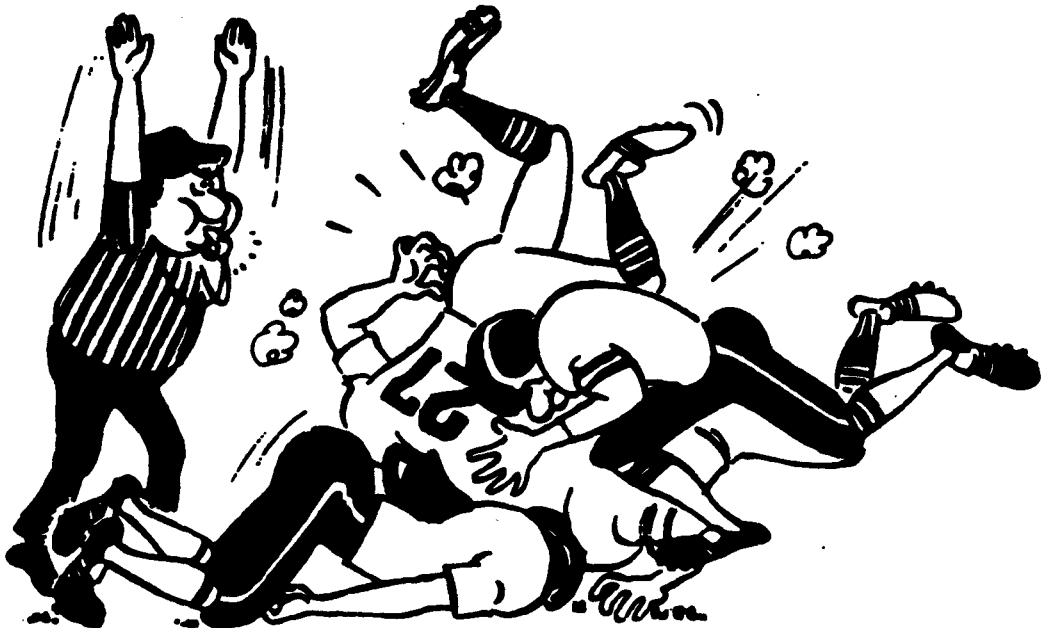
- Do not allow unsupervised football games.
- Match players for size and weight if possible.
- Keep equipment and the field in good repair.
- Use appropriately trained staff, including Physician Consultant.
- Have access to appropriate medical treatment.
- Inform players and parents of potential risks.
- Teach safety rules and test each player for knowledge.
- Rule out spearing or butt tackling and face tackling and enforce penalties for safety infractions.
- Limit tackling and blocking during practice.
- Stress the importance of consistent training and exercises to strengthen neck and shoulder muscles.
- Know signs of concussion; Pull players from the game when necessary and provide medical attention and follow up.

This list is not intended to be comprehensive or definitive. Rather, it represents an attempt to summarize some of the most commonly cited safety suggestions found in current literature. Comments are always welcome.

The NYS Head Injury Association  
194 Washington Ave.  
Albany, NY 12210  
Telephone: (518) 434-3037

## IT IS THE DUTY OF ALL CONCERNED WITH HIGH SCHOOL ATHLETICS

1. To emphasize the proper ideals of sportmanship, ethical conduct and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress the values derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a happy relationship between visitors and hosts.
6. To respect the integrity and judgment of the sports officials.
7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. To encourage leadership, use of initiative, and good judgment by the players on the team.
9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players.
10. To remember that an athletic contest is only a game-not a matter of life or death for player, coach, school, official, fan, community, state, or nation.



# FOOTBALL OFFICIAL'S RESPONSIBILITIES

*There are six officials and each have very specific jobs they must perform.*

The **Referee** is responsible for generally overseeing and controlling the game. He gives signals for all fouls and is the final authority for rule interpretations. The Referee's position is in the backfield, 10 to 12 yards behind the line of scrimmage. From this vantage point, he can determine the legality of the snap and observes the deep back(s) for legal motion. On a running play, he observes the quarterback during and after the handoff or pitchout, remains with him until action in this area has been cleared, then proceeds downfield, checking on the runner and contact behind him. On pass plays, he drops back as the quarterback begins to fade back, and picks up the legality of action by players. He concentrates on the quarterback. His primary responsibility is to rule on possible roughing action, and if the ball becomes loose, he rules whether the ball is free on a fumble, or dead on an incomplete pass. During kicking situations, the Referee has the primary duty to rule on the kicker's and whether or not and subsequent contact by a defender is legal.

The **Umpire's** major responsibility is to rule on players' equipment, as well as their conduct on the scrimmage line. He lines up approximately four to five yards downfield, varying his position from in front of the weakside tackle to the strongside guard. In addition to looking for possible false starts by offensive linemen, he observes the legality of contact by both the offensive linemen while blocking and by defensive players while they attempt to ward off blockers. During the development of a pass play, he moves forward to the line of scrimmage to insure that the interior linemen do not move illegally downfield. The Umpire must also assist in the ruling on an incomplete or trapped pass when the ball is thrown overhead or short.

The **Head Linesman** is primarily responsible for ruling on offside, encroachment, and actions pertaining to the scrimmage line prior to or at the snap. He must key in on the closest set back on his side of the field, and is then responsible to clear this receiver approximately seven yards downfield as he moves to a point five yards beyond the line. The Linesman's secondary responsibility is to rule on any illegal action taken by defenders on any delay of the receiver moving downfield. He is to call pass interference when the infraction occurs and is to rule on the legality of blockers and defenders on plays involving ball carriers, whether it is entirely a running play, a combination pass and run, or a play involving a kick. Together with the Referee, the Linesman is responsible for keeping track of the number of downs and is in charge of the mechanics of his chain crew in connection with their duties.

The **Line Judge** has various responsibilities. His position is on the side of the field, opposite the Linesman, straddling the line of scrimmage. He keys on the closest set back on his side of the field, and is to observe the receiver until he moves at least seven yards downfield. The Line Judge then moves toward the backfield side being especially alert to rule on any back in motion and on flight of the ball when a pass is made. His primary responsibility is to rule whether or not the passer is behind or beyond the line of scrimmage when the pass is made. He also assists in observing actions by blockers and defenders who are on his side of the field. After a pass is thrown, the Line Judge directs his attention toward activities which occur in back of the Umpire. During punting situations, he must remain at the line of scrimmage to be sure that only the end men move downfield until the kick has been made, and also rules whether or not the kick crossed the line. Finally, he must observe the action of members on the kicking team who are moving downfield to cover the kick.

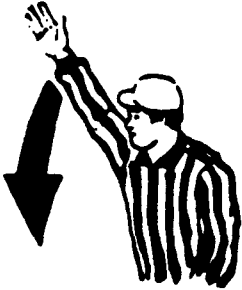
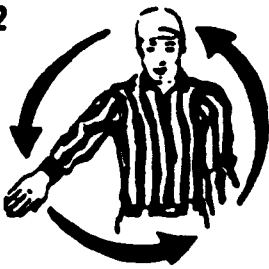









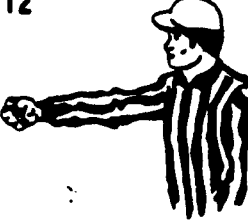


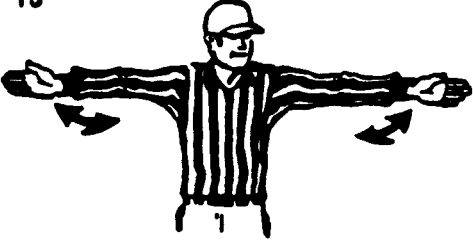
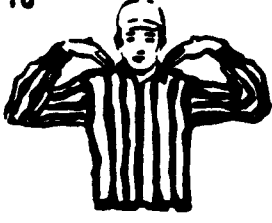






The **Back Judge** operates on the same side of the field as the line judge, 17 yards deep. He keys on the wide receiver on his side, concentrating on the path of the end or back, observing the legality of his potential block(s) or of actions taken against him. He also must be prepared to rule on holding or illegal use of hands by the end or the back. The Back Judge has the primary responsibility to make decisions involving the side line of his side of the field, i.e. pass receiver or runner in or out of bounds. Also decisions involving catching, recovery or illegal touching of a loose ball beyond the line of scrimmage; rules on plays involving the pass receiver, including the legality of a catch or pass interference, and calls on clipping on punt returns are all the responsibility of the Back Judge.

Finally, there is the **Field Judge** who assists the Back Judge on ruling whether field goal conversion attempts are successful. His position is 25 yards downfield, and generally favors the tight end's side of the field. He concentrates on his path and observes the legality of the tight end's potential block(s) or of actions taken against him. He is prepared rule from a deep position on holding or illegal use of hands by an end or back, or on defensive infractions committed by the player guarding him. The Field judge is responsible for timing the intervals between plays on the 30 second clock, plus intermission between the two periods of each half. Other decisions he makes involve catching, recovery or illegal touching of a loose ball beyond the line of scrimmage.



# OFFICIAL FOOTBALL SIGNALS HIGH SCHOOL AND COLLEGE

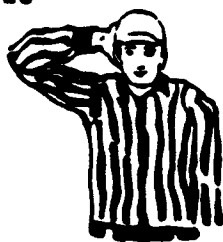

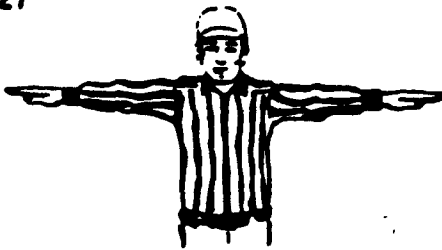






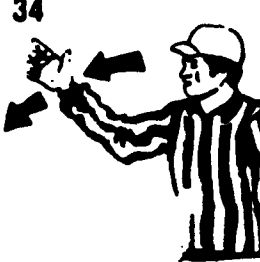






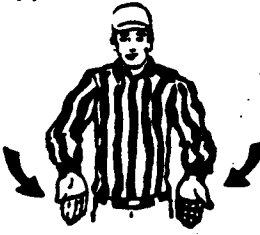

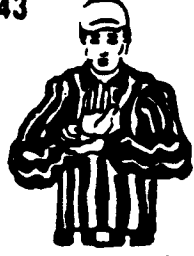






<p>1</p>  <p>Ball ready for play</p>	<p>2</p>  <p>Start clock</p>	<p>3</p>  <p>Time-out Discretionary or injury time-out (follow by tapping hands on chest)</p>	<p>4</p>  <p>TV/Radio time-out</p>	
<p>5</p>  <p>Touchdown Field goal Point(s) after touchdown</p>	<p>6</p>  <p>Safety</p>	<p>7</p>  <p>Ball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



# OFFICIAL FOOTBALL SIGNALS HIGH SCHOOL AND COLLEGE



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

NOTE: Signals number 25 and 26 are for future expansion.

# SPORTS AND THE COURTS:

## ACTION MOVES FROM FIELD TO COURTROOM: COACHES HAVE DEFINED LEGAL DUTIES

By Sam Adams

Within the past few years, there has been a radical change in what constitutes legal duties of school districts and coaches. There has been a marked and rapid progression of expected duties of school districts and coaches from a no-duty concept, to an awareness of some responsibilities, to legal duties as defined by the courts.

This progression is reflected in how we have moved from the days when a coach was simply expected to field a good team, work well with athletes and win games. Much of the action has moved from the playing arenas to the courtroom. Courts now have defined some legal duties or expected levels of performance for coaches through court cases.

Essentially, the law of negligence deals with conduct, either action or inaction, which, it is claimed by the injured person, does not measure up to the standard of behavior required by the law. Duty arises whenever the circumstances are such that reasonably prudent coaches would recognize that if they did not use ordinary care and skill with regard to their own conduct in coach/athlete situations, they could cause injury to the person or property of another.

Simply, that standard or measurement may be described as the manner in which a reasonably prudent coach/person would act under the same or similar circumstances.

Clements (1988) says the legal duty of care to another is satisfied when all unreasonable risks of harm are eliminated. To successfully eliminate the unreasonable risk, the professional must recognize and know the danger. The standard of care or legal duty is either the standard established for the professional with specific expertise, i.e., a coach, or that expected of a reasonable person under similar circumstances. As to those adults of superior knowledge by virtue of their professional training, education or experience, a somewhat higher standard of conduct may be required.

In *Jeffers vs. Olexo* (1989), the state supreme court of Ohio said the existence of duty is fundamental to establishing actionable negligence. If there is no duty, then no legal liability can arise on account of negligence.

When is there a legal duty? A relationship sufficient to create a legal duty may arise by statute, ordinance, administrative rule, con-

tract, voluntary assumption or judicial decision. Relationships such as teacher-pupil, coach-athlete, fitness specialist-client . . . establish a legal duty (Clements, 1988).

Some duties of coaches have been formalized into written codes of conduct, job responsibilities and are formally evaluated. These responsibilities become legal duties. A very broad explanation of what a legal duty entails is that any responsibility for the safety and welfare of an athlete that a coach may have is legal duty. The law requires people (coaches) and corporations (school districts) to act in a way that avoids creating unreasonable risk of injury to others (Adams, 1989).

Much of the confusion and concern about legal duties arises from the fact that there are few written or formalized standards of behavior or conduct for coaches and, therefore, they are measured by a hypothetical standard. Within each sport there exists this hypothetical standard at which a coach, as a trained professional, is expected to perform. This hypothetical standard is referred to as a reasonably prudent person.

Leibee (1972) says the so-called reasonably prudent person against whom the jury measures the defendant is, of course, a creature of the mind. He is an ideal: the good citizen who always looks where he is going; doesn't daydream while approaching a dangerous spot in the road; never second-guesses a stop light; or pets a strange dog before he knows the animal is gentle. He is not the average man but is rather the ideal citizen of his community who is always up to standard.

A. P. Herbert, English humorist and lawyer, has described the reasonable person as follows:

He is one who invariably looks where he is going, and is careful to examine the immediate foreground before he executes a leap or a bound, who neither star-gazes nor is lost in meditation when approaching trap doors or the margin of a dock — who never drives his ball till those in front of him have definitely vacated the putting green which is his own objective; who never, from one year's end to another, makes an excessive demand upon his wife, his neighbors, his servant, his ox, his ass — who never gambles, or loses his temper; who uses nothing except in moderation, and even when he flogs his

child is meditating only on the golden mean. Devoid, in short, of any human weakness, with not one single saving vice — sans prejudice, procrastination, ill-nature, avarice, and absence of mind as careful for his own safety as he is for that of others, this excellent but odious creature stands like a monument in our courts of justice, vainly appealing to his fellow citizen to order the lives after his own example.

In other words we are looking at the perfect person, not a reasonable, prudent person, would act in situations.

What is needed are guidelines that give coaches some parameters on which to base their actions. Establishing these parameters and guidelines must be on the objectives for administrators and coaches in the 1990s. It is always difficult to be searching and establishing guidelines especially in uncharted waters. Where do we begin? I believe by looking at the history we can find direction for future action. Looking at what the courts have decided in past cases concerning their legal duties can give a base upon which to plan future expectations and, therefore, guidelines and criteria for performance. Looking at these court cases also can help aid coaches and administrators to develop foreseeability and prudence.

There have been several legal duties specifically identified as such by the courts. These legal duties include:

1. **Duty to properly instruct.** The Thorson case pointed out the importance of knowledge of and teaching of proper correct techniques, as well as the importance of teaching skills in a progressive manner. In other words, a coach must begin from the simple to the complex in teaching skills. A football coach cannot begin the day of football practice with live tackling. Foot position, body position, head position and other elements of correct technique must be taught first. This principle applies to any technique in any sport. (12, 26, 29).

2. **Duty to warn of the inherent dangers in a sport.** Parents and participants need to be warned of the inherent dangers in a sport. A general axiom is that a person does not assume a risk that they do not know. (2) This can include failure to warn of dangers in using an improper technique in a sport (25).

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5. Byrns vs. Kiddell, 1976
6. Carabba vs. Anacortes School District No. 103, 1968
7. Cirillo vs. Milwaukee, 1967
8. Clark vs. Board of Education, 1952
9. Clark vs. State, 1949
10. Clements vs. Board of Education of Decatur, 1985
11. Dawson vs. Rhode Island Auditorium, 1968
12. Debortolo vs. Metropolitan School District of Washington Township, 1982
13. Ehlinger vs. Board of Education of New Hartford Central School District, 1983
14. Fessenden vs. Smith, 1964
15. Foster vs. Houston General Insurance Co., 1982
16. Germond vs. Board of Education of Central School District No. 2, 1960
17. Gerrity vs. Beatty, 1978
18. Gorton vs. Doty, 1937
19. Goss vs. Lopez, 1975
20. Leahy vs. School Board of Hernando, 1984
21. Lowe vs. Board of Education, 1971
22. Lueck vs. City of Janesville, 1973
23. Lynch vs. Board of Education, 1980
24. Mogabgab vs. Orleans Parish School Board, 1970
25. Passantino vs. Board of Education of City of New York, 1976
26. Peterson vs. Multnomah County School District No. 1, 1976
27. Santee vs. Orleans Parish School Board, 1983
28. Sutpher vs. Benthian, 1979
29. Thompson vs. Seattle School District No. 2, 1982
30. Tinker vs. Des Moines, 1969
31. Turano vs. New York, 1962
32. Vendrell vs. School District No. 26C, Mahieur County, OR, 1962
33. Welch vs. Dunsuir Joint Union School District, 1958
34. Wimbish vs. School District of Penn Hills, 1981
35. Woodring vs. Board of Education of Manhasset, 1981

3. **Duty to provide proper supervision.** The duty in supervision is a vast one. It includes inadequate or poor supervision as well as lack of supervision. We are now beginning to see cases concerning the lack of sufficient number of supervisors. This is of concern to coaches as there are no specifics as to how many coaches are needed for a certain number of athletes in a particular sport (6, 7, 22, 27, 28).

4. **Duty to provide a safe environment.** This is a comprehensive area that includes the provision of safe facilities and equipment. Facilities need to be properly designed, constructed, maintained and used. This last statement means that a facility should be used for what it was intended. If a facility is utilized for activities other than for what it was designed, one must be able to justify why and how it is safe for that activity.

Protective equipment must be mandatory when required for safety. It also should be free from defects and maintained in good condition. Athletes need to be warned of the dangers in misuse of the equipment (35). Properly designed (31) and properly maintained (11) facilities are a must. Equipment must be free from defects (32), properly fitted (17) and properly designed (5), and warning of the dangers in misuse of the equipment must be explained to athletes (5). Protective equipment must be provided when required for safety (20, 23).

5. **Duty to provide health care.** This is a broad area that includes duties in at least three phases: pre-injury care, emergency care when injured and post-injury care. Pre-injury care includes a physical exam prior to turning out for a sport as well as proper training before competition. Pre-injury care includes a physical exam prior to turning out for a sport and proper training before competition (32).

Emergency care for an injured athlete is a very important area in health care. It requires as a minimum that coaches should have first aid/CPR training. There also needs to be an emergency care system whereby reasonable medical assistance can be provided to injured athletes as soon as possible. There must be a written outline of an emergency care system (34, 33). Immediate treatment of injuries and medical assistance must be provided to injured participants as soon as possible under the circumstances (9, 24).

Post-injury care involves the return of the player to competition and any rehabilitation involvement by a coach (9, 21).

6. **Duty to teach and enforce rules and regulations.** Any rules of the game — national, state and district — must be taught and enforced. Rules that are not enforced are not rules at all (13, 16).

7. **Duty to classify and group participants for competition.** The courts in the past have used the following criteria as guidelines for classification: skill level (the most important), age, maturity, sex, size and experience (4, 32).

8. **Duty to safely transport athletes.** This duty includes the right of the athlete for safe transportation to and from contests as well as to and from practices held at sites other than the immediate school grounds (1, 14, 15, 18).

9. **Duty to follow due process.** Athletes have the fundamental rights guaranteed to all U.S. citizens under the 14th Amendment to the U.S. Constitution (3, 10, 19, 30).

Coaches also appear to have some duty of care toward spectators and officials. Specific court cases have not given clear specificity of what coaches' duties to spectators and officials are, but it is obvious that they must provide for their safety as much as possible.

There are three other duties that coaches must attend to, although they are not identified by court cases. However, if a coach does attend to these duties/standards of conduct, it will help prevent injuries and liability.

10. **Duty to foresee potentially dangerous circumstances and situations.** Foreseeability has been defined as a legal duty and a common thread that runs throughout most liability cases.

11. **Duty to plan.** Planning or lack of planning is a major cause of coaches being derelict in their instruction and/or supervision. Careful planning is involved in good instruction. Safe supervision is based on good planning.

12. **Duty to keep records.** This last duty, although no cases have been based upon it, is one that, if coaches were to properly fulfill, would provide a solid defense against liability. Keeping records is expected of careful, prudent coaches.

These are the most common duties that have arisen in the courts recently. They are classified as legal duties and others may surface as litigation continues. However, if coaches are well-informed about these duties and fulfill them, they will be careful, prudent professionals. These duties can be used as a base for determining criteria for standard of performance or conduct for coaches.

Wm. Todd Boyd  
37 Carmen Dr.  
Poughkeepsie, NY 12603

(845)462-0094 (H)  
(845)435-7942 (W)  
(845) 489-5824 (C)



To: Athletic Directors, Section IX

Re: Field markings, new rules

With the approach of the upcoming football season, it is time to start thinking about the preparation of the fields. Rule 1-2-3-e (NEW for 2005) requires 9-yard marks to be placed on the field. I have included a field diagram for your reference. Rule 1-2-3-e reads:

“Nine-yard marks, 12 inches in length and 4 inches in width, shall be located 9 yards from each sideline. The 9-yard marks shall be marked so that at least each 10-yard line bisects the 9-yard marks. These marks shall not be required if the field is visibly numbered. If on-the-field numbers are used, the tops of those numbers shall be 9 yards from the sideline, should be 6 feet in height and 4 feet in width and may include directional arrows next to the yard-line numbers indicating the direction toward the nearest goal line.”

What does this mean?

- 1) If you include yard-line numbers on your field then the tops of the numbers should be 9 yards from the sideline as shown on the attached diagram.
- 2) If you do not have yard-line numbers on your field, you must include 12 inch long lines parallel to the sideline that intersect the 10-yard lines (10, 20, 30, etc) at a minimum although it is recommended that they are included every 5 yards (5, 10, 15, etc). These lines are similar to the hash marks shown on the attached diagram.

For your future reference, as you purchase equipment for the upcoming years, you should note that:

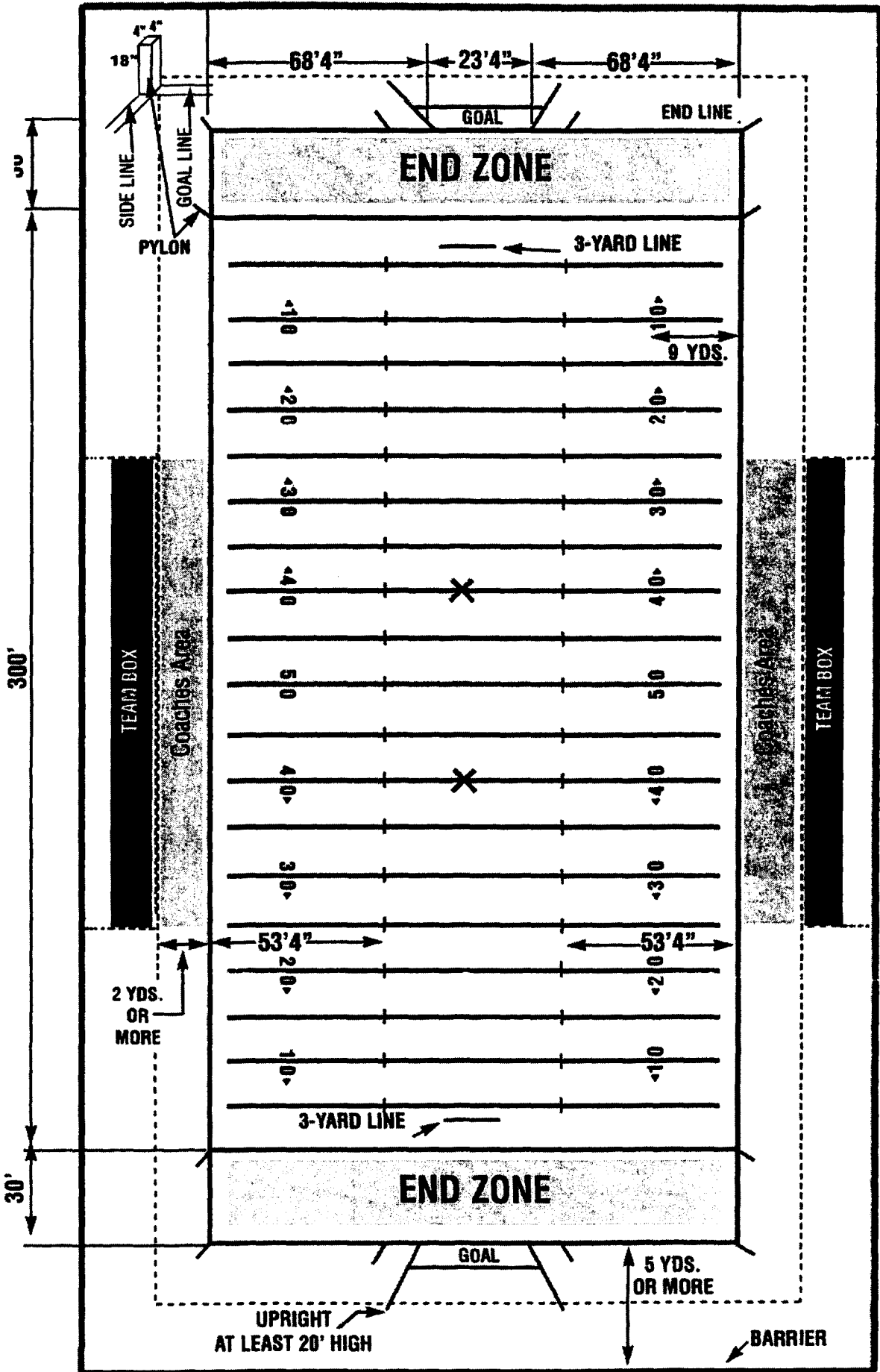
- 1) Beginning in 2006, all players are required to wear helmets with 4-point chin straps AND mouthpieces cannot be clear or white.
- 2) Beginning in 2008, all handpads will be required to meet NF/NCAA specifications AND jerseys and pants may have only one (1) logo per item.

If you have any questions regarding this rule, please feel free to contact me.

Sincerely,

Wm. Todd Boyd  
Interpreter, CHVFOA

Att: NFHS Football Field Diagram  
Cc: Exec. Bd., CHVFOA  
Orange-Ulster BOCES





mailing address: PO Box 690 • Indianapolis, Indiana (46206)  
shipping address: NFHS Distribution Center • 1802 Alonzo Wattford St. Drive (46202)  
physical address: 690 W. Washington  
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# Memorandum

To: NFHS Football Rules Committee  
From: Jerry L. Diehl, Editor  
Subject: Progress Report on 2005 Survey of Football Injury Research  
Date: December 1, 2005

The Annual Survey of Football Injury Research is compiled with the assistance of state executive officers, school administrators and physicians. They have obtained the pertinent material and forwarded it to the NFHS office. At each annual meeting of the NFHS Football Rules Committee, the study is reviewed by the Injury-Safety Subcommittee and is also made available to all other committee members. Since the report is only preliminary in nature, it should not be released outside the membership of the committee. The annual report is available on the National Center for Catastrophic Sports Injury Research web site ([www.unc.edu/depts/nccsi/](http://www.unc.edu/depts/nccsi/)). Fred Mueller, PhD, has supplied information to the NFHS to make this report. Dr. Mueller is projecting that these cases will fall into certain categories based upon the information we do have.

Fatalities are classified as either direct or indirect for purposes of identifying trends.

**Direct fatalities** are those caused by a traumatic injury while participating in the skills of the sport. To date, there are an estimated three direct fatalities resulting from an injury (two high school and one professional). The high school direct fatalities were the result of brain injuries. Last year there were five direct fatalities (four high school and one sandlot).

**Indirect fatalities** are caused by systemic failure as a result of exertion while participating in a football game or practice or by a complication that was secondary to a nonfatal injury. To date there are twelve indirect fatalities (seven high school, two college, one junior high, one sandlot and one professional) and last year there were ten (seven high school, three college). There is not enough information at this time as to the cause of these fatalities.

Yearly Comparison High School	2001	2002	2003*	2004	2005
Direct	8	3	2*	4	2
Indirect	10	7	4*	7	7
Unknown	0	4	1	4	
* Adjusted Totals					

JLD:kya

**SECTION IX Football Official Rating Card**

**Game #:** \_\_\_\_\_

**RATING:**

**SUPERIOR 8-9    ABOVE AVERAGE 6-7    AVERAGE 4-5**

**BELOW AVERAGE 2-3    POOR 1**

**A RATING OF 3 OR LOWER REQUIRES A COMMENT AND REASON.**

<b>POSITION:</b>	<b>NAME:</b>	<b>RATING:</b>
<b>(A) REFEREE</b>	_____	_____
<b>(B) UMPIRE</b>	_____	_____
<b>(C) LINESMAN</b>	_____	_____
<b>(D) BACK JUDGE</b>	_____	_____
<b>(E) FIELD JUDGE</b>	_____	_____
<b>(F) TIMER</b>	_____	_____
<b>(G) CHAIN OFFICIAL</b>	_____	_____
<b>(H) CHAIN OFFICIAL</b>	_____	_____
<b>(I) DOWN OFFICIAL</b>	_____	_____

**COACH'S SIGNATURE AND SCHOOL:** \_\_\_\_\_

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

**A.D. SIGNATURE AND SCHOOL:** \_\_\_\_\_

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

**SCORE: REPORTING TEAM:** \_\_\_\_\_

**OPPONENT:** \_\_\_\_\_

**RETURN TO:** MR. JAMES OSBORNE  
OCIAA Athletic Coordinator  
Orange and Ulster BOCES  
53 Gibson Road  
Goshen, New York 10924



CENTERS FOR DISEASE CONTROL AND PREVENTION

## FACT SHEET

Embargoed Until Noon, EDT, September 22, 2005  
 CDC, Injury Media Relations  
 (770) 488-4902

### High School Coaches Get "Head's Up" Kit to Recognize and Manage Concussions

The Centers for Disease Control and Prevention (CDC) is announcing a new multimedia educational project (tool kit) to protect teen athletes from concussion—a serious, but often underestimated health threat. Concussions are a type of traumatic brain injury (TBI) caused by a blow or jolt to the head that can range from mild to severe and can disrupt the way the brain normally works.

This project, *Heads Up: Concussion in High School Sports*, includes information about how to prevent concussions and identify symptoms and the immediate steps to take when an athlete is showing signs of a concussion.

- **The Impact of Concussions**
  - More than 300,000 sports- and recreation-related TBIs occur in this country every year.
  - There are seven million high school athletes in the U.S.
  - Concussions account for 5.5% of all injuries in high school sports.
  - Concussion can happen to any athlete, male or female, in any sport.
  - A repeat concussion that happens before the brain fully recovers from the first can result in brain swelling, permanent brain damage, and even death. This is called "second impact syndrome."
- Coaches and athletic directors and trainers play a key role in helping athletes avoid concussion and in ensuring proper management if it occurs.
- Two main messages from the tool kit target both coaches and athletes:
  - Coaches should take athletes out of play when they may have sustained a concussion. Instead of assessing athletes themselves, coaches should seek the advice of a health care professional.
  - Athletes should not hide a concussion if they may have had one. Such injury must be reported and time should be taken to recover. It's better to miss one game than the whole season.
- To prevent these life-changing and life-threatening events, coaches, athletic directors, teens, and parents can:
  - Stress to athletes and teammates that it is better to miss one game than the whole season or a healthy, active future.
  - Use the right protective equipment during all practices and games.
  - Keep athletes with known or suspected concussion from play until they have been evaluated and have been granted permission to return to play by the appropriate medical personnel.
  - Ensure that your athlete's school has a year-round concussion action plan in place that can be used during games and athletic practices.

To order or download your free tool kit, visit CDC on the Web at:

**INTRODUCTION**

Head trauma is a common problem in sports and has the potential for serious complications if not managed correctly. Even what appears to be a "minor ding or bell ringer" without loss of consciousness has the real risk of catastrophic results when an athlete is returned to action too soon. The medical literature and lay press are reporting instances of death from "second impact syndrome" when a second concussion occurs before the brain has recovered from the first one regardless of how mild both injuries seem.

At many athletic contests across the country, trained and knowledgeable individuals are not available to make the decision to return concussed athletes to play. Frequently, there is undue pressure from various sources (parents, player and coach) to return a valuable athlete to action A.S.A.P. In addition, often there is unwillingness by the athletes who want to play to report headaches and other findings because the individual knows it would prevent his or her return to play.

Outlined below are some guidelines that may be helpful in establishing a protocol of your institution. Please bear in mind that these are general guidelines and must not be used in place of the central role that physicians and certified athletic trainers must play in protecting the health and safety of student-athletes.

**SIDELINE MANAGEMENT OF ACUTE HEAD INJURY**

1. Did a head injury take place? Based on mechanism of injury, observation, history and unusual behavior and reactions of the athlete, even without loss of consciousness, assume a concussion has occurred if the head was hit.
2. Does the athlete need immediate referral for emergency care? If confusion, unusual behavior or responsiveness, deteriorating condition, LOC, or concern about neck and spine injury exist, the athlete should be referred at once for emergency care.
3. If no emergency is apparent, how should the athlete be monitored? Every 5-10 minutes mental status, attention, balance, behavior, speech and memory should be examined until stable over a few hours.
4. No athlete suspected of a head injury should return to the same practice or contest, even if clear in 15 minutes, without clearance by an appropriate medical physician.

**EXAMPLE OF SPECIFIC INSTRUMENTS BEING USED TO DO SIDELINE ASSESSMENT OF ATHLETES WITH CONCUSSION**

Outlined below is a fairly comprehensive list of signs, symptoms and observations that can be utilized to determine if an athlete is "clear" of any abnormalities that should prevent return to play. Abnormalities of attention, processing speed, memory, balance, reaction time, and ability to think and analyze information appear to be those areas most likely to be involved and persist after a head injury. Several instruments such as the Sideline Concussion Checklist (SCC) and the Sideline Assessment of Concussion (SAC) have been developed as reasonably user-friendly methods of monitoring an athlete on the sideline to determine whether he or she is stable or needs immediate referral for emergency care. The CDC has also developed a tool kit (Heads UP: Concussion in High School Sports), which has been made available to all high schools, and has information on head injuries for coaches, athletes and parents. The NFHS is proud to be a co-sponsor of this initiative. Computerized tests that evaluate similar domains (IMPACT, Seminal, CBI, or ANAM) are being used by some schools, professionals and others. Cost and availability vary. Balance studies such as Balance Error Scoring System (BESS) may also be a helpful sideline tool for monitoring athletes.

The NFHS will continue to monitor developments in this research as investigators seek ways of making these instruments more practical.

**MANAGEMENT OF HEAD INJURIES THAT INTERRUPT RETURN TO PLAY**

(SEE "SEIZURE MANAGEMENT")

Any athlete who is removed from play because of a head injury will require medical clearance before being allowed to return to play or practice. The second international conference on concussion held in Prague suggests an athlete should not return to practice or competition in sport until he or she is asymptomatic and appears normal for a minimum of one week. The athlete must be able to progress through a return to play (RTP) protocol as outlined below without any return of signs or symptoms before actually competing. These recommendations have been based on the awareness of the increased vulnerability of the brain to concussions occurring close together and of the cumulative effects of multiple concussions on long-term brain function. Research is now revealing some fairly objective and relatively easy-to-use tests which appear to identify subtle residual deficits that may not be obvious from the traditional evaluation. These identifiable abnormalities frequently persist after the obvious signs of concussion are gone and appear to have relevance to whether an athlete can return to play in relative safety. The significance of these deficits is still under study and the evaluation instruments represent a work in progress. They may be helpful to the professional determining return to play in conjunction with consideration of the severity and nature of the injury; the interval since the last head injury; the duration of symptoms for clearing; and the level of play.

**SIDELINE DECISION-MAKING**

1. No athlete should return to play (RTP) after head injury even if clear in 15 minutes without medical clearance.
2. Any athlete removed from play for a head injury must have appropriate medical clearance before practice or competition may resume.
3. Close observation of athlete should continue for a few hours.
4. After medical clearance, RTP should follow a step-wise protocol with provisions for delayed RTP based on return of any signs or symptoms.

**MEDICAL CLEARANCE RTP PROTOCOL**

1. No exertional activity until asymptomatic.
2. When the athlete appears clear, begin low-impact activity such as walking, stationary bike, etc.
3. Initiate aerobic activity fundamental to specific sport such as skating, running, etc.
4. Begin non-contact skill drills specific to sport such as dribbling, ground balls, batting, etc.
5. Then full contact in practice setting.
6. If athlete remains without symptoms, he or she may return to play.

**A. ATHLETE MUST REMAIN ASYMPTOMATIC TO PROGRESS TO THE NEXT LEVEL.**

**B. IF SYMPTOMS RECUR, ATHLETE MUST RETURN TO PREVIOUS LEVEL.**

**C. MEDICAL CHECK SHOULD OCCUR BEFORE CONTACT.**

## SIGNS OF CONCUSSION

Concussions can appear in many different ways. Listed below are some of the signs and symptoms frequently associated with minor head trauma (e.g., "ding", "bell rung", dazed or concussion). Most symptoms, signs and abnormalities after a head injury fall into the four categories listed below. A coach or other person who knows the athlete well can usually detect these problems by observing the athlete and/or by asking a few relevant questions to the athlete, referee or a teammate who was on the field or court at the time of the head injury. Below are some suggested observations and questions a non-medical professional like a coach or school administrator can use to help determine whether an athlete has suffered a concussion and how urgently he or she should be sent for medical care following a head injury.

### 1. PROBLEMS IN BRAIN FUNCTION:

- a. Confused state – dazed look, vacant stare, confusion about what happened or is happening.
- b. Memory problems – Can't remember assignment on play, opponent, score of game, or period of the game. Can't remember how or with whom he or she traveled to the game, what he or she was wearing, what was eaten for breakfast, etc.
- c. Symptoms reported by athlete – Headache, nausea or vomiting, blurred or double vision, oversensitivity to sound, light or touch, ringing in ears, feeling foggy or groggy.
- d. Lack of Sustained Attention – Difficulty sustaining focus adequately to complete a task or a coherent thought or conversation.

2. **SPEED OF BRAIN FUNCTION:** Slow response to questions, slow slurred speech, incoherent speech, slow body movements, slow reaction time.

3. **UNUSUAL BEHAVIORS:** Behaving in a combative, aggressive or very silly manner, or just atypical for the individual. Repeatedly asking the same question over and over. Restless and irritable behavior with constant motion and attempts to return to play or leave. Reactions that seem out of proportion and inappropriate. Changing position frequently and having trouble resting or "finding a comfortable position." These can be manifestations of post-head trauma difficulties.

4. **PROBLEMS WITH BALANCE AND COORDINATION:** Dizzy, slow clumsy movements, acting like a "drunk," inability to walk a straight line or balance on one foot with eyes closed.

## CHECK FOR CONCUSSION

In addition to observation and direct questioning for symptoms, asking the athlete specifics about the contest or the injury, having the athlete repeat a series of numbers forward and backward, or recite the months of the year in reverse order may help identify problems in brain function. Checking coordination and agility such as touching a finger to the nose and to another object, balancing on one foot, and walking heel-to-toe on a straight line can be helpful in analyzing the athlete's state of coordination.

---

**Any athlete being returned to play because he or she seemed not to have actually had a head injury should be assessed after exercise, such as push-ups, sit-ups, sprints and deep knee bends, before concluding a return to play would be appropriate.**

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Increasing evidence is suggesting that initial signs and symptoms, including loss of consciousness and amnesia, may not be very predictive of the true severity of the injury and the prognosis or outcome. More importance is being assigned to the duration of such symptoms and this, along with data showing symptoms may worsen some time after the head injury, has shifted focus to continued monitoring of the athlete. This is one reason why these guidelines no longer include an option to return an athlete to play even if clear in 15 minutes.

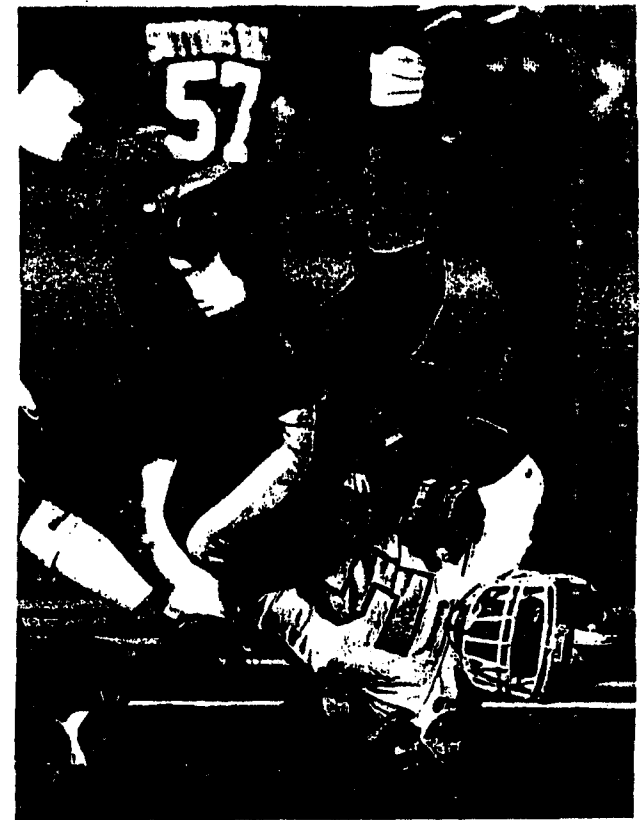
## PREVENTION

Although all concussions cannot be prevented, many can be altered or avoided. Proper coaching techniques, good officiating of the existing rules, and use of properly fitted equipment can minimize the risk of head injury. Although the NFHS advocates the use of mouthguards in nearly all sports, there is no convincing scientific data that their use will prevent concussions.

*Prepared by Vito Parriello, M.D., member of the NFHS Sports Medicine Advisory Committee. 2005*



**National Federation of State High School Associations**  
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www.nfhs.org



## SUGGESTED GUIDELINES FOR MANAGEMENT OF HEAD TRAUMA IN SPORTS

**EVEN MINOR CONCUSSIONS WITHOUT LOSS OF  
CONSCIOUSNESS CAN HAVE DEVASTATING RESULTS**



**EMERGENCY MEDICAL CARE**

Your son/daughter has qualified to participate in a NYSPHSAA Championship. In order to ensure he/she receives the proper medical care as needed you must provide the health information below. By signing this form you are authorizing the school's coach or administrator, or tournament official to act on your behalf in authorizing emergency medical, dental, surgical care and hospitalization for your son/daughter in your absence.

Thank you for your cooperation.

\_\_\_\_\_  
(Athlete Name) (Birthdate)

\_\_\_\_\_  
(Address) (Phone)

\_\_\_\_\_  
(Parent/Guardian Name) (Address) (Home&Business phone)

\_\_\_\_\_  
(Athlete's School) (Principal) (School phone)

\_\_\_\_\_  
(Who to contact in case of emergency, other than parent/guardian) (Phone)

\_\_\_\_\_  
(Family Physician ) (Phone number)

\_\_\_\_\_  
(Allergies or special conditions)

*I have read and understand the above parent release form. I do hereby authorize the care referenced above for my child; and I do further release the NYSPHSAA and its agents from any claim whatsoever on account of care authorized pursuant to this emergency medical care release form.*

\_\_\_\_\_  
(Parent/Guardian Signature) (Date)

# Code of Conduct

## For Regional & Championship Competitions



### Responsibilities and Guidelines for Athletes and Coaches Participating in Regional and Championship Contests

An athlete will not be allowed to participate without this form completed!

### Introduction

Any New York State Championship must achieve a standard of Excellence which places it beyond criticism either from an organizational or educational point of view. In essence, each championship represents all of New York scholastic sports and if, for any reason, something disrupts a championship, then the impact of such disruption will be felt by the NYSPHSAA, Inc. and its member schools. What appears at present to pose the greatest threat is the misbehavior of athletes or the lack of supervision responsibilities by coaches while attending such championships.

### Code of Conduct for Athletes

1. Use of alcoholic beverages, tobacco products and other drugs (unless prescribed by a physician) will not be tolerated.
2. All curfews and bed checks will be adhered to as set up by the supervisor or coach in charge.
3. Athletes are responsible for their conduct in regard to public property such as: hotel rooms, transporting vehicles, field and courts, locker rooms, etc. Athletes or the school that they represent will be held financially responsible for any damage that they incur.
4. Hotel rooms will be inspected by the supervisor and the occupants of each room prior to the occupying of each room and again before check-out.
5. Athletes must use transportation authorized by their section and school to and from the event.
6. There will be no gambling of any kind.

### General Guidelines

1. Athletes should stay in groups when traveling or sightseeing. DO NOT TRAVEL ALONE or leave the group.
2. Athletes should make sure the supervisor/coach knows where they are, who is with them, and when they will return when leaving the general area of the contest.
3. Dress for all trips should be neat, clean and socially acceptable. Athletes are representing their Section as well as their own school district. All actions reflect on these institutions.

### Violation - Penalties

If an athlete violates an established rule, the coach or supervisor in charge has the responsibility of disciplining the athlete using the following guidelines:

1. If the violation is prior to the contest or event, the athlete will not be allowed to compete in the contest or further contests. The Section and home school will be notified and a recommendation from the Section for disciplinary action will be given.
2. If the violation is after the contest or event, the home school will be notified and a recommendation from the Section for disciplinary action will be given.
3. If a situation becomes intolerable, the parents and school will be notified immediately and arrangements will be made to transport the athlete home, at Section/school expense, and in the custody of a Section/school representative. If proper action is not taken by the home school, sanctions may be imposed by the Section and/or State Association against the athlete or school district.

*I have read and understand the Code of Conduct.*

Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

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

### Coaches/Supervisors Responsibilities

1. Enforce Code of Conduct for athletes. Discipline violators on the spot. Report problems to supervisors and send written reports to the Section and home school district.
2. Set curfews and bed checks and implement them.
3. Be responsible for athletes from departure point of trip until trip is completed and ensure that all athletes have transportation to their home.
4. Conduct room checks and inspection of hotel room with occupants of each room prior to the night's stay, and check/inspect each hotel room after the night's stay. Report any damage, which will be the responsibility of the occupants of the room.
5. Submit Hotel Report form to hotel.
6. Make sure all parent signature slips are in and emergency information is complete.
7. Notify proper authorities in cases of serious injury to athletes.
8. Know where athletes are at all times.
9. Abstain from the use of alcohol and controlled substances (unless prescribed by a physician).
10. Abstain from gambling of any kind.

*I understand my responsibilities to my athlete(s) and expectations of my behavior.*

Coach/Supervisor Signature \_\_\_\_\_ Date \_\_\_\_\_

### CONSENT FOR USE OF PHOTOGRAPHY FOR PUBLICITY OR ADVERTISING PURPOSES

I do hereby consent to the use of my photographs in association with any production, media, or news events for the New York State Public High School Athletic Association.

I understand that the New York State Public High School Athletic Association may use my photographs or stories in publications, press materials, web sites, and print and television advertisements promoting the New York State Public High School Athletic Association, its philosophies, and programs.

I hereby irrevocably consent to and authorize the use and reproduction by you, or anyone authorized by the New York State Public High School Athletic Association, of any and all photographs which you have taken during this sport season of me, negative or positive, for any purpose whatsoever, without compensation to me. All negatives and positives, together with prints shall constitute the property of the NYSPHSAA, solely and completely.

*I hereby consent to the use of my photograph(s). (sign only if 'yes')*

Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

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